

The logo for 'Energy magazine' features the word 'Energy' in a white, cursive script font, set against a circular orange background with a sunburst pattern of thin white lines radiating from the center. The word 'magazine' is written in a clean, orange, sans-serif font to the right of the circle.

Energy

magazine

Sharing Energy - Transforming the World

July/Aug 2016 - Issue Eighty-Six



We are a reflection
of the divine.

- Florence Nightingale

Dear Readers,

We are in the heart of summer. And if your summer is like mine, it is very full. I am immersed in gardening, outdoor activities, concerts in the park, dinner with friends and travel. This is the time of year where it seems like I explode into activities, trying to fit as much into one day as absolutely possible. In spite of this, I try to find some quiet time—time to just sit in the sun, watch the sunrise at the beach, read and most importantly, contemplate.

Even with full days on your schedule, I heartedly recommend that you take time to read this issue cover to cover. It is packed full of practical advice, information about other modalities you might consider incorporating into your practice and self-care tips.

The article by Susan Connolly about healing in Rwanda is especially compelling. It causes one to pause and consider how the world might be if healing could be spread through the world in this fashion. The Rwandans are setting an amazing example of what might be accomplished. Sharing healing is important in so many arenas. Sometimes we only need to look across the street or turn the corner in our neighborhood to find those in need. TFT is the modality being used effectively in Rwanda. However, there are many Energy Medicine modalities using effective tools and techniques that can be shared and passed on to others.

How can I be of service? What can I do to relieve stress, illness and trauma in the world around me? What impact do I have on the world? These are thoughts that I let percolate as I move through my summer days. I answer these questions as I garden, taking care of the plants, soil and insects. I answer these questions as I live with my big, four-footed best friend, my human love and partner, my friends and family. And, I answer these questions as I take care of myself.

Sometimes someone who is not in my normal circle asks for help. It is not always appropriate to work on someone, nor to share an energy technique. Sometimes it is appropriate to just listen, to stop and help with a simple task, or to simply be patient. Whenever appropriate though, I share an energy technique that I think might help. Whenever possible, I pass on knowledge for healing.

So, this is how I am spending my summer days—they are joyous and full indeed. I hope your days are as joyous and full as mine.

Margaret





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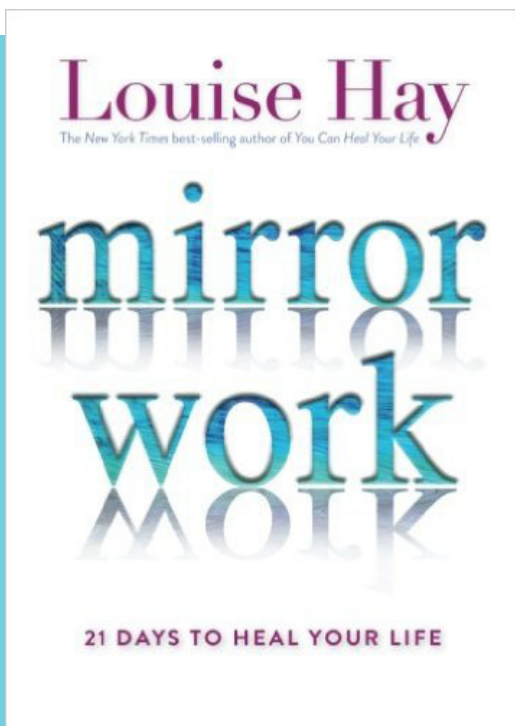


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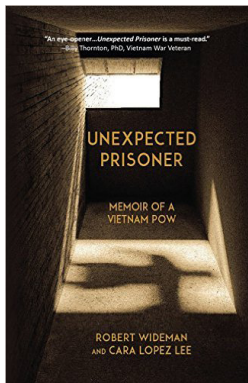


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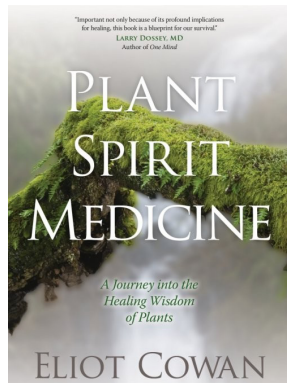




1 | In *Mirror Work: 21 Days to Heal Your Life*, Louise Hay offers the first book dedicated to her signature practice for personal transformation. The Mirror Principle, one of Louise's core teachings, holds that our experience of life mirrors our relationship with ourselves; unless we see ourselves as loveable, the world can be a dark and lonely place. Mirror work—looking at oneself in a mirror and repeating positive affirmations—is Louise's powerful method for learning to love oneself and experience the world as a safe and loving place. *Mirror Work* lays out a 21-day program of teachings and exercises to help readers deepen their relationship with themselves and live a joyous and fulfilling life. "Doing mirror work," Louise tells readers, "is one of the most loving gifts you can give yourself."



