

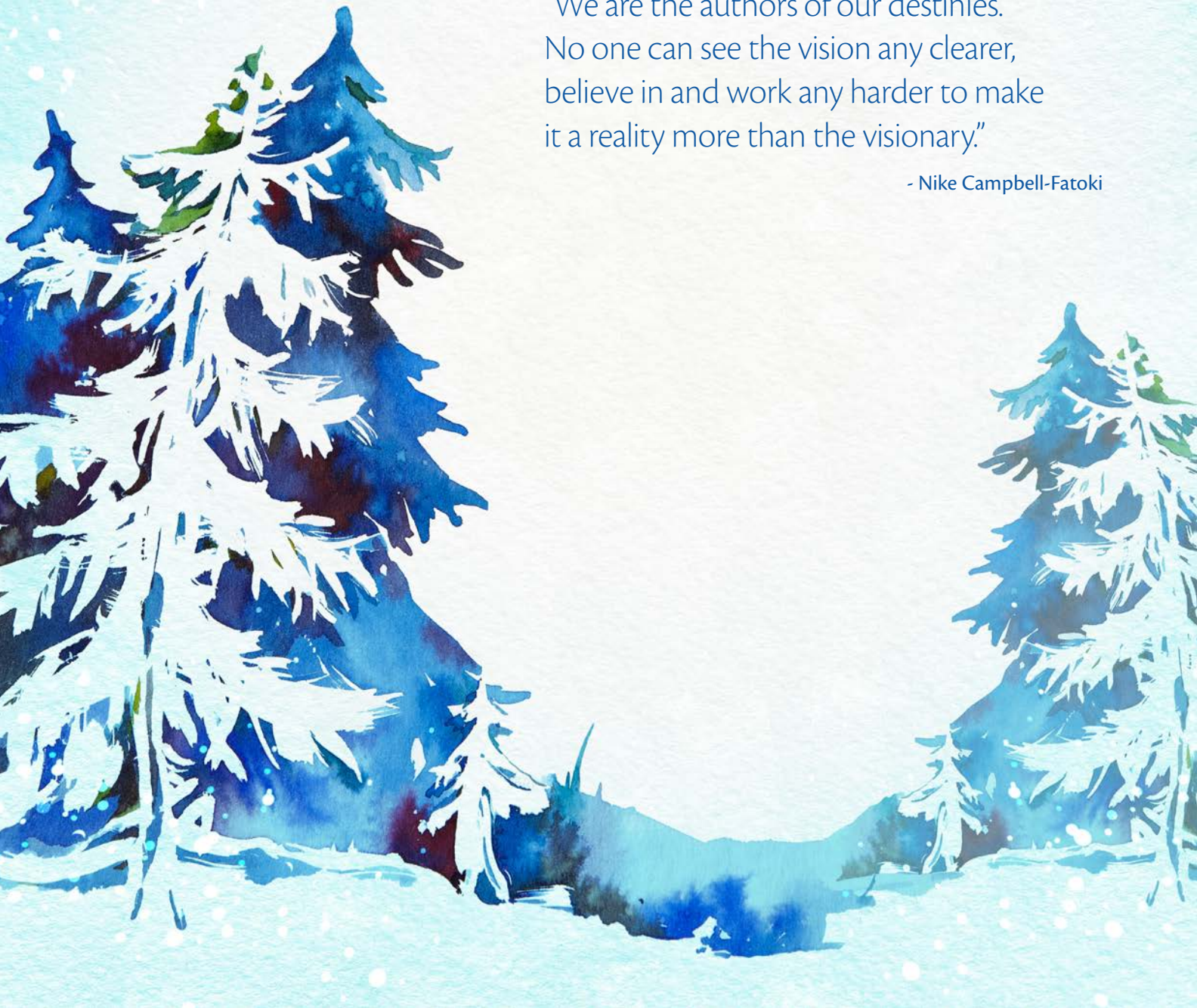
# Energy magazine

*Sharing Energy - Transforming the World*

Jan/Feb 2015 - Issue Seventy-Seven

"We are the authors of our destinies.  
No one can see the vision any clearer,  
believe in and work any harder to make  
it a reality more than the visionary."

- Nike Campbell-Fatoki





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photo courtesy of Cathy Andersen



Dear Readers,

Welcome to the New Year!

I can not control when the writing muse is willing to bless me with the grace of words. Some days this grace comes when I am out on a long walk, huffing and puffing up a hill in the cold. Words come and I string them together into sentences in my head hoping I remember until pen and

paper are at hand. (Yes, I still write the old fashioned way at times.) When my mind relaxes and releases the day-to-day, words seep to the surface as though they were hiding there all along, but I was too busy to let them through.

For me, this also happens with thoughts and ideas. They hide out until I let go of the usual ramblings and daily busyness. I turn around and there they are, waiting to be discovered, pondered and acted upon - until I shut them out again.

The New Year typically brings a harkening for new resolutions, sometimes a vast spectrum of them wearing every color under the sun. Some years, I simply love all the colors, adding way too many to the resolution list. Some years, I still have the winter covers pulled over my head and refuse to entertain any of them. This New Year, I have but one: to become more aware of those pieces that hide inside me and let them have full voice. For me, this resolution is an unimaginably brilliant color.

At Energy Magazine, we set our resolutions for the upcoming year early. We plan, design and implement so that with the first issue of the New Year our resolutions are apparent. It takes each member of the Energy Magazine team to coordinate this effort and bring it to fruition. We have a great team and I am grateful for each of them.

Inside this issue you will find some subtle changes, the most apparent change being the Mind Body Spirit Market combining the old ad format into one dynamic resource. This year also brings a gentle facelift to our [website](#), an active [blog](#) and an increased [Facebook](#) presence. In addition, the last five years of articles have been indexed. Check out all the changes at [EnergyMagazineOnline.com](#).

Beginning with the Jan/Feb 2015 issue, you can now individually order a professionally printed version of Energy Magazine! For years subscribers have told us they are printing the magazine at home or a local print shop. Some say they like reading the magazine in print and archive the issues. Others offer it to clients in their practice offices or share it with friends. Look for the full details on how you can order the printed version in this issue.

There are so many wonderful articles in this issue that you will want to take time with – subjects range from the healing power of humor and juicing to the science behind Energy Medicine. I do want to point out a particular article - *What Next: From Training to Filling Your Calendar With Perfect Clients* – one that will aid you in developing your practice this coming year. Whether you are starting a new practice or developing an existing one, get out your pen and paper and take some time with the questions posed in “What Next.” Your answers may not occur in one sitting, but the time spent will be fruitful.

So pour that cup of tea or coffee and cozy up to the fire for a stimulating and delightful reading adventure.

May your days this year be blessed – in many, many ways,

*Margaret*



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Nancy Murphy is a muse, catalyst, and business coach who has helped hundreds of clients spark their brilliance into action to reach success and fulfillment. She has been marketing strategist for BMW of North America, the Benetton Group (Italy), and the Atlantic Committee for the Olympic Games, she brings tried-and-true success secrets to solopreneurs, entrepreneurs, and small businesses. She has a passion for making business fun and exciting for non-business people. [www.InertialCombustion.com](http://www.InertialCombustion.com)



Karen O'Dell, BA, HTPA, CTAT, is a Healing Touch Practitioner Apprentice with the Healing Touch Program and a Registered Psychotherapist with a BA in psychology, holding certifications in trauma and abuse treatment. She has worked as an in home health and hospice care provider for fourteen years, receiving her medical training from the U.S. Army as a Combat Medic. Karen's passion is learning and helping others through researching and developing a deeper understanding of the human energy field.





James L. Oschman, Ph.D., has an academic background in biophysics and cell biology. He has published over 100 articles in leading scientific journals and in complementary medicine journals. Jim has written two books on the science supporting energy medicine. He is engaged in research on the effects of grounding or Earthing on human and animal health. Jim lectures and presents workshops internationally.

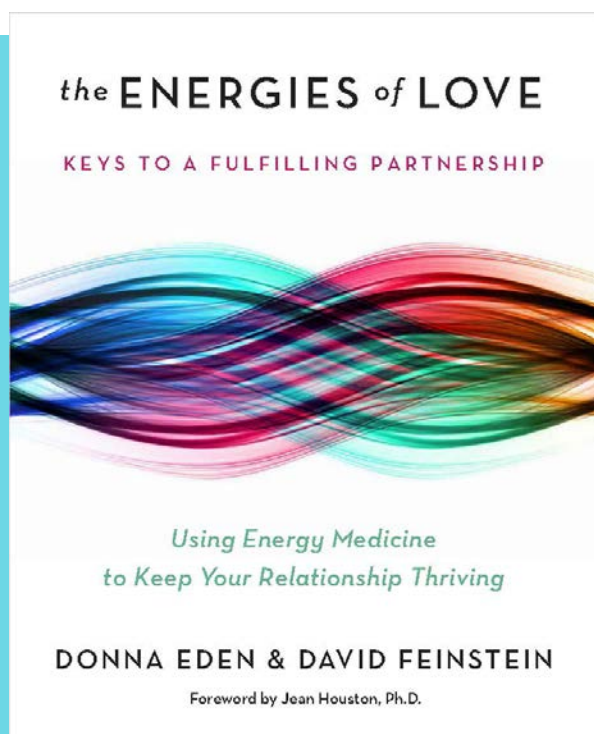


Bonnie Thompson, HTCP, EFT-ADV, CECF, helps people move past their physical, emotional, and mental blocks to obtain relief from “stuck” issues. She works with people of all ages using subtle energy therapies including Healing Touch, EFT and Emotion Code/Body Code. She strongly believes in making energy-based tools available to parents and children to improve their well-being and create greater opportunities for children to grow up -- with healthy emotional skills, minds and bodies. Learn more at [www.HealingTreeWellness.com](http://www.HealingTreeWellness.com)



Karen van Vuuren is a former broadcast news journalist with experience working in the field of end-of-life. She is the director of the documentary *Go in Peace! Your Role in Healing the Soul Wounds of Veterans with PTSD* a film about understanding veterans' needs and creating possibilities for healing – even at end of life. She is also the founder and executive director of Natural Transitions, providing education about conscious, holistic approaches to end of life, including after-death care and green, home funerals. [www.GoInPeaceFilm.org](http://www.GoInPeaceFilm.org)

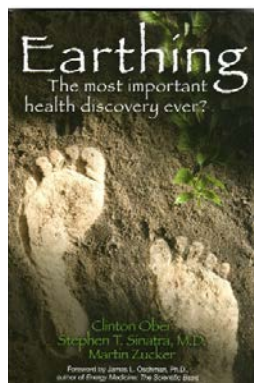




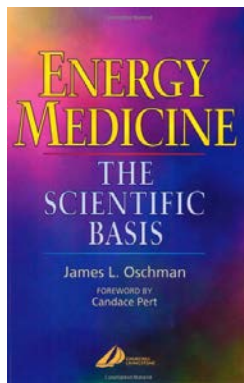
## 1 | A relationship begins with the meeting of two unique energies.

This union of energies, though invisible, determines the way you communicate, fight, love, and want to be loved. In this groundbreaking book, the bestselling authors of Energy Medicine, Donna Eden and David Feinstein, draw on the real-life experiences of couples who have attended their popular “Energies of Love” workshops, as well as their own experience as husband and wife, to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond.

