

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



REIKI PRACTICE: A KEY TO INNER PEACE

About 28 Reiki initiates gathered at the Bellairs Research Institute of McGill University on the beautiful west coast of Barbados on September 21, 2014 for the Barbados Reiki Association's Annual Retreat. The tranquility of the grounds at Bellairs and the proximity to the soothing ocean made a great backdrop for the Retreat's theme – *Reiki Practice: A Key to Inner Peace*. The Annual Retreat is an opportunity for Reiki initiates to focus on a subject related to the practice of Reiki; to connect with other practitioners; to enjoy giving and receiving Reiki healing; and for some, to recommit to making Reiki treatment and the precepts a bigger part of their daily life.

This year's Retreat certainly delivered on all these goals, based on the positive feedback from those who attended. There was deep introspection and rich sharing in the discussion sessions which focused on three key topics: *Reiki Healing and Inner Peace*; *Finding Inner Peace in Everyday Life, Difficult Situations and Among Energy Drainers*; and *What You Resist Persists*.

These activities combined with group healing; guided self-treatment; and meditations for world peace made for a good balance of quiet reflection, healing and lively debate. One participant commented on the Retreat, "It was a guiding light towards dealing with an issue that has been troubling me." Others particularly appreciated the new ideas and tools they took away from the Retreat. A delicious lunch, hearty snacks, great company and a stroll along the beach at lunchtime all contributed to a day well spent.

Two founding members of the Association, Michael Rudder and Rosina Wiltshire, were also honored during the Retreat. They were both inducted to the Council of Elders. In 2011, the Reiki Association decided to specially recognise members who had been instrumental in fostering an appreciation of Reiki in Barbados, both by example and through their service to the Association. Michael Rudder is the person responsible for bringing the late Lynn Armor to Barbados. Lynn is part of the lineages of many Reiki initiates in Barbados. The group that became the Barbados Reiki Association was formed initially from Lynn's students. Both Michael and Rosina have served on the Board of the Association in several roles, including that of President.

We are devoting this edition of *Healing Hands* to sharing some of the inspiring messages on inner peace from the Retreat.



Welcoming Michael Rudder to the Council of Elders



Thought-provoking discussion in the circle



Group healing



A refreshing stroll on the beach at lunchtime

REIKI PRACTICE AND INNER PEACE *by Sharon Hurley Hall*

If someone asks you what you associate with inner peace, you would probably choose words like tranquility, calm, quiet, serenity, unity or harmony. Or you might have another favourite word of your own. You might also think about experiences, places and people that give you a sense of peace. And if you were to think about the experiences that are anything BUT peaceful, you could probably think of a few of those, too.

A great definition of inner peace comes from Wikipedia: ***Inner peace (or peace of mind) refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress.***

Clearly, it's something many of us want, but we don't always achieve it. However, as Reiki practitioners we have a tool that can help us maintain a more peaceful existence. One way this can happen is by being more mindful of **the Reiki Precepts**:

- **Just for today**, which starts the precepts (and prefaces all of them in the Japanese version), urges us to live in the now.
- **Do not worry** gives an awareness that there's a bigger plan and you can do Reiki (and pray) and release any situation, knowing that it will be resolved.
- **Do not anger** provides guidance on mastering your reaction to situations so that you can remain peaceful in the midst of chaos. It also helps to realise that your peace is not dependent on others. Also remember that you don't have to give into a situation of chaos.
- **Honor your parents, teachers and elders** is about respect for others - if everyone were to practise that, maybe there would be less conflict.
- **Earn your living honestly** (do your duty in the original Japanese) reminds you to master yourself and do what's right - to my mind that's also a key to inner peace.
- **Show gratitude** - if you are thankful, you are less likely to be stressed. Every time people do a gratitude exercise, they end up being happier overall.

One way to keep the Precepts in mind is to put them in a place where you see them every day. Since I work at my computer daily, I have typed the Precepts into a Sticky Note where I see them whenever I start my computer.

Self treatments - It's no wonder when we learn Reiki the first thing we are told is to do our self-treatments every day. We know that this can help us with healing on all levels and when we are healed, aren't we more peaceful?

Using Reiki for situations - Whether you use your intention (level 1) or include symbols (level 2), you can do your part to bring about peace by sending Reiki or intending healing for situations of conflict, whether on a personal, local, national, regional or global scale.

As the 14th Dalai Lama said: ***The question of real, lasting world peace concerns human beings, so basic human feelings are also at its roots. Through inner peace, genuine world peace can be achieved. In this the importance of individual responsibility is quite clear; an atmosphere of peace must first be created within ourselves, then gradually expanded to include our families, our communities, and ultimately the whole planet.***

How will you use Reiki to make your own world more peaceful from today?

NEW MEMBER PROFILE: PATRICK JOHNSON



Born in Barbados on May 16, 1956, Patrick is a fibre glass technician by profession. He was educated at St. Patrick's Catholic School.

Patrick has a deep love for all things spiritual. He practises several modalities including: chi kung (Qi Gong), yoga, meditation, microcosmic orbit, inner smile meditation, six healing sounds, medical chi kung, fusion of the five elements and internal organ massage. He explained that he is interested in the holistic healing aspects of these modalities. "For example, in chi kung there are three aspects: healing, self-defense, and spiritual development."