2 | *Unexpected Prisoner* - When Lieutenant Robert Wideman's plane crashed on a bombing run in the Vietnam War, he feared falling into enemy hands. Although he endured the kind of pain that makes people question humanity, physical torture was not his biggest problem. During six years as a prisoner of war, he saw the truth behind Jean-Paul Sartre's words: "Hell is other people." *Unexpected Prisoner* explores a POW's struggle with enemies and comrades, Vietnamese interrogators and American commanders, his lost dreams and ultimately himself.



3 | Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us.



4 | Through poetry, a daughter expresses profound love for her mother, chronicling the loss that will befall her. In the presence of a parent passing over, images and sounds of the dying repeat as waves of sorrow over and over. These poems allow a portal of entry to become one with the author with one's own personal loss, and the indelible mark it leaves on the heart. Following the poet's journey helps the bereaved to release sorrow and find acceptance in the process.

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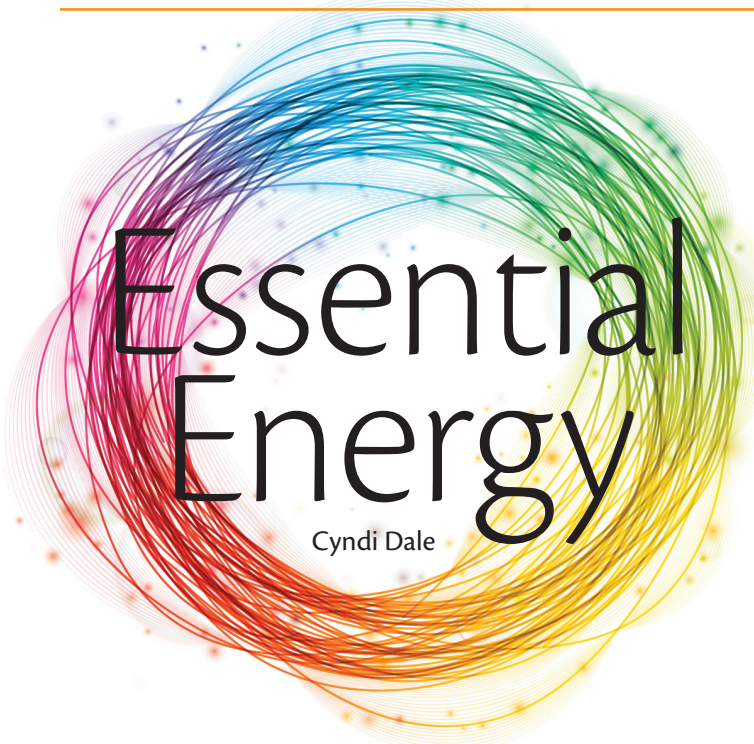


Cynthia Hutchison

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This year's conference offers a total of 13.75 Continuing Education Credits for nursing and massage if all sessions are attended.



Essential Energy

Cyndi Dale

Can't Give What Isn't Wanted

I remember when I was a “brand new healer.” More than anything, I was excited to assist members of my family.

Just think!

Energy work could help my uncle quit drinking, or at least reduce his gin and tonics from ten to nine. It might assist my cousin in selecting a better mate, or at least finding someone single. Healing could even get my mom to nourish herself with something besides ice cream and wine.

Of course, not one of my family members has ever shown the slightest interest in my healing abilities. As my mom said, “I’m not giving up my ice cream for anything.” And so, when I offer a “friend and family special,” only friends show up.

At some level, I do not question my family’s lack of interest. After all, a good number of them still remember me in diapers. That is hardly a credible professional image. Still, I am constantly amazed at the disinterest in general.

Of course, some individuals can officially plead ignorance. Even though forty percent of Americans use complementary medicine, modalities in this category include taking fish oil, getting massages and practicing yoga—or at least, dressing in super cool yoga stretch pants. Although energy medicine is an increasingly accepted and understood concept, it is not

like there is a string of “Energy Envy” clinics in shopping malls.

The uninformed or unaware do not dampen my zeal. To some extent, I perceive the naïve as potential recruits—if they are interested in learning more about energetics and the benefits of energy medicine, I will fill them in. If not, I hope they can get the help they need in ways more comfortable to them. More challenging to me are the clients who contract for time and then do not seem to want the assistance.

At first blush, it does not make sense to assert that some clients do not actually want to benefit from a session. Once a client has passed through the door, they have committed time and resources. I am sure my clients are similar to your clients, in that soon after starting a session, they also open their hearts, revealing wounds and hopes. But then, in some cases, that which is ajar is then shut down.

What are the signals that show someone is denouncing an energy session? I am sure you have your own list. At the top of mine is the “blank stare.” The sign might not be visual. It could be an “uh huh,” or silence, or an overly talkative reaction. However it appears, the message is the same. The client is saying this:

“I don’t get it.”

