

What's On

IWG

Group offers meeting ground for ladies with different cultures

Dr Desai shares expertise on reiki therapy

By Chaitali B. Roy

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The ballroom at Radisson SAS was packed with ladies belonging to different nationalities on the morning of Saturday, the Nov 12. They were the members of The International Women's Group who had gathered together for their monthly meeting. The highlight of the morning was an introductory talk on reiki by reiki expert Rev Dr Rohini Desai from India.

The International Women's Group provides a common meeting ground to women belonging to different cultures and nationalities. They create a bond of friendship and camaraderie despite different nationalities, religion and cultural backgrounds. The Association is mostly meant for the wives of the various Ambassadors in Kuwait, along with other female members of the diplomatic circuit. The Group also includes members from different professions.

Season

Najla Ali Al Naki for instance is an advocate with the Council of Ministers. "I am a government lawyer who deals with any case that has to do with the Government." Najla enjoys meeting people from different cultures and nationalities. Sameena Malik, a very self possessed and interested Indian housewife wants to become a member of the Group.

An apolitical organization, the International Women's group is involved

in many social and cultural activities. Yasmin Shuawiber with her endless charm, was the first President of the Group after the Liberation. A very busy person in her own right, Yasmin is at present an Advisor to the Club. While talking to the Arab Times she mentioned, "Every meeting we have something to look forward to. Infact that has what it has been like always." Cornelia Achenbach, the



Dr Desai

wife of the German Ambassador is the President of the International Women's Group. Cornelia took over from the beginning of the season in September. She has been a member of the group since the time she landed in Kuwait. "We don't have a person who is in sole charge of the club. It is a team activity where all committee members are volunteers."

While introducing Dr Desai, Cornelia said, "Rohini travels around the world holding lectures on reiki, a kind of a healing method." A soft spoken and warm person, Dr Desai has been interested in reiki since her childhood. Her introductory lecture included a belonging exercise and a successful demonstration on one of the members present. Reiki is an ancient healing method practiced in India. A Japanese

master rediscovered the Science and adapted it to modern lifestyle. "We don't want to put a label to reiki or it will lose its universal appeal," says Dr Desai. A master in the art and Science of spiritual upliftment, Dr Desai has been conferred the honorary degree of Reverend by the Church of California for her services of healing.

Pervading

"Reiki is all about a universal life-force that is pervading in everything and everyone." For the next forty five minutes Dr Desai spoke about the philosophy behind this ancient healing method. She spoke about the presence of a positive energy which lies dormant in every individual ready to be awakened, about the negative forces which negate everything and gives rise to depression and dissatisfaction and the importance of recognizing the need for turning this into a positive life force. Reiki promotes a way of life which is based on love, acceptance without judgment and respect for oneself and others. "The choice," she says, "is in your hands. Everything is based on the universal law of giving and receiving. Man is the master of his own mind." She explained the presence of the seven main energy centres in the body. "These entire energy centres lie on the back of the spinal cord and they radiate from back to front." Having explained the positive philosophy propounded by this old Science, she concluded, "Be happy with what you receive and do your duties enthusiastically." Rev Dr



IWG ladies and guests during their monthly meeting.

Photo by Hisham Kamel

Rohini Desai also demonstrated an instant reiki treatment on a member present. Somaya had been troubled by a back ache for a long time. After the ten minute session, she came out a happier person. "I

could feel the positive energy surging through me."

The rest of the morning was spent in raffle announcements and an introduction to a charity event in the American

Embassy by PAWS. The next big event hosted by the International Woman's Group will be held during Christmas season and New Year. That will be an event to watch out for.