His spiritual back ground is in the Taoist system (with 15 levels), having trained with Master Dr. Young. He studied Tai Chi with Master Mantak Chia. Back in seventies, he learnt Buddhism at the Yoga Centre with Professor Dr. Richard Stoneham. "Buddhism changed my life," he said. "It gave me peace of mind."

And then came, Reiki practice in March 2009. "I took up Reiki because of my spiritual background. I took Level One Reiki with Kathleen Hurley. I like the healing therapy effect it has on the emotional body. Reiki works on mental, physical and spiritual levels," he said.

"Peace is the inner nature of humankind. If you find it within yourself, you will find it everywhere."

Ramana Maharshi

YOU ARE THE SOURCE OF YOUR STRESS *by Pamella Rudder*

Occasionally when someone is asked how he/she is doing, the answer is "I am blessed." More often than not the answer is "I'm stressed." Today's world, in all honesty, confronts us with many more challenges than people faced long ago. Sadly, this also leads to an extremely high incidence of stress related diseases. **A simple definition of stress is – a negative inner reaction to some outward 'trigger' in the form of a person or situation.** Nearly always we seek to lay the blame for our challenges on someone or something else. Like the man who says: "I'm sure I put my keys on this table and now they are not here. Someone had to move them." Mahatma Gandhi said: **"Nobody can hurt me without my permission."** This strongly suggests that situations are not inherently stressful but we allow them to become stressful. When we give into negative situations we are helping to create our own stress and disturbing our own equilibrium. We are only human and it is natural to lay the blame elsewhere. We need however to take some of the responsibility for our so-called stress.



One of the ways to help alleviate the stress in daily life and come to a peaceful place, is to use the beautiful gift of Reiki. Those who were initiated to practice Reiki know that one starts by treating oneself first and then others. Another means by which we could help to relieve the stress is to recite and try to practice the Reiki precepts set out for daily living. "So I how do I help myself if I am not a Reiki practitioner?" You might ask. Buddha, the great monk said: **"Peace comes from within. Do not look for it without."** Some simple rules to follow can include:

- Begin with prayer/meditation, especially if it is a situation which cannot be avoided.
- Look within. Be honest and admit that you are in some way responsible for the negative situation and energy causing you stress;
- Try to create a positive environment, perhaps through listening to positive, soothing music or doing gardening/some other positive activity. In turn, try to avoid the person or situation which raises your stress level.
- Finally, strive to create your own stress free environment.

No-one, nothing can take your energy unless you give it. Look within for peace. Once you find it, it will radiate and touch others.

RESISTANCE AND ACCEPTANCE

by Sonia Johnson

Many wise persons have linked resistance to an absence of inner peace. Resistance is opposition to someone or something, a refusal to accept or comply with something. The opposite of resistance is acceptance and we are told that all suffering is caused by non-acceptance of what is. You suffer when you want things to be different from how they are. But surely not all resistance is wrong. What about the great struggles of history for human rights and civil rights? What about the struggle at the personal level to do what is "good" or morally right, or even good for our own health? What about using resistance in the gym to build muscle? "Efforting" is part of the human journey. There is a sense in which working through our challenges grows us, strengthens us, helps us to find our faith, to find, or perhaps remember, who we truly are.

Yet, the Bible tell us to "resist not evil". The famous Swiss psychiatrist Carl Gustav Jung said, **"What you resist not only persists, but will grow in size."** The spiritual Law of Attraction tells us that whatever energy we put out into the Universe comes back to us, multiplied many times. Through resisting what we interpret to be our negative experiences, we draw more of the same to ourselves. Most of the time, it is not the experience itself that creates pain and suffering, rather the resistance to the experience.



So, from my perspective, it comes down to judgment in many ways. Judging our experiences as good or bad. Judging when to push and when to simply let go and let a higher power take charge, carry us. The kind of resistance we should avoid feels like pushing really hard in a negative way in our own strength (or it may even be avoidance) and produces pain, suffering and feelings of discontentment, unhappiness, resentment, stress, even anger.

Think about that person, situation or issue you have been struggling with, perhaps for quite some time. Ask yourself these questions: Could I let go of it? Could I let go of want to change/control this person/situation? Could I let go of wanting him/her/them to do or not do _____? What would letting go look and feel like? Send Reiki healing to the situation, to the person, the past, to the future. Reiki energy can help us to let go, to accept, to trust, to build our spiritual muscles in the knowing that "what we embrace, dissolves".

UPCOMING EVENTS: OCTOBER – DECEMBER 2014

- **October 16 – 19, 2014 – 6th Annual Caribbean Reiki Gathering, Sugar Ridge Hotel, Antigua.**
Visit our website for all the details and the registration form -
<http://www.barbadosreikiassociation.com/caribbean-reiki-gathering-antigua-2014/>.
- **November 6, 2014 – Monthly Meeting, Harrison College, 7:00 pm:** An evening of Reiki healing, business and a special meditation.
- **December 6, 2014, Annual Year-End Social, Harrison College, 7:00 pm:** Share your talents! Bring a dish, a bottle or a snack and come out for our annual get-together that is always great fun! Yes, it's that time already!
- **Save the Date! The Holistic Health Fair is slated for Sunday, March 1, 2015 at Harrison College under the theme "Good Health Matters".** Booth space will be rented at \$85 each. Email us at barbadosreikievents@gmail.com if you wish to book a space.

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, Patrick Johnson, Pamella Rudder*



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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