

# CAPACITAR IRELAND

Newsletter Vol. 1 No. 7 December 2012

*Capacitar's vision is Healing Ourselves, Healing our World.*

*Capacitar means to empower, to encourage, to bring each other to life.*

*Capacitar teaches simple practices of healing, team building, and self-development to awaken people to their own source of strength and wisdom so that they can reach out to heal injustice, work for peace and transform themselves, their families and communities. Using a popular education approach, Capacitar works with grassroots people in 30 countries.*

## **Christmas greetings to all Capacitar Ireland family.**

As promised we hope to get this newsletter to you before Christmas. Thanks to all who took part in the Regional meetings and to those taking responsibility for Capacitar in their areas. Many thanks too to all who have contributed, sharing their experiences of Capacitar practices with individuals and groups at home and abroad.

Aiveen Mullally and Claire Dunne share their experience in Uganda during the summer, Bernadette Nolan shares her work with people with Asperges syndrome, Eileen Ahern shares her school and personal experience and Phil Horner treats us to a summary of her talk commenting on Judith Orloff's "Positive Energy"

Hopefully Capacitar Ireland website will be up and running in the New Year [www.capacitar.ie](http://www.capacitar.ie)



**When you open your 2013 Diary, please enter  
an important date... October 19th**

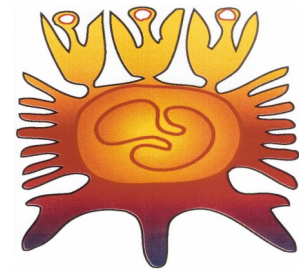
**2013... A year of Celebration.**

**Capacitar Ireland will be 10 years old in 2013. There is every reason  
to celebrate this event with great joy and gratitude.**

**We hope the main celebration will be 19th October 2013**

If you feel inspired to contribute some ideas about how best to celebrate  
please send them in to

The Capacitar Office [cap.ireland@eircom.net](mailto:cap.ireland@eircom.net)



## **CURRENT TRAINING**

### **ADVANCED TRAINING**

FACILITATOR: PAT CANE

\* Oct.13-14, 2012

\* Feb. 9-10, 2013

\* May 25-26, 2013

\* Aug 17-18, 2013

Venue:

All Hallows College,  
Grace Park Road,  
Drumcondra, Dublin 9

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### **Training in Basic Capacitar Practices**

Facilitated by

Capacitar Ireland Team:

Marian Baker,

Maeve Stewart,

Monica Chambers

Module 1: June 8-9, 2013

Module 2: Sept.21-22, 2013

Module 3; Feb.22-23, 2014

Module 4: May 24-25, 2014

Venue:

All Hallows College,  
Grace Park Road,  
Drumcondra, Dublin 9

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**Nano Nagle Centre,  
Ballygriffin Mallow, Co.Cork**  
Facilitated by Pat Cane

Module 1: Nov30-Dec 1, 2013

Module 2: March 15-16, 2014

Module 3: July 12-13, 2014

Module 4: Oct.11-12, 2014

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### **INTRODUCTORY DAY**

Loretto College Crumlin

(For a specific group)

Jan 16th 2013

Facilitators: Kathleen Day

Monica Chambers

Philomena Horner

I am a Family Therapist, working in Springwell Centre in Lurgan, Co Armagh.

I have recently completed the basic Capacitar training and am a member of the North Eastern Core Group.

This article is a summary of a talk in which I commented on the book 'Positive Energy', by Judith Orloff, M.D. Three Rivers Press, New York, 2004.

## POSITIVE ENERGY

Energy Psychiatry has introduced the term 'subtle energy' to describe what cultural healing traditions call the life force. We are all aware that energy is fuel, and our energy comes from food, sleep and exercise. But we can plug in to a far vaster source, dormant subtle energy that lies beneath.

We live in a world of violence, selfishness, a struggling economy and disease, as well as a world of love, miracles, kindness and healing. All this affects our energy and that of those around us. We are part of great swirling invisible energy fields, positive and negative, often invisible to our five senses, that shape personal and planetary health.

There is an energy field ('vibes') emanating from everything and everybody we encounter, from food to friends to current events. Our response to these is manifested in our energy level. Orloff says that we can learn to harness the power of positive energy – from within, as compassion, courage, forgiveness and hope, and from without, through friends, creative work, laughter and sexuality.

Positive energy comes from honouring Earth and all its creatures, a deep capacity for tolerance and a passion to contribute to a peaceful world. These are as crucial as food and oxygen.

We can also learn to reverse negative energy, which causes disease (dis –ease), and alienates us from our best selves. We may generate it through fear, self loathing, rage or shame. Unless we are committed to identifying and healing negative forces, they will not only enervate us, but will inevitably get played out in social and political spheres. We see negative energy generated in terrorism, racism, pollution of the planet and denigration of women.