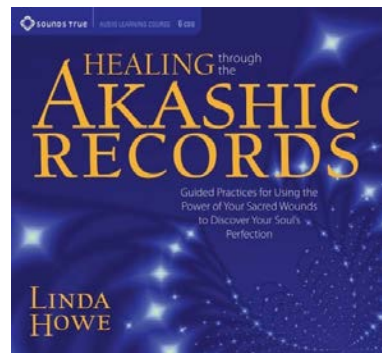
*The Energies of Love* serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting.



2 | *Earthing* introduces the planet’s powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This eye-opening book describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and even eliminated, and recovery from surgery, injury, and athletic overexertion is accelerated.



3 | This book, written by well-known scientist, James Oschman, with a background in biophysics and biology brings together evidence from a range of disciplines to provide an acceptable explanation for the energetic exchanges that take place in all therapies. It addresses a growing interest in the field of mind-body medicine and the role of natural “energy forces” within the body in maintaining normal health and wellbeing. This in turn has led to interest in how these energies or forces may be channelled to assist in healing and the restoration of normal health.

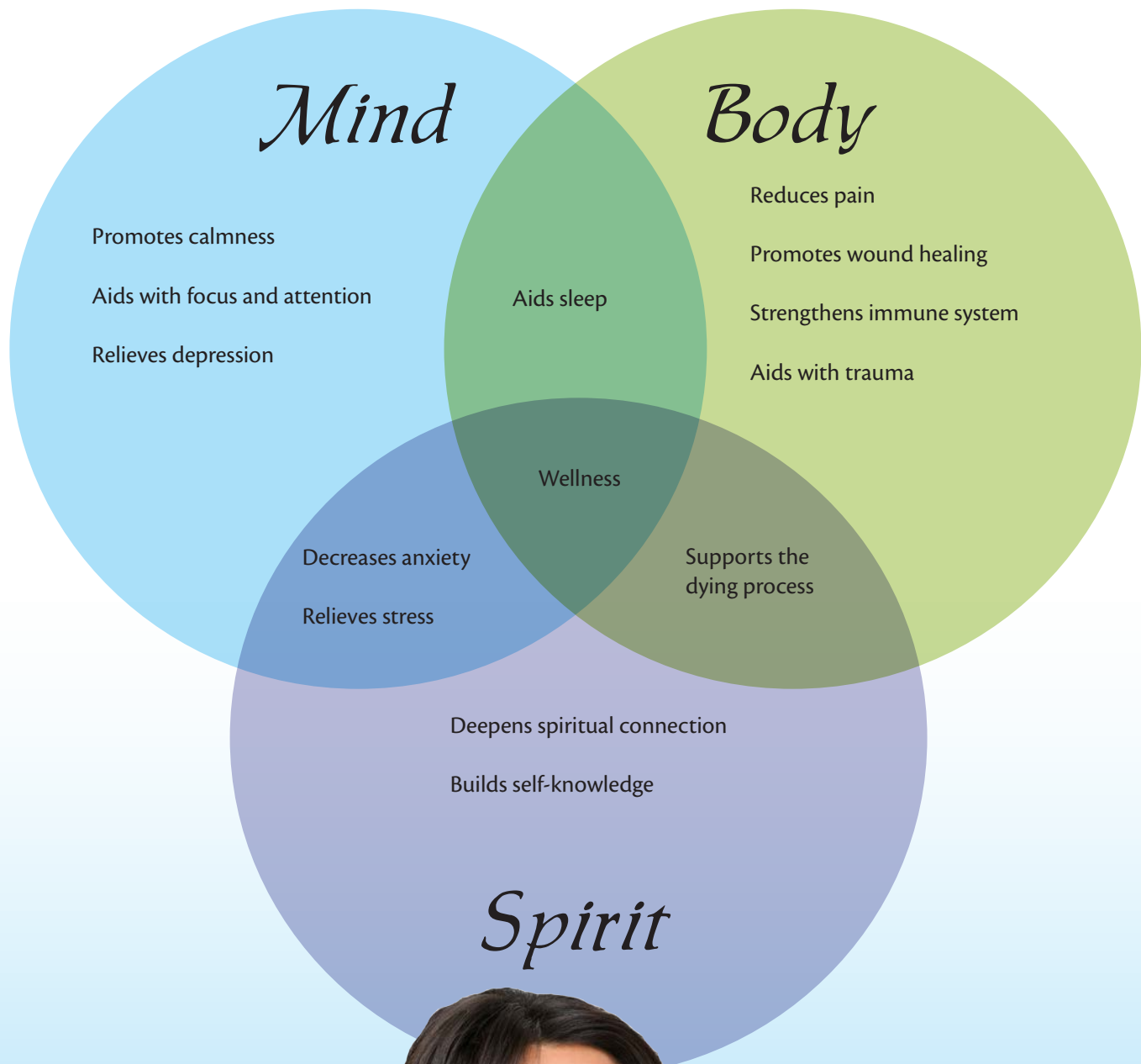


4 | Imagine opening a book that told the story of your life—and suddenly you realized that the painful parts held the key to knowing yourself as completely whole, well, and good. With the *Healing Through the Akashic Records* book and companion audio-learning set, this leading expert shares how we can use our wounds—the limiting behaviors or ideas that we hold about ourselves—as a path to inner peace.

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

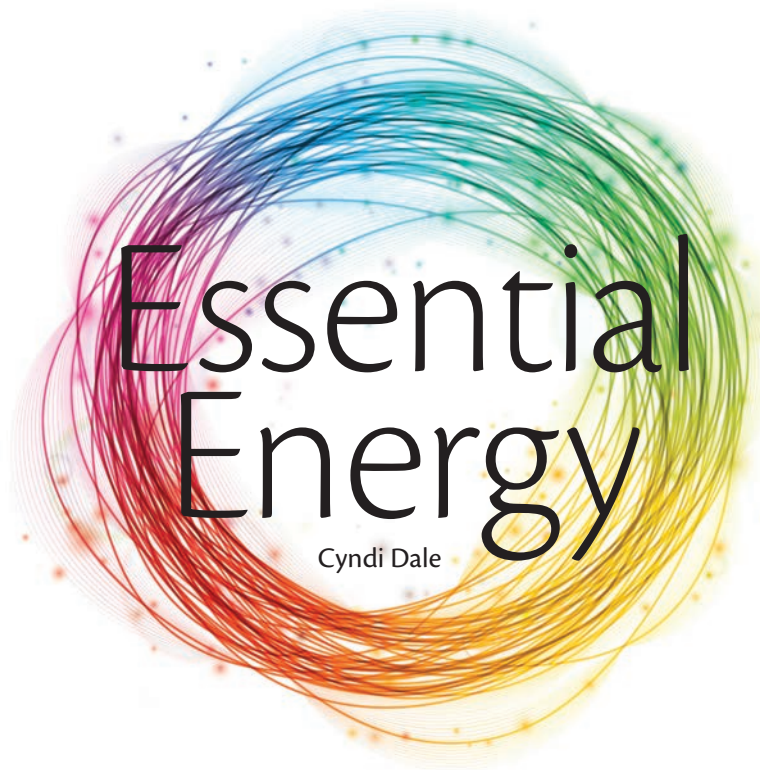


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# Essential Energy

Cyndi Dale

## The Healing Power of Humor

Sometimes the only way we get through “one of those days” is with humor.

I am almost embarrassed to share about my most recent “bad day.” I was working at home and quite comfortably clothed, since my clients were on the phone. I would like to boast that I was wearing Lulu-approved yoga apparel, but that was not the case. The sweatpants outfit was leftover from my oldest son’s high school days, which means it was, indeed, much worn.

When I work I leave the back door open so the dogs can run. However, when it started raining and Lucky the Elder rushed in but Honey the Puppy did not, I automatically knew he was up to something.

In-between client calls I stepped outside. Honey was enthusiastically attacking a tree. Gathering mud on my tennis shoes as I sloshed through the rainy backyard, I discovered a huge cache of mushrooms. Honey had also.

Of course they were not dog friendly and of course I spent every minute between clients scraping mushrooms out

of a tree and cleaning up after Honey’s stomach upset. I called the vet, but since Honey’s symptoms had abated, she said to just watch him.

I was ecstatic to reach the time for my last client and waited by the phone for her call. However she did not and my assistant, who is terrific, had unfortunately forgotten to mention that this client was coming in-person. You can only imagine how I looked.

What could I do but explain and laugh?

Even the most professional of healers will require more than a dollop of humor to deal with a challenging situation. Sometimes the joke is on us, as it was on me in the situation described. Sometimes the comedic is the only source of inspiration to offer a client.

I have not heard many workplace experts speak about the importance of humor. The list of professional criteria usually includes education, skills practice, swivel chairs, and decent lighting. Much is made of sick leave policies and grievance protocol, as if healers enjoy their own employee handbook. But humor? It is not on the list but it ought to be.

Humor is defined as the quality of being amusing or comic. It is also a state of mind. Most major upsets are not inherently funny, and we do not need to see them as such. Getting the news of a friend’s heart attack does not — and should not— promote amusement. Helping a client moving through chemotherapy is not a joking matter. But humor can help us deal with events that are so ridiculous and out of our control that the only reaction is to roll our eyes.

There are many types of humor. These include the ability to laugh at life, bond in the moment, embrace sarcasm, act out imitations, self-deprecate, and go deadpan. Dark humor makes light of something serious and surreal humor points out the bizarre nature of occurrences. When my client walked into my home office, I relied on self-deprecation to point out the surreal nature of the serendipitous events.

More than once I have dealt with unexpected events in my own life using humor, such as the time my son broke his hand sledding. This kid, who participated in hockey, baseball, and football, had never done much more than scrape a knee. Of course he would hurt himself in a non-lethal activity two





days before Christmas. Sarcasm helped me contain my stress so I could focus on Gabe and his needs.

I recently worked with a client whose list of hardships was stupendously long. It included two accidents, in which only the cars were damaged; three lost sets of keys, along with three expensive visits from a locksmith; a demotion for non-sensical reasons; the hacking of her email; and the misuse of her credit card. At the end of her recitation, all I could say was, "That's it?" We laughed and got down to work. I believe the levity allowed us to probe the energetics of the issue and decide what was occurring on that level.

Of course most of the time our best "soft" healing tools are compassion, empathy, gratitude, intuition, and the like. Once in a while, however, the comedic balances out the tragic. As shared by Mary Pettibone Poole, an author during the early 1900s, "He who laughs, lasts."

We can all use a little more lasting power. €



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).



"Karen's music and lyrics are invaluable in deepening one's experience of practicing mediation and using affirmations."

— Shakti Gawain, Author  
"Creative Visualization"



*Songs of the Spirit 4*

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# Practitioner Support

sponsored by  Healing Touch Professional Association

## A Guide for Energy Medicine Practitioners to Help Clients Navigate Their Flexible Spending Accounts

Gail Cox, Co-Chair Insurance Initiative Committee

*The Healing Touch Professional Association continues to support and sponsor the Healing Touch Insurance Initiative Committee (HT II). At present, the Committee is taking steps to apply for a Healing Touch National Provider Identifier (NPI) number of its own and next a Current Procedural Terminology (CPT) code. The goal of achieving third party payment will undoubtedly take time to achieve, but the Committee is optimistic and has the blessing of Healing Touch Program.*

This article is an informative guide for Energy Medicine practitioners to be able to educate their clients regarding reimbursement for treatments. Energy Therapy is considered “potentially eligible” according to the Internal Revenue Service (IRS) that has set the terms of eligibility for medical expenses.

