

The logo for Energy magazine features the word "Energy" in a white, cursive script font, set against a circular orange background with a sunburst pattern of thin white lines radiating from the center.

# Energy

# magazine

*Sharing Energy - Transforming the World*

Jan/Feb 2013 - Issue Sixty-Five





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Dear Readers,

Welcome to 2013. As we begin our 7th year of publishing Energy Magazine I like to look back at how far we've come. Not just as a magazine but how far Energy Medicine has come in the last seven years.

What do you do to practice wellness? Perhaps getting a daily self care routine is something on your 2013 resolution list.

This issue is full of ways to keep yourself and your practice well. We have articles on releasing emotional baggage, Reflexology, celebrating what we want, the energy of success and growing your practice through professional development. We hope you enjoy the Jan/Feb issue.

Wellness is the new buzzword – you hear it everywhere, from people like Dr. Oz and Dr. Andrew Weil. Energy Medicine is one of the easiest ways to bring wellness into your life. Simple energy techniques can make a profound difference in your self care. I like to start my day with the Healing Touch Self Chakra Connection. (You can download the technique [here](#).) It is an easy way for me to practice meditation and help keep myself balanced through out my day.

We wish you a year filled with blessings and fulfillment.

Billy

P.S.  
check out the new  
Energy Magazine  
website





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Contributors January/February 2013



Dawn Fleming is a Holistic Health Educator, practitioner, life coach, and author of several books, including, *Creating a Successful Holistic Health Practice*. As an intuitive Reiki Master, Dawn has been working in the field for over 22 years helping her clients to restore health and well-being. Dawn's goal is for all practitioners to find success and joy in what they offer.



Dr. Dorothea Hover-Kramer is a nurse, psychotherapist, and retired psychologist who cofounded the Association for Comprehensive Energy Psychology (ACEP). She also is a founding elder of Healing Touch. She is the author of nine books about energy therapies, including *Healing Touch: Essential Energy Medicine for Yourself and Others* (2011).



Marie Manuchehri, RN, a self taught healer, Marie learned to connect conventional medicine's understanding of disease to what she could intuitively understand about how a patient's condition related to his or her energy system. She uses her talents as an energy medicine practitioner and as a medium to help people heal their wounds and expand consciousness. Her website is [www.energyintuitive.com](http://www.energyintuitive.com)



Suzanne Rouge, BSE, has been in practice since 2004, has taught reflexology for US Careers and offers beginner classes through the Recreator at the Senior Center in Fort Collins, Colorado. She was a member of the review team for the textbook, *Practical Reflexology*, Susan Watson & Valeria Voner, McGraw-Hill.





Bonnie Thompson, HTCP, CECF, EFT-ADV. She works with people of all ages using subtle energy therapies such as Healing Touch, Emotion Code/Body Code and EFT/MTT. She is passionate about facilitating healing and teaching her clients to reclaim their own power to self-heal. You can learn more about her work at [www.HealingTreeWellness.com](http://www.HealingTreeWellness.com).

## Master Meditation

Intuitive Mind announces two new programs using proven Ancient Metaphysical Techniques to train new meditators and inspire experienced ones to go deeper by creating personal connections with their spirits.

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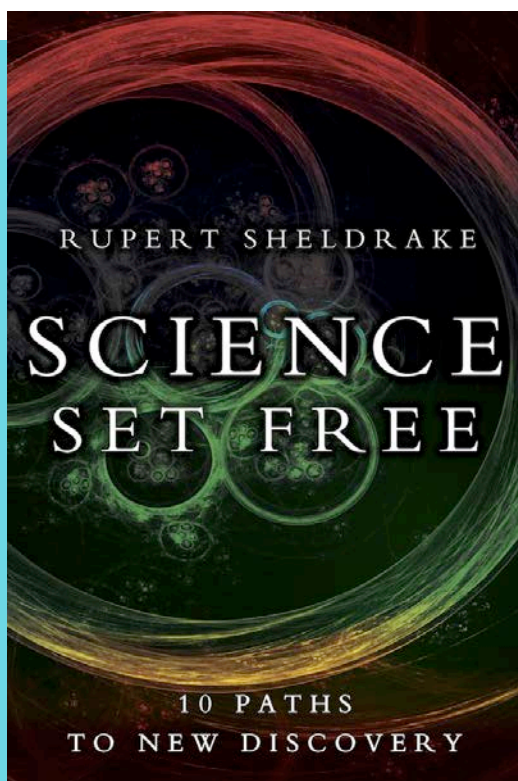
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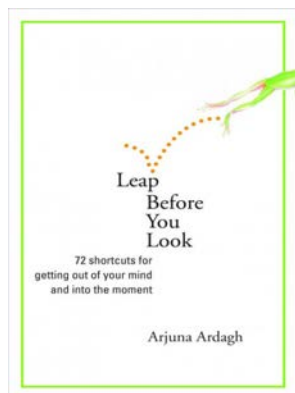
Pascale Boulé  
[boulepascale@hotmail.com](mailto:boulepascale@hotmail.com)  
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**1** | In *Science Set Free*, Dr. Rupert Sheldrake, one of the world's **most innovative scientists**, shows the ways in which science is being constricted by assumptions that have, over the years, hardened into dogmas. Such dogmas are not only limiting, but dangerous for the future of humanity.

