

# The Janki Foundation

FOR GLOBAL  HEALTH CARE

A Model of Holistic Health Care for the 21st Century

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## Welcome!

News from the Janki Foundation for Global Health Care over the last twelve months closely reflects a growing interest in the pilot project: Values in Healthcare - a Spiritual Approach.

March 2003 saw our first training weekend to familiarise health professionals and potential facilitators with the materials of the training and resource pack [see report 'Living Your Dreams']. The history, philosophy and mode of learning promoted by the project were discussed with the participants and a flurry of activity ensued.

Four information days have been held

in the UK - in Wales, Scotland, London, and Northern England - and a 3-day presentation and training was held in Kenya [see photo news]. Currently, there are 15 pilot centres throughout the UK and many more are proposed both here and abroad.

At one of the pilot centres in central London, monthly half-day seminars have been held since Feb 2003 and our reports give a flavour of how the Values in Healthcare pack has been received. In October, the Royal National Orthopaedic Hospital in Stanmore initiated a pilot scheme for staff, to run for several months. Values

in Healthcare will continue to be piloted until summer 2004, following which a launch is planned.

The year 2003 also saw a seminar on 'The Healing Power of Illness', attended by 200 people. It is an emotive topic that was intelligently and sensitively handled by the speakers. A retreat on 'Healing Attitudes' was held in June, and the AGM lecture this year was given by Dr David Reilly, physician, homeopath and clinical lecturer on the theme of 'Medicine in Search of Spirit.' Happy reading!

Editor: Dr Kaia Mistry

## Finding the Common Ground 'Medicine in Search of Spirit'

The Janki Foundation Lecture: July 2003

Dr Reilly's invigorating lecture had as its main thread the removal of fragmentation in medical practice and in our attitudes to healthcare. We need to heal the many splits that currently exist, such as between mainstream and complementary medicine, between left and right brain attitudes, between art and science and between qualitative and quantitative healthcare. He presented us with scientific evidence to show the benefit of whole person-centred medical care and suggested that a dialogue should be opened up between complementary and mainstream practitioners aimed at finding their common ground, which is about 'releasing people from suffering into peace'.

### *We must learn from our patients ....*

He clarified: Both doctors and clients are dissatisfied with the status quo. We must learn from our patients who feel rushed, unheard, and pushed from doctor to doctor. We must listen to our GPs, 90% of whom believe in the psychological basis of organic disease [survey of Scottish GPs, 2001] and who, far from supporting our present system of care, feel unable to provide holistic healthcare because of the

constraints placed on them, constraints which lead to personal frustration and an increase in prescribing and referrals.



He spoke about recent medical history: "the story of artists who fell in love with their tools... a romance with externals". The brilliant technological advances in surgery or the resurgence in the use of herbs and oils have sometimes led both mainstream and complementary practitioners to forget the primacy of the needs of patients for empathy and kindness.

As carers we need to be aware that we are primarily agents for change. Our patients are searching for self-transformation and we are there to provide the holding that facilitates self-healing. Dr. Reilly, and other researchers, have conducted specific placebo versus medicine trials with

patients suffering from illnesses as diverse as arthritis, asthma, Parkinson's disease and depression. With either treatment, the results were a marked improvement in the illness [placebo response in some cases as high as 70%].

### *....We must listen to our GPs.*

However in both cases a negative or unhelpful approach by the physician undermined the improvement significantly, illustrating the need for a 'healing engagement' between patient and carer.

Empathy is proven to be the single most important factor correlating with empowerment of the patient and healing. A practitioner using his full humanity is not only a healer for his patients but is contributing to the cost effectiveness of medical care in his country.

I found this lecture a heart warming and inspirational reminder of the values that I would wish to see at the forefront of our thinking.

