

Clayoquot Biosphere Trust

P.O. Box 67, Tofino BC, VOR 2Z0

Re: Nuuchanulth Reiki Project

Project leaders: Mada Thomas and Levi Martin

Contact: 250 -725-2079 and 250-726-5239

Final Report

Some Successes of the Nuuchanulth Reiki Project in 2010:

Our one year anniversary was celebrated on February 5, 2010 with a Reiki outing to Esowista where four practitioners gave healing energy to eight individuals.

On February 15, 2010 the Reiki Project participated in a wellness education day at Long Beach golf course organized by Nora Martin. This was a big step for the Reiki team as we received more exposure to who we are and what we do.

In the month of May the Reiki team provided volunteer work by offering our services to the delegates of the International Congress of Ethno-Biology. This was a week- long conference held in Tofino and hosted by the Tla-o-qui-aht First Nations.

On October 13, 2010 we were honored to participate at an Elders' luncheon in Esowista. One elder, after receiving a group healing session with our Reiki practitioners simply said, "Wow".

The Reiki team and other healing practitioners had a successful day at the Tla-o-qui-aht Wellness Day held on December 14, 2010. This event was organized by Mada Thomas, project leader of the Nuuchanulth Reiki Project and Nora Martin, head of the health department for the TFN.

The Nuuchanulth Reiki Project was pleased to subsidize and support one of our team members in furthering her Reiki training. Tawnija Edwards has been a committed part of this team and has now taken the Reiki master level which will enable her to teach Reiki in the future.

Opportunities for Learning and Growth of Our Project:

We have learned over the last year that things happen more slowly than originally anticipated.

We have also learned about some of the cultural differences and have experienced at times a little bit of shyness and resistance from some people. This can be easily understood when looking at the history of the First Nation Communities and the experience with "outsiders."

One reason why things have moved more slowly than originally anticipated is because relationships need to be developed and trust built. This is happening slowly, in its own time.

The Reiki Project learned the most in Opitsaht. There were a few occasions where the Reiki team was asked to go to Opitsaht to do healing. On two occasions we were canceled before we went over. On two other occasions we traveled over to Opitsaht and no one showed up for healing sessions.

When this happens, the Reiki team stays and does healing work amongst our group. Project leader Levi Martin says, "We don't necessarily have to get people on the table in order for healing to happen." Simply going over to the area and producing healing energy will have an effect in the community.

Due to the transient nature of Tofino, the Reiki team also lost four of its team members over the course of 2010 as they moved away from the area. Our intention is to empower local individuals so hopefully this will not be an issue in the future.

Activities of the Nuu Reiki team in 2010

February 5 -- Esowista -- four Reiki practitioners worked on eight clients

February 15 -- Long Beach golf course -- four practitioners worked on 6 to 8 clients.

March 3 -- Opitsaht -- canceled

April 6 -- Opitsaht -- four practitioners -- no show

May 10 -- Opitsaht and May 11th -- Botanical Gardens -- volunteer services all day for delegates of the International Congress of Ethno Biology

May 17 -- Tofino -- three practitioners worked on one client of the Ahousaht community on request.

May 25 -- Esowista -- 5 practitioners worked on 4 clients

June 1 -- Esowista -- three practitioners worked on two clients.

September 7 -- Esowista -- three practitioners worked on three clients.

October 13 -- Esowista -- four practitioners worked on four clients

October 15 -- Tofino Hospital -- four practitioners worked on one client on request.

October 27 -- Opitsaht -- canceled

November 2 and 3 -- Reiki level I training scheduled and canceled

December 8 and 9-- Reiki level I training scheduled and canceled

December 14 -- Tofino -- Tlaoquiaht Wellness Day -- five Reiki practitioners, one acupuncturist and two massage therapists volunteered six hours of their time.

Note -- not all of the Reiki team's activities were funded by the CBT grant. The monies allotted to us were reserved for members of the Tlaoquiaht community with an emphasis on education.