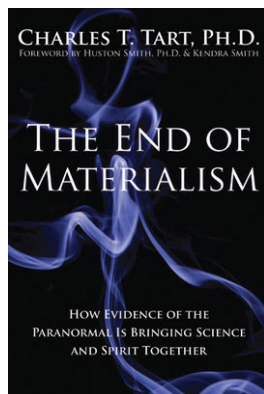
But should science be a belief-system, or a method of enquiry? Sheldrake shows that the materialist ideology is moribund; under its sway, increasingly expensive research is reaping diminishing returns while societies around the world are paying the price.

In the skeptical spirit of true science, Sheldrake turns the ten fundamental dogmas of materialism into exciting questions, and shows how all of them open up startling new possibilities for discovery.

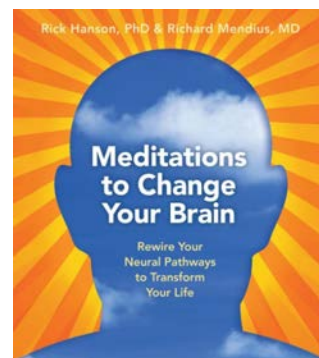


**2** | Perhaps you've caught a glimpse of who you are beyond thought—your spiritual nature—but weren't sure how to live it as a gift and blessing for all. What's the solution? Practice.

***Leap Before You Look* is a collection of simple exercises to help you on your way.** Each takes just a few minutes to shift you "out of your mind" and into the infinite possibilities of the present moment. What's more, the 72 "shortcuts" contained herein will allow you to deepen and embody this realization in your daily life, from one minute to the next, wherever you may be.



**3** | *The End of Materialism*, by Charles Tart, Ph.D., presents a systematic argument about how the evidence from parapsychology shows that it's sensible to be both scientific and spiritual in your orientation to life. Given the enormous number of people who are suffering uselessly because they think Science has proven that all spiritual stuff is nonsense and craziness, this revolutionary book offers a healing tonic.



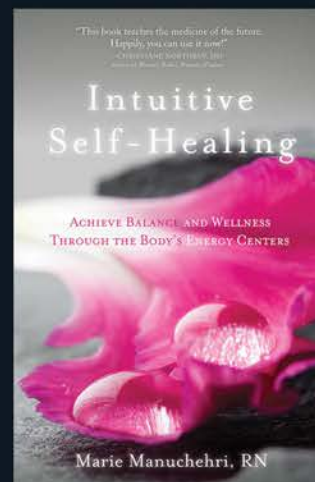
**4** | The structure of your brain changes constantly in a dynamic, unfolding process that you yourself can help direct to create the life you want. This is the exciting premise of *Meditations to Change Your Brain*, a breakthrough three-CD program from neuropsychologist Rick Hanson, PhD, and neurologist Richard Mendius, MD.

Join them to explore fascinating insights about your brain and how you can consciously affect it with good results.

**For more information or to purchase these titles click on the title's image above.**



# Marie Manuchehri



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## *Upcoming Events with Marie*

**January 11<sup>th</sup> - 12<sup>th</sup>** - Changing Hands Bookstore Tempe, AZ

**February 2<sup>nd</sup>** - Book Signing & Talk @ New Renaissance  
Bookstore Portland, OR

**March 1<sup>st</sup> - 3<sup>rd</sup>** - Become A Reiki Master Workshop  
Redmond, WA

**March 19<sup>th</sup>** - Book Signing & Talk @ Malaprop's Bookstore  
Asheville, NC

**March 20<sup>th</sup> & 21<sup>st</sup>** - Book Signing & Workshop @ Alchemists  
Bookstore Richmond, VA

**March 22<sup>nd</sup>** - Book Signing & Talk @ Virginia Festival of the  
Book Charlottesville, VA

Listen to the *Marie Manuchehri Show Where Energy & Medicine Meet*  
every Thursday at 9am and noon PT live online @ [energyintuitive.com](http://energyintuitive.com).





# Energy Medicine Business Support

sponsored by  Healing  
Touch  
Professional Association

Sharon Robbins, RN, HN-BC, CCHt, HTCP

## What Makes Your Business Successful?

HTPA is CALLING FOR YOUR  
BUSINESS SUCCESS STORY

With the beginning of a “new” year, many of us start out with passionate optimism after ending the previous year with reflection and renewal to the commitments of goals we set that we didn’t achieve or that are now possible because of what we did achieve in the year before. What makes a year successful? What makes a business successful? That’s what we’d like to know and **we are asking for your help.**

It is reported that the most important criteria for success is PASSION, at least that seems to be the fuel that sparks the fire in our belly and in turn if or when it’s lost can be attributed to inertia and in many instances failure. But is that true? And what else is needed? That’s what we’d like to know and **we are asking for your help.**

While entrepreneurs usually don’t consider the concept of failure fatal or a bad outcome because they usually have the dominant trait of looking at every experience as a learning experience, the truth seems to be that if one loses “passion” everything in sight becomes dull and often depressing. So what makes some businesses successful and others not? That’s what we’d like to know and **we are asking for your help.**

Lately there has been a ton of reporting that healers are not able to make an income over \$25 or \$30,000 a year as a practitioner in the “Healing Arts” (also known as Energy Medicine practice). But until we have grass roots reporting, we really don’t know if that’s true. And if it is true, we want to help by working together to develop and offer ideas of how to supplement that income and increase it to levels that would equate to a more secure financial return, especially if you are supporting a family and/or living in a high-cost of living area.