*Dr David Reilly FRCP MRCGP FFHOM is Honorary Senior Lecturer in Medicine at Glasgow Royal Infirmary & Lead consultant physician at Glasgow Homeopathic Hospital.*

Carol Evans  
Humanistic psychotherapist and counsellor



## Values in health care:

A series of piloting seminars, February 2003 - August 2003

### February 2003: Chilling Out



After a drive through hectic Central London traffic, it was quite a contrast arriving at the venue, a naturally lit room with panoramic views overlooking Mayfair. The two facilitators, Maggie Parle, a social worker and Kala Mistry, a staff psychiatrist, welcomed us in a natural peaceful way and everything seemed so relaxed.

We discussed in pairs what peace meant to us and experimented as a group with different methods of relaxation including muscle relaxation, focusing on the breath and using thoughts to bring the experience of peace and stillness to the mind. I found each experience valuable and applicable to different situations I may find myself in. Most interesting was a meditation in which we created an image that evoked peace, and anchored it in our minds for use in the future. If a situation demands it, we can quieten the mind by returning to that image and holding it.

We were also asked to visualise our homes and envision one change to create a more peaceful environment. I decided to consciously walk more calmly around the flat and to do everyday tasks with peaceful feelings. I left the afternoon feeling so peaceful I hardly noticed the drive home. Was there any traffic?!!

Margaret Barron  
Medical secretary & Janki Foundation events administrator

### March 2003: Answers From Within

The seminar was informative, and soul-searching. My best experience came when we were sitting in pairs, sharing with a partner. It was the first time she had looked

for an answer from within and she was spellbound by the questions that asked us to reflect in this way. I started to identify how I could share being peaceful at work in the South African community with whom I work. The peaceful listening exercises were useful. We listened to each other with empathy and understanding, but without commenting, and in silence. This allowed me to feel what she was going through and yet stay calm inside. Being heard in this way allowed me to share my inner concerns honestly. I feel more equipped now to create time or space for peace whilst at work!

Lalitha Sharamund  
Senior health educator, Primary & Community Health Care, Durban, S Africa

### May 2003: Hang Up Your Armour

Facilitated by Maggie Parle, a social worker and Kerry Steele, a community nurse, the session was marked by a sense of fun and a feeling of lightness right from the start. Amidst a combination of seriousness and laughter, we introduced ourselves briefly, and shared our choice of a favourite animal and the reason for this choice. This demonstrated immediately how very differently we all viewed the world.



We were asked to consider the gains and benefits of being positive in three areas of our lives: (a) Our own health and effectiveness at work (b) Our relationships with patients or clients (c) Our relationships with our colleagues and/or workteam.

A valuable sharing followed in which we agreed the impact of such positivity was extensive. Benefits ranged from improved happiness, deeper listening, a sense of ease, better communication, better time management, and more 'coolness and calmness', to feelings of being in control of the self, regardless of pressure; an ability to uplift others; and a reduction in worry and anxiety, resulting in a sense of wellbeing.

In a particularly deep yet fun exercise, each of us noted down anonymously, but really honestly, a 'hang-up' we would like to eliminate. Another member of the group was asked to write a helpful response. The depth of sharing was profound. One group member wrote: "Arrogance - with a particular person". That brought the response: "Arrogance is sometimes a form of fake courage or armour....there is no need to defend yourself in this way. Weak armour is easily punctured by humour. Try humility, a far more comfortable garment, and you will look better and feel better!"

As a participant I experienced the afternoon as warm and friendly, a good environment in which to learn not only from the material but from the many values that were modelled by the facilitators.

