

# **Touching Body, Tending Soul: Spiritual Dimensions of Healing Practice**

## **Course Description:**

Drawing from the spiritual insights of Florence Nightingale and the collective wisdom underlying all of the world's religions (the Perennial Philosophy), this course explores the spiritual dimensions of healing practice. It focuses primarily on the healing practitioner as a spiritual being and on the practitioner's work as a path to deep spiritual unfolding. The accumulated spiritual wisdom of our human history is clear: the sharing of true compassion and unconditional love has the extraordinary power of transforming us into deeply peaceful and joyful human beings. Topics to be discussed include:

- Our spiritual inheritance from nursing's founder: Florence Nightingale's spiritual vision
- Interspirituality and The Perennial Philosophy: Wisdom from the heart of the world's religions
- Spirituality and religion: not necessarily the same
- Dimensions of the sacred: self, other, creation and source
- The body as sacred
- Healing work as soul work
- Touch as sacrament: the outward sign of our inner connection
- The great surrender of self to the Self: Being/becoming an instrument for healing
- Being/becoming a friend of the soul (Anam Cara) in healing relationships
- The longing at the center of all spiritual seeking: Search for the True, the Good and the Beautiful
- Healing work as our deepest spiritual practice.
- Ongoing spiritual development of the healing practitioner.
- Sharing our sacred stories: gathering and honoring our collective spiritual wisdom.

## **Course Objectives**

By the end of this course, participants will be able to:

1. Practice healing work with an expanded sense of the sacred in every moment.
2. Develop a deeper awareness of the self as a spiritual being.
3. Describe the role of "soul-friending" in healing practice.
4. Define spiritual practice.
5. Describe at least 3 types of practice that can support the ongoing spiritual development of the healing practitioner.
6. Participate in the development of an on-line community of learning and support related to the spiritual dimensions of healing.

**CEUs:** 12 contact hours

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### **Format**

We will meet for a total of 6 sessions of 2 hours each by phone bridge – a very convenient way for groups of people to be on the phone simultaneously in a large conference call. We will have time in each session for spiritual practice together, presentation and questions and discussion. Each call will also be recorded and available to all participants via telephone dial up or computer download for review or in case you can't make every session live. In addition to the tele-conferences, there will be an online gathering space for discussion, questions and community building.

### **Date and times offered:**

**Option 1\*:** Tuesdays, 5-7 PM Mountain daylight time, August 18- September 22, 2009

**Option 2\*:** Thursdays, 10 AM - 12N Mountain daylight time, August 20 – September 24, 2009

\* Please note: Enrollment is limited to 35 per section to allow for dialogue/discussion. Early registration is advised to get the section you want.

**Fee:** \$260, which includes access to an online discussion forum created for the class and CEU certificate

### **To Register:**

- [on-line click here](#)
- mail or fax click here

### **Faculty:**



**Janet F. Quinn, PhD, RN, FAAN**

Janet is an InterSpiritual spiritual guide in private practice; former faculty and Spiritual Director in Residence of the Claritas Institute Interspiritual Mentor Training Program, which she co-created with Joan Borysenko and Gordon Dveirin; a retreat/workshop facilitator; a professor of nursing with a Ph.D. from New York University, an international speaker and consultant in Healing, Caring, Spirituality and Healing and Integrative Medicine/Nursing; and the owner, artist, and everything person for Wisdom Stones, which manufactures/distributes her “touchstones to what matters most.” She is one of the earliest pioneers in Therapeutic Touch practice and research and has taught both all over the world. Janet is a long-time practitioner/student of the Christian Contemplative Tradition and is also a practicing Sufi in two lineages. In addition, she spends as much time as she can at the “church of the holy barn” communing with and riding horses who keep her completely in the present moment. Janet is the author of a book of affirmations and meditations for women entitled *I Am A Woman Finding My Voice*. She lives in Lyons, Colorado, near Boulder, with a Miniature Schnauzer named Abigail. She is thrilled to be offering this tele-course, and can't wait to meet you all! [www.haelanworks.com](http://www.haelanworks.com)  
[www.wisdomstonesllc.com](http://www.wisdomstonesllc.com)