In order to duplicate models of business success and create supplements for you and others to increase the level of business success potential, **we need to learn about YOUR business success story** and in-turn are willing to collaborate with you to help you succeed even more. **We are asking for your help** - please follow this [link](#), we have a form for you to fill out to share your Business Success Story. We will compile the responses and report the results in a future issue of Energy Magazine.

Wishing you a prosperous, PASSIONATE New Year!! 



Sharon has been the Executive Director of Healing Touch Professional Association since April 2008. She is a Board Certified Holistic Nurse in private practice and has been offering Complementary Therapies to her clients since 1980. She began studying Energy Medicine in 1992 and has been involved in Healing Touch since 1997. Sharon is a visionary & entrepreneur who believes that anyone who desires to “make a living” with an energy practice can if they follow the basic structure of sound business practice.

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# Essential Energy

Cyndi Dale

## The New Paradigm: A Matter Of “No” And “Yes”

As we round the New Year, many of us are breathing a sigh of relief. I found myself frequently “putting up” with 2012 and the so-called end of the Mayan calendar, awaiting the start of something new.

There is spiritual precedence to believing we are entering a new age or paradigm. Peoples including the Hopi, Sioux, and Hindu, suggest we are at the horizon of a fifth age.

Collectively I think we are all hoping this next age, if it is real, will say “yes” to a lot of great ideas. How about unity, compassion, care, and prosperity? Personally, I am a little more self-oriented than that. My vote is the lottery or at least daily housekeeping services. Maybe someone else to walk the dogs; their combined weight is 150 pounds and still, they seem to continue eating all the time. My kids vote for a chef; they still ride me about the Thanksgiving I forgot to turn on the oven and the turkey was raw—as in totally uncooked.

My sense, however, is that before we decide when to say “yes”, we have to get clear on a few “no’s.” This is especially important for those of us working in the spiritual and energy arts. As we know, it does little good to take arbitrary action and think you are producing long-term change. That is equivalent to the

proverbial moving of the chairs on the Titanic. The goal is to shift internally. Change what creates reality and all of reality will change.

In my own life, I have already been practicing a few “no’s.” The holidays gave me great opportunities for that. There was the relative whose addictions have controlled the family for years. This year I said “No,” in a polite but very clear letter. She wrote back that I should never contact her again. Since that is impossible, I am ignoring that comment—but I am deciding it is time to stop losing power to cruelty.

I watched my youngest come up with a hard-won “No.” (One of the hardest things is watching someone you love struggle and be unable to help.) For two weeks, my effervescent blonde bubble was grumpy around the house and went to bed depressed. He did not even get into his bad-for-you video games.

You just know it is a girl (or boy, depending on gender) when teenagers act like that.

Then one night I picked him up from church youth group and he was gregarious again.

“So you figured out what to do about Jane?” I asked.

“How did you KNOW?” He was shocked.

(Really?)

It seems Gabe had finally decided that being in love with someone who does not love you back is not worth the pain.

“I decided to stop feeling bad because she does not see who I really am,” he stated. “It is time to move on.”

What is it that no longer serves -- to which we can say “No”? Beliefs about our unworthiness of goodness? The sense that we are not powerful? The patterns of thinking someone else’s opinion of us is more important than our own?

“No” is as powerful as “yes” and is also stronger when followed by a yes. What if inside of ourselves we unpack the “yes’es” that we already know are true. “Yes, I am a great being!” “Yes, I have made mistakes and have become wiser because of it.” “Yes, I am here on purpose and am eager to continue unfolding to it.”



Or on Gabe's behalf, "Yes, I deserve to be really seen and valued by someone."

When we give ourselves the right "nay" and "yay," we are then able to support the same in our loved ones, clients, and patients. Perhaps someone upstairs will hear my "yes" to a housekeeper and all will be well!

Regardless of my private sense of success, it is truly as many great philosophers have said. Spoken by columnist Jan Denise: *Love really does make everything beautiful, from the inside out.*

If we concentrate on the beauty of the self inside and say no to what makes us think we are ugly, how could our lives not form a new paradigm outside of ourselves, like petals opening to the sun? €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about

Cyndi, her work, books and products please visit:

[www.cyndidale.com](http://www.cyndidale.com)

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# The Energy of Success

## *Aligning with Greatness*

Dawn Fleming

Everything has energy. Even our words and thoughts have energy. They, too, create a response in the outer world. The need to compare ourselves or *measure up* to others creates a profoundly negative energy that affects our ability to succeed. Aligning with our Greatness requires that we release this need to compare.

