



EDITORIAL

JUNE 2010

Greetings!

Welcome to bi-annual news from The Janki Foundation for Global Health Care (JF), a UK charity promoting awareness of the spiritual aspects of holistic healthcare and how this affects practitioner well-being.

2010 sees the upcoming launch of a new publication, *The Heart of Well-being*

(see p4) and continued positive reports from those using *Lifting Your Spirits* (LYS). In recent months, there has been new interest in using *Values in Healthcare: a spiritual approach* (VIHASA) – our flagship training programme to support healthcare practitioners in exploring spiritual care, in healthcare settings. Trainings for facilitators continue. Here we

report on news from the UK and abroad; further updates and forthcoming events will be posted onto our website.

We hope you enjoy reading a spiritual perspective on Building Resilience, the topic of our January seminar and about the retreat last November: Nurturing Intuition.

Editor: Dr Kala Mistry

**Building Resilience** Exploring ways to draw on our inner strength

About 150 people braved the icy conditions of January 2010 to listen to Dadi Janki in conversation with Dr Sarah Eagger, medical advisor to the Foundation and co-chair of the National Spirituality and Mental Health Forum. Arnold Desser, also a medical advisor to JF, welcomed everyone and congratulated the audience. He invited them to reflect on their choice to attend this evening despite the poor road conditions – they had demonstrated a remarkable degree of resilience.

Dadi anticipated the tone of the evening by stating she wished to converse with an open heart. She gave her definition of resilience:

“I don’t speak English, my hearing is not so good, I could be miserable ... but instead I see it as no big thing!”

Dr Eagger, interviewing her, responded with the question: “The concept of resilience is an idea of waiting to bounce back from something that has challenged you. What has enabled you to bounce back, to rise to challenges?”

In her reply, Dadi spoke about the strength of the inner being, creating energy and conserving energy, checking how we respond to others from the inside and putting the real art of being positive into practice. For detailed interview, please see the box.



Dadi Janki (centre) in conversation with Dr Eagger (left) and Suman Kalra, who translated the proceedings.

**Dadi on Resilience**

**On ‘bouncing back’**

In terms of my body, the inner being is very small ... and the body is very large; it has many different organs but it is the tiny being that makes this body work. In a similar way, the pupil of the eye is so tiny, yet it sees so much. In any situation, however big, I can choose what I want to see and hear, what I want to say or not say.

In regard to relationships, it is easier when I understand that everyone has a different part to play.

Regarding energy: some thoughts create positive energy and others diminish it. As we start to have thoughts such as ‘Why is this happening?’ or trying to see what is wrong in others, we create a negative state of mind, which siphons our energy and makes us weak. Some people are scared of things and some are so busy they become tired. Being busy is in itself a disease or sickness that can be dangerous.

So what choice do we have? We can choose to stay positive, not just to others but to ourselves. When we are positive, our state of mind is different and strength comes automatically. With this stock of positivity, we can face any situation.

With feelings, again it is about choosing how

I respond. If I am weak inside, a situation can make me feel burdened and heavy. I may feel intimidated or not able to sleep. I may become sensitive and delicate or hard-hearted; neither are helpful. Being hard-hearted is as though you have no feelings, no compassion, no empathy for what others are going through; you are just concerned with yourself. When you are sensitive and delicate, every slightest thing affects you.

What we need in order to become strong inside is to develop a strong heart, a merciful heart, an honest heart. Make time to be loving to yourself. Then check: ‘Do I react differently to different people?’ If I respond with love then that is the art of living life well, and love generates strength inside.

**Q What do you mean by positivity? What is the basis of positivity that it is real and not something we make up?**

One needs to practise being positive in order to make it real. For example, this means being open, creating thoughts that are pure and are not influenced by others, and not trying to impress others. Hope is another aspect of positivity.

From a spiritual perspective, being positive is like gardening in that you plant the seed, sustain it, give it sunshine and water, and

be patient. Eventually the fruits will come. Then be a selfless server, that is, share it. The combination of a loving nature and the power of faith acts as a safety net. Also, keep faith in one another and it will help let go of any tension.

