



#### GREETINGS

WELCOME once again to a news update from The Janki Foundation, a charity promoting the assimilation of values and integration of spirituality into healthcare, through awareness raising seminars, talks and workshops. Our flagship project, Values in Healthcare: A Spiritual Approach (VIHASA), is used globally by inspired individuals and groups to promote greater harmony, empowerment and ease for practitioners. Training events to coach newcomers to this project continue to take place in the UK and, to date, hundreds of facilitators from 50 countries have been trained.

In this issue we look at recent events in the UK, Australia and in India – which is an illustration of the type of proceedings that have been achievable. In some places, such as North Wales and at least three different locations in South Africa, healthcare professionals, also trained as VIHASA facilitators, run outreach or retreat sessions on a continuous basis. These workshops open up new dimensions for individuals and are appreciated deeply by participants.

Please find below a report on our annual lecture. Enjoy your reading!

Dr Kala Mistry

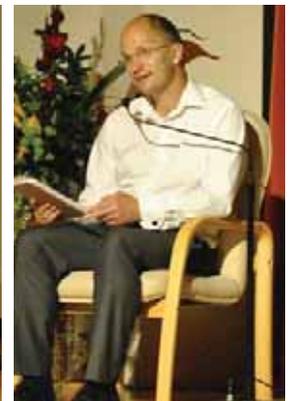
## Living and Dying with Dignity and Peace

The Janki Foundation Lecture,  
August 2013 London

*"The ability to live according to your values in an unwavering way depends on how well you have realised your true spiritual identity, and have begun to cultivate that inner state of dignity."* Dadi Janki



Dadi Janki addressed the topic from her life perspective and spoke of the importance of cultivating a compassionate attitude. Sister Jayanti, European Director of the Brahma Kumaris, translated.



Andy Bradley, one of 'Britain's 50 radical thinkers', promotes a TEA and CAKE approach to Healthcare!

This year's Annual Lecture was delivered by Andy Bradley, Founding Director of Framework 4 Change, with an address by Dadi Janki, 97 year old President of The Janki Foundation. Over 450 people attended or tuned in to the webcast for this year's talk, which was both stimulating and pragmatic.

**Andy Bradley**, recognised as one of 'Britain's 50 radical thinkers', is passionate about the need for vulnerable people within the social and healthcare system to be met consistently with kindness. 'Is it so radical?' he asked the audience, as he spoke about the compassionate community he witnessed, growing up with parents who ran a care home. He saw his mother responding with an open heart to people who were at risk of being abandoned at the end of their lives. Andy also practises the spiritual discipline of mindfulness and, combining this with his upbringing, he promotes a TEA (Teamwork, Engagement and Achievement) and CAKE (Compassion, Attention, Kindness and Empathy) approach to the field of care.

He asked each person to consider: how would we like to feel at the end of our lives - loved and at peace, or abandoned and lost? He then asked "What one quality would you like to experience that would create a sense of regard and dignity for you, if you were in a vulnerable state and needed caring for?" The audience then stood up for the different qualities they would like to be met with: love, acceptance, time, respect, presence, peace, recognition, empathy, compassion, dignity... everyone

stood and held these qualities in their presence, like a meditation.

Within the NHS, he emphasized that we need to see care - which means recognising and valuing those working in healthcare for the esteem they are giving to society. Also a paradigm shift in our attitude; for many this means a move from fear to love, from 'compliance' to compassion.

**Dadi Janki**, who is also Head of the Brahma Kumaris World Spiritual University, spoke of creating a spiritual attitude and awareness. She said she saw both compassion and love in the founder of the Brahma Kumaris, as well as forgiveness, which allows compassion to work. She reminded everyone that we need to be aware of 'Who am I? and Who is mine?' in order to create a compassionate attitude. When we have courage - in her experience - help arrives, a hundred times over.

She mentioned the special state of soul-consciousness, which can be developed with practice and which allows us to carry with us the awareness of the virtues and powers we can receive from God. These include peace, love and knowledge of the whole picture. If we think 'too much', we begin to wilt; whereas if we see big situations and make them small, if we apply peacefulness, if we experience love and dignity, then we can share these with others. When we generate and share 'the medicine' of pure thoughts and have good wishes for everyone, living and dying are both beautiful.