Somewhere we learned to judge our success by comparing ourselves to others. Whether it is how our holistic health practice is doing compared to someone else's or how busy "they" seem to be versus how busy I am. We seem to get stuck on how we *measure up* against our competition - why someone prefers their service over ours - how much money someone else is making versus what you earned - or how big their home is or the car they drive versus the one you own. This can make us feel as if we are never going to reach our goals - leaving us disappointed as we strive to be like someone else instead of being Ourselves.

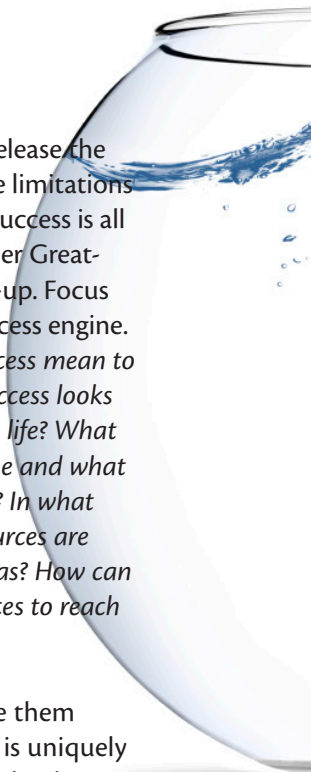
Comparison creates the energy of frustration, discontent, and letdown -- polluting our path with an energy that drains us from the life force necessary to create success. We compare ourselves to others even though our needs and desires are different from those to whom we compare ourselves. Spending useless time comparing apples to oranges takes us further away from reaching our real goals. This treadmill of *measuring up* to others' definition of success is never ending. It creates an energy of *lack* and *judgment*.

Untangle yourself from this sticky web that keeps you trapped in someone else's definitions by stepping out

of the energy of comparison. Right now release the negative mindset that continues to create limitations for you and your growing practice. Your success is all about You, not them. Align with Your inner Greatness that is naturally a part of Your make-up. Focus on your inner strengths that fire your success engine. Begin by asking yourself -- *What does success mean to me? What is my ultimate image of how success looks in my work life, home life, and relationship life? What are my strengths? What is unique about me and what I have to offer in the field of holistic health? In what areas do I need to improve and what resources are needed to help me to improve in these areas? How can I effectively use my inner and outer resources to reach my goals?*

Count your past successes. Acknowledge them and smile. Align with the Greatness that is uniquely you. Let the energy of those successes stoke the internal fires to energize you to move forward. Step into the flow that comes from within and let it guide and direct your next steps. Align your mind to consciously choose the ideas and thoughts that support only success.

Make sure that you are being realistic with regard to your goals based on where You are, the energy that You are investing toward your goals, and the amount of energy needed to accomplish your goals. Remember timelines are guidelines. Pressuring yourself with strict timeframes compresses energy and can drain you of the valuable energy that you need to accomplish your goals.





YOU are an incredible, brilliant, and creative person. Release the need to compare, *measure up*, or judge yourself. This will free your energy and allow you to express your gifts, wisdom, and creativity that are uniquely you. Success will define itself in its own distinctive way, which may not look like anything that anyone else is doing.

While you are holding the image of success for yourself see the entire holistic community finding success. When each person lives up to his/her potential, we are collectively able to help heal and transform the communities where we live and work. We are here to celebrate the success of each practitioner.

The world around us is constantly changing. Therefore, we must continuously evaluate our goals and change accordingly. The energy of Greatness is within each one of us and is waiting for an opening to be released into all areas of our lives. We can open that door now and align with this Greatness or continue to wait another week, month, or year as we look to others to define us. Answer the call for Success by aligning with the energy of Greatness within. €







# Creating Healing Relationships *via* Ongoing Professional Development and Outreach

Dorothea Hover-Kramer, Ed.D., RN, D.CEP

**M**ost of us, who have a private practice of energy therapy, tend to think of meeting our clients' needs first, and then, as we experience deeper insights, we come to realize that all healing comes from within both client and practitioner. A third, and sometimes less well-understood, part of the healing triangle is that of ongoing commitment to personal and professional development and of building connections with our wider communities.

As practitioners, we can facilitate another person's access to their healing path through our essential personal work of self-awareness, meditation, centering, and grounding. But, unless we, as practitioners, can reach the greater public in a professional and ethical way, we cannot establish or maintain other people's access to our healing gifts. In simple terms, we must reach out to be "found."

Completion of a program in energy medicine with a recognized standard curriculum is the beginning step to those of you who wish to develop public recognition as a professional. In addition, certification entitles you to the respect and trust that communities around the world are placing in the practices of energy medicine. We might say those are big shoes to fill because our founders, instructors, and peers have already led the way in building name-recognition. To fulfill those high expectations, ever-increasing inner wisdom and insight is required from you.

It is an ongoing and, in my experience, a lifelong commitment to resonate fully with what it means to be an effective energy medicine practitioner. First off, recognize that your healing path is one of persistent learning for your whole life. The good news from this is that life becomes an unending adventure. You will never stagnate or lose your creative spark. Better yet, you can continue to be nurtured and inspired by the work of other energy therapy colleagues and leaders. Joining energy medicine professional organizations like the Healing Touch Professional Association (HTPA) and the Association for Comprehensive Energy Psychology (ACEP) is part of being a professional and a win/win commitment to stay informed about your profession while at the same time receiving support for your continued growth.