We need to learn to honour ourselves and our energy with a conscious strategy.

'Treat energy as a sacrament' ( a presence of the divine), says Orloff. Eastern traditions are more aware of energy, as chi or prana. Western physicists are beginning to recognise it in 'morphic fields'. Einstein's formula,  $e=mc^2$ , says that energy and mass are interchangeable.

Morphic fields are increasingly recognised by modern science. New York's Columbia Presbyterian Hospital engages energy healers during open heart surgery and distance healing has been scientifically documented to positively effect enzymes, plants and humans by sending subtle energy from afar.

In a fascinating piece of research, described by Bruce Lipton in 'Spontaneous Evolution', a group of AIDS patients were divided into two groups. While both groups received the same allopathic medicine, pray-ers from a wide range of traditions - shamans, Jewish rabbis, Anglican and Catholic clergy – were asked to hold members of the second group in mind with positive intention for one hour per day. At the end of the experiment, four out of ten members of the first group had died. None of the prayed for group had died, and in fact, there was significant improvement in their overall health.

At a very practical level, each of us needs to recognise the flow of energy between ourselves and others, what gives us energy and what saps us, and how to protect ourselves. Many of us will have experienced the feeling of being drained and exhausted by shopping centres. This seems to be because some people are particularly sensitive to energy, and the concentration of it can be overwhelming. Such people need to protect themselves, surrounding themselves with a cocoon of protective light, in order to remain grounded and responsive, with a sense of aliveness, compassion and balance.

On a recent trip to Auschwitz – Birkenau. I had an experience of the overwhelming power of negative energy. In the extermination camp, the feeling of negativity, pain and oppression was palpable, and on my return home, I developed the worst throat and chest infection I have had for many years. On reflection, it seemed to me that I needed to protect myself better for going into a place with such a concentration of negative energy.

As our awareness grows that we all live and exist in a vast sea of energy, this should lead to an appreciation of collective communion. There is an energetic bond between everyone and every creature on earth. This is a life changing realisation. As Orloff comments 'Until we recognise each other as brothers and sisters, it is still night. To achieve planetary peace, the illusion of Us v. Them must transform into the wholeness of We.: one global union, honouring commonalities, united by mutual respect'.

Awareness of our unity in the energy field strikes me as a source of awe. None of us is irrelevant or unimportant. Each one can and does impact on the subtle energy. That is not just a privilege; it is also a huge responsibility.

**In response to people who were interested in the composition and work of  
the Board of Directors, Marian Baker writes...**

**The Board of Directors of Capacitar Ireland**

A Board of directors was formed to set up Capacitar Ireland in 2006. Some of the original board members have moved on since then and some still remain. Capacitar Ireland was set up as a limited company by guarantee. This gives the organisation legal entity and protects board members from financial liability. Capacitar Ireland operates as a not for profit organisation. The primary role of the board is one of governance, that is to govern the organisation in policy and strategy. The Board must be compliant with the Company Registration Office (CRO). They are also responsible for keeping records, audits and financial returns which comply with the Companies Act.

They are responsible for working within the memorandum and articles of the organisation. The board is also responsible for influencing the growth of the organisation. One of the most recent achievements was the drawing up of the Strategic Plan for Capacitar Ireland. The implementation of regionalisation is currently being undertaken. This is in line with Goal 1 of the strategic plan:

*Create a strong web of learning and sharing for those trained in Capacitar in Ireland through a regional networking structure.* The Capacitar Board of Directors meets every two months in

All Hallows College Drumcondra. The current directors :

Chair of the Board: Toni Ryan, Vice Chair: Marian Baker, Secretary : Maeve Stewart

Treasurer : Ann Brady; Members: Paula Carron, Clare Quigley; Chris Glavey



**Eileen Ahern, a teacher in Knocklyon Community School writes:**

I completed my initial training with Pat in 2010/2011 and have been using Capacitar practices since then. As a mother of three and a teacher with over twenty years experience I find my Capacitar training invaluable both personally and professionally. In particular I find Capacitar practices extremely useful for self care and as a means to deal effectively with the challenges and stresses of every day life.

Currently I use Tai Chi and The Salute to the Sun in the morning to prepare for the day ahead. These nourishing practices help to centre my energy and generate a positive outlook. The Salute to the Sun described in Pats training Manual "Trauma Healing and Transformation" is a simple but effective energising practice which can be used in the morning or whenever an energy boost is required. In addition the finger holds, energy holds, pressure points, meditation, breathwork and massage have become useful techniques to be used when required or desired in every day life. I use these personally and with family, friends, students and work colleagues.

