

# Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



## MEET THE NEW BOARD FOR 2013 - 2014



Verity Dawson  
President



Samantha Kirwan  
Vice-President



Lena Nicholson  
Secretary



Trevor Davis  
Treasurer



Letizia Destefanis  
One Year Director



Eugene Holder  
Two Year Director



Kathleen Hurley  
One Year Director



Patricia Harte  
One Year Director

Members of the Association elected a new Board to look after its affairs at its Annual General Meeting (AGM) held on February 7<sup>th</sup>, 2013 for the first time at its new location – Harrison College, in Bridgetown. With outgoing Board members Sonia Johnson (Vice President), Juliette Rudder (Secretary) and Petra Bellamy (Director) not seeking re-election, five persons offered themselves for service on the Board for the first time and were enthusiastically accepted by members voting. They are: Samantha Kirwan, Reiki master and healer; Lena Nicholson, Level 2 practitioner and fashion designer; Letizia Destefanis, Reiki master and Body Talk practitioner; Eugene Holder, Level 1 practitioner and ophthalmic dispenser; and Patricia Harte, Level 2 practitioner and retired nurse. Veterans Verity Dawson, Trevor Davis and Kathleen Hurley were re-elected to their former posts. The meeting received reports from President, Verity Dawson; Treasurer, Trevor Davis; and unofficial web-master, Sharon Hurley Hall, who all confirmed that the Association was vibrant and in good health in all respects. "I realise how much hard work and dedication the team have brought with them over the year in order that Reiki practice be visible. It is with great humility that I acknowledge our Board Members' dedication to Reiki. I also honour those ordinary Members who have willingly given their time and energy to effect positive change through the traditional health approach. Once a person feels well, they can then spread their wings to become the best they can be," reported Verity. The meeting voted unanimously to adopt the Code of Practice for professional practitioners and Master Teachers. View photos of the AGM:

<http://www.barbadosreikiassociation.com/agm-2013-photos/>.

## MY REIKI STORY



*by Juliette Rudder*

In earlier times of my Reiki journey, I found it was an effort for me to do Reiki treatments daily. As I progressed with Reiki, however, I thought of a better way for me to attain my daily Reiki treatments and put in place a routine for myself which has been working for me for over a year. I now wake up each morning, and stand at my window and breathe in the fresh air of this new day,

accepting it with thanks and love and connect with all of Nature. After my morning absolutions, I lie back down on my bed and do my daily Reiki treatments. Many mornings, however, it may just come to mind as I lie there that I feel the need to do distance healing for family and friends, or the world or specifically for persons who request a healing. In these times I sit up and follow through with the Reiki symbols/ rituals associated with these thoughts/requests. I try to maintain this routine as much as possible. Of course, there may be a time when this may not follow just as planned and is dealt with at another time of day or in another manner. I truly believe that more incorporation of Reiki treatments into my daily routine and deeper participation in Reiki treatments on self and others, as well as learning more about Reiki itself from books, lectures, films and other sources of information, has helped to bring me to this stage of an effortless approach to doing Reiki. I would also like to add that for me, this effortless came on suddenly, as if in a moment's notice.... for one day I was struggling with doing the daily self-treatments and then suddenly I was not struggling anymore. I know Reiki is working in a positive way.

*by Kathy-Ann Parris*

My 10 year old son, Christian squeezed his little finger in the car door as he was getting out of the car. It was hurting so he came to me and I held it for about 10 to 15 minutes. Whilst I was holding it I could feel it throbbing and he could feel it tingling and he complained of how much it was hurting. After I removed my hand (he had enough of sitting there) the pain was gone and there was no further talk about it then or afterwards.



*by Eugene Holder*

My involvement in Reiki came immediately after my first ever hospitalisation last year. Over the past several years, I have struggled with minor, chronic ailments which reduced my energy levels at a time when I needed them most. I had begun a major career and life change as I had gone from 26 years of banking to a career as an eye care professional. This meant five years of work and study, mostly online, to becoming a registered ophthalmic dispenser. It is amazing how one's body can tolerate sleep deprivation (for a time)!

