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## COMMUNITY NEWS

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Happy Diwali

## THE LOTUS HEALING GROUP PROVIDE RELIEF TO CANCER PATIENTS



The youngest participants of the workshop aged 6

By Pooja Kotedia

Practicing the art of reiki is a powerful and healing process. The Lotus Healing Seva Group arranged a level one reiki teaching workshop free of charge for cancer survivors, patients and even caregivers in order to commemorate Breast Cancer Awareness Month. The workshop was

held on Saturday 15 at the Faraja support group at the Cancer Care Centre in Parklands.

The all day event started at 9.00 am and continued up till 4.00 pm. The group is focused on providing relief to the suffering through this Japanese healing process. The Lotus Healing Seva Group was founded six years ago with a start-



Volunteers from Lotus Healing

ing number of merely 10 members, they have consistently grown over the years and now boast 60 dedicated members in Nairobi, 20 in the UK, five in UAE and many more in India, USA, Tanzania and Canada. Led by Mrs. Kamal Tolia the organisation aims at assisting charitable causes by using their healing powers. Mrs. Tolia explained "Reiki is a healing energy, a Japanese technique that can heal your physical problems as well as emotional and even mental illnesses". This active group usually holds workshops

the showing of chakra positions on the body, an attunement process in order to provide access to reiki and finally learning to heal yourself. The workshop was sponsored by members and well wishers and at the Faraja Centre; a hot Biryani lunch was served with plenty of fresh juices. Guests seemed to be quite pleased with the clubs gesture as one lady, Mrs. Evah Wanjiru Nganga, a cancer survivor explained "I came because I wanted to know more about reiki, and this has helped me with my illness"

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once a year but this year have managed to host three successful events including a workshop at the Hawkers Market Girls Centre in April, as well as for several slum dwellers in August this year. The third was the workshop for cancer patients where Lotus group volunteers appeared in pure white and purple ensembles and guided those affected by cancer through the process of reiki, the workshop was divided into four segments including an introduction to reiki,

Another lady Mrs. Margaret Mburu shared "I had cancer in 1993 and I was healed but I wanted to be healed emotionally, that's why I came".

Reiki has proven to heal the side effects of chemotherapy and other procedures, as well as lifting one's morale and ridding the body of any toxic side effects from medications. The aim of the workshop was to teach the reiki process whilst providing patients with a positive outlook on life.



Mr. Dharendra receives healing from fellow patients



Kamal Tolia teaches the art of Reiki