Under the Patient Protection and Affordable Care Act, the IRS set up policies and guidelines for a person either through their employer or independently (i.e. a bank) to set aside money to help pay for healthcare that may have limited or no coverage by insurance companies. There are three types

of accounts Flexible Spending Accounts (FSA), Health Savings Accounts (HSA), and Medical Savings Accounts (MSA). For additional information, HTPA’s website has resource information and past articles that will be helpful.

It is the responsibility of the client to know what is covered, the requirements for coverage and the submission of all the required documents. As the practitioner you are responsible for providing good documentation and receipts for service.

If you are treating a client for a specific issue (i.e. back pain), remember to inquire if they will be using their FSA, HSA or MSA. If they are using their FSA, you will want to know if they have a prescription or a Letter of Medical Need, of which you should keep a copy for your file.

Expenses generally not included for reimbursement relate to an individual’s general health and well being, i.e. gym memberships, vitamins, and supplements are some of the specific items named. An example of what would not be covered is a general self-care massage. Yes, there are positive health benefits but it does not relate to a specific diagnosis.

Reimbursable expenses are related to a specific diagnosis, its care, mitigation, treatment or prevention of disease or illness affecting any part or function of the body. For example, a person’s blood pressure has been borderline high at the doctor’s office with a positive family history of hypertension and stroke. This patient wants to try meditation classes. These classes would be covered with a doctor’s order/prescription or a Letter of Medical Need (LMN).

### Guidelines for a Letter of Medical Need (LMN)

The form can be downloaded from the IRS website or it can be written on the Health Care Provider letterhead. It must include:

- A specific diagnosis written in medical terminology.
- The recommended treatment must be named and described in detail by the licensed Health Care Provider.
- The treatment (e.g. Healing Touch) must be specifically named and described.
- The length or number of treatments (length of treatment cannot exceed 12 months) must be specified.
- The Health Care Provider must sign and date the LMN.



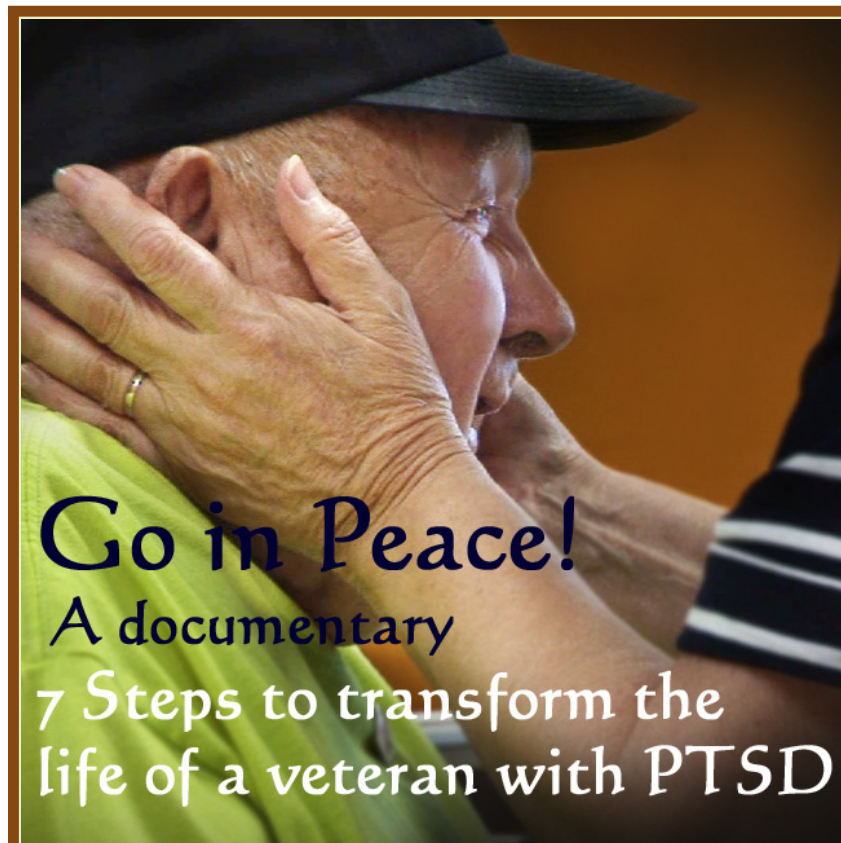


Supporting documentation provided to the client by the Practitioner includes a receipt for treatment(s). This can be issued for each treatment (preferred) or can be given for a number of treatments. A receipt needs to include the business name and address, provider's name including credentials, tax ID or National Provider Identifier (NPI) number, name of patient, date of birth, date of service, service(s) rendered, duration of treatment and amount paid. Current Procedural Terminology (CPT) codes are typically not required.

If you are doing more than one treatment, the date of each one is listed separately. Basically, a business letterhead can be used as a receipt as long as it also includes your tax ID or NPI number. (Information on NPI numbers can be found in Nov/Dec 2014 issue of Energy Magazine). If you have already provided services and the client thinks that their FSA benefits may apply, the client can obtain a LMN and submit your receipt as long as it is for that current eligibility period. Once all the paperwork has been submitted it is processed in 7-10 business days.

Working to educate clients on using their FSA starts with each practitioner knowing the in's and out's of healthcare. The more we know about one step better prepares us for the next. €

Refer to [www.HTProfessionalAssociation.com/resources](http://www.HTProfessionalAssociation.com/resources) or [www.irs.gov](http://www.irs.gov) publication 969 for additional information.



**Go in Peace!** outlines 7 Steps YOU can take to transform the life of a veteran with PTSD.

PTSD is such an overwhelming and complex subject. But this film demystifies the core elements of the ailment and shows us a path to healing.

#### FIND OUT MORE

about this new documentary.

**Go in Peace!** [www.goinpeacefilm.org](http://www.goinpeacefilm.org)

*Go in Peace! opens us to the role we have in helping veterans find solace through acknowledgement of grief and forgiveness, of self and other.* - Larry Dossey, MD

Go in Peace! A documentary for those who care for or about veterans  
by Karen van Vuuren.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Meeting at 14:00

Lecture at 12:00

Meeting at 09:00

Meeting at 16:00

Zoo 12:00

Pick up Sara

Get dog food

Andrew's birth

Call grandma

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# What Next:

## From Training to Filling Your Calendar with the Perfect Clients

Nancy Murphy

**H**ave you recently completed training or are newly certified in a in an Energy Medicine or body work modality? Are you ready to strike out and begin helping people?

Finding clients is probably the scariest part of any new business. Without clients it's impossible to make money to support ourselves, pay rent on our space, or afford our next cup of chai.

But where do you find clients? How do you let them know about your services? How do you talk to them?

When we first begin anything, we're enthusiastic and see applications for our work everywhere. While the category of "everyone and anyone" makes for a very large pool of prospective clients, it's a dreadful target audience. Being all things to all people just doesn't work. It creates complications in messaging, dilutes it, and engages no one, not to mention how unsettling it is for your soul. Think about it, do you really want anyone and everyone as your client? My guess is that you don't.

Before you can find clients, you need to know who they are.

- Think about who you want to serve and why?
- What matters to you?
- Who matters to you?
- Why do you care?
- What experience do you want to have serving them?
- What experience do you want them to have engaging with you and your practice?
- What result do you want to deliver to them?

When we can connect deeply with whom we want to serve, we can be our most authentic self - communicating from the heart and drawing potential clients to us.

**Imagine your perfect client:** Who would be your perfect client and why? Maybe it's someone you know who is open to complementary healing modalities. Maybe it's someone who is on the cutting edge and is always trying something new. Maybe it's someone who enjoys going to a spa and practicing radical self-care. Maybe it is someone who is experiencing a particular illness such as cancer or undergoing a medical treatment such as chemotherapy. These are four diverse profiles. Make list of their characteristics, attributes of their personality, their habits, their likes



and dislikes, etc. Create a really clear picture of who this person is. Add to that how you'd like to interact with this client, what kind of relationship you want to have with this client, etc.

Why be so specific? I call it the "blue car phenomenon." Pam Grout who wrote *E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality* calls it "The Volkswagen Jetta Principle." For example, say you've been thinking

tuned, and the energy flowing. In addition, Megan is a conscientious bookkeeper and is always looking out for her clients. She treats others with respect and integrity. She earns a good living and is happy to pay our rate for our services. What a wonderful client, right? Why would we settle for anything less?

Now that's not to say that absolutely every client who comes to us will look exactly like Megan, but every client will be very similar to our perfect client. It's like

*Once you've identified your perfect client (and I mean you've created a thorough profile), you see them everywhere—in places you swear they never existed before.*

about buying a new car. You've decided on purchasing a blue Volkswagen Jetta. You find a car you fall in love with, organize the financing, make the purchase, and driving home you notice all of the other blue Volkswagen Jettas on the road! Several of them! How'd that happen? Is everyone suddenly driving blue Volkswagen Jettas? Or are blue Jettas now in your awareness and you're tuned into them?

The same thing happens with identifying ideal clients. Once you've identified them (and I mean you've created a thorough profile), you see them everywhere—in places you swear they never existed before. It's like they come crawling out of the woodwork to find you. So don't be afraid to define them narrowly, being as specific as possible.

How specific? Let's create a perfect client profile. We'll call her Megan. We've chosen Megan because, in many ways, she shares our same values and beliefs. She takes care of herself. She has healthy eating habits, exercises regularly, enjoys nature, and, for the most part, tries to live a pretty balanced lifestyle. She's also open to exploring alternative modalities to ensure she is doing all she can to keep her body healthy, well

tossing a rock in a pond. The rock hits the surface (think of the spot where it hits as your perfect client) then the water ripples out in concentric circles around the spot where the rock you tossed enters the water. Think of those concentric circles as your almost-perfect, near-perfect, really close to perfect, and so on clients. They will have similar characteristics, values, beliefs, behaviors, etc. to your perfect client.

Who is your perfect client? Be as discriminating in creating that profile as you are in selecting your friends. And then be amazed at finding them everywhere!

**Tune in to WII-FM:** Now that you've identified your perfect client, really get to know them. Learn their triggers. The cold, hard truth is that your perfect client probably doesn't care about you or what you do, at least not initially. No one buys that thing that you do – Massage, Reiki, EFT, Healing Touch, NLP, energy clearing, etc. They buy relief from what ails them. They buy the result that the thing you do delivers. Features and benefits no longer make the sale. You need to tune into WII- FM: **What's In It For Me.** Remember that! No matter the messaging vehicle, always position your service and yourself with your client in mind.



Speak to them in terms of the result they will experience having worked with you. Your modality is not the be-all, end-all. Your modality is the means by which they experience their desired result.

Another way to think about it is... say we have the time and money to take a nice trip. We think, "Ah! Paris in springtime, how lovely!" We check the calendar, book a flight, and off to Paris we go. Now let me ask you, is this trip about the flight you just booked or is it about all the things you're going to do when you get to Paris? There's a reason tourism bureaus focus on the destination and not on the mechanism that will get you there! Deliver a destination.