Another step in your professional development is to set out with the intention of learning as much as possible from each of your clients' needs. No one expects you to know everything or to be the only source of information for your clients. Seeking out other professionals and developing your own, trusted network of referral sources is an essential and highly ethical step. Of course, you want to ensure that clients with physical issues have adequate medical care and that clients with severe emotional burdens have counseling help. Knowing what you do not know is essential because it invites you to quest. I have also found the imperative to network on behalf of my clients brings about surprising, deepening friendships with colleagues from other disciplines.

In addition, dedication to meet your own personal needs requires your full participation. From an energetic point of view, we cannot hide from our clients who we are or the information that registers in our energy fields. Developing trusted relationships with people who can nurture the growth of your “inner advisor,” whether they are close friends or professionals, allows you to develop a deepening sense of integrity. This inner compass can help you to distinguish when you are in sync with your skills and talents and

readers, the people who read the local newspaper, or my regional network of professionals? My answer would be—All of the above!

The guiding ethical principle for me in my work and writings is to *create healing, right, appropriate relationships with first myself through personal development; with my clients through practice skills; and with my community through intentional and focused outreach. Connecting with my community requires me to treat*

## Every contact you make in your daily life is potentially with a person in need or someone who knows a person in need.

when things go a bit awry or you step into a situation that brings uneasiness.

Every contact you make in your daily life is potentially with a person in need or someone who knows a person in need. Thus, who you are and what you say about your chosen practice of energy medicine can open doors to expanding your work and creating connections that may result in many, and often unexpected, positive outcomes over time. The dynamic of community relationships is, of course, that they are constantly growing and changing as your contacts and interests broaden. What needs to remain steady is your intentional and open-hearted willingness to nurture new affiliations. In other words, “*Bloom where you are planted.*”

There is responsibility for all of us practitioners to honor the trust placed in energy modalities by presenting ourselves, our backgrounds, and practices clearly and without misleading or excessive claims. Everything you write, say or put on the Internet is a form of contact with the public and with your community. You may want to ask, who is my community? Is it my friends, or neighborhood, my group that focuses on one or more special interests, my website or blog

*my colleagues and professionals from other disciplines with respect and to educate them and the general public about my specific skills along with the theoretical and research basis of the work.*

This builds the foundation for a healthy and healing relationship with all the significant others in ever-expanding networks. Our definition of informed consent, then, must also extend to this broader understanding. Informed consent is not only concerned with telling clients about the benefits and risks of an energy therapy session and recognizing their right to choose their level of participation; informed consent with the greater public is about accurately presenting the tenets of energy practice, sharing our remarkable stories, and answering questions, even challenges, with objectivity and finesse.

With this in mind, I wish to offer the following ideas as foundations for building your own standards and goals for creating positive and intentional HT community outreach:

- **Actively seek out** learning opportunities





- **Take responsibility** to define your energy healing practice with brochures, fliers, website information, etc., to other professionals and the public
- **Offer to donate** time and energy to increase public awareness as a form of giving back, spreading the good news
- **Encourage open exchanges** of ideas by participating in meaningful community activities
- **Consider developing a community network** like a local HTPA Chapter or joining one that exists
- **Participate in public forums** on relevant topics such as healthcare and needs of specific age groups
- **Become a known and reliable resource** for information about complementary modalities and their place in healthcare
- **Respond to inquiries** about other professionals in an objective fashion and refrain from making disparaging remarks
- **Discuss differences of opinion** regarding someone's conduct in private, as directly as possible, or, if that is not possible, seek established pathways for arbitration, mediation, and intervention
- **Educate the public about criteria for selecting an energy-oriented practitioner** such as knowing their educational preparation level, specific experience and skills, willingness to refer, knowing limits and scope of practice, personal style, and effective outcomes.

While some of these concepts may seem too far-reaching at first, the good news is that time is on your side. As you reach out to your community with open

mind and heart, you will find “key people,” often natural leaders, who can align with you and other like-minded people. You may find some who can serve as mentors or consultants with whom you build trust relationships to ask your important questions.

The starting place for any outreach is, as always, to nurture the gift of your presence from within. Then, in your quiet times, ask how you can best serve in the community of your choice. As ideas come or resonant information pops up, respond and learn more.

As the gospels teach, do not hide your light under a bushel. Instead, let your light shine! €

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Marie Manuchehri, RN

# Deep Within the Fourth Chakra

believe that during each moment of the day - we are crafting our lives. Every one of your thoughts and feelings creates the world you see and enjoy, and the world you wish would go away. You might not be able to change every negative thought and feeling you have so as to ensure a more meaningful life, but you can learn how to increase the flow of neutral energy. Neutralizing your energy provides the perfect fuel to power a fulfilling life.

Judging circumstances as good or bad means we want something specific to happen in order to be happy, blessed, or lucky— whatever it is that we seek as human beings. Though we might want particular events to occur, all conditions have the same value. They just are. In each instant, there is more beauty than we can possibly stand. Letting go of our desires and judgments, and allowing the beauty to be seen, is called being “neutral.”