Dadi concluded by saying that the topic of how to live and die is really her subject, something she has been doing for 75 years, while encountering and overcoming many illnesses. Sister Jayanti, who translated for Dadi Janki, closed the session with a meditational journey into self awareness, and connection with the One who forgives, loves, uplifts, cares and heals.



Arnold Desser, scientific and medical advisor to JF, hosted this special event.



Guest performer, singer and Songwriter Lucinda Drayton entertained with inspiring songs. Her voice weaved its way like a silk thread throughout the evening.

## Values in Healthcare Training

May 2013

I love Sunny Worthing! proclaimed the billboards along the promenade. And it was a sunny welcome for the participants of the facilitators training, who had travelled from around the globe: Dubai, Bosnia, The Netherlands, Scotland, North Wales, Bedfordshire, Nottinghamshire, Yorkshire, Sussex and London.

The good weather lifted the mood as participants



Trainee facilitators listen and exchange, as they participate in the VIHASA training methods.

met each other and studied the business of facilitating VIHASA. Soon many were as proficient as the trainers themselves - learning from each other and becoming 'a community' for continuous learning. There was lots of enthusiasm and strategic planning on the last day. Everyone left inspired, happier and better equipped to bring VIHASA to more parts of the world.

Fina Kureeman, a researcher from the Netherlands, shared her experience: The surroundings

were nurturing and there was a sense of well-being even as we arrived.... A core concept of this unique training is to educate through experiential learning. Simply put: Whatever benefits we acquire will automatically manifest as a change through our actions, a term referred to throughout the training as 'modelling the change'. My take home message: 'It is only when I feel balanced that I bring about the change I want to see in the world and it starts with modelling those changes myself.'

### North Wales

Retired surgeon John Fleet continues to facilitate *Values in Healthcare* sessions for local health practitioners, including sessions at the local hospice and main hospital. His main project this year has been running all the VIHASA modules for the older people's support attended by about 15 people monthly. More news on this after they complete and evaluate their VIHASA experience.

## AUSTRALIA VIHASA Implementation

The Australian VIHASA team has been busy over the last six months, inspired by two well-attended retreats in September 2012 and February 2013, with participants from diverse medical fields, at the Centre for Spiritual Learning, Leura, Blue Mountains. They used the modules on Valuing Yourself and Spirituality in Healthcare for the main retreat sessions. In February Guests Kay Ridgeway, naturopath, Zabette Neuman, End of Life Nurse and Lawrence Bremner, Healthcare CEO each shared their experience of integrating spirituality into their daily lives.

Since then, they have run a workshop on Building Resilience for Raphael Centre, St John of God Healthcare, in April and a weekend retreat on the Positivity Module in June, both at Leura.



Lifting Your Spirits retreat in Wilton, New South Wales. The facilitators created a nurturing atmosphere and participants enjoyed working together.

### Lifting your Spirits Retreat

Wilton NSW May-June

A new event organised was a retreat on the JF publication *Lifting Your Spirits* for 36 healthcare professionals from Australia and New Zealand, with guest facilitator, Dr Raksha Balbadhur, who is also VIHASA coordinator in South Africa. The participants came from diverse backgrounds including medicine, psychology, counselling, neurology, allied

hospital professions and alternative medicine. Gina Stanton, Coordinator of VIHASA in NSW, ran a session introducing VIHASA and the Building Resilience module. It was a vibrant group learning many new spiritual skills to maintain a work/life balance.

### September events

Building Resilience, Ashfield NSW. Some great definitions of resilience were voiced at this workshop such as "Resilience is like cartilage. It serves as a shock absorber when there is tension or pressure." A rich dialogue on the qualities and actions that characterize resilience uncovered the importance of regular reflection and self-awareness in maintaining perspective in challenging situations.

### Compassionate Care

Department of Gastroenterology, Concord Hospital NSW. Dr Alice Lee, Gastroenterologist invited Stephen Berkeley to run a workshop on compassion as a way of introducing VIHASA. The clinical team said that they had never stopped to acknowledge how much of their care is actually 'compassionate' and appreciated the introduction to meditation, compassionate listening and how these tools could be used to bring more balance into their working lives. VIHASA facilitator Stephen said, "It was touching to be able to give something back to the team that had given me so much care and attention over the last 12 months."