I've been going to the same massage therapist regularly for many years. She is in the process of learning a modality that is unfamiliar to me. The modality is explained as "a gentle, non-invasive, system of healing that reminds the body of its natural ability to restore balance. Its principles are based on a simple and profound philosophy: allow the body to correct itself. The hallmark of [this modality] is pain relief."

What??? As a potential client of such practices, I have no idea how that applies to me, or how it might help me. So my body just corrects itself? Do I really need someone to do that for me. . . I mean, if my body corrects itself?

Imagine if Megan were identified as my massage therapist's perfect client. The reality is that after hearing the above referenced description, Megan would look like one of those cartoon characters with her eyes rolling around in her sockets and a thought bubble full of question marks above her head. Megan may respond, "that's nice," but she doesn't sign up for a session because she doesn't know how that thing applies to her.

**Solve a problem:** What client problem do you solve? Do you know? If you don't know, do a little market research and interview some potential perfect

clients. Ask them about their biggest challenges, what it feels like to be struggling with those challenges, how would they like to feel, etc.?

On the surface, our perfect client, Megan, seems pretty together. So what's her problem? From time to time, Megan's world gets a little stressful and she needs a way to maintain balance and stay grounded. She wants to make a commitment to something that brings her into balance regularly and ensures that she stays within her expected continuum of balance.

Imagine my massage therapist with this new-to-me modality asking Megan, "are you ever so tense that your neck muscles feel like organ pipes and you find you're wearing your shoulders like a new pair of earrings?" Now that is a situation that Megan can identify with! "Oh my goodness, YES!" exclaims Megan. She tells the massage therapist that she gets that way every tax season and the stress wrecks havoc on her body so severely that it leaves her almost incapacitated. She can barely get out of bed, commute to work, meet with clients, or sit at the computer to perform bookkeeping tasks. This leads Megan to ask, "Can I start today?"

**Offer a solution:** As mentioned, people don't buy services they buy results. What results can you offer? Package them up and sell them. That's right, package them! Rather than offering one-zie sessions—which require a lot of time, energy, and expense on your part-- is it possible or does it make sense to offer a multi-session package of your services? Maybe packages of 3, 4, or 6 sessions can be created to ensure the expected results.

Once a client believes you have the solution to their problem and they book their first appointment, the placebo effect kicks into action and the healing begins before they even walk in your door. Why? Because you have offered a solution to their problem, they see that the solution makes sense in their realm of understanding, experience, and expectation and

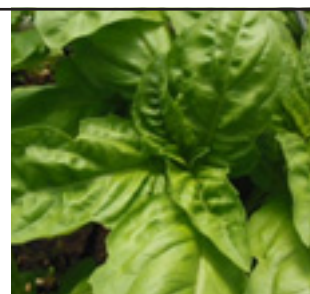




their mind moves toward seeing that expected result fulfilled. (Unless, of course, you attract 1 client and absolutely nothing will ever work to relieve their situation. Funny how that is! Do you really want everyone as a client?)

So what about Megan? Tax season is coming up and it's her most stressful time of year. Rather than waiting until she's incapacitated, we offer her a single introductory session to familiarize her with the modality we practice. If she responds favorably to the experience, we create a package of sessions that we believe will address her situation. In Megan's case, we recommend a package of 12 sessions. We schedule her to come in every other week for the months of January and February, moving to weekly appointments in March and April to ensure a clear state of mind and a stress-free body.

Filling your calendar is really that simple. It requires homework and thought. But once you identify your perfect client (and know them really well), solve their problem, and offer a solution. . . your calendar goes from having "all the time in the world" to being filled with perfect clients, living your purpose, feeling fulfilled, and bringing meaningful work and healing into the world. €



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# Energy Medicine: The Scientific Basis

LOOKING AT MEDICINE THROUGH THE LENS OF ENERGETICS IS LIKE OPENING THE FRONT DOOR IN SPRINGTIME AND ALLOWING THE FRESH AIR AND THE SCENT OF SPRING FLOWERS TO COME IN. FOR ENERGY MEDICINE HAS GONE THROUGH A COLD WINTER OF CONFUSION AND MISUNDERSTANDING, AND THAT SEASON IS NOW BEHIND US.

*~from the Preface to the Second Edition*

James L. Oschman, Ph.D.

Energy Medicine: *The Scientific Basis* was published by Churchill Livingstone in the year 2000. Much has happened since then, and a second edition is nearly ready for publication. Here I comment on a few of the major stories that have emerged since the first edition was published. These stories have fascinating and exciting implications for the Energy Medicine community.

Personally, the response to the first edition has been very gratifying. The happiest part is that many therapists who use energy tools felt - for the first time - that their work had some validation from science. For many this was a turning point in their careers, because of the skepticism and even rejection that had plagued them in the past. Because of this book, which some people said could never be written, I have lectured and given workshops throughout the United States and in about 25 other countries. I have even met physicians who give a copy of the book to each of their patients because they want to spread the word about the future of medicine. Energy Medicine has definitely become the new medicine.

Research and clinical experiences from around the world have enabled energy medicine to take its place

among the dominant academic disciplines, on a par with physics, philosophy, astronomy, pharmacology, orthopedics, and so on. As an academic discipline, energy medicine is a mature and multi-disciplinary endeavor and is firmly supported by, and supports the other well-established disciplines.

The trend is clear. Conventional medicine and patients have begun to recognize that various energy medicine techniques can be used to successfully treat some of the most costly, debilitating and painful disorders. Energy Medicine is gradually being incorporated into conventional American and international medical facilities. Major medical centers and many smaller hospitals now have departments of Integrative Medicine. All 18 hospitals on U.S. News's recent 'America's Best Hospitals' super-selective 'Honor Roll' provide some form of complementary and alternative medicine.

One of the major discoveries in the last decade is documentation of what every energy therapist knows -- the human body is astoundingly sensitive and responsive to very tiny inputs of energy. This sensitivity enables skilled therapists to interact with their patients in profoundly effective ways through subtle energetic techniques.



We now have a scientific understanding of how the body is so sensitive to tiny energy fields. The specific targets are particular proteins in the membranes of every cell in the body. Technically, they are called voltage gated calcium channels. Each of these proteins weaves back and forth across the surface of the cell 24 times. They regulate countless vital processes (Pall, 2013).

There has been a lot of confusion in the past because scientists could not understand how minute energy fields such as those from the hands of a therapist

Pall had to wait until he retired from the academic “rat-race” before he could take the time to fit the pieces together. His report has one of the most interesting statements I have read in a long time:

*It may be surprising that the answer to this question [subtle energy effects] has been hiding in plain sight in the scientific literature. However, in this era of highly focused and highly specialized science, few of us have the time to read the relevant literature, let alone organize the information found within it in useful and critical ways.*

*It may be surprising that the answer to [subtle energy effects] has been hiding in plain sight in the scientific literature.*

could possibly have any effects on physiology. At the same time, scientists have been puzzled by the sensitivity some people have to fields such as those produced by Wi-Fi, cell towers and household electricity. Anyone who still doubts that these effects are real, or that the topic is controversial, needs to watch a presentation at an international conference held in Barcelona on November 23, 2013.

The presentation is by Professor Olle Johansson, a Neuroscientist at the Karolinska Institute in Stockholm. He is one of the foremost authorities on health effects of electromagnetic fields, with more than 30 years of epidemiological and neuroscience research and hundreds of publications on the subject (Johansson 2013). Another valuable resource is the Biointiative Report edited by Sage and Carpenter (2012), which considered about 1800 biomedical research publications issued in the last five years. There is more than enough evidence that environmental fields interact with fundamental biological processes. We now understand how the body is so sensitive to either beneficial or harmful frequencies.

Dr. Pall is Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University in Pullman. His work has been instrumental in helping us understand so-called “unexplained illnesses” such as chronic fatigue syndrome, multiple chemical and electromagnetic sensitivity, fibromyalgia, post traumatic stress disorder, Gulf War syndrome, neurodegenerative diseases and many others. All of these conditions - and probably many others - involve disruptions of vital regulatory networks in the human body. These conditions have been mysterious and difficult to diagnose and effectively treat, in part because symptoms can vary widely among sufferers of the same condition. The explanation is that the disruptions can be local, meaning that one tissue is impacted while an adjacent tissue is not. Variation in the distribution of tissue effects leads to an almost infinite variety of signs and symptoms, creating a bewildering challenge for physicians attempting to treat these mystery conditions.

A side-effect of the work of Pall and others is a deepening scientific basis for holism or wholism – the philosophy that defines and guides many of the complementary and alternative and integrative thera-



pies and that have a firm scientific foundation from Energy Medicine.

A related discovery is the identification of inflammation as the cause of most if not all of the chronic diseases. Inflammation is an energetic condition. The modern surge in research on inflammation began in part with a discovery by cardiologist Paul M. Ridker and his colleagues at Harvard Medical School. Suspecting that inflammation is involved in cardiovascular diseases, these researchers measured the levels of inflammatory markers in a study of 28,263 apparently healthy postmenopausal women over a period of three years. They assessed the risk of cardiovascular events associated with a variety of established inflammatory markers. Of 12 markers studied, high-sensitivity C-reactive protein (hs-CRP) proved to be the best risk predictor for cardiovascular events (Ridker et al, 2002). It was found that hs-CRP is a potent risk factor for cardiovascular disease, the number one killer world-wide.

This was the beginning of one of the most exciting developments in biomedicine and energy medicine in recent years. The study of inflammation has become one of the most active areas of biomedical research, with some 400,000 peer-reviewed studies completed during the period 1967 - 2012. These numbers come from the National Library of Medicine database known as PubMed. Recognize that each of these studies represents an enormous investment in time, money, expertise, and plain hard work to achieve acceptance in a peer-reviewed journal.

This growing body of research can be summarized with the statement that many and perhaps all of the chronic diseases and disorders that plague modern society, and that are the most costly in terms of money and human suffering, have a common cause, and that cause is best described in terms of energetics. Treating patients with chronic diseases accounts for 75% of US health-care spending, which is expected to be \$3.8 trillion in 2014. All of these conditions are

energetic in nature, and respond poorly to treatments that leave energy out of the equation. While many rigorous and well-controlled studies correlate inflammation with virtually every chronic disease, including all of the diseases of aging, much less is known about the reasons for these correlations. I have been personally involved in research that is revealing the reasons for these correlations and the mechanisms that explain how energy medicine can prevent and treat inflammatory conditions. The second edition of *Energy Medicine* details what we have learned about the energetic aspects of inflammation and how many of the hands-on, energetic and movement therapies are able to produce dramatic effects with gentle, natural and completely non-invasive approaches.

These discoveries come at a time when the use of pain medications is being discontinued because of their side effects, starting with the Vioxx affair in 2004. The Institute of Medicine has determined that chronic pain affects about 100 million American adults and costs the nation up to \$635 billion each year in medical treatment and lost productivity. Recommendations for solving this problem, in their report, *Relieving Pain in America*, include calls for the usual blueprints -- prevention, care, education and research. Scant attention is given to the real solution to the problem of pain -- Complementary and Alternative Medicine. The reason Energy Medicine practitioners are so successful in treating pain is that they address the causes of pain and disease, while conventional medicine focuses mainly on the treatment of symptoms, allowing causes such as inflammation to linger until they evolve into debilitating chronic issues. Recognition of the reality of this situation is the basis for a long-overdue shift in health care world-wide.