Neutrality is a high-frequency energy that flows within the fourth chakra. It is from this unbiased place that we learn to forgive, to compromise instead of fight, and to love where initially we felt there was nothing to love. This place, deep within the fourth chakra, is where real awareness lives. Gaining access to this type of loving energy allows human beings to consciously grow and create a world that surpasses their dreams.

## Everything Is Energy

The Internet page you are reading right now is made of trillions of subatomic particles. So is the computer. The subatomic particles, which are composed of electrons and protons, are continually in motion, forming images you can see and to which you relate with your human eyes. Everything in the universe is animated with energy. Quantum Physics, the branch of science that studies subatomic particles, has helped us to understand why and how this is true.

The subatomic world of energy creates the home in which you live, the car you drive, and the clothing you are wearing right now. Every thought and feeling you have is energy, too. It may be hard to imagine that everything in the universe is made of invisible tiny dots, which most people can see only with an electron microscope. If I was not able to see that the world is composed of subatomic particles, I, too, would find it challenging to accept.

Emotions, like everything, are made of pure energy. They form patterns in your body based on feelings you have expressed or repressed throughout your lifetime. Even if you are not aware of your feelings, they circulate within your body creating health, happiness, abundance, or the lack of these things.

When your thoughts are consumed by worries and concerns, they create that same type of energy, which shape your life experiences. Only by neutralizing that energy can you see the beauty in each moment rather than the suffering, and stop producing negative results in your life. Ultimately this will teach you how to receive— which is the real job of the fourth chakra.

I was recently reminded of this energetic truth when I became overwhelmed with remodeling areas in my home. Since my three daughters have been in college over the last seven years, spending cash on refinishing my hardwood floors or updating my bathrooms had been placed in a category I like to call - *"this- is-driving-me-mad-but-their-*

*education-takes-priority"*. As a believer in manifesting principles, I knew that telling myself I could not repair the house while I was paying for college were self-limiting beliefs. I told myself I was too busy, too tired, or too something, to work the magic of changing my mind in order to change my reality, and reach that beautiful place of peace.

Eventually the frustration became so uncomfortable that I began to neutralize my feelings - and - ultimately my energy. I started to appreciate the bathrooms I had. Gratitude increases flow of positive energy. I also began to celebrate refinished hardwood floors and new tiles even though they had yet to materialize. Celebrating what is coming before it arrives also increases the flow of positive energy.

Mixing positive feelings with negative ones neutralizes energy and allows you to dwell deep within the fourth chakra where the universe connects directly with your unharnessed power. When you are neutral, the universe brings you whatever is your highest desire—most likely something about which you have never thought. After I spent four months neutralizing my feelings, the remodeling began to take place. Today I have refinished hardwood floors and a new master bath that feels like a spa, and I am at peace!

For the next three weeks change the way you think and feel about something in your life that is driving your crazy. Do not worry if you have many more negative feelings than positive ones. Positive feelings have many more subatomic particles than negative ones. It only takes a few positive feelings a day to neutralize your energy and change your life. €

*Marie will be a keynote speaker at this year's Healing Touch Northwest Regional Conference in October (dates to be determined).*



# REFLEXOLOGY:

## Ancient Preventative Medicine

Suzanne Rouge, BSE



**R**eflexology is an ancient art form. It is widely believed that it was practiced in China 5,000 years ago. The oldest documentation of reflexology was unearthed in Egypt through pictographs dated around 2500-2330 BC. Ancient people saw the practice as preventative medicine. The Cherokee Indians of North Carolina have long acknowledged the importance of the feet in maintaining balance and health. The women of the Bear Clan who practiced reflexology were known as the "moon maidens." Jenny Wallace, a native of the back hills of the Alleghenies, says: *"The feet walk upon the earth and through this your spirit is connected to the universe."* Inge Dougan, a pioneer in blending reflexology with Chinese meridian lines states, *"Energy is the basis for all life and a vital factor in healing. A more comprehensive knowledge of energy will enhance one's understanding of the interconnectedness of all things in the universe."*

### **So how does using acupressure on the feet improve health?**

The goal of reflexology is to trigger a return to a state of equilibrium. Relaxation is the first step to normalization and reflexology is designed to induce a deep state of relaxation. When the body is relaxed it begins to align and heal. Negative emotions, like anxiety, grief, fear and worry cause chemical changes in the body that erode our health. Approximately 70% of disorders are related to stress and nervous tension. Reflexology is a powerful antidote to stress.

### **What is a reflex action?**

A reflex is an unconscious or involuntary response to a stimulus. In reflexology, pressure is applied to trigger points which activate an electrochemical nerve impulse that is conducted to the central nervous system via a sensory (afferent) neuron. This message is received by the ganglion and is transmitted via a mo-

tor (efferent) neuron which then causes a response. Reflexology, by stimulating thousands of nerve endings in the feet, encourages the opening and clearing of neural pathways.

### **How does reflexology affect circulation?**

Eunice Ingham's favorite saying was, *"Circulation is life. Stagnation is death."* The expansion and constriction of blood vessels is essential to the level of oxygen and nutrients reaching the organs and tissues of the body. It is also necessary for the release of toxins from the bloodstream. The increased state of relaxation during a treatment aids the excretory systems, as well as, stimulating the flow of blood through the body. Studies have proven that reflexology helps to normalize blood pressure.

