

From Brazil Tony Sherida Writes

I took part in the first training session in Ireland . Toni Ryan invited me while on my holidays from Brazil where I had been working for 21 years. After the first hour on the session I knew I had to bring Capacitar to Brazil. I was hooked on Capacitar .I finished the training in Ireland and continued after my training with Pat and Mary Litell from the International team . Mary came to Brazil and while being my mentor we started the first training session in Brazil in 2007 .

I had been working with the Basic Christian Communities in the Baixada area on the outskirts of Rio. The people are poor and many live in a state of continuous trauma due to the level of violence , both in the house and in the street. Anxiety and fear are a daily occurrence .Brazil has been ranked as the second most stressed country in the world. Our work(as Spiritan missionaries) has always been to conscientize the poor as to why they are poor and fight for their rights to live in dignity. However many had not the energy to do this , because of living in continuous trauma. Having been given good training by Pat and Mary I started to spread Capacitar in Brazil, and I am still doing so.

I work at three levels. I give 4 – 6 weeks basic sessions for 2 hours a week. This would include Tai Chi, Pal Dam Gum, The Finger Holds , EFT, and the Immune Exercise, with particular emphasis on the Finger holds and EFT. (the most popular and most practised)

After the 4-6 week session I invite some to do the further training. This is basically the same as Pat did with us in Ireland. We call this the training of multipliers

In the last 2 years I have been concentrating in training regional teams. These are leaders who have the capacity, and interest and time to be able to train multipliers .

Brazil is a big country so I though regional teams would work better than one national team.

In the state of Rio, there are groups of multipliers in N. Iguacu, Mesquita and Itaguaí.

These groups are about one and a half hours from where I live.

In the state of Bahia (2 hours by air) there are groups in Salvador, Feira de Sanatana, C. Grosso , Jacobina, Serrolandia, and Umberanus. Apart from Salvador, the capital of the state of Bahia, and Feira de Santana, the other small cities are 6- 8 hours by bus.

In the state of Mato Grosso, there is one group.

In Bolivia (the Spiritans have a mission there) there are 2 groups.

Statistics : Multipliers -213; In training - 47; Regional teams -20 (Rio, Salvador, Jacobina the interior of Bahia)

Even though there are for example 213 multipliers trained, not all are spreading Capacitar.. Most do the exercises themselves and many do pass it on to others .However the challenge is to get more engaged in spreading it to others. We had an evaluation last year about this problem and many said they had not enough confidence to do so. This year we are trying to improve that and we will be holding 2 congresses one in Rio and one in Bahia to see how we can help spread wellness exercises more.

One very interesting project [CONSLACAO] in Salvador (the most violent city in Brazil) works with mothers whose sons have been killed. Capacitar exercises have worked with great effect.

There is still a lot of work to be done in Brazil so that it will no longer be the second most stressed country in the world.