One approach to pain is extremely simple and can be done by anyone at any time by removing shoes and socks and walking barefoot on the grass. Many of the alternative therapies have a concept of the importance of grounding, and how "ungrounded"





patients look and behave. Now we understand precisely what this means. The surface of our planet is an abundant source of electrons, which are nature's best anti-oxidants (Oschman, 2007). Moreover, a consistent observation is that grounding the human body normalizes physiology by equilibrating every part of the body with the electrical potential of the earth. This is a natural condition that was disrupted in the 1950's when we substituted insulating materials such as rubber and plastic for leather for the soles of our shoes. In the 1950's, 95% of shoes had leather soles. By the early years of the 21st Century, 95 % of all shoes sold had synthetic soles! This simple change in life-style introduced electronic imbalances that can have a wide range of physiological effects.

Grounding or Earthing stabilizes the electrical environment for all physiological and regulatory processes within us. In her infinite wisdom, Goddess placed the beginning of the acupuncture meridian system, well-known as Kidney 1, on the ball of the foot, the perfect place for every step we take to permit electrons to flow from the earth to every nook and cranny of our bodies. Modern shoe design deprives us of this essential "nutrient." Go barefoot! It could save your life, and it could enhance your therapeutic effectiveness!

Our research team made the following discoveries about Earthing, given in the order in which they were made:

- Improved sleep
- Reduced pain
- Reduced inflammation
- Relaxation
- Accelerated healing of injuries
- Increased heart rate variability
- Less clumping of red blood cells
- Reduced blood viscosity

The benefits of Earthing or Grounding are documented in the book, *Earthing: The most important health discovery ever!* (Ober, Sinatra & Zucker, 2014). This book has now been translated into 12 languages.

Connecting with the earth is one of many wise energetic practices, and the second edition of *Energy Medicine: The Scientific Basis* has a final chapter devoted to Energy Medicine in Daily Life. It describes some of my favorite energetic practices that can be of enormous benefit to you and to your patients/clients.

*The study of energy medicine will give you a clearer picture of the world around and within you. The information can make a huge difference for your personal health and happiness and your comprehension of nature and of exciting new energy medicine clinical tools should you need them.*

I detail the reasons for becoming familiar with the benefits of aromatherapy, essential oils and herbal medicines. I regard these as frequency medicines. We usually think of the components of these remedies diffusing through the body to the places they are needed, but they are so quickly effective that I now think it is the frequencies produced by the molecules that produce the effects. Furthermore, tissues are transparent to these frequencies, meaning that they can reach the places they are needed virtually instantaneously, at the speed of light. This is, in fact, how our regulatory networks operate.

As an example, the loss of effective antibiotics is undermining our ability to fight infections. Methicillin-Resistant *Staphylococcus Aureus* (MRSA) is an important example. When first-line and then second-line antibiotic treatments fail, physicians are forced to use antibiotics that may be more toxic, more expensive and less effective. Conventional treatments cost billions of dollars worldwide each year; some \$34 billion per year in the US alone. In the meantime, essential oils have been demonstrated to have antimicrobial properties, including effectiveness for MRSA. But these methods are rarely used in hospitals, mainly because physicians are not aware that there is so much scientific evidence regarding their safety and efficacy. Educate them!



Medicinal herbs are also on the energetic “bucket list.” The World Health Organization estimates that 80% of the populations of some Asian and African countries presently use herbal medicines as part of their primary health care. This is another vital branch of Energy Medicine.

Scientific study of herbal medications is a fascinating topic, and many good reports have been published (PubMed has more than 22,000 entries as of the end of 2013). Anyone recommending the use of botanicals or dietary supplements is advised to look into this growing scientific literature for a substance’s

human body. This fluid has extraordinary properties.

Healthcare practitioners throughout Europe have used marine plasma for over 100 years, but until recently, Quinton’s discoveries and publications have remained un-translated and virtually unknown to the English-speaking world. Quinton repeatedly demonstrated that children with growth abnormalities often developed normally after injections of isotonic seawater obtained by his methods. The cold filtered and sterile solutions contain 72 elements, and for most people drinking this fluid gives their bodies their first experience of nearly all of the elements in the periodic

## *Connecting with the earth is one of many wise energetic practices. . .*

safety and effectiveness, possible adverse reactions, the risk-benefit profile, and potential herb-drug interactions. Herbal use is controversial in part because of widespread exaggerated claims of clinical efficacy and safety (Owens et al., 2013). It is always dangerous to exaggerate claims because it can divert a patient from conventional medicine when they really need it. Any health claim can bring a response from the Food and Drug Administration (FDA). Always be careful about what you claim!

Another important but often neglected aspect of energy medicine involves marine plasma, a reliable source of essential trace elements that can make a huge difference in one’s life and health. I specifically refer to the ‘marine plasma’ obtained by the methods described by René Quinton. In 1897, Quinton discovered, harvested, and purified seawater from special ‘blooms’ he discovered in the ocean. At any time, there are a half-dozen or so of these blooms around the world, visible from satellite imaging. These oceanic vortices are teeming with life, and are unbelievably rich in micronutrients. Quinton referred to this as ‘marine plasma’ because it is isotonic with blood plasma and can therefore be injected directly into the

table. I recommend that every patient be given a vial of Quinton isotonic marine plasma before they receive any form of energy healing. You will probably notice that their energy circuits work better.

A final word about quantum physics is essential. This is a subject that is becoming extremely important for all aspects of energy medicine. It is not an easy subject, but one that all of us must study to keep up with the new medicine that is emerging. I recommend two sources of fascinating information. One is a book about quantum field theory by Rodney Brooks, *Fields of Color: the theory that escaped Einstein*. Brooks presents quantum field theory in a non-technical but accurate manner that will enlighten both the general public and professional scientists. Anybody who wants to understand quantum physics should read this book.

Another profoundly important article has been published by Marco Bischof and Emilio Del Giudice (2013). Reading this article is challenging, but it is worth the effort. If you want to be ahead of the curve, study this article. I am on my fifth read! €



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This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.



# Accepting Ourselves, Accepting What Is:

## How EFT Tapping Can Open the Door to Healing

Bonnie Thompson, HTCP, EFT-ADV, CECF

**D**o you deeply and completely love and accept yourself?

In my work with clients over the years, I have seen many people who found it difficult to say yes to this question. They can accept parts of themselves, but other parts they just do not like, they are ashamed of or they outright reject.

Pause for a moment here and say this out loud: “I completely love and accept myself.” How true does it feel to you?

Why should we care whether we love and accept ourselves? What difference does it make? I believe it makes ALL the difference between our ability to heal versus staying stuck in dis-ease and pain.

*“The curious paradox is that when I accept myself just as I am, then I can change.”* Carl Rogers

Self-acceptance is an important, if not essential, factor in releasing negative emotions and physical discomforts through Emotional Freedom Technique (EFT). EFT is an evidence-based\* technique that is simple and easy to learn and apply, and is often

effective on difficult issues such as phobias, PTSD, anxiety and pain. It involves tapping on specific acupuncture points while focusing on the target problem with verbal statements and affirmations.

The initial statement used in EFT is, “*Even though* [fill in the blank with the problem], *I deeply and completely love and accept myself.*” Before anything else, we use this setup phrase to clear resistance and set the stage for processing the issue at hand.

Let me use a simple example to show you how the tapping process works. A client came to my office one day complaining that she was feeling angry toward a friend after a conversation that morning and could not seem to let it go.

We started by tapping on the side of the hand or Karate Chop point and I had her repeat after me, “*Even though I am so angry and frustrated with [my friend], I love and accept myself anyway.*” We repeated that phrase three times while continuing to tap the Karate Chop point. (See the figures for the locations of the tapping points.)

Then, we tapped through the other eight EFT points





while repeating a short reminder phrase at each point, *"This anger - this frustration."* The tapping round was completed by taking a deep, cleansing breath. We then checked to see how she was feeling toward her friend and to assess if there had been any change. After just a couple rounds, she reported feeling a release and no longer felt attached to her anger. Just a few minutes of tapping diffused an event that had been stuck for most of the day in her mind.

way down the hill she went down hard and injured her shoulder and thumb.

She was upset and frustrated because she had plans to go skiing the next day and did not want to miss it. I offered to do some energy work on her when we got home to see if it might help. As we headed into my home office, I noticed that she was expressing a lot of frustration with herself, so I decided to focus on those feelings first.

### *After just a couple rounds, she reported feeling a release . . .*

I have seen an issue that had been stuck for over fifty years resolve just as quickly. A veteran, who had lived with PTSD since a traumatic explosion in Vietnam, experienced dramatic relief from just one session of EFT. He had judged his experience to be less traumatic than so many of his fellow soldiers and felt he had no excuse for having problems because of it. In other words, he could not accept how his body and mind were reacting to that event. As we tapped, he began to accept that he had good reason to have a strong response to the explosion. Accepting himself and accepting what happened opened the door for him to release the entire event. Later, he reported, *"The result is a calmer [his name], in and out. I really had not thought that it was So Big Deal in what happened that night. Obviously it WAS."*

Years ago, I had an experience using EFT with a friend that illustrated clearly to me the power of self-acceptance and the direct connection it has to our physical experience.

On a crisp winter day with a fresh layer of snow, my children and I met my friend, Karla, and her children at our favorite sledding hill. They had a new snowboard that Karla wanted to try. She always was a bit of a daredevil! She started out great, but about half-

We did a few rounds of EFT focused only on her feelings of *"doing something dumb"* and *"should not have done that."* We were both surprised when she checked her thumb and shoulder and found that they were feeling significantly better; in fact, her thumb did not hurt at all now. I still remember the look of shock on her face as she wiggled her thumb and could not find any pain. We had focused only on her feelings around judging herself for getting hurt, not on the actual injuries.

In other words, healing had begun (or at least her experience of pain had decreased) merely by clearing her self-judgments and negative feelings about the accident.

Our thoughts and feelings about ourselves are powerful. Negative thoughts and judgments can stall the healing process. Acknowledging our faults, our mistakes, and our pain and loving ourselves anyway opens the door to releasing the feelings that keep us stuck.

*"The moment that judgment stops, through acceptance of what is, you are free of the mind. You have made room for love, for joy, for peace."* Eckhart Tolle

*"The first step toward change is acceptance. Once you*



*accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow."* ~ Will Garcia

EFT is a great process to use for releasing self-judgments that block us from healing. It creates awareness and acceptance of what is, and then allows us to process our feelings and thoughts in a healthy way. €

If you would like to learn more about EFT, you can go to the EFT page on my website: [healingtreewellness.com/home/information/about-eft](http://healingtreewellness.com/home/information/about-eft). If you are serious

about learning to use EFT, I recommend that you go to the source: Gary Craig ([emofree.com](http://emofree.com)). I am forever grateful for Gary Craig and his vision to share this work with the world for free.