**Q Often healthcare practitioners develop ‘burnout’ - that is they keep giving but lose the ability to continue to give. What techniques do you use to keep giving all the time? How can healthcare workers maintain this ability to give?**

One aspect is to give without expectations of outcome or return, as this conserves your energy. Another aspect is to give while connecting to your spiritual strengths and the pure pride derived from this.

**Q There are a few people who are graced with positive personalities, as for the rest of us, how do we develop those qualities?**

You can cultivate a depth of positivity with spiritual knowledge and understanding. This means nurturing a space of honesty, integrity and faith inside and remaining this way regardless of the situation. My experience is these qualities then become a gift.

Together with being professional and clear-minded, one requires spiritual power to finish weaknesses and to stay resilient.

# Nurturing Intuition - Harmonising Head and Heart

November 2009



Sixty-five guests attended a retreat on the theme Nurturing Intuition in the tranquil surroundings of the Global Retreat Centre in Oxfordshire. Most who attended were there for the first time. In the initial workshop, each person explored their own understanding of intuition through discussion, reflection and writing poetry, and this set the tone for the remainder of the weekend.

Panellists and participants shared insights into the interface between intuition and clinical skills. Both agreed that clinical knowledge and 'soft skills' at times are intertwined like a double helix. The more cautious deliberated on whether intuition comes from flashes of insight or from listening to the 'inner tutor' - a more 'hard-nosed' concept. Workshops, tea-breaks and plenary sessions allowed a continuous flow of thoughts and energy and deeper exploration and contemplation. Even the

sceptics came away at the end of the weekend with a sense that the topic has meaning for them.

Three workshops ran concurrently: Meditation as a Means - a guided exploration of silence and the mind; Wu Chi - a popular workshop around movement and self-expression; and Radiant Mind, Radiant Body - a thoughtful session combining dance, theatre and music.

A trio of pharmacists especially chose to attend to refresh and connect to others with differing world viewpoints. They described the meditation session:

*"An uplifting, refreshing and calming session for the buzzing and stressful mind."*

*"It gave guidance in re-centering the spirit onto its natural path."*

*"It provided us with the tools to become the kings of our castle!"*

Wu Chi was over-subscribed. One participant described it: *"Fantastic - it really made me tune in to myself instead of the others around me ... and flow! The workshop leader is very inspiring."*

Radiant Mind, Radiant Body *"Was fun, creative and dynamic and brought back childhood memories of being free and open to individuals and opportunities. It enabled*



Top left: Arnold Desser interviews Chrissie McGinn as part of the panel discussion on Nurturing Intuition.

Above: Tony Wong stretches participants' grasp of intuition during the popular Wu Chi workshop.

Below: Guests take time to reflect and share their journey with one another.

*us to think about intuition through physical interaction."*

A final workshop, entitled Unearthing Intuition was a fun, relaxing exploration through art, and for many, brought the discussions and self-exploration together.



**Sustaining Resilience** Over 25 people attended this afternoon workshop led by Dr Craig Brown, one of the authors of the VIHASA training programme, as a follow-up to the seminar with Dadi Janki earlier this year. He reports: It was an opportunity to pilot the new introductory module on resilience for VIHASA. Attendees enjoyed being creative and considering new ways of applying their strengths at work and how they may discuss this with their colleagues.

Joy Rendell, JF trustee noted: Dr Craig Brown modelled resilience admirably, as he adapted his session to the large group that turned up! His introduction highlighted the need for resilience rather than resignation or failure to deal with stressful circumstances and traumatic events. The peaceful ambience of the JF office and the contributions of the attendees were perfect ingredients for a new recipe.

VIHASA facilitators wishing for more information should contact the office.

## Brief News from the UK



**East Kent, Pilgrims Hospices** Reverend Lizzie Hopthrow and counsellor Nannette Jackson, both VIHASA facilitators since 2008, now offer key exercises or part modules of *Values in Healthcare* in a variety of educational and clinical settings. They incorporate sessions at multi-disciplinary meetings for reflective practice, use exercises in bereavement teaching and meditations and visualisations on their Caring with Confidence programme. They have also run workshops in the community and for the local NHS hospital. They facilitated a half-day presentation and taster workshop on values and burnout for staff of all three hospices, in collaboration with the Medical Director, Dr Claire Butler and hope to roll out sessions for staff support in due course.

