

From: Joan Rebmann Condon <office@capacitar.org>

To: patacane <patacane@aol.com>

Subject: Letter from the Philippines

Date: Sat, Apr 29, 2017 11:26 am

Joan's letter from the Philippines

If you're having difficulty seeing this email, [click here](#)



April 2017

Dear Friends,

Greetings from the Philippines where I have just completed the first Capacitar International trainings.

Capacitar was invited to the Philippines by the Philippine Solar Village Project (PSVP), whose motto is *Lightening the Burden of Daily Living*. Diana McDermott, one of the founding principals of PSVP, is a native of the Philippines who's lived for many years in the US. She learned about Capacitar from a friend who was taking the Multicultural Wellness Education training with Capacitar Founder Pat Cane at La Casa de Maria in Santa Barbara, CA. She attended a workshop with Pat and decided, with the agreement of her Board, that Capacitar techniques needed to be shared with the people of her home country as part of the PSVP Wellness Project.



The Philippines is a beautiful country: tropical, lush, but often battered by typhoons and shaken by earthquakes. There are 7,000 plus islands with Luzon, the Visayas and Mindanao the three main groups. With a population of approximately 100 million, representing multiple ethnicities and cultures, it has a poverty rate of around 20%.

For those unfamiliar with its history, the Philippines was a Spanish colony for 300+ years and a trading hub between Asia and Spain via Mexico. It



became a US possession in 1898 after the Spanish-American war and remained so until after World War II. It is often remembered by Americans for the Bataan Death March, where the Japanese Army marched Filipino and American prisoners about 100 kilometers in the heat, without sufficient food and water, to a prison camp, where the conditions were so dire only 28,000 of the 64,000 (10,000 Americans) who survived the march lived to see the liberation of the Philippines. This April was the 75th Anniversary of the Bataan March and the many Filipinos who died on the March, in the camp, or were killed trying to help the prisoners are remembered. These are not peaceful times for the people. Ongoing forays by the New People's Army, the armed wing of the Communist Party, the Moro National Liberation Front and the Abu Sayyad, which is responsible for kidnappings and beheadings, bring fear to people, especially in the south.

President Rodrigo Duterte, elected in 2016, initiated a Drug War. More than 8000 people have been the victims of extrajudicial killings since he took office. The fear is pervasive as people don't know who will be the next target.

With the Drug War on addicts, the ongoing insurgencies, typhoons, such as Yolanda in 2013, which killed thousands of people and destroyed



cities and towns, and the ever present worry about earthquakes and more storms, it seemed it was the right time to begin sharing Capacitar techniques that empower people to deal with their own stress and trauma.

And so it has been.



The first training was held in Tayabas near Lucena City on the island of Luzon. Thirty-four people gathered at Graceland Estates for three days. Participants included three people from ERIC (Emergency Response Integrative Center) who help in the aftermath of disasters; six Daughters of Charity, including two working in formation and a medical doctor; a group who work in Lucena City government; a survivor of rape by the military during the martial law under the government of Fernando Marcos who now works with the Human Rights Commission; a physician who works in community health; several people trained in acupuncture and others trained in Reiki; a Claretian priest and four of his team, who work with drug addicts who have surrendered rather

than be killed; a woman developing a project for organic foods; and a University of the Philippines grant development officer.

The second training was held in the Vasayas islands in New Washington, Aklan where the Philippine Solar Village Project Wellness Center is based. Thirty-two people attended including members of the Wellness team, 6 teachers, a Daughter of Charity, a Missionary of Charity, two retired women doing volunteer work, two massage therapists, a university student, a high school student and a junior high student.



Both groups were engaged and enthusiastic. In the week following the Tayabas training, the Claretian priest, Father Arnold, incorporated some of the Capacitar techniques in his work with the national police. It is the police who are often involved in the extrajudicial killings and he hopes that using Capacitar techniques will empower them to think of peace and justice as they work. He has also included techniques in his work with a staff at a medical center. Two of the other participants began teaching techniques to cancer survivors and a program is being planned for survivors of rape and torture under martial law.

In New Washington, the team will share techniques with the patients of the Missionaries of Charity and other clients. The teachers plan to teach their families, students and school staff, and the massage therapists and caregivers their clients. As I facilitated the training, I watched the faces change as stress was released. One of the men who came because his work in the aftermath of disasters had left him with flashbacks, was all smiles by the last day. Another young man went home and did some of the body work for his mother whose work was cooking and cleaning at a guest house beginning at 6 in the morning until late into the evening. It was a gift he could give her. One of the teachers said that her husband, also a teacher, wanted to join the training next time after she shared some of what she was learning.



Capacitar International is grateful to the wonderful team and board of PSVP who organized the trainings: Diana McDermott, Vicki Estrella, Estrel Dato, Mila Carlos, Liberty Pereje and Nellmaree Glee with technical assistance from Marianne Pereje. Each group that received training has created a Facebook page and is planning for the future. They have asked for additional training by Capacitar International.

We will return to the Philippines. The need is there and the people are asking. As people live with their stress and fears due to the ongoing Drug War, the kidnappings and insurgencies, the upcoming typhoon season

and earthquakes (there was a 5.5 in part of Luzon while I worked in Aklan), they now know there are Capacitar techniques they can use, Capacitar techniques that work. They can heal themselves and heal their world.

In Peace

Joan Rebmann Condon

Special Projects/International Trainer.

This email was sent to patacane@aol.com. You are receiving this email because you may have opted to receive communication from us.

© Capacitar International, Inc. 2017. All rights reserved.

[Donate Now](#)

Capacitar International, Inc.
2901 Park Avenue, Suite B12, Soquel, CA, 95073, United States
www.capacitar.org

[Unsubscribe](#) | [Subscription Preferences](#)

Powered by:
DONORVIEW