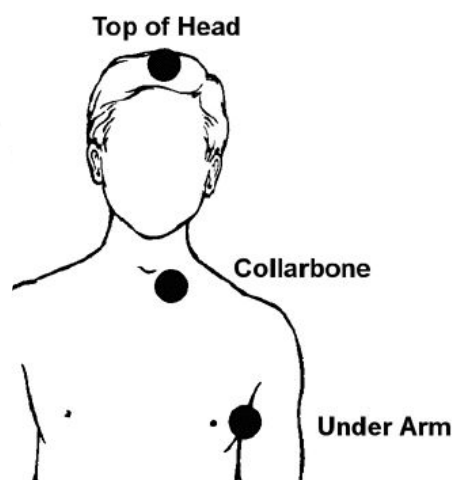
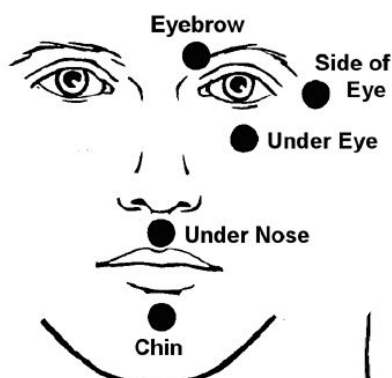
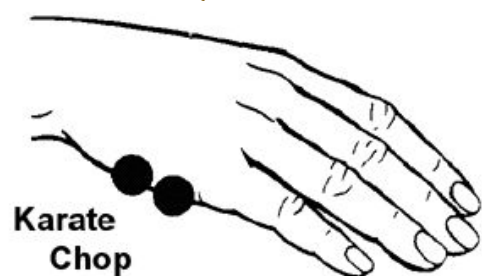
*\*Based on a comprehensive review by Dr. David Feinstein published in the journal Review of General Psychology, the results of 18 randomized controlled trials using meridian-tapping therapies lead to the conclusion that "they consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions."*

## EFT (Emotional Freedom Technique)

EFT, a simple and easy-to-learn meridian tapping technique, is used to free individuals from "stuck" emotional and physical issues. It is often effective on the most difficult issues such as phobias, cravings and chronic pain and is an excellent tool for managing stress, anxiety, pain, anger, and many other emotional and physical issues.

EFT involves tapping on various points on the body (based on acupuncture meridians) while focusing on the target problem with verbal affirmations and statements. You can do EFT on yourself (which I highly recommend!), but it can be very helpful to work with a skilled practitioner.

### Acupoints for Hand, Face and Body



How does EFT work? Although its mechanisms are not fully understood, EFT has a very high success rate when properly applied. EFT was created by Gary Craig based on his experience with Thought Field Therapy and Neuro-Linguistic Programming. He theorized that all negative emotions are caused by a disruption in the body's energy system. According to some trauma experts, meridian tapping techniques such as EFT work by calming the nervous system while reintroducing negative inputs that were not properly assimilated or processed. This allows for complete processing or integration of the original events. EFT has a strong record in research now with over 18 randomized controlled trials showing strong positive results far exceeding chance.



# A Juicing Adventure

Kim McCrimmon, BA, MEdes

This summer I embarked on a “radical” diet change. Inspired by the intense life growing in my garden and the abundance of wildlife there, I jumped into the world of juicing. I had recently watched the movie “Fat Sick and Nearly Dead” on Netflix and saw how one man, Joe Cross, had healed not only his weight issues, but also his long standing chronic health problems by juicing. Through his journey, I watched as he shed pounds and gained life and vitality that had long been lost to him. It was this same vitality I saw in my spring garden to which I have religiously applied compost each year. There was an aliveness there, and something I wanted to obtain within my own body.

Joe Cross had said something in his movie that reminded me of the wonderful power of the earth. He said that he had “turned his back on Mother Nature and was now going to run full steam towards her.” I too had turned my back on her. I left her a long time ago, in a sense, after I finished my Master’s in Environmental Design and was so overburdened with all we humans were doing to the earth. I sunk deeply into a depression - feeling there was no hope for the earth let alone for me. Since then I have been on an inward journey to re-establish a new relationship with nature and my spirit. As a healer, I have made great strides, but had not integrated some of the simple, yet vital



elements of what I knew to be true from my studies.

These truths are:

1. Organic produce is good for you.
2. Eating lots of it is really good for you.
3. Processed foods are not great for you.
4. Whole foods are really great for you.

I put these truths to the test and jumped on the organic bandwagon, bought a juicer, cleaned out my cupboards and shouted “hooray.” The first week was a blast – proving to be a great adventure in playing with my new toy. I immediately loved the juices and could feel them working in my veins. The juices with ginger would actually leave me vibrating. I felt whole heartedly that my energy vibration was rising. I could feel it – as if I had become one with nature and the forest out my back door. Because there was so much more of the sun’s energy in me, I was becoming more aligned with the earth.

As my body is becoming “cleaner”, I am directly aware of the effect of processed foods on it. It is usually an immediate reaction. Like a tap on my head to inform me of what is serving my body and what is not. I am feeling more alive and am starting to become aware of the other pollutants in my environment such as my shampoos, household cleaners, soaps, creams and the like.

What began as an eating experiment has made me very conscious of what I am putting into and on my body. I have started dehydrating, eating a mainly plant based diet, baking my own bread, crackers and muffins. I am buying more whole foods - the closer to a natural state the better. We drink smoothies and juice daily.

There are so many reasons not to go down this path, but so many more that invited me on this adventure. I discovered that although organic is more expensive, we are saving by not buying all the junk food I was

purchasing before. Our grocery bill is moderately higher, but now the quality of our food is greater. The other treat, is that by eating these wonderful foods, my body is not always hungry and my blood sugar levels are more balanced. By giving my body the nutrients it needs on a daily basis, it is not always in search and store mode.

I look in the mirror now and a younger, more vibrant woman is looking back at me. I can hardly believe the changes that have taken place in my body - replacing stagnant body fat with skin that is alive. I feel these changes will deeply influence my healing practice and increase the vibration with which I connect.

When in my hopeless depression long ago, I realized that I could not save the world. Now I am seeing my mirror and realizing that perhaps, I was not to save the earth, but that in fact the earth could “save” me and together we will prosper. As long as I keep running towards her, and am willing to be supported by her, my life will be lifted. €

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# Your Role in Healing the Soul Wounds of War

Karen van Vuuren

My father, Jack, a volatile, charismatic, World War II veteran with undiagnosed Post Traumatic Stress Disorder (PTSD) waited until his deathbed to share a story of intimate wartime killing. His confession woke me up to who he was and the can of worms he had carried inside since the war. I had always felt helpless around my father's PTSD. That tale of "first blood" launched me on a quest to learn how war trauma changes our veterans and how we, as civilians, can create safe environments for their healing.

In making my documentary, *Go in Peace!* I came to understand PTSD in combat veterans as a wound to the soul, a deep existential ailment. Veterans are forever changed by their wartime experience, altered at a fundamental level of their being that is connected to their identity and often linked to the moral pain that comes with taking a life (except when the perpetrator is psychotic). It's not uncommon to hear war veterans say that they feel they lost part of their soul during combat. Veterans can learn to cope with PTSD, but unless we approach the disorder as a spiritual ailment or soul wound, they will never resolve their relationship to the past and find peace -- and neither will we.

Before *Go in Peace!* I had spent time in the caregiving trenches, working with seniors (and later as a hospice volunteer, then volunteer coordinator). But I had never noticed the veterans around me nor their invisible wounds. Then in 2007, my 77-year-old father broke the news of his advanced lung cancer and expressed a wish to spend his remaining days at the home he shared with his octogenarian partner in Toronto, Canada. I immediately volunteered to provide the home care he needed and traveled from my home in Boulder, Colorado to be with him.

One afternoon, about two weeks before he died, he was propped in his favorite leather recliner in the living room. I decided to fish for some stories about his childhood in the Netherlands, hoping for some gems I could pass on to my children. That's when out of the blue, he blurted, "You know, when I was 14, me and my best friend strangled a German soldier in our village."

I was stunned and speechless, and for once, the judgmental, opinionated daughter retreated, enabling my father to continue. "He (the soldier) was probably only 17 and didn't know why he was there. But he was





the enemy and we had to take him out.” In that story, I heard my father’s tacit plea for forgiveness. I heard him recognize the human being in the first person he killed. I am grateful Jack could take one rock out of his backpack, even though I knew there were many more.

My father had never talked about his involvement in World War II. All I knew was that fourteen years old and six foot tall, he’d escaped on a boat to the United Kingdom. After basic training, he was dispatched to Burma to fight alongside the Allied Forces. When World War II ended, Jack plunged into another

anguish. Throughout the ages, we have had different names for PTSD: shell shock in World War I, battle fatigue in World War II. The primary criterion for the diagnosis is an experience of fear, horror, and helplessness, which may result in an array of troubling symptoms such as flashbacks in which veterans relive the traumatic experience. Typically, veterans, who seek treatment, (and many don’t because of stigmatization and their own pride) generally receive medications. Most commonly, these medications are to control depression, anxiety, and to mitigate sleep disorders.

### *I came to understand PTSD in combat veterans as a wound to the soul, a deep existential ailment.*

conflict, the Dutch colonial war to quell the native Indonesian movement for independence. (At the time, Indonesia was still Dutch territory.) Whereas World War II had been for Jack the “just war” to destroy evil, this war appalled him. He confided that Dutch soldiers had at times turned their guns on officers who ordered them to commit unspeakable atrocities.

In hindsight, I regret that I never really understood my father. His heart was big, but he struggled to keep his feelings at bay and often reached for the bottle as an emotional anesthetic. He hated fireworks, war films, and crowded places. He couldn’t abide it when children cried (even though his own son endured a painful life-long illness, dying at age nine). These were all triggers, I now know, that reminded my father of the war. But Jack also displayed incredible strength and stoicism when things got tough, a positive trait of his warriorhood.

PTSD entered into the DSM, the Diagnostic and Statistical Manual for mental health, in 1980, under the category of stress and anxiety disorder. The Vietnam War’s legacy of mental illness in veterans created pressure for an accepted medical diagnosis for their

Programs to foster relaxation and centering may allow veterans to get through their day. But as Dr. Ed Tick, author of *War and the Soul* and *Warrior’s Return* and director of the nonprofit *Soldier’s Heart* laments, “This does not bring the soul peace!” Dr. Tick has renamed Post Traumatic Stress Disorder *Post Terror Soul Distress* to more accurately describe the affliction. PTSD cannot be addressed solely by pointing to damage to the memory functions in the brain. It is a shame that the medical profession still largely dismisses the impact of spiritual and moral pain, focusing so much on brain chemistry and physiological phenomena rather than a holistic approach. As Deborah Grassman implores, “PTSD is a mental, emotional, social, spiritual, intergenerational injury, and healing requires that we address all of these if we are going to be effective.”

After my father died, I was screening my first documentary, *Dying Wish* (about voluntary stopping of eating and drinking at end of life) to members of the Denver VA hospice team. At the conclusion of our time together, I ventured to ask what it was like caring for veterans at end of life whose past must loom before them as they consider their legacy and all that remains unresolved. I reflected on the experi-



ence with my father and lamented the gaps in my own understanding of the wounding that comes from involvement in war. This spurred further research and culminated in the *Go in Peace!* film project, a vehicle to create understanding and compassion, with practical advice for caregivers. I found many films about PTSD, but nothing that offered a how-to for the lay person, as well as the clinician, unfamiliar with veterans' issues.

