



Reiki Home

An Unfolding Journey



"The peace that we are looking for is not peace that crumbles as soon as there is difficulty or chaos. Whether we're seeking inner peace or global peace or a combination of the two, the way to experience it is to build on the foundation of unconditional openness to all that arises. Peace isn't an experience free of challenges, free of rough and smooth, it's an experience that's expansive enough to include all that arises without feeling threatened." Pema Chödrön

Special Edition - Trinidad Conference - March 2018 Vol 4. No 2

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Mission

Reiki Home is an global community open to all Reiki students, practices and lineages.

It seeks to serve the world by educating people in the ways the practice of Reiki promotes emotional, mental, physical and spiritual health and creates a way of living in which all life flourishes.

2017 - 2018 Board of Directors

President

Building Peace, Healing Ourselves, Healing the Earth - The Trinidad Conference

This special issue features an interview with Rosina Wiltshire, one of the co-organizers, giving an overview of the conference.

Quest, a poem expresses the essence of the conference energy. This is followed by one participant's experience. Appreciation is given to the conference planning team and the local Trinidad Reiki association for the work and time given that created wonderful experiences for all who participated.

A link to register for the 21-Days of Reiki Meditation and the announcement of new articles on the website and complete this issue. Enjoy!

Blessings,

Elaine Andres
Creative Director of Reiki Home



Reiki is Love in Action: An Interview with Rosina Wiltshire

In a recent interview Rosina shared, *"This gathering was a lovely reflection of Reiki Home manifesting joy, welcoming without judgment, and sharing with respect and understanding.*

It became clear as the conference unfolded that Reiki Home



Robert Kramps, The Netherlands

is a space of embracing others in partnership, creating a welcoming circle, listening to one another with respect and kindness and building peace, beginning with ourselves. When at peace with ourselves and others, Reiki Home is present."

Vice President



Peter Coates-Buglear
United Kingdom

Reiki Home sponsored the conference with key partners: Creators of Peace, Initiatives of Change, the Indigenous People of Trinidad and Tobago, International Institute for Peace through Tourism and the United Nations.

Treasurer



Grainne Warner
United Kingdom

All the partners shone, beginning with the opening of the conference. Friday evening, the United Nations Resident Coordinator outlined the Sustainable Development Goals to which all countries agreed as a framework which calls us to action as individuals, citizens of our various countries, and a global community.

Secretary



Donna Stetser
North Carolina USA

The focus of the conference was to build on what is working, personally and professionally, rather than what is broken. Civic organizations, Church, government, Indigenous peoples, and individuals came together to share how their work is making a positive difference in the world.

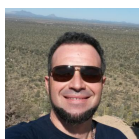
Member



Birgit Knorr
Oregon USA

With our array of presenters, we showcased the good models existing all over the world, whether in the Caribbean, the Netherlands, Europe, or South America; we were inspired by their accomplishments. Each presenter brought a different insight and aspect of transformation, and each session brought a deeper sense of gratitude and awe.

Member



Andre Baptista
Brazil

The water ceremony at the river, led by the Chief of the Indigenous Peoples, Ricardo Hernandez, was "awe inspiring". Rosina said, *"I remember sensing sacred silence, reverence, wonder, the mystery of our being, our practice, and this gift of veneration with understanding, during those special moments."*

Member



Patricia Cuadrado
Uruguay

The government Mediation Program sponsored by the Ministry of Cultural Development and the Arts, reaching over 51,000 people in the schools and communities in Trinidad, gave hope. In addition, the meditation programs in schools and prisons and Stephen Edwards' powerful work with youth using technology and the arts are making life-changing differences. Rosina stated, *"It was wonderful being a part of the enthusiasm of the young presenters including Usha Lakhan, who spoke about the work done in the helping community - connecting with the community to find what was needed, rather than assuming they knew."*

Member



Christopher Tellez
California USA

Akilah Jaramoji from Trinidad shared her experience of keeping the spirit of living in harmony with the land, working with the land and the community; her influence is felt locally as well as in other countries.