Rev Gillian Taylor  
Interfaith minister

*Other seminars have included: Finding Compassion, July 2003, facilitated by Julia Pythian-Adams, general practitioner for asylum seekers, Sheffield and Melissa Gaum, art therapist at Rampton and in neuro - rehabilitation; Compassion in Practice, August 2003, facilitated by Dawn Akers, children's chiropractor and Esme Weithers, health visitor, midwife and counsellor; Being Positive, April 2003 facilitated by Carol Evans, humanistic therapist and Margaret Barron, The Janki Foundation events administrator.*

## Listen from Within

The need to listen to our own inner being was emphasised at an afternoon seminar and workshop on 'Medicine and the Art of Communication'. Elaine Horne, a retired psychotherapist and mental health nurse, said that when we are in touch with this inner awareness, 'we start to communicate from a level influenced or shaped by the best in ourselves, and so reach the best in others'. There was a need to listen with an intent to learn, to listen with all inner senses, to listen deeply from the heart and with respect. 'We do listen to our friends, our elders, our family, our colleagues, to strangers and even to ourselves, but with different attitudes and to different degrees.'



'In deep silence,' Ms Horne said, 'we can "hear" the need of the client; when we come from silence, our response is non-

judging, powerfully neutral and radiant with peace. Trust starts here, and trust engenders trust. We need to trust ourselves before others can trust us, because trust comes from self esteem.'

Craig Brown, a Sussex GP and author of 'Optimum Healing', reviewed the history of the doctor-patient relationship. Until 30 years ago, untrained in communication, doctors were considered the experts and there was a parent-child relationship between doctor and patient. 'This encouraged patients to become disempowered. Michael Balint, a GP psychotherapist, highlighted that the way a professional handles the consultation and treats the patient was in itself the medicine. It influences the way the patient deals with his or her feelings. 'Balint groups' were very popular in the 1960s with GPs, but

never quite made it into hospital settings.

'The British Holistic Medical Association took up as its motto 'Physician heal thyself' but this has not yet percolated into the NHS and over the last 10-15 years complementary and alternative practitioners have become increasingly popular because they gave time to their clients, in relaxed settings, as well as offering different concepts of medicine, energy and balance.

'Today GP consultations are typically 7.5 minutes each,' Dr Brown continued. 'How much is it possible to listen or communicate in such a setting? If professionals in pressurised settings learn to support themselves better, that would help to alleviate the suffering of patients.' Dr Brown then introduced and facilitated the practice of compassionate listening.



## Living your Dreams

### Values in health care retreat

The unseasonably warm first weekend in March 2003 dawned bright and beautiful, boding well for the Janki Foundation retreat in the glorious setting of Nuneham Park, Oxfordshire, which the Brahma Kumaris World Spiritual University had generously offered for the occasion.

This training and resource pack for health professionals had been put together over many months. Was Dame Fortune smiling? It certainly seemed so to the 40-odd merry band of professionals who had willingly prioritised the weekend (duties rearranged, families soothed and promised, mobiles switched off etc.), with the sole purpose of relaxing, enjoying, and partaking of the fruits of their colleagues' labours - not exactly a sacrifice then!

Written and designed by a core group of healthcare professionals, "Values in Healthcare - a Spiritual Approach" was created with the aim of encouraging a more integrated approach to healthcare. Starting from the premise that positive states of mind promote healing (and may even prevent illnesses), The Janki Foundation promotes the spiritual model of healthcare as found in the Global Hospital and Research Centre on Mt Abu, Rajasthan. Within this model, a wide perspective is taken of the patient's condition and the presenting complaint is seen as taking its place within the total mosaic of the patient's life. His hopes and fears, for instance, his joys and sorrows, his successes and failures, his relationships, his self-esteem, are all deemed worthy of consideration and respect, and recognised as possibly contributing to his present condition. This extra dimension brings

another tool to the clinicians' armamentarium: clinical skills and resources are thus believed to be complemented and enhanced by this holistic approach.

The participants, who had gathered to explore and learn about the project, included NHS consultants and lecturers (surgeons and psychiatrists), and representatives from general practice, nursing, occupational therapy, counselling, practice management, community health, training and management consultancy, journalism, chiropractic and hypnotherapy. Some came from as far afield as South Africa, Mauritius, Netherlands and the USA, invited to experience the style of teaching and the mode of learning in the resource pack.