--This schedule does not include most recent activities of 2011

Hints and Clues of Real Success For the Future

It is the Reiki Project's goal to train people within the Tlaoquiaht and other First Nations communities in Reiki level I in order to empower individuals with this amazing healing tool.

Near the end of 2010 we attempted twice to schedule Reiki level I training for a number of healthcare workers within the TFN. Both times were canceled due to conflicting schedules. The show of interest is a sign of success.

The following anecdote also shows in a small way a real sign of success:

When we began this project in 2009, some members of the community would ask me, "What do you do?"

I would reply, "I do Reiki."

"What's that?" They would ask.

I would explain that Reiki is a healing energy and that I do healing work. I would also express that I was looking for people who wanted to learn this type of healing. Then, I would receive a questioning look.

Two months ago I was at the swimming pool and a woman from the Opitsaht community struck up a conversation with me;

"You look familiar. What do you do in town here?"

"I do healing work. I work with energy," I replied.

"You mean Reiki?" She asked.

"Yes," I replied.

"Oh I want to learn that," she said. "My aunt has had it a few times and she feels really good every time she has it. But I think it would be good to have someone in the Opitsaht community who can offer it instead of trying to coordinate peoples' schedules and travel."

We continued to converse about healing, tradition, Opitsaht and possibilities for the future. This is a true story!

This shows our project has had success. The first part of our project was to demonstrate and educate people about Reiki. Our long-term goal is to find individuals who want to learn Reiki to heal themselves and others.

Proposal and Request for Nuu-Reiki Project in the Future

We have not submitted a proposal for this year's call for projects as we are still working with the funds from last year's grant. We have reserved part of the funds for teaching and training purposes. Reiki level I training was canceled twice in 2010 and has yet to be rescheduled for 2011. We still have funds left. (Approximately \$800 -- see financial report)

At this point in time we would request an extension for the expenditure of grant funds, to be reserved for Reiki training, and permission to apply to the Discretionary Funds department of the CBT in the future.

We have learned that things are not always on our own time schedule. "Everything changes very slowly and in its own time, just like Mother Nature." (Levi Martin)

We hope to continue our relationship with the CBT and appreciate the support of this project. Healthy modalities such as Reiki have no cultural boundaries and provide an opportunity to connect the mind, body and spirit creating peace and harmony for the individual.

Expenditures of the Nuu-Reiki Project for 2010- A breakdown of costs

Description	Cost	In Kind	CBT Funds \$3000
Volunteer Honorarium	<p>Approximate Total of 84 Hours Based on 7 sessions, 3hrs/session, 4Masters/Practitioners@ Reiki Masters Rate of \$65/hour = \$5460</p> <p>We did not charge for the trips to Opitsaht when cancelled or a no show.</p>	Volunteer hours from Reiki Master/Practitioners = \$4320	\$1080
Travel –to destinations including Opitsaht and Esowista.	<p>Water Taxi for Opitsaht, 2 trips x 4 people at \$10/person = \$80</p> <p>7 trips to Esowista, 30 km x 1 Practitioners x \$0.35/km = \$73.50</p> <p>2 trips to Tofino from Esowista , 30km x \$0.35/km=\$21.00</p> <p>Total Travel Cost = \$174.50</p>	Tla-o-qui-aht First Nations contribute \$80.00	\$94.50
Facilities and Organization of Wellness Day	<p>Weigh West Rental covered by TFN +cost unknown</p> <p>\$150 event planning fee based on 1 person, 10hrs @\$15/h</p> <p>Refreshments, and lunch provided by TFN +cost unknown</p> <p>Healing services, 8 practitioners@ \$65/hr x 6hrs=\$3120</p>	All practitioners volunteered their time and services = \$3120	\$150

	Child care provided for one of the practitioners = \$40		\$40
Education/Training	Level 3 Reiki training \$600, 1 person	\$400 paid by student	\$200 subsidy
Finders Fee	\$300		\$300
Writing of Proposal and final report	\$300		\$300
Total	\$10 344.50	\$7920.00	\$2164.50
Remaining funds	--	--	\$835.50