Creative Director of Reiki Home



Elaine Andres
Oregon USA

The session on Spirituality and Peace with the Indigenous Chief and Bishop Clyde Harvey was enlightening and profound. We were privileged to witness healing from past actions between the church and the Indigenous people. The honesty and respect they offered each other were examples for us all.

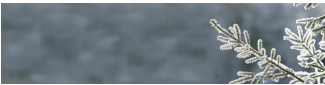


**UPCOMING
EVENTS**

**21-Days of Reiki
Meditation**

Every day beginning on
March 20 through
April 10

[Register Here](#)



Reiki Circles

To attend a circle, go to
www.reikihome.org
Click on Events to go to
the calendar. Click the link
for the circle.

Together in Reiki
March 21

Open Hearts
March 13
March 27

Inspired Guidance
March 9
March 14 & 16



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associations and centers

Keynotes and panel discussions were held on the Feminine and Masculine, Gender and Peace, Reiki Home: an Unfolding Vision, and Reiki and Healing for Peace by Phyllis Lei Furumoto. Workshops featured Creating Peace, the Magic of Rapport, and Rattle Making. Reiki workshops were: Healing the Ancestral Line, Spiritual Discipline and Emotional Healing and Peace.

The energy of Reiki created a vessel that provided participants with a unique experience of a conference. Reiki was shared daily with some participants receiving Reiki for the very first time.

The people who came reflected this vision of Reiki bringing different people of the world together, including the government, the private sector, those caring for the earth, those working with the arts and with the marginalized, those taking care of refugees, and the United Nations which was amazing and beautiful!

This gathering strengthened the importance of honoring the earth, and the need to see each of us as a reflection of the creative spirit. *"We truly are one human community,"* Rosina remarked.

The sixty participants experienced the beauty, abundance, love and power from taking action that resulted in the building up of one another. It became apparent that we are the agents of something much bigger than ourselves.

Rosina ended this interview by saying, *"This conference exceeded my expectations; I was awed and inspired by the power of Reiki. There was a welcome space for every partner, and manifestation of a vision of transformation in our time through individual and collective action. I experienced this vision of Reiki Home being expressed in a spirit of love and togetherness, sharing, kindness and creativity. I end with deep gratitude and awe knowing that Reiki is definitely love in action."*

**Trinidad Conference - Quest
By Fran Freeman**

Quest

Like hummingbirds to flowers
We were drawn to the nectar
Of connecting in our humanity.
With Reiki filling the air
We flew to this distant island
Trusting we would be fed
The juice our hearts and souls longed for.

Slowly our numbers increased
Until the nest of Alicia's Palace was full
Then we began our sharing
Of how we work to create peace,
Heal ourselves, and heal the earth

who so generously support
Reiki Home by sponsoring
us. Their monthly gifts make
a difference and help sustain
us. Thank You!

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www.labyrinthcenter.com

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amy@sugihealth.com

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Whaletown, BC, Canada
www.seedpoddesign.com

REIKI CENTERS

Reikicentrum Zijn
The Netherlands
www.reikicentrum-zijn.nl

SF Reiki Center
3150 18th St. #243
San Francisco, CA 94100
Telephone: 415-800-8790
www.sfreikicenter.com

Reiki Hearts
Brattleboro, VT

Reiki Kodu OÜ
Estonia
www.milvi-reiki.com

The Living Light Center
Portland, OR 97219
www.livinglightcenter.com

REIKI ASSOCIATIONS

UK Reiki Association
United Kingdom
www.reikiassociation.net

We walked the land to the river
Though the bamboo lined path
Filled with enchanting tropical plants
Undisturbed by humans
We entered into the natural world
It embraced us as we embraced it

Some freed themselves of shoes
Allowing the silky smooth coolness of the water
To gently massage feet and give relief
From the wet warmth of the day