In small groups, we were able to experience one of the seven modules: Values, Peace, Positivity, Compassion, Co-operation, Valuing Yourself and Spirituality in Healthcare. Each module was in two parts: relating to personal life, and professional practice. Learning 'tools' presented in the pack included: "reflection, listening, appreciation, meditation, visualisation, creativity and playfulness". There was a presentation on the structure and background of the pack and the final day saw a visioning and planning session when ideas and suggestions were fed back to the team.

The response from the participants was

lively and enthusiastic and much appreciation was voiced for the dedication, hard work, time and detail involved in the production of the material. Twelve packs were taken for piloting projects, which included GP surgeries, NHS hospital teams, local Continuing Professional Development programmes and a university/medical school in the Netherlands. Ideas for follow-up action were readily forthcoming, among which were to set up a Janki Foundation website, information days to introduce others to the project, supporting video materials, and, in the longer term, translation into other languages.

From a personal perspective, I am delighted by the birth of this project. To identify, nurture and live our core values resonates strongly with the dream I held over 20 years in general practice. It was that patients and professionals should achieve mental, emotional, spiritual and physical health through the attainment of peace of mind. The key I feel is meditation as this practice emerges our inner beauty, returns us to our essence and so to our core values. Then, I have seen, truth flows naturally as though from a well deep within, and values such as serenity, courage, peace, compassion, joy, love and wisdom can shine through our lives.

So, congratulations to The Janki Foundation for bringing their dream into reality. I feel sure that the outcome for health care professionals and patients alike will be enlightening, totally positive, even magical!

Dr Val Davies  
Retired general practitioner

## Photo News

### Values in health care retreat



Group photo: includes Joy Rendell, trustee and administrator for Values in Health care, and Bhavna Patani, joint secretary to The Janki Foundation, sharing 'Values in Healthcare', the training and resource pack, to key staff from a wide range of Kenyan hospitals.

Global Hospital and Research Centre held a successful world TB day:



Traditional village dancing and celebrations.

If you would like further information on the Janki Foundation, to be placed on the mailing list or to become a friend, please contact:

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## The Healing Power of Illness



Seminar, Global Cooperation House, January 2003

Patients and practitioners often have quite different perspectives towards an illness. The patient frequently deals with

disorder, disruption and disintegration in his or her life, raising questions such as 'Why me? Am I going to die?' while the treatment provider has concerns such as 'Can I help? Should I help? What are my limits?'

'The challenge is to marry up these points of view', said Arnold Desser, senior lecturer at the School of Integrated Health, University of Westminster, who was chairing this exploration of attitudes to illness. Contributions from all the speakers reflected this fascinating dichotomy.

### Hero or Despair

David Peters, Clinical Director for Primary Health Care at the School of Integrated Health, University of Westminster, who has also trained in osteopathy and homoeopathy, took up the theme of the mythic hero that abounds in every culture. The analogy is that we are all on a heroic journey, against the forces of death and disease in which we learn about the armour and warfare, but we need to awaken to our sense of journey and shared vulnerability. His concern is to integrate into mainstream healthcare what has dropped off from medicine - dealing with the whole person, not just the disease itself.

'The medical profession is in a crisis because in focusing so much on illness mechanisms, it has tended to lose sight of the person who has the disease', he argued. 'Doctors could be asking, is this a spiritual as well as a physical malady? And how far can we transform this situation?' For example, patients in the grip of a chronic or terminal disease may go through feelings of vulnerability, dependency, rage, uncertainty, or a sense of failure. However, with the right kind of help - bringing courage, hope and compassion - a patient can often experience a heightened sense of well-being and a state of grace, even in the midst of disease.

*'Illness is part of all our lives and stories, and each one of us is part of a greater story that continues to unfold through time.'*

Questions from the audience shed light on the how the language of healing and illness are linked - illness is how one feels when in the grip of disorder, while healing is moving to a new level of order and of relatedness to the world, self and others. One medic shared freely how he had been through cancer and had gone from a point of disillusionment to one of renewed zeal and gratitude for existence. This process had

entailed saying sorry to a part of him that had misused the mind, and this had brought him another step into love.