Participants listened intently, appreciating the importance and stimulating nature of this training.

Gina Stanton (front), and Steven Berkeley (right), co-facilitating the day event for participants in Hobart, Tasmania. Amongst other activities they mind-map the benefits of positivity. 'As facilitators we find continuous collective sharing is a powerful way of restoring hope in our profession'.

### In Hobart, Tasmania March 2013

The team also ventured to Australia's southern island state, Tasmania, for a one-day event in Hobart. Professionals from the fields of nursing, psychology, counselling, physiotherapy, chiropractics, osteopathy, acupuncture and other alternative therapies enthusiastically participated in the program which included the modules Valuing Yourself and Compassion.

Many said that this was one of the first professional development programs they had attended that was all about them! Participants said they enjoyed meeting other professionals and exploring how they can better care for themselves, give meaningful appreciation, and were happy to know of the progress in implementing VIHASA in other Australian states. "A strong, relevant and timely training. Thought provoking, supportive and encouraging."



### Wakefield – South West Yorkshire Partnership, NHS Mental Health Trust

#### Science and Consciousness

The Pastoral and Spiritual Care Department of the Trust, headed by the Rev Mike Gartland, held their annual conference on the topic of Science and Consciousness in May. The key speaker was JF Chair Neville Hodgkinson, previously science and medical correspondent of The Sunday Times, who talked about scientific approaches to consciousness, brain and awareness. Steven Michael, Chief Executive of SWYPFT, welcomed about 40 delegates to the one-day event at the Learning and Development Centre, Fieldhead Hospital, Wakefield.

Other sessions included workshops, networking and opportunities for quiet reflection through meditation in the chapel, prayer in a multi-faith room, and a walk through a newly constructed labyrinth. The conferences are aimed at health professionals interested in a deeper understanding of whole person care and spiritual values.

#### The Six Cs of Compassion

Another new event is a series of study days based on the 6Cs of Compassion, as set out by the Chief Nursing Officer in the wake of the Francis report. These six fundamental values include care, compassion, competence, communication, courage, commitment. The VIHASA Valuing Yourself module was incorporated into the July event on Care and Commitment and the Compassion module into the September event:

Compassion and Competence. Around 12 staff, service users, and carers attended. We look forward to an update on this soon.

Other events run in Wakefield include seven sessions on Lifting your Spirits: enhancing inner strength & well-being, for service users, carers and staff coping with illnesses or recovering from accidents and trauma, based on the JF publication Lifting Your Spirits – Seven Tools for Coping with Illness and the 1-day urban retreat for staff, which incorporates the VIHASA modules relevant to the themes of the day.

#### Mothers' Groups: Stratford, East London

The benefits of VIHASA reach far and wide! Following VIHASA training, health promotion specialist Leena Khagram delivered sessions on resilience, positivity and the benefits of meditation for mothers of young children in East London. The mothers enjoyed taking time out to discover their inner strengths and nurture the peace and relaxation that comes from meditation.



Key conference speaker, writer Neville Hodgkinson, is flanked by Rev Mike Gartland, head of the Pastoral and Spiritual Care Department and spiritual care co-ordinator, Nirmala Ragbir-Day, South-west Yorkshire Mental health trust.



All those who helped to make the one-day conference and workshops run smoothly, including representatives from the Janki Foundation, the NHS Trust, the Brahma Kumaris and Wellbeing in the Caring Professions. (Photos courtesy of Fred Grant, Wellbeing in the Caring Professions)

### Kent VIHASA Group

27 Health professionals from London, Kent and Surrey gathered at The Quiet View near Canterbury in June for a summer retreat. There was a blend of professional backgrounds including nursing, psychotherapy, administration, complementary medicine, general practice, paediatrics, dermatology and psychiatry.

With the aim of recharging inner batteries, the day's workshops focused on the Positivity modules from VIHASA. A long lunch break afforded time to network, view the gardens and visit the labyrinth. Dr Julia Ronder, Consultant Child and Adolescent Psychiatrist who leads the Kent VIHASA facilitators group, introduced the day. The feedback revealed what people learnt the most, and found practical and useful:

*'Writing appreciative remarks about my colleagues felt very positive.'*

*'to be kinder to myself and more accepting of myself and others'*

*'I never knew I was able to relax until I came to this retreat'*

*'the benefits of positivity on our well-being'*

### Guy's Hospital, London

Deirdre O'Toole, Clinical Governance Facilitator at Guy's Hospital, gave a summary presentation to her clinical governance colleagues, in April, on Values in Healthcare workshops she had arranged in her Department and included a taster. Several participants said they found it stimulating:

*Thank you for your presentation! It was really interesting and great to have everyone talking positively about values and training.*

After a meeting in July with practice development nurses, renal psychology and the patient experience lead, a further session is planned for October. An update will follow.



