



Welcome to news from the Janki Foundation. In this issue we report on trainings and events on four continents. Teams of VIHASA facilitators and individuals are organising innovative events and inspiring professionals and carers world-wide. In South Africa, the band of pioneering facilitators continues to offer on-going VIHASA sessions in major cities and to create links with new audiences in the Eastern Cape and KwaZulu-Natal. Healthcare workers in Australia are being rejuvenated by the *Values in healthcare*

training programme following a 'Spirit of Healthcare' dialogue, the second of a series of conversations globally to explore how professionals may integrate spirituality into healthcare. In the UK, you may especially find of interest the stimulating conversation between Dadi Janki, President of the Foundation and psychiatrist Dr Andrew Powell on 'Why Suffer?'. A more detailed write-up is available on request.

Thanks once again to all who help make this newsletter happen. Enjoy!

Editor: Dr Kala Mistry



Why Suffer?

Spiritual leader 96 year old Dadi Janki and consultant psychiatrist Dr Andrew Powell held an exceptional conversation on the nature and existence of suffering when they shared their unique perspectives at Global Co-operation House in London, this May.

Carol Evans, who previously worked as a humanistic psychotherapist, reports:

Both highly experienced in their fields, their starting points differed. Dr Powell spoke from the position of establishing a relationship with unhappy, ill or disturbed patients that allows them to explore suffering in an atmosphere of trust, empathy and acceptance. This is a process that enables them to let go of self reproach and guilt. Furthermore, through experiencing compassion, there is a desire to give to others

what they have received from their healing. The ultimate goal of psychotherapy, he stated is to awaken us spiritually.

Dadi, having spent 70 or more years teaching spiritual knowledge and yoga to thousands of students worldwide, encouraged the audience to move into the awareness of the immortal soul, so rising above suffering and dwelling on the past or thinking excessively about the future. She qualified that suppression of emotions can inhibit developing a peaceful mind. In contrast, re-connecting to our original spiritual qualities of peace, happiness and power and attending to radiating these virtues out into the world, we can learn the ultimate antidote for suffering.

This was an important and timely dialogue, as the West with its long tradition of psychoanalysis and scientific exploration of the mind, and the East with its even longer tradition of spirituality, have often failed to communicate well on issues of mental health.

They found common ground in a discussion that was characterised by respect, empathy, understanding and humour. It was an excellent learning experience on several levels, for those of us who were fortunate enough to be present.

Dr Powell defined suffering: Pain is a physical or mental sensation...that is uncomfortable and disturbing and in the now. Suffering seems to be about the emotion of pain, or the memory of something deeply hurtful. Dadi contemplated

"It is important to give time to individuals and lend your good wishes for their recovery. The medicine however is faith."



Above: from left to right, Neville Hodgkinson, JF trustee started the conversations by asking Dr Powell to define suffering, as Dadi Janki and Sister Jayanti, who was translating, listened with interest.

DJ greets an audience of 600, packed into the auditorium and other rooms of Global House, London; many others tuned in through webcast.

this, then shared her perspective: Suffering is excessive or negative thinking on the past or wasteful talking about the future. It becomes evident in asking questions such as why?, when?, what, how? And who?'

"What people need today is to be reached with love and not to be judged ... they are suffering from their own judgments already."



UK NEWS

Compassionate Care

Craig Brown, Chairman of the British Holistic Medical Association and Trustee and Medical Advisor to JF, facilitated an afternoon workshop for a mixed group of 14 health professionals and carers in February 2012. The format of this session and style of facilitating encouraged deep sharing and active participation. Those attending said they had learnt at both a personal and professional level.

Messages from VIHASA



John Fleet shared many stories on using VIHASA when he attended the Going Further, Going Deeper retreat in November.

North Wales: thanks to John Fleet's enthusiasm and commitment, VIHASA modules continue to be shared with healthcare professionals and community groups alike, in a variety of settings in North Wales.

This time, John's learning was simple: "Think small. We don't have to organise large meetings, in major venues, to learn from the VIHASA messages. Being asked for a short evening workshop on Resilience by a Women's Institute group, some 20 miles away on the

other side of a large forest was a test of my resilience. I arrived lost, late, had a puncture, and 'only' four people were present. But they listened, joined in, and invited me to a splendid tea of cakes and scones. Then in came the secretary, with dirty hands, to tell me she had changed my wheel for me! So I learnt about resilience from them (and other WI groups have invited me to do the workshop for them!)"

South West Yorkshire Partnership NHS Foundation Trust

Staff at Fieldhead Hospital, Wakefield have added new dimensions to their work after attending workshops, meditation meetings and more, organised by their local Pastoral and Spiritual Care department. Spiritual Care Training Coordinator, Nirmala Ragbir-Day, also a VIHASA facilitator, organised study days on values to promote staff development, using the *Values in healthcare* experiential programme, from September 2011 to April 2012.