I had always been involved in extra-curricular activities, so I was used to 'burning my candles at both ends'. I had been coordinator of the St. Cyprian's Chimers for almost 8 years and a Sunday School teacher, then superintendent for more than a decade. I realised that one of my problems would have been caused by my inability to relax and sleep soundly. I had known Kathleen Hurley for about seven years and, although we had never spoken too much of Reiki, I saw her peaceful demeanour and 'grace under fire'. I felt that I needed something like this in my life. I requested a treatment and Kathleen suggested that I could do more to help myself. I did the Level I degree and saw the immediate effects. I have been undergoing diagnostic tests for the past several months and this helped me to deal with these procedures and the acceptance of the outcomes. What a difference Reiki made to my life! Within a short time, I was a rejuvenated person, and although I am still trying to 'do not anger', I can feel the difference in me when I have to deal with ever-present conflict resolution.

As a single person, many times I internalise and retain stress and I have found that doing self treatments most nights and mornings have made a difference to how I see the world. This new-found source of relaxation and therapy allows me to help others at many different levels. I can speak from personal experience on the healing properties of Reiki and I can promote it to my acquaintances.

One of my greatest appreciations of the Reiki Association is the bond between practitioners. I had a health issue last month, and it was touching and emotional that so many persons took the time, early on a Sunday morning, to come to my aid and contributed to my healing process. I am certainly a different person after this experience and I continue to benefit from the healing effects. I will shortly be undertaking my Level II and I have no doubt that my appreciation for, and contribution to Reiki will continue to grow.

## TREATING CHILDREN *by Sonia Johnson*

"I felt like I was home in my bed." This was the response of one young lady of about ten years old when I asked her what she had felt after I gave her a Reiki mini treatment at one of the Reiki Association's outreach events at the Barbados Manufacturers' Exhibition (BMEX). This delightful answer would have been much less remarkable had we been in some tranquil location instead of a noisy, over-crowded trade fair hall. I've treated children at outreach events on three occasions and each time, I found them to be eager recipients, who relate easily to the simple explanation of what Reiki healing is, as we chat about it before the treatment starts. Like the young man about eight years old at the recent Glaucoma Week Health Fair, who timed is run into my chair perfectly after he had been inadvertently by-passed by several adults who had not noticed that he was waiting for a treatment. He told me confidently that he knew what the Universe is – "everything, everywhere".



<http://www.jinshiatsu.com/images/reiki-baby.jpg>

Reiki is safe for children, even babies. Pamela Miles, in her book "Reiki – A Comprehensive Guide" recounts how one New York pediatrician used Reiki in the neonatal and pediatric intensive care unit at Lenox Hill Hospital. She reports that Dr. Palevsky would place his hands on the head and torso of a baby born in distress, flaccid, nonresponsive, weak or not crying. Most would respond favorably within ten to fifteen minutes and nearly all avoided having to be further treated in the intensive care unit. Eleanor Mckenzie, author of "The Reiki Bible", and others note that children are more sensitive to the Reiki energy and normally do not need to receive Reiki treatment for as long as adults. "Their bodies are smaller and they have not accumulated the same energy blocks that adults have," she notes. The young man at the Glaucoma Week Health Fair informed me at the end that he "could feel the energy moving from my hands right through his body like heat". He left with his mom and a huge smile on his face. Phylameana lila Désy in "The Everything Reiki Book" suggests that the treatment should be ended if the child becomes restless or fidgety. "Children will often instinctively sit up and move away when they feel they have had enough," she notes.

Reiki is a great tool for every parent. The first boy that I ever treated at our Complementary Health Day promptly fell asleep and slept soundly for the full fifteen minutes. A great tool indeed! Pamela Miles has found that Reiki produces positive results in treating the many bumps, bruises, cuts and scrapes of childhood; as well as children with autism, Asperger's and other developmental syndromes; asthma; ADHD; and in helping teenagers with the struggles associated with that stage of life, such as gaining self-confidence and a sense of self-control. Remember that you should always get the permission of a parent or guardian before treating a minor and that Reiki should always be used as a complement to other appropriate medical interventions and not a substitute.

## WEBSITE GETS A FACELIFT *by Sharon Hurley Hall*



It's clean, modern and easy to read – the Barbados Reiki Association's website has had a facelift. After five years, it was about time. Not only because the design that once looked so minimalist was getting a bit tired, but because technology has moved on.