### **How does the endocrine system factor in?**

The endocrine system is an intricate network of glands that secrete hormones directly into the blood. Hormones are powerful chemical substances that affect every bodily activity. If any of the seven principal glands is disrupted, the whole body is thrown off balance. Thoughts and emotions are affected by the glands and personality is determined by glandular function. When gland function is harmonious, one will have a positive outlook. If it is disharmonious, one will become depressed. Reflexology, by stimulating the electrical energy, has a subsidiary effect on chemical energy.

### **What if I am in too much pain to relax?**

The body produces its own painkillers known as endorphins - which are five to ten times stronger than morphine. According to the "Gate Theory," the nervous system can only respond to a limited amount of sensory information at one time. When the nervous system becomes overloaded it short-circuits, or closes



a gate, reducing the amount of sensory information available for processing. The application of reflexology encourages the body to produce more endorphins while the pressure confuses the body with too many sensations, which closes the “pain gates”. Combining breath work and reflexology helps to move through pain. Repeated sessions reduce the pain as the body comes back into alignment and fewer triggers respond.

### **If a reflexology closes the pain gates, then why is a treatment sometimes painful?**

Grainy crystal deposits, which cause pain during a treatment, are believed to be calcium deposits that have settled beneath the skin surface at the nerve endings. Excess acidity in the bloodstream increases calcium deposits in any organ in the body. These crystals impede the circulation of blood flow. The feet are a prime target for these deposits because of the many nerve endings there. The blood flow has to be circulated back from the feet against gravity causing deposits to settle. Restrictive shoes further impact this situation. Reflexology helps to break down these deposits and increase the circulation necessary to remove the residue through the elimination systems.

### **What about the benefits of reflexology to the spiritual body?**

Our feet also play a major role in our spiritual health. They connect us with the earth and its telluric currents. The feet serve as antennae for the electromagnetic currents flowing to and from the earth. Keeping your feet cleansed helps to serve as a conduit of this energy. Jesus washed the feet of his disciples. The feet represent the physical plane which we have to transcend in order to gain access to higher planes. The solar plexus is a part of the sympathetic nervous system and an umbilical chord to nature. You can feel the connection between your feet and your solar plexus. When your feet are cold you can feel a tightening of the solar plexus. Stimulating the feet not only increases physical circulation it serves as a means

of opening the crown chakra. Reflexology helps to break up stagnant energy on an etheric, as well as, physical level.

### **Why treat yourself to a reflexology session?**

The answer is simple, to enhance your mind, body, spirit connection. €

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# Emotional Baggage: Lighten Your Load with the Emotion Code

Bonnie Thompson, HTCP, CECF, EFT-ADV



Can you relate to the term “emotional baggage”? Everyone seems to have some and we all recognize that it is not a good thing, but what is it? And, how do we get rid of it?

The Emotion Code, an exciting new form of energy work created by Dr. Bradley Nelson, calls this emotional baggage “trapped emotions.” Emotional energy can become trapped in the body when we are overwhelmed or traumatized, when our defenses are down, or when we are unable to fully process emotions. In addition, blocking or “stuffing” an emotion can cause it to become trapped.

### **What’s Wrong with Emotional Baggage?**

Until they are brought to conscious awareness and released, these trapped emotions interfere with the healthy flow of life force energy in the body. This can affect our physical, emotional and mental well-being, our relationships, and our ability to fully express our creativity and gifts with the world.

Trapped emotions also take a toll on our energy levels as energy is diverted to maintain all this baggage. Think of the analogy of holding a beach ball under water. It takes a lot of energy to keep it from popping out!

Another way that trapped emotions can affect us is by forming a heart-wall. A heart-wall is made of trapped emotional energy that surrounds the heart as a way to protect it. It is created by the subconscious mind when it feels that your heart needs protection from emotional pain or injury.

A heart-wall is an important protective mechanism and can be absolutely necessary to help you survive certain traumas in your life, but it comes at a price. Energetically, the heart is the center of your being. It entrains the rhythms of the body (including the brain) and is also a source of intuitive knowing. A heart-wall interferes with the body’s access to heart

energy and blocks your ability to fully give and receive love.

It is estimated that the average person has collected hundreds, if not thousands, of trapped emotions. That is a lot of emotional baggage! Would it not be great if we could unload some of this? Thanks to Dr. Nelson, we now have a simple way to do this. The Emotion Code allows us to quickly and easily identify and release trapped emotions. In fact, you can learn to do this for yourself.

### **How Does It Work?**

The process is simple. Muscle testing is used to identify a single trapped emotion that the body is ready to release. Once enough information has been obtained about this emotion, such as the age when it became trapped and where it is held in the body, it is released by running a magnet several times along the Governing meridian (usually down the back).

It looks so simple but the effects can be very profound. Some people feel better almost instantly; some experience the changes more subtly and over time. Many people report feeling “lighter” after an Emotion Code session, as if a weight has been lifted from them.