Following on from previous workshops, these sessions and the popular staff retreats (they run three per year) give 'something back' to NHS employees. New this year, an average of 11 persons attended the seven monthly sessions on 'Lifting your Spirits: Enhancing Inner Strength and Wellbeing' for staff, services users and carers. Starting in January, participants explored practical tools for self help during times of illness and were able to re-connect to or 'discover' learning tools such as meditation,

visualisation, appreciation, creativity, listening, play and reflection.



John Fleet with Kay Ryan, co-ordinator of Hospice Day Centre services.

Well-being conference

Dr Craig Brown also ran a workshop on VIHASA and met delegates at a two-day conference in Glasgow on 'Spiritual Care and Health: Improving Outcome and Enhancing Wellbeing' in March. He reports: 150 people attended this convention marking the 10th anniversary of introducing spirituality in healthcare in Scotland. There is a real enthusiasm for the project. Leaders in the field of spiritual care, including several from the USA, came to share research, new initiatives and stories.



Dr Brown, JF medical and scientific advisor, ran a values workshop and shared his thoughts with delegates at a conference on Spiritual Care and Wellbeing in Glasgow, March.

WORLD-WIDE NEWS

INDIA VIHASA Facilitator Training, Mt Abu, April 2012

Values in healthcare facilitators from Global Hospital & Research Centre (GHRC), Mt Abu and the UK delivered VIHASA facilitator training to 16 staff from GHRC, the Trauma Centre, Abu Road and to medical wing members of the Raja Yoga Research Foundation.

The program was innovative and entertaining and brought together many staff who had never worked closely together. Over the three days, participants trained in all aspects of facilitation, focusing on the Positivity module.

Maharashtra: In March, four trainers from GHRC facilitated the Values and Co-operation modules with a group of 40, students and tutors from Vispute Nursing College and nursing staff from The Neel Endoscopic Clinic, Panval. Some tutors were so inspired, they decided to join in again when the team ran Values for 60 students at Vispute Pharmacy College the next day. It was the first time the lecturers had experienced putting values into practice in their day-to-day routine and one noted: "I learnt how to teach in a playful manner and I will apply this with my students so that their studies become easier!"

Udaipur, Rajasthan

Facilitators from GHRC and UK and lecturer Mrs Deepthi Bhatnagar from Global College of Nursing, Mt Abu delivered VIHASA modules Values and Positivity to 120 post-graduate students and tutors from the Sanjeevani College of Nursing Udaipur. The feedback was positive and enthusiastic:

"We learnt the importance of being cheerful whilst caring for patients." "This is a new experience for me and it helped me to understand myself and know more about spiritual values."



Vispute Pharmacy: college students and tutors enjoyed the playful approach to learning they experienced during the VIHASA workshops, Maharashtra.

WORLD-WIDE NEWS (cont.)

The Spirit of Healthcare

Exploring the integration of spirituality in healthcare

Sixty nine healthcare professionals from all over Australia and guests from New Zealand, New York, London and Cambodia contributed to this four-day dialogue on spirituality. They explored definitions of spirituality, how to bring it into working life and the challenges of integrating spirituality into healthcare. They covered themes such as facing fears, cure versus healing, communication across different models of healthcare, what patients or carers want from health professionals and self-care. Sampling some of their discussions:

'Spirituality is a transcendent experience for the client and practitioner.' *'Cure is a concept and healing is a process.'* *'64% of patients consider that spiritual beliefs help them with emotional pain.'* *'It is possible to have a spiritual consultation without any imposition of my own beliefs by walking the line of self-respect and maintaining respect for others.'*

Many participants mentioned *'the importance of silence, a positive attitude and conversations.'* The sessions were structured around conversations and used methodologies such as Open Space, Talking Stick and Global Café and an Appreciative Inquiry format. A full report is available on request.

SOUTH AFRICA

South Africa's VIHASA team continues to offer regular sessions to healthcare staff in different clinical settings of Cape Town, Durban, Johannesburg, and also to hospices, NGOs, social services and other governmental departments in four provinces. We report briefly on three unique events:

Aryan Benevolent Homes

(ABH) March 2012

Eighteen staff from ABH, a troubled working group we were asked to empower and motivate, very quickly resonated with feelings of burnout and needing care. Initially sceptical, on closure they sparkled with fresh vitality to meet work with a new attitude and remained well into their lunch-time to find out more about the modules.

KwaZulu-Natal (April to June)

The VIHASA team held workshops with Grey's Hospital management (35 matrons and unit



VIHASA creates opportunities for empathy and unity for staff of ABH.

VIHASA Facilitator Training, Melbourne, Australia At Peninsula Retreat Centre, June 2012

Twelve individuals from diverse healthcare backgrounds including social work, nursing, occupational therapy, medical student education and natural therapy attended the first Australian VIHASA facilitator training in early June. Joy Rendell, JF Trustee from UK, and Gopi Elton, VIHASA Co-ordinator in Australia, undertook this new operation following the success of the Spirit of Healthcare dialogue.