**Brent, London** Maryam Taheri gave a presentation on the work of the Foundation and its publications to 60 people (from 16 organisations) at the AGM of Brent Refugee and Migrants Forum in December 2009.



## Brief News from the UK (cont)

**Canterbury** Dr Julia Ronder, Consultant Child and Adolescent Psychiatrist, organised a VIHASA seminar at Winters Barns, open to health and law professionals in February. Both professions face many similar issues of stress and burnout in their work.

It started with Josephine Buchan, independent theatre producer interviewing Dr Craig Brown, Dr Martin Garsed and solicitor Mrs Jill Shephard addressing the question: Is it possible to thrive under pressure? Two VIHASA facilitators, Rev Lizzie Hopthrow and counsellor Nannette Jackson, followed this with a workshop exploration on 'thriving at work'. The audience, mostly local professionals, enjoyed the event, especially the time for discussions and reflection.

Dr Ronder is planning to hold future events at East Kent Hospitals University Foundation NHS Trust (October 22) and at Pilgrims Hospices.

**Leeds** The North England VIHASA group has recently conducted a taster session for two multi-disciplinary teams providing healthcare services for homeless, refugee and asylum seeker clients in central Leeds.

Those attending included doctors, support workers, specialist nurses, drug counsellors and others of the No Fixed Abode and Health Access Team, both part of Leeds primary healthcare services.

The team regularly provides 'spiritual exploration' sessions, using modified exercises from the Spirituality in Healthcare module of VIHASA, to groups of 15-20 chronically unwell patients who have registered with the Positive Care Group over a number of weeks. In the last year they have also adapted or utilised exercises from *Lifting Your Spirits*, retaining the key features of spiritual tools training. The tools they teach include appreciation, reflection, visualisation and listening which participants enjoy very much.

More details next issue. See <http://www.positivecareprogramme.com/> for more information on the group.

### INTUITION IS:

*Some definitions we overheard:*

*It is LEARNING about myself.*

*Trust in the feeling; having the courage to trust.*

*Remembering it is there as a pillar of strength brings immense comfort, divine grace. Goes beyond the need for reason.*

*There is no ego with intuition ... this inner wisdom is latent within us all.*

*It is about listening to feelings, vibrations, to the inner voice.*

*Spiritual intuition is a desire to help. Embodied knowledge.*

**Thamesmead** Deirdre O'Toole, clinical governance facilitator and friend of the JF, gave a short presentation on the Foundation and VIHASA to 12 complementary health practitioners at the AGM of the Feel-Good Co-op in South London, March 2010. The group was pleased to receive the inspirational flyers *Take Care* and *Healing Hearts and Minds*, seeing their potential to promote well-being, and expressed interest in the VIHASA programme.

**Lifting Your Spirits** Thanks to two inspired individuals, 90 copies of LYS are winging their way to cancer support and palliative care centres in England free of charge following two donations, one through a public scheme and another privately.

**Lanarkshire** The Haven, a centre supporting people with life-long illnesses, recently integrated LYS into its services. It has won a GSK impact award from the King's Fund (April) and a short video on its innovative work features LYS briefly. You can watch it on [http://www.kingsfund.org.uk/current\\_projects/gsk\\_impact\\_awards/2010\\_winners/the\\_haven.html](http://www.kingsfund.org.uk/current_projects/gsk_impact_awards/2010_winners/the_haven.html)

### Conferences

**Nottingham December 2009** Katja Milner, spirituality healthcare worker at Nottinghamshire Healthcare NHS trust, arranged a well-attended lunchtime event on delivering spiritual care and training healthcare staff appropriately. The guest presenter was Dr Sarah Egger, chair of the Spirituality and Psychiatry special interest group of the Royal College of Psychiatrists. Sarah, a member of the core team producing the experiential VIHASA training programme and also medical advisor and trustee of JF, spoke about the importance of supporting healthcare professionals to explore their own values and concepts of spirituality in order to effectively train them to deliver sensitive care. She also provided a taster of how this may be accomplished.