We filmed much of *Go in Peace!* at Ohio Veterans' Home in Sandusky, Ohio, shadowing Deborah Grassman, a former VA advanced registered nurse practitioner, founder of *Opus Peace* and author of *Peace at Last*. Grassman, whose home base was Florida, flew with key members of her team to Ohio after the VA declined permission for us to film at her hospice unit.

Grassman had been consulting with clinicians at Stein Hospice of Sandusky. Stein ran an extraordinary program at Ohio Veterans Home providing grief and bereavement services that went beyond its hospice mandate, extending free care to veterans without terminal illness. *Go in Peace!* shows Grassman and the Stein team working with veterans at Ohio Veterans Home to address "unresolved grief and unforgiven guilt." In one scene from the film, we witness Grassman using a technique called "integrative letter-writing" with Kenny, a Vietnam veteran. She helps him to compose a letter to his nephew in which, for the first time, Kenny recounts the sadness and anger he felt at his brother's death in that war and his own survivor's guilt for making it out alive.

Dr. Tick also incorporates rituals to acknowledge grief and to facilitate forgiveness as part of his approach to healing the spiritual wounds of PTSD. He draws primarily on the wisdom of indigenous people, recognizing that veterans are forever changed by the battlefield and need to be cleansed before they re-enter society. "What you have associated with a war doesn't ever leave you," said Everett Childs, a World War II prisoner of war in *Go in Peace!* This "cleans-

ing" removes the blood stains of war and allows the individual to create a new, positive identity that, at the same time, embraces the past.

Forgiveness is a key to emotional and spiritual health that allows us to achieve closure with events in our life. Forgiveness is also integral to the purification or cleansing process. Rituals for forgiveness, such as confession and prayer, are available to us through our own faith traditions. In the case of my father, a man who turned his back on religion because of war, it was possible to ask for forgiveness by acknowledging the 17-year-old German he had killed. Speaking the truth about the past, making meaning of events and our own involvement in acts of war (perhaps self-preservation motivated our killing?) can sometimes lead organically to forgiveness, both of self and of other.

Veterans who have taken lives often experience a moral imperative to seek forgiveness, even if they have participated in a so-called "just" war. Some of them feel they've fallen from grace and are seeking redemption. Then there is atonement, which Dr. Tick calls, "action after forgiveness," taking a positive step towards repairing a world shattered by war. This can be as simple as offering a story of war's destructive power as a lesson for future generations, lest they forget. Or it could be more tangible, such a donation to a home for children orphaned in military conflict.

When I started *Go in Peace!* I had no clue how to talk to a veteran about war. For most of us, it's a scary prospect, opening the can of worms inside our veterans. But doing so is vital or they will remain infected, and the worms will eat away at them. Veterans are also scared of what will happen to us if they share, and, in this respect, they are often still acting as our protectors. It therefore behooves us to prepare ourselves well and find the courage to ask, then listen and receive.

Our job is to create an environment in which veterans feel they can speak without judgment. When they do speak, we must validate and not respond



with dismissive platitudes. One time, I watched as Grassman recognized a Vietnam veteran, and softly ventured: "I guess you saw some pretty ugly stuff during that time?" The veteran she addressed simply answered with a nod of the head. Sometimes, the response is simply a tear. And sometimes, as Grassman emphasizes, "The tear, is the story. Stories don't have to be in words."

One in four people who dies in the U.S. is a veteran (according to a 2013 VA report). Yet, to many caregivers, veterans remain as unseen and unrecognized as their wounds. At least 22 veterans a day kill themselves and many more engage in risky behaviors that endanger themselves and others and often result in death. Clearly, their pain impacts us and ripples through our world. Whatever our views on war, we must take responsibility for our veterans' care. With understanding and compassion, we can all play a role in their healing. €

## The 7-Step Go in Peace! Process

1. Recognize the veteran in the person (once a soldier, always a soldier)
2. Understand the symptoms of PTSD, "Post Terror Soul Distress"
3. Create safe physical and emotional space.
4. Prepare yourself and find the courage to ask the difficult questions to open the can of worms.
5. Listen and validate.
6. Create opportunities for ritual for acknowledgment of grief and loss, purification, forgiveness.
7. Support opportunities for atonement.

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# A Study of the Human Energy Field



Karen O'Dell, BA, HTP-A

Recent scientific evidence suggests that the varying energies produced by the human organism - resulting from alternating states of coherence within the heart - can have a profound effect on its own physical reality as well as the physical reality of others, creating very real and scientifically measurable changes within the body.

This literature review will first begin by discussing the heart's role in executive cognitive functions, such as emotion and memory, as well as its function in generating an energetic field. Further studies will be cited noting how the quality or coherence of this field has a direct effect on overall health, human cognitive function, emotion and behavior. Additional research will provide supporting evidence that the psychological state of individuals, which is directly effected by the coherence of their energy fields, affects not only their psychological and physical health, but those of surrounding individuals as well.

### **Heart-Brain Communication**

The origins of human emotion, along with the physiological and psychological effects, have long been a topic of research and debate. The brain has been given sole credit in executive cognitive function for

far too long and recent discoveries have revealed that the heart plays a major role in these functions as well. Evidence provided by scientific research indicates that the heart generates more energy than any other organ in the body, producing an electromagnetic field that is 5,000 times more powerful than that emitted by the brain.<sup>1</sup>

Additional research suggests that the human heart has a working conscious memory. This enables it to have a huge influence on cognitive function, because the heart is equipped with a nervous system comprised of neurons, neurotransmitters, proteins and support cells like those found in the brain. This circuitry allows it to function separately from the brain - enabling it to learn, sense, feel and remember. The numbers of neurons that stem from cognitive and emotional centers, such as the heart, are far greater than those traveling the other way. The heart communicates information about the emotional state of the organism through varying heart rhythm patterns, each producing unique vibrational frequencies, which are received by the medulla and amygdala. These areas of the brain are connected to the frontal lobes, which are responsible for cognitive executive functions such as reasoning and decision making. So,





these varying heart rhythms not only affect the heart, but have an effect on the psychological and physiological state of the brain as well.

Studies show that the messages the heart sends can alter brain wave patterns modifying brain function. In addition, when heart rhythms are coherent or in a state of balance and harmony, the messages sent to the brain can initiate clarity of mind. This increases creativity, improves decision making, and influences

spreads throughout the body. Study of the Human Energy Field can provide information on the processes of human consciousness, which is described as the operation of interaction between an individual and a collective field. Dr. Konstantin Korotkov has created an instrument known as a Gas Discharge Visualization (GDV) camera, that can be used to view this field. This instrument works by measuring the electron densities within the various systems and organs in the body and provides a colored image displaying the

*A state of coherence of the heart is described by researchers to be a condition in which the individual is in psychological balance, both feeling and exuding positive emotions of gratitude, love and happiness."*

positive states of emotion which, in turn, improve overall health.<sup>2</sup> A state of coherence of the heart is described by researchers to be a condition in which the individual is in psychological balance, both feeling and exuding positive emotions of gratitude, love and happiness.<sup>3</sup>

### **Effects of the Human Energy Field (HEF)**

The base for all biological life forms is light and energy, which every life form produces and emits. Current research has found that these light and energy emissions, also known as the human aura or energy field, are reflections of an individual's state of physical and psychological health. Thus, mental and emotional activity experienced by an individual creates an immediate reaction in this field, which is then relayed to the brain. Through the use of advanced imaging devices scientists were able to view which areas of the body were affected by specific emotions.

In images of individuals in a state of coherence or happiness and love, the heart center in the body is brightly aglow with a warm radiating golden light that

shape and size of the field. The color, shape and size of the HEF vary depending on the individual's physical and psychological state of health.

For example, images provided by Dr. Korotkov display that stress has an intense impact on this field and causes it to become distorted and hollow in appearance. Further research shows that when individuals are in positive states of emotion, the field appears much more whole and vibrant. These findings confirm that energy activity emitted by the human body can change states of mental and physical health as well as the structure of space. The expansion and retraction of the field into the surrounding area has been shown to be anywhere from three feet to an infinite distance. These findings also display that the majority of energy influencing this field is emanated by the heart. This ability to view the energy emissions and determine the effects that varying mental states have on the HEF make the study of human energetic fields particularly applicable to the fields of medicine, neurology and psychology.<sup>4</sup>



Not only does the energy emitted by the body change and vibrate in varying frequencies depending on the individual's physical and emotional state – it also permeates every cell within the body. When the energetic components of this field are not functioning properly, illness and disease can occur. Science is now finding that a disease such as cancer cannot occur unless this vibratory field is disrupted by a negative emotional state within the body. Evidence provided by Forrester (2013), indicates that everything in the world, and in the human body, be it physical or incorporeal, vibrates at varying frequencies and these vibrational frequencies have a direct effect on an individual's psychological and physiological state of health.

Out of these vibrational frequencies, thought-vibration is the strongest and carries with it a huge impact on physical and emotional health. When there are negative feelings and emotions within the individual's thought-vibration it can cause sickness and disease. Therefore, the creation and development of disease within an individual stems from an unaddressed state of continued negative thought-vibration. Further research supports these findings - stating that an individual's heart rhythms, which also vibrate at varying frequencies, change depending on his or her physiological and psychological state of health. These changing heart rhythms, which are greatly influenced by emotion, produce varying energetic and electromagnetic waves, which can be detected not only by the individual's brain, but by the brains and nervous systems of those nearby. Upon interaction, an individual's brain waves could synchronize with another person's heartbeat. This is known as entrainment (which is discussed in greater detail below). These findings suggest that the electromagnetic fields produced by the heart are another source of communication.<sup>5</sup>

### **Effects of One Individual's Human Energy Field (HEF) on Another**

As an individual's HEF flows outward and fills the space around the body -- it can be felt by other individuals as well. Emissions of the electromagnetic

and bioenergy fields of an individual's heart and body have an effect on those of others - causing changes to occur on a genetic level which may help to improve, cause harm or injury and deterioration to physical and psychological health of another. When energy is defined as the aptitude to cause effect, then it becomes evident that the qualities of one person's energy waves can have an effect on those of another during communication.

Therefore, when individuals communicate, there is a constant underlying exchange of energy occurring. The energy emitted by one individual is received by another and can have a direct influence on the other individual's energy qualities, or state of coherence. When individuals are in close proximity to one another, a phenomenon known as entrainment or entanglement can occur which is the process whereby one individual's energies synchronize with another's to where each can receive subtle messages and stimuli through shared affected brain wave patterns. The possibility of entrainment is especially strengthened when there is intent to do so.<sup>6</sup>

It has been found that conscious direction of intent of positive emotional states that create heart coherence within an individual, such as those used by Energy Medicine practitioners, have an effect on the psychological and physiological state of another. In an experiment conducted by Tiller and Dibble (2009), two subjects meditated together for ten minutes. After this time one subject was taken to a separate room where researchers stimulated the subjects' eyelids with light. The brain wave signature that appeared in the subject that was stimulated also appeared in the other subject. This evidence demonstrates that individuals can have a direct influence on each other's brainwaves. When energy is positively influenced and consciously directed with intent, as in the practice of an Energy Medicine therapy, it can be delivered to another, producing positive effects within their energy fields.