The training was enriched by the enthusiasm and passion of two attendees who were experienced facilitators from Petrea King's Quest for Life network. The group enjoyed the spiritual tools of VIHASA and the mode of learning, including the art of giving and receiving feedback. It was a comfortable and consolidated group mostly from New South Wales or in and around Melbourne.



From left to right, Joy Rendell (UK), Dr Barbara Hannon, Margot Schofield, Dr Sarah Eagger (UK), Gabrielle Martin, BK Heather, Carmen Palmer (USA) and Gopi Elton facilitated the 4-day retreat on the integration of spirituality into healthcare.

managers) in April. The most recent development is monthly sessions with Employment Assistance professionals where the numbers attending have increased to 80.

Nurse lecturers of Lilitha College learn Values in Healthcare

VIHASA facilitators left a deep impression on the minds and hearts of 40 nurse lecturers who came for a 4-day experiential approach to values from all over the Eastern Cape. Representing all 18 campuses of Lilitha College of Nursing, many had travelled 7 hours to get to the training. Vice-Principal Mrs Madubela, who had previously attended a day workshop, was keen for all grades of nurse lecturers to participate in VIHASA, so that new nursing graduates (more than 600 per year) can take values out to the communities of Eastern Cape.

One lecturer suggested: *"Everyone from all government departments should have a chance to attend. The presentation style cultivated one's inner self and this will strengthen our skills."*

Ethiopia

Following the success of the VIHASA launch last year, facilitators from Glimpse Experiential (a company delivering values-based learning) have run values workshops for practitioners and medical students in three locations.

University students from all over Ethiopia attended a 2-day workshop in Awassa, 300km south of Addis Ababa, in February. Arranged at the request of the Ethiopian Medical Students Association, the session included an explanation of personal values, peace, cooperation, positivity, compassion, spirituality, and reflective exercises on each core value. The 48 students attending found it enlightening and engaging; both the president and secretary of the association attended, having experienced Values in healthcare previously.

In March, over 40 fourth year medical students attended a half-day workshop at the Black Lion Hospital and in May, Glimpse ran a full-day workshop for members of the Medical Association of Private Practitioners in Addis Ababa. Twenty-two medical practitioners attended and were inspired to collaborate for future sessions.



Eskender Kassa, director of Glimpse Experiential, delivers VIHASA and forgiveness sessions during a 2-day workshop for medical students, Awassa.

Going Further, Going Deeper - retreat into values

'Going Further - Going Deeper' perfectly describes the *Values in healthcare* facilitators' weekend at Oxford in November 2011.

Margaret V Aberdeen sent us this report:

A team of healthcare professionals from places as far afield as France, Ethiopia, the Philippines and Mexico came together to share stories and create steps in taking further Values in healthcare: a spiritual approach (VIHASA).

The initial dialoguing session, where three pairs of participants exchanged how VIHASA plays a part in their work environment, anchored the audience as stories of success and challenge

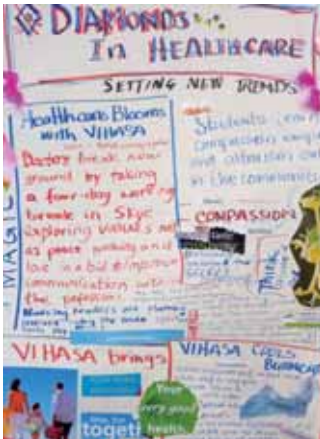
unfolded. Talkers unveiled feelings of hesitation and isolation in the workplace but also described the creative and flexible responses that allowed them to progress. The beauty of this session was its spontaneity, rather like eavesdropping on a conversation while sipping a hot latte at a coffee shop.

Other sessions included an Open Space workshop with six group discussions collating ideas as to what the next steps for VIHASA might be, and a morning workshop 'Hope in Healthcare' which culminated in participants designing a newspaper front page advertising VIHASA. Like children building sandcastles, bouncing ideas off each other, the session bubbled with enthusiasm and we produced ten captivating 'publications'. Maureen Goodman

summed up the theme of our gathering in her talk on Spiritual Reflections: "VIHASA is not just about the training and presentation, it's about living it and creating the changes you desire."

Sunday introduced two new assets to VIHASA. One was the Resilience module, aimed at self-care for professionals. The second was a portal learning community website, soon to be launched, to keep facilitators updated, more involved and allowing story sharing to continue.

As the weekend drew to a close, a feeling of togetherness emerged, with buddying, networking, co-facilitating and catch-up coffee meetings arranged. There was a breakthrough in learning, and the take home message was that we are not alone. It truly was a magical weekend.



Above: a sample of publications created by participants.



Reporter Margaret Aberdeen pictured with Deirdre O'Toole in a small group discussion.



Above and below: Deepening the learning from VIHASA experiences, facilitators 'played', listened and engaged in earnest conversations over the course of the weekend.



Canterbury

Retreat into compassion.

Participant enjoys negotiating the maze at The Quiet View, a quiet garden in Kingston, near Canterbury when she attended this one-day retreat in June. Report next issue.