## INTERNATIONAL NEWS

### Still-point, turning world

Exploring the integration of spirituality in healthcare

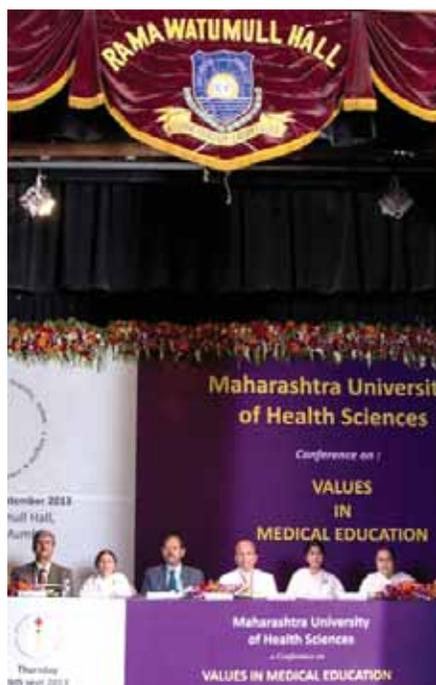
110 Delegates from thirteen countries attended the fourth international Still Point, Turning World meeting in INDIA at the Brahma Kumaris Academy for a Better World, Gyan Sarovar, Mount Abu in September. Many different group conversations were held on the terraces of the training centre as part of the numerous opportunities for dialogue and exchange throughout this 5 day spiritual retreat.

## Mumbai Values in Medical Education Conference - 26 September

585 healthcare educationalists from over 300 colleges in Maharashtra, most of them part of the Maharashtra University of Health Sciences, attended the conference Values in Medical Education. Representatives came from colleges of medicine, surgery, physiotherapy, nursing, homeopathy and ayurveda. They were taken through their paces by VIHASA facilitators from Mumbai, the UK and South Africa. The Minister of Medical Education was unable to attend but sent a message of appreciation to the Maharashtra University Academic Council.



Above: Janki Foundation representatives, some of whom presented at the conference, met up with their friends and colleagues. From left to right, Arnold Desser (UK), Bhavna Patani (UK), Pooja Sharma (India), Dr Sarah Eagger (UK), Dr Ashok Mehta (India).



Above right: Dr Girish Patel, medical doctor, lecturer in stress management, meditation and relaxation was one of the event's hosts.

## GHRC outreach

Dr Vinay Laxmi Khurana, an integral part of GHRC, the founder and energy behind the effective and immensely popular Village Outreach Programme (VOP), sadly passed away earlier this year. Her legacy continues as dermatologist Dr Kanak Shrivastava, who has other outreach experience, heads up the VOP. Dr Laxmi brought health and hope to many thousands of underprivileged children and women in rural areas where poverty is rife.

## VIHASA sessions at Pune Hospital



VIHASA facilitator Sarita continues to offer regular sessions for clinical and administrative staff at Pune Hospital.

Left and below are pictures of group work and a plenary session from earlier in the year.



## Uttarakhand Flood Relief

Global hospital & Research Centre (GHRC) has often reached out at times of adversity to neighbouring communities, responding for example at times of earthquake, tsunami and flood. In mid-June 2013, huge numbers of people were evacuated from Uttarakhand in North India when the states of Uttarakhand, Himachal Pradesh, some regions of Western Nepal and their adjoining areas experienced heavy rainfall that triggered devastating floods and landslides.

GHRC Mount Abu responded by creating a Medical Rescue Team supplied with food, clothes and emergency treatment. The team consisted of a physician, a clinical associate from surgery, a pharmacist, two experienced nursing staff, three nursing interns and two drivers to take charge of the ambulance. They were able to attend to patients daily from 24th-28th June, both in field-camps and at the roadside, alongside many other agencies.