## Effects of Coherence

Research findings display that the states of human consciousness have a direct effect on physical reality. As a result, consciousness is quickly becoming a significant experimental variable in the study of psychological and physiological health and human function and response. Tiller (2009), defines consciousness, as *"the unique quality of nature that is ultimately convertible to energy."* (P. 5). This evidence suggests that there are two levels of physical reality, one being the body's physical state and the other being the energy state of the varying energetic fields produced and emitted

cognitive awareness from one state of emotion to another, alternate synaptic circuits in the brain are activated. With routine use of cognitive shifting in this manner these synaptic vesicles, ions and neurotransmitters become strengthened. For example, when positive thoughts patterns are repeated again and again, this repetition strengthens the synaptic pathway and rewires the brain's circuitry to the favored pathway. This process of rewiring within the brain is known as neuroplasticity. Through the process of awareness, and conscious, willful direction of cognitive thought, an individual is able to


*Research findings display that the states of human consciousness have a direct effect on physical reality.*

by components of consciousness. These components include thought and emotional vibrational waves through various organs of the body, which have a large impact on the body's physical and psychological state of health.

Other scientific studies found that when positive emotional states are sustained, coherent thought-vibration frequencies are maintained, which in turn improves psychological and physiological health. Further research and experimentation findings concur with this - demonstrating that the emotional state of the individual has a direct effect on the quality of the electromagnetic energy field emitted by the heart. For example, when an individual's inner emotions are in a positive state of sincere appreciation, love or caring, this is reflected within the field, and the body, as a state of increased coherence. When coherence is present, bodily organs and functions become synchronized and balanced, acquiring the ability to perform at their optimum capacity due to the positive vibrational quality of the heart's electromagnetic field.

If an individual is experiencing a negative state of emotion and consciously shifts the direction of their

use the transformative capacity of thought to shape the brain, thus affording humans the opportunity to raise the vibrational frequency of their energy field to a state of coherence which, according to research findings, leads to drastically improved physical and psychological health.<sup>7</sup>

The implications of these findings suggests that any further research into the fields of physiology, neurology and psychology needs to consider the entire human organism, taking into account the scientifically proven effects of the energies of consciousness in order to increase understanding in this field. Obviously, much more research, experimentation and implementation of these findings are needed to ascertain the extent of which cognitive redirection of thought energies has on the capacity to heal and maintain optimum health-not only within one's self, but within others as well. My own practice of providing Healing Touch therapy to others, both human and animal, has afforded me eyewitness evidence that these energies play a monumental role in physical and psychological healing and has led me to pursue further implementation and investigation into this field of research and healing. 





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# Healing Energy and Animals

Wanda Buckner, EdD

Many veterinarians and animal caregivers want alternatives to Western Medicine for the animals they treat or with whom they live. In *The Proof is in the Poodle: One Veterinarian's Exploration into Healing*, Dr. Donna Kelleher puts into words what I believe and have observed. "For fractures, intestinal blockages, dehydration, or bloat, conventional veterinarians served a vital role in saving animals. But there were others [animals] . . . that were capable of healing on their own with a subtle nudge in the right direction."

Kelleher uses acupuncture, chiropractic, and herbs. I use bio-field energy methods, but the concept is the same—the gentlest, least invasive method is preferred. The examples of energy healing below are from people and animals I know. Their stories are included with their permission. Many practitioners have similar stories. The ones given here illustrate the wide range of energy healing possibilities and also some limitations.

## **BEHAVIOR CHANGE - CALICO**

Calico is a healthy hen that became broody—meaning that she decided to sit on and hatch the eggs she laid. Since there was no rooster and the eggs were gathered daily, there were no future chicks to incu-

bate. However, Calico insisted on sitting on the nest, a behavior that could lead to her death unless changed. Chicken husbandry experts recommend a few days in a wire cage or basket to stop broodiness and other less attractive options.

Healing Touch for Animals® (HTA) provides another option -- Bridging with Behavior Change™. Calico's care person picked her up and carried her to my lap. I put my hands on her heart and throat and told her that sitting on the nest must stop because it was inappropriate behavior. She had a new job—to police the grounds and keep the bug population down. After five minutes or so of treatment, Calico had enough. She jumped off my lap and strutted away. Calico stopped her broody behavior that day. She continues to lay an egg a day and then leaves the nest to patrol the grounds for insects. The caregiver, a mental health professional, enjoyed a good laugh watching me do what he called cognitive behavioral therapy with a chicken. However, he agreed that it worked.

## **REFUSING FOOD—GEORGINA**

Sherry called me because her beautiful 11-year-old Persian cat, Georgina, was not adjusting to the new home to which she and her husband moved after





they married. Sherry and Georgina had moved multiple times during the past two years, but this move was the hardest. Sherry moved almost everything out of her old apartment into the new house two hundred miles away. Georgina stayed at the apartment for three days while Sherry set up their new home. Georgina was well cared for by a friend who came regularly to feed and pet her – however - she refused to eat or drink. When Sherry returned, Georgina lay limp on the floor.

*“The session cleared and balanced her energetic system, opened the energy flow in her spine, and calmed her stomach and intestines.”*

At her new home Georgina refused food, toileted inappropriately, and passed very hard stools. Georgina’s veterinarian examination showed she was a little anemic and had a slightly elevated white blood cell count, but otherwise her blood work was normal. At a loss for what to do, Sherry tried energy work.

Lavender essential oil helped Georgina relax during the HTA treatment. The session cleared and balanced her energetic system, opened the energy flow in her spine, and calmed her stomach and intestines. Georgina resumed eating, her elimination issues resolved, and she regained the weight she had lost.

### **SURGERY SUPPORT—JACQUIMO**

Just as in humans, energy work helps those who have had surgery experience an easier recovery. Jacquimo, a sweet toy poodle, required knee surgery because the kneecap on the right rear leg would not stay in place. The previous year, Jacquimo had the same surgery on his left rear leg and it did not go easily. This time Nancy supported him with energy work.

Jacquimo had a pre-surgery energy session and energetic support during surgery. Having energy work during surgery is similar to holding a patient’s hand

during a crisis. Deepak Chopra says, “You can grasp the patient’s hand at a difficult moment in surgery and see the monitors for blood pressure and heartbeat register the calming effect.” Jacquimo did well and a post-surgery energy clearing helped move the anesthetic out of his system.

However, when Jacquimo returned home, his recovery from surgery was slow. He was sluggish, almost dazed. He refused food and water and was not toileting

easily. Nancy brought him for two more HTA sessions to clear the after-effects of surgery and support his body to self-heal. His bodily functions returned to normal and he began using his leg soon after. Both Nancy and Jacquimo’s veterinarian were amazed and delighted with how quickly his leg healed.

### **EMOTIONAL HEALING—BAY**

If your animal is healthy and her environmental needs for food, exercise, companionship, and stimulation are met, but if she is chronically anxious, hyperalert, or depressed -- treatment by an energy worker could help. Bay, a beautiful gelding with a loving home,





consistently held his head high as if he were about to flee or fight. The caregiver suspected Bay had been tied and left to struggle, pull and strain in panic until he finally surrendered in exhaustion and defeat. Even though Bay could now be tied, he was skittish and wary. He was hypervigilant - his neck always showing strain. One energy session cleared the tension in his neck and allowed him to relax. A second session released the trauma from his past and allowed him to have a trusting relationship with humans and develop a deep bond with his caregiver.

### **MEDICAL HEALING—GEORGIE**

When a previously litter-box consistent cat starts urinating in unlikely places, the first thing to do is to schedule an appointment with a veterinarian! At first when Georgie, who preferred being the only cat, began urinating on top of the vented, covered litter box and on a cold air return vent, the caregiver suspected jealousy. However, the second cat, Max, had been in the household a year without any issues occurring. The problem was not jealousy - it was a bladder infection. Because a bladder infection causes difficult and painful urination, the litter box vent and metal grate gave Georgie something to hang on to for leverage. Magnetic Clearing for Animals™ and a Chakra Balance for Animals™ helped Georgie be more comfortable until his veterinary appointment. After a course of medication that addressed the bladder infection, Georgie returned to using the cat box again.

### **ENVIRONMENTAL HEALING—TROPICAL FISH**


Crystal contacted me because her freshwater fish were dying. She worked with an expert on water quality and did what he recommended to bring the nitrate level in the tank into balance, but her fish continued to die. She buried 11 of her fish friends and did not want more of them to die. When I began the session, the remaining 23 fish turned toward me. The bolder ones watched directly. Others came from their hiding places to peak through the latticework structures in the aquarium.

I used HTA energetic techniques to clear the aquarium water, then cleared and balanced the fishes' chakras. As I worked, the fish became brighter; their colors reflected the infusion of energy. Crystal said the fish seemed giddy, as if they were on a sugar high. Their attention fascinated me as I did the work. By the end of the treatment, the fish seemed revived. The water and the fish were energetically clear and balanced. Despite the energy work, the few remaining large fish were unable to recover from their time in an inhospitable environment and died. However, the smaller ones lived and thrived in the stabilized environment.

### **ENERGY HEALING—POSSIBILITIES**


Energy work does not replace veterinary treatment. It works in concert with the other choices you make about your animals' health—medical treatments, nutrition, exercise, mental stimulation, and time with family. Energy Medicine is one aspect of a holistic approach to animals living their healthiest, happiest lives.

If you live with or know animals that are anxious, fearful, painful, traumatized, or unhappy, energy therapy can make a difference. We do not know how animals experience energy work internally, but we can observe their bodies' soften as deep relaxation allows and supports self-healing. Following the energy session(s), animals may begin to eat again, have less pain, recover faster, or have increased confidence and joy.

There is much to explore in the world of energy healing for animals. This is just the beginning. I invite you to explore the potential of energy therapy to transform and heal the animals you love. 

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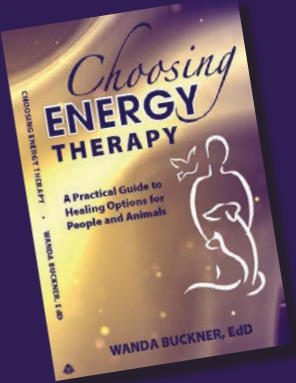
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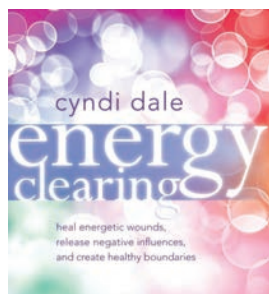
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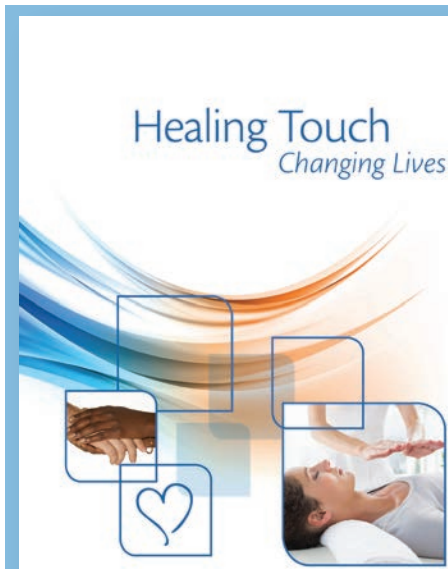
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