Once at the sacred spot
The conch shell called to the four directions
The Chief guided us through a sacred ceremony
At the water's edge
Honoring and blessing the land
And all those present

In silence with reverence
We cleansed our faces and hands
Then offered sage and flowers to the fire and the water
Letting Mother know of our love
For all she offers

Our gratitude ran deep as we
Drank from shared cups
Made from coconut shells
Ate pieces of white host casaba bread

The Chief, in his gentle powerful way
Concluded this ceremony
As it began
Cleansing our hands and face with the pure clear water from
the river

With the magnetic draw of this consecrated land
We left more slowly and silently
Than when we came
Each of us touched, moved
In our own indescribable way

The path widened
And led us to the man
With his truck full of coconuts
Deftly removing the top of
This magical fruit with his machete
Allowing us to drink the nectar
Drawn up from the land

We were full.

Fran Freeman
January 22, 2018

Healing Ourselves: A Personal Sharing
By: Shari John

Reiki has its' ways and has had its way with me since I was first attuned in November 2016 by Winthrop Wiltshire. It was no surprise then that the Trinidad Conference brought more



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[Become a Sponsor.](#)



Give a Gift

You are invited to join those giving a financial gift each month, every quarter or once a year.

Each gift received supports Reiki Home in service to the global community.

[My Gift](#)



Invite Others

All are welcome!

If you enjoy exploring the unknown, you may find a home within our community. Reiki Home welcomes everyone to join our unfolding adventure.

Forward to a Friend

Please forward this issue and encourage others to subscribe to our newsletter - *An Unfolding Journey*.

 [Forward to a Friend](#)

healing to me, during and in the days after.

I found the conference to be a huge success, energizing and inspiring. I have no doubt that it has found a home in Trinidad & Tobago and will continue to grow exponentially. In reflecting on the event itself and my own experience, I believe it all comes down to one thing - healing ourselves. Sometimes it's important to keep things simple and often as healers and the 'healed', we forget this basic fact - heal ourselves and everything around us will heal itself.

When we find peace within, there will be peace on the outside and peace on the earth. When we heal ourselves, we heal the earth. As someone new to all of this (I am a baby to most), the idea of a few people doing a small thing to change the world has never resonated with me. But I see now the relevance in this. I see how a relatively small conference could do so much to make a huge difference.

I think it's always important to start somewhere, and we have done that here. From my own experience, lots of healing took place. Where so much positive energy is gathered, positivity is bound to come. I have benefited tremendously from the Conference.

Though I actually missed most of it, the energy did not miss me. And though some of it came after for me, thanks to Luz and Rebecca, the presence and influence of these powerful women and their powerful gifts will continue to have a lasting effect on me, and for that I am grateful.

I wish everyone could experience this and I am inspired to ensure that more people do. Because, coming out of my own experience, I now understand that this was less of an earth healing event and more of an individual healing event. If we get more people to want to come to heal themselves, we will heal the earth quite easily in the process.

21-Days of Reiki Meditation

Frank Coppeters and Kathy Melcher return to offer the popular 21-Days of Reiki Meditation. Sit in circle with them as you experience a variety of different meditations that are used while practicing Reiki on yourself.



[For more information.](#)

NEW on the Website

Reiki in Action

In 2015, refugees came to Europe and The Netherlands. After long talks with the organization that cares for the refugees, permission was given for volunteers to give Reiki to refugees in one camp. [Read more...](#)

Sharing Experiences

Become A Member of Reiki Home

You are invited to [become a Member](#) of Reiki Home.



Newsletter Staff

Team Coordinator: Fran Freeman

Writers: Shelley Easthope and Donna Harris

Design: Doreen Curry

In the past two years, I have been using more virtual technology to connect with people... At first, this felt like stepping into a whole new world. There was a new etiquette and a new language I needed to learn. Many unusual feelings went along with it. [Read more](#)