Professionally, I use Capacitar practices with many individuals and groups. The practices include Breathwork, Finger holds, Meditation, Energy holds, Pal Dan Gum, Pressure Points, Tai Chi and EFT. I have worked with many groups including sixth years, TY students, geography classes, PE classes and staff members. The feedback from these individuals and groups has been very encouraging. In addition the emergency kit available to download from the Capacitar website has proved a very useful resource which may be copied and shared as required.

In October we began our advanced training course with Pat. The first weekend was a wonderful and inspiring experience that motivated me to relearn and incorporate additional Capacitar practices into my private and professional life. We formed regional support groups to promote Capacitar teachings. The Dublin group agreed to meet on the first Monday of each month. Our first meeting on the 5<sup>th</sup> of November was very successful. We reviewed readings including chapters from "Active Hope" by Joanna Macy and Chris Johnstone.

In addition we practiced Chakra Tai Chi and discussed how we integrate Capacitar techniques in our lives. I left energised and look forward to our next meeting in December. The support and enthusiasm of like minded individuals is proving invaluable.

Overall, I believe that Capacitar empowers people to care for themselves, for others and for the world. I appreciate the many practices learned, the information and ideas gained and the wonderful people I have met through this organisation. I look forward to sharing more Capacitar teachings in the future. Thank you Pat for your inspiring work.

## Capacitar Ireland in Northern Uganda

By Claire Dunne and Aiveen Mullally

In July 2012, we visited Uganda to engage with students they work with who were teaching for the summer in rural primary schools in Lira, Northern Uganda.

While there we ran a number of Capacitar workshops for teachers and teacher-trainers. We also visited a small community project in Aloi in northern Uganda. This project is seeking to assist returned child soldiers from the Kony Guerilla group, the Lord's Resistance Army (LRA), which abducted an estimated 66,000 children from their homes to use as child soldiers and child-sex slaves over the last 20 years in northern Uganda. There is still great trauma in this area. In the aftermath of Kony's reign, former child soldiers were returned to their villages and so now the reality is that neighbours in small communities comprise victims of abuse and former perpetrators of this abuse, victims too but in a different way.



The Capacitar workshops were very well received. In very basic accommodation without running water or electricity, the groups visibly began to relax and look comfortable. Not a comfort that happens out of plush surroundings and cosy conditions, but comfortable in their skins. With un-hunched shoulders and un-furrowed brows we saw people begin to relax into Tai Chi moves and use the healing powers at their own finger tips through the Finger Holds and Head Holds. Despite the heavy rain during some sessions, there was a calm stillness in the room broken only by eruptions of laughter and clapping at the end of the workshop. On one occasion, during an outdoor Tai Chi session, we looked across a field and caught a glimpse of two young children joining in with the moves from outside their home which was a mud-hut.

We also managed to meet with Pat Cane during our trip to Uganda. Pat was teaching a round of her Multi-Cultural Wellness programme in Kampala and continues to multiply the Capacitar practices throughout Uganda.

### **Bernadette Nolan**

I work four days a week with seven young men aged 18 to 20 with Asperges Syndrome. Each morning after the tea break we do Chakra Tai Chi. When I first introduced it to the lads I spoke to them about how doing this every day brought balance into my life, especially when I felt anxious. Developing these skills to manage their stress and anxiety I believe will help them greatly. Last year I had a different group of boys and one girl. They loved it and kept asking me to do it with them. I also introduced the finger holds to them. Some of the group said that they used it outside class on a few occasions. The holds was a big break through as I was told by the Psychologist that they didn't like touch. I also play the relaxation Chakra CD while the group lay around the floor on mats .One lad said to me that it was the first time he felt the inside of his body.

I worked with other groups of people who are training to go back to work. They may be challenged by their mental health or being early school leavers. Sometimes we go for walks in the woods and I would do the Tai Chi with them there. Here I would talk them through it as this group would be ok if the wording I was using changed a little. Again this group loved the head holds and finger holds.

I did the Pal Dan Gum with Traveller women and found it gave them a chance to express themselves. I did the Tai Chi, finger holds and Holds with elderly ladies who loved it and found it very interesting. Some of them sat down doing it so we worked our way around it.

I worked with teenagers studying for their Leaving Cert. In the mornings before school it helped them to relax at a stressful time. I use the holds with one to one clients if they have had panic attacks.



### **Capacitar Module on ALBA Degree Programme in All Hallows By Aiveen Mullally**



A twenty-four hour Capacitar module is being taught in All Hallows as part of the Adult Learning BA degree (ALBA). The college approached Capacitar Ireland last year requesting a module to be delivered on their programme and the

module is becoming very popular, booking up fast each term that it is offered. Capacitar tutors Aiveen Mullally and Fiona Martin teach the course twice a year and have brought modes of assessment into the programme to meet third level college standards. The feedback is very positive and we are delighted that Capacitar is expanding its scope into third-level education.