Katja Milner reports: The group took to it really well and the Nottinghamshire Healthcare Trust Chair, Claire Chilvers attended and gave her support. People who saw the promotional posters but were not able to attend, found it interesting and have written to me requesting more information. My manager and I would like to set up staff well-being sessions based around VIHASA. The next session, a workshop-style event, takes place in June.



*Dr Kotecha and Joy Rendell take a mid-session break, training students to communicate from their values.*

### Academic

**City University London** 100 optometry students enjoyed a new approach to learning communication skills for clinical practice when senior lecturer Dr Aachal Kotecha, Department of Optometry and Visual Science, invited a JF representative, occupational therapist Joy Rendell, to take them through their paces.

These final year students spent one hour of their clinical skills teaching time exploring the needs of clients and clinicians in a therapeutic encounter, in diverse settings. The sessions were based on VIHASA exercises and took place over a two week period in January-February.

More than 80% of students rated the session as relevant to their work; most agreed it highlighted the element of acknowledging patients' individuality and listening effectively to maintain trust.

Dr Kotecha plans to integrate such trainings into the curriculum as a regular feature for the future.

*Below: The learning tools of creativity, appreciation, listening, movement and play featured strongly in the November retreat Nurturing Intuition. Bottom row: Guests get to know one another.*





## News from around the world

### South Africa

The VIHASA team continue to run day sessions at Entabeni hospital in Durban and have also run a retreat for reflection and self-care. The most recent one day workshop titles were: Building Resilience - Exploring ways to draw on our inner strength, February 2010 and Caring for Patients, Caring for Yourself, November 2009, in which participants reflected deeply to identify ways of looking after themselves, and to be open to embrace change and self-renewal. Participants from governmental healthcare organizations and NGOs attended. The VIHASA group are now embarking on workshops to reach out further to local hospitals and organisations.



A team of social workers dealing with child trafficking in South Africa take time to nurture themselves at a VIHASA workshop. May 2010

### Philippines



The VIHASA team ran a unique one day training for student nurses of Manila hospital in March, with exercises focusing on values, compassion, co-operation, overcoming anger and listening.

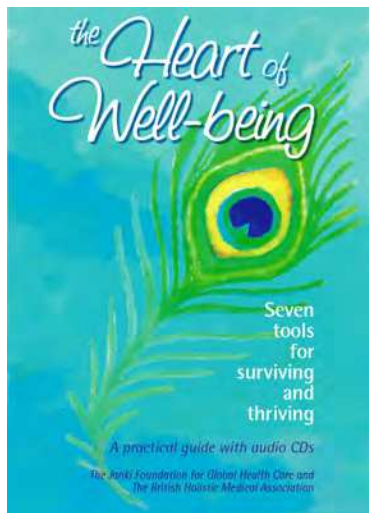


After a short introduction, participants engaged in reflection, discussion and experiencing the tools of creativity, play, meditation, listening and appreciation. The



evaluation reflected some of the renewed learning they had acquired. Comments included personal aims:

From now on, I will: act, rather than react; listen more, talk less, be more understanding; be more sensitive and patient; try to shine and develop gracefully under pressure; be more assertive; be more compassionate; be a 'better' person than I am; refrain from being in negative energy.



### The Heart of Well-being: seven tools for surviving and thriving

This practical guide with audio CDs by Jan Alcoe, is a 'crystal-clear, no-nonsense, immensely practical guide that conveys the importance of managing ourselves on the four dimensions of our being - physical, mental, emotional and spiritual.' (Neville Hodgkinson - medical journalist and Chair of the JF.)

*The Heart of Well-being* is co-published by the Janki Foundation and the British Holistic Medical Association. Author Jan Alcoe, a hypnotherapist, writer and trainer in well-being and author of *Lifting Your Spirits: seven tools for coping with illness* explains: 'As we

go on through life, each challenge and change we meet can undermine our health and resilience, often without our even noticing. I was motivated to produce this unique guide, to facilitate all of us discovering a way, to not just survive the knocks in life but to positively thrive and enhance our well-being on every level.'

Edited by Dr Craig Brown, medical adviser to the Janki Foundation and chair of the BHMA, *The Heart of Well-being* is scheduled for launch, and is the subject of this year's Foundation Lecture, on August 10 and will be available for purchase from our website.

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