The Emotion Code can be effective in releasing chronic pain, relationship blocks, and anxiety, among many other things. While it would be unwise to claim that trapped emotions cause disease, Dr. Nelson says that he has never treated someone with a disease or condition that did not have trapped emotions contributing to the problem.

Results are difficult to quantify and are usually more subtle, but here are some examples from my own work with clients (names have been changed for their privacy):

Craig had many physical complaints and we decided to follow his body’s wisdom on where to begin





releasing trapped emotions. We released a number of trapped emotions, several in the area of his abdomen. He did not notice any significant shifts during the session, but when I saw him again two weeks later, he reported that the liver pain that he had for many years was now gone. Doctors had been unable to identify the source of this problem.

Lynnae was experiencing anxiety related to her job that was becoming debilitating. Every morning she would wake to negative self-talk that would drive her anxiety to the point where she would become physically ill. We decided to target our Emotion Code work

from the past about which we have no conscious memory. We access the wisdom of the subconscious mind through a form of muscle testing to get the information we need to release trapped emotions.

Some of our trapped emotions were actually handed down to us from our parents at conception. Most of us carry some ancestral emotional baggage. These inherited emotions can also be released with the Emotion Code. Not only does it release from us - but - it also releases from all the previous generations who passed this on to us. This can bring profound healing within families.

## It is estimated that the average person has collected hundreds, if not thousands, of trapped emotions. That is a lot of emotional baggage!

toward any trapped emotions that might be contributing to this negative self-talk. After just a few sessions she felt a significant decrease in the negative voice with a corresponding decrease in her anxiety levels.

Two-year-old James was waking several times every night and cried out in terror if his mother, a single parent, was not right by his side. This had been going on for months and both he and his mother were drained and exhausted. I worked by phone with his mother to remotely release trapped emotions for James. She reported later that James had crawled into bed at his grandma's house near the end of our session time, something he "never does." and there was a marked improvement in his sleep patterns.

The Emotion Code can affect all levels of being. Part of the fun of working with it is that we never quite know what will come up. We simply rely on the wisdom of the subconscious mind and body to lead the way.

### **But I Do Not Remember Where All My Emotional Baggage Came From!**

One of the best features of this technique is that it allows us to bring to conscious awareness many issues

### **Does Emotion Code Work on Children and Animals?**

Emotion Code works well for all ages, especially children. You are probably aware that many of your issues are based on experiences from childhood. What a great gift to help children let go of the emotional baggage they have already picked up -- freeing them from a lifetime of dealing with it!

My own children have benefited from this work. My oldest son had chronic nasal congestion most of his life (he is now 16). After a few Emotion Code sessions he experienced significant relief. I had not really noticed the shift until one day I realized he was no longer sneezing every morning!

The Emotion Code can also be used on animals, large and small, and many have reported excellent results. My youngest son loves receiving Emotion Code and asked me to work on his pet hamster, Griffin. We released just three trapped emotions from Griffin (which is all he had). Immediately afterward, we noticed that Griffin no longer ran to hide when we approached his cage. Now he comes to the front of the cage and no longer seems as fearful. This made

my son very happy and I was pleasantly surprised.

### Can I do the Emotion Code on myself?

Yes! Once you are able to master the muscle testing process it is very easy to get started using the Emotion Code for yourself and others.

I highly recommend Dr. Nelson's book, The Emotion Code: How to Release Your Trapped Emotions For Abundant Health, Love and Happiness. He explains energetic concepts in simple, clear terms and gives excellent instructions for the muscle testing procedures. The book provides everything you need to know to get started using the Emotion Code.

I always encourage my clients to learn to release their own trapped emotions. Keep in mind that the subconscious will only bring up those energies that it feels it can safely release. If you feel you need help with deeper work, find a competent practitioner with whom you are comfortable. €

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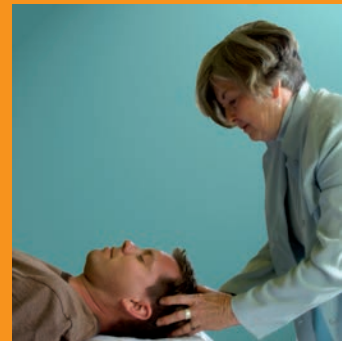
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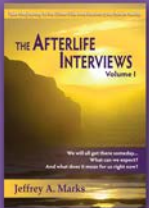


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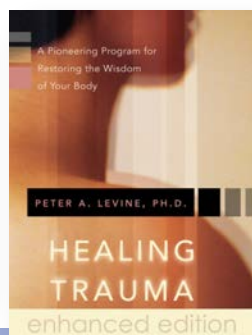
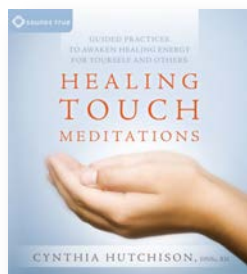
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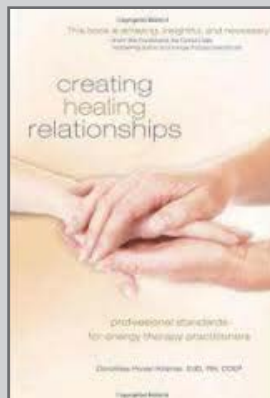


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