Finding a design wasn't hard. The new theme is called Balance – and it looks good no matter what device you use to visit the site. It incorporates several color schemes. I was able to choose a green highlight colour to match with the border of the Barbados Reiki Association's logo. Installing the new design meant a few changes. I was able to find an image of people doing Reiki at one of our retreats and that now occupies the banner space. This immediately showcases what we do visually to anyone who visits the site.

The new design is more expansive, making it easy to see the content, and also allows us to showcase several past updates on the home page. What's more, the default font is much bigger, so everything is easy to read (something my eyes certainly appreciate). There is also more space in the sidebar, which means a bigger Facebook widget to showcase our presence on that social media site. Other sidebar additions include a link to our Code of Ethics right under the logo, and the Code of Practice and constitution will soon be linked there too. Finally, there's one new menu item on the site: Reiki photos. The new design (plus a little behind the scenes wizardry) means we can now easily showcase scrollable photo galleries on the site. I'll be adding a few more as the weeks go on. And if you like seeing our photo albums on Facebook, don't worry; photos will be uploaded there too. Things are always changing online, so the site remains a work in progress. Questions, suggestions and, of course, contributions are always welcome.

## UPCOMING EVENTS: MARCH – JUNE 2013

- **March 30<sup>th</sup>, 2013 – Alternative Health and Green Fair, Sheraton Centre, Christ Church, 10:00 am to 6:00 pm:** Volunteers are needed to give mini treatments at this outreach event. If you wish to give an hour or more please email the Association as soon as possible at [barbadosreiki@gmail.com](mailto:barbadosreiki@gmail.com).
- **April 4<sup>th</sup>, 2013- Family and Friends Evening, Harrison College, 7:00 pm:** Members are invited to bring along a friend or family member to this meeting that is open to non-Reiki initiates. It is a great way to introduce the Reiki experience to your loved ones!
- **May 2<sup>nd</sup>, 2013 - Open Forum on Reiki in Medicine, Harrison College, 7:00 pm:** Another open evening in which a panel of medical doctors and complementary health practitioners will address the question *“Integrating Reiki and Other Complementary Therapies into HealthCare in Barbados: Pipe Dream or Possibility?”* Sounds like an interesting evening!
- **June 6<sup>th</sup>, 2013 - Practitioners’ Reiki Share, 7:00 pm:** It’s our turn! An all Reiki evening dedicated to “healing the healers” as we share Reiki treatments for the full hour.

*All Reiki practitioners are invited to come out and join the Association!*

*We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Sharon Hurley Hall, Sonia Johnson, Verity Dawson, Juliette Rudder, Eugene Holder, Kathy-Ann Parris, Bonita Morgan*



The Barbados Reiki Association was founded in 1995. The Association meets monthly to conduct business, offer education on Reiki, environmental and health issues and to share group Reiki healing. The vision of the Association is to be part of the process of spreading the knowledge, understanding and practice of Usui Shiki Ryoho. Its Mission is to create and maintain a professional profile for Reiki practitioners in Barbados. Every year, the Association hosts a Retreat for Reiki practitioners and a Complementary Health Fair.

Reiki (pronounced Ray-Key) is Japanese for “Universal Life Force Energy”. It is an ancient system of hands-on healing. Anyone may gain access to Reiki by means of an attunement process carried out by a Reiki Master. There are three levels of practice. At First Degree, a Reiki practitioner is able to heal him/herself and others; at Second Degree, he/she is able to heal others distantly; and at Master level (specifically Master/Teacher level) he/she is able to teach and attune others to Reiki.

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**On Facebook: <http://www.facebook.com/BarbadosReiki>**

**On YouTube: <http://www.youtube.com/BarbadosReiki>**

## We Celebrate the Life of Rev. Lynn Armor



The Reiki community in Barbados joins with thousands of students, family and friends of Reiki Master, Rev. Lynn Armor in celebrating the life of this “shining light” who made her transition on March 14<sup>th</sup>, 2013. In the mid 1990s, Lynn initiated many of those practitioners who are now Reiki Masters in Barbados and continued to be a friend and mentor to them over the years.

Read the Association’s tribute to Lynn here:

<http://www.barbadosreikiassociation.com/lynn-armor-a-tribute/>. Listen to an interview conducted by Phyllis Lee

Furumoto with Lynn in January of this year:

<http://www.reikitalkshow.com/shows/view/308>.