### Red Heart, Pink Heart, Gold Heart

Jacqueline Berg, a freelance journalist, writer and lecturer living in Amsterdam, told of her own journey from life-threatening illness and complete burnout, to transformation and healing. Ms Berg, who initiated a Working Group for Spiritual Health to bridge the gap between mainstream medical science and alternative ways of treatment in Holland, said her capacity for living went from '200% to 0%' when she had a heart attack. Attempting to understand the benefit of this 'scene in the great drama of life', she went through emotional stages that included denial, anger, acceptance and surrender. At that point, deep healing began to take place and the feelings in her heart transformed.



Ms Berg spoke of three hearts that represent different stages of the journey. 'It begins with the red heart, that loves and shares but has a shadow in that it often breaks,' she said. 'It knows jealousy and rejection and can be ruined by hurt or anger but it ends with the gold heart, which also loves, but has spiritual strength and beauty. This heart is unaffected by people or influences and continues to give whatever happens.'

*'It was the point where I said sorry to myself: a new energy was generated - that of forgiveness.'*

'Travelling from one heart space to the other, there is a point of no return where the pink heart is experienced, an in-between stage made possible when the red heart meets unconditional love and compassion.'

'It was the point where I said sorry to myself and others in my life, and a new energy was generated - that of forgiveness.' The pink heart was a beautiful experience '...the heart of truth, honesty and unconditional love in relationship. With this support, which brought out my capacity to self-heal, I was able to let go of sorrow from the past and to recognise the "false ego" within myself - the false sense of who I am, the positions I've held, the titles given to me, the gender of my body etc.'

Ms Berg shared her hope that all patients would seek to experience the 'pink heart' - unconditional, spiritual love - in order to heal at a spiritual level and not simply seek a physical 'cure'. I have now reached a point where I love myself, and I feel that every patient could do this with help.'

She entreated doctors to use silence to listen and to heal rather than to distance themselves from patients. She quoted: 'It is not the medicine but the hand behind the medicine that heals.'

### Repair and Refuel... Choose your garage with care!

Dadi Janki, 87-year-old president of the Janki Foundation, took up the theme that it is the attitude and love of the health professional that facilitates healing. She stated: 'Doctors can give empathy and support the patient. I see the professionals' role is to give treatment and attention with love.'

Dadi continued 'When my body is unwell, I take my mind into inner silence and allow healing. By not over-using my mind, [something she has learnt over many years] I avoid burnout and my heart is nourished by positive feelings such as honesty, compassion and love.'

She used the symbol of a car and its driver to illustrate the difference between the body and the person who inhabits it - the soul. 'A driver knows that from time to time his vehicle will need servicing and repair, and that sometimes only a skilled mechanic will know what the car needs to keep it going. In the same way, when the body becomes sick it is signalling to us that we need to restore balance in our lives. Feelings such as anxiety, fear, sorrow, or insecurity about the future, or being careless and impatient, may all cause overheating and excessive wear and tear.'



She added: 'Doctors also need to take care of themselves, ensuring that they stay free from anxiety and sorrow, as the stability that this brings enables them to do their job accurately. Definitely, whole person care should be given by whole people! And that is what is missing. Doctors can help themselves by working from a point of shared humanity and by using spiritual values in helping others with feelings of peace, compassion and mercy.'

*'When my body is unwell, I take my mind into inner silence and allow healing.'*

One of the obstacles to this is arrogance, so the profession needs humility. But also, patients need faith. 'If there is faith in the doctor, he will play his role well. A doctor is a human being too, so let there be mutual respect and this will help healing.' Whereas competition and criticism can precipitate illness, forgiving and forgetting are imperative to healing. If more professionals were to understand this, there would be greater love - and less illness.

Toots Beckett