Actually, the real message is more than likely this:

“I don’t want to get it.”

Truth can hurt. So can healing, because it inevitably brings change, internal and external. A client has to be ready to make the necessary alterations, and the costs are great. Frequently, transformation involves feeling long-held feelings, facing fears, embracing long-held dreams and taking courageous actions. Far easier to imply, “I don’t get it.”

Yet another indication of non-interest is bypassing. A bypass is a shortcut. Now, when we are driving, it is fine to take a quicker route. When it comes to healing, most bypasses are an attempt to skirt the issues. They are diversionary tactics, a way to dodge the deeper causes of a problem—or the solutions that might work.

Recently, a client provided a clear example of bypassing. Married to an alcoholic, she wanted me to shift her husband’s energetics so he would quit drinking. (Now that would be a trick!) When I suggested we figure out what was occurring inside of her, rather than him, she responded, “Oh no, it would be much easier to simply change him.”



Ironically, our field offers yet another potential bypassing mechanism, although it certainly is not in most cases. It is called spirituality. Many energy medicine pathways lead to questions of spirit, whether they involve the nature of the client's spiritual essence or their relationship with Spirit. Sometimes it can feel less threatening to search for spiritual solutions rather than emotional or behavioral ones.

For example, I had a client visit with me about losing weight. I explained that we could certainly perform an energy balancing, but we would also need to examine her childhood for some of the causes of her issues. Perhaps we would want to discuss the root of her cravings; maybe even establish an eating program. She said she would rather just "meditate the weight away."

We would all rather "meditate our problems away," rather than delve into pain or take actions we are uncomfortable with. But simply thinking about solutions does not usually result in a solution.

Many clients make bold and obvious changes because of our work—actually, because of their willingness to "do the work." And some are not there yet. I know it is not for me to determine when they will be, or if I am even going to be a part of the shift. Still, I know that if I do my best work, something good will come of it. Plain and simple, good produces goodness.

As for the rest, it is always good for me to practice letting go. As "Dear Ann" (Ann Landers) shared years ago, in response to one of her client questions:

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.

Hmmm, maybe I need to change my "Friends and Family" clause to simply "Friends and...Friends"? ☺



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.

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Energy Medicine Research: A Call to Action, Part 2

In last issue's Practitioner Development column,¹ Dr. Rolle-Berg outlined the importance of evidence-based research to our quest to transform medicine into a model inclusive of Energy Medicine (EM) modalities. As I see it, research is the foundation upon which we EM practitioners move into partnership with other medical professionals and gain a consistent place on the client's health care team.

The obvious question... how do you actually start a research project?

Right from the get-go, choose a good topic. Here is a topic: the effects of post-operative Healing Touch on anesthesia-induced memory loss. So, what makes a good topic? There are four criteria that describe topics that weather peer-review scrutiny: practicality, curiosity, ethics and significance.

A practical study is cost-effective and timely, and accomplished fairly easily with known technical personnel, analysis help and an available participant pool. Your curiosity about the study's results must keep you engaged while the possible study results will assist you in gathering research funding. Participant safety is always priority-one. Our Code of Ethics and the Institutional Review Board overseeing the study will require that your study pose no harm to participants and

that, ethically, they are fully informed and sign their participation consent. Lastly, research is traditionally designed to fill a gap in scientific knowledge. Thus, new results should be significant, expanding existing evidence, extending scientific knowledge and spurring additional scientific advances.

How do you learn about the scientific knowledge gaps of your topic?

The internet, of course! But it will take time, patience, perseverance and access. Once you have chosen a topic, conducting a search via Google and Google Scholar will net you a list of papers, pdfs and websites connected to the topic. Researchers often publish multiple papers on a topic of research. Input their names into Google Scholar to locate other current papers they have published. Examining the reference list within the papers you locate is another pointer to other authors who have published on or around your topic, helping you to further narrow in and better define your topic's existing research boundaries.

PubMed (www.ncbi.nlm.nih.gov/pubmed/), PsycINFO (www.psycnet.apa.org/), Medscape (www.medscape.com/), and Cochrane Reviews (www.community.cochrane.org) are websites hosting search engines dedicated to biomedical, life science and health policy research. PubMed is free and funded by the National Institutes of Health, offering access to peer-reviewed abstracts and some full-text articles from the MEDLINE database of references. PsycINFO is a database of abstracts of literature from the 1800s to the present in the field of psychology, produced by the American Psychological Association. Medscape offers medical information free of charge for both professionals and non-professionals. The Cochrane Reviews are systematic reviews of primary research (including areas of EM) and are recognized as the highest standard in evidence-based health care.

And do not forget your own alma mater. Many colleges and universities offer alumni access to online references and databases (that they pay for), if you are willing to travel to the school and do your database search on campus. Lastly, consider joining other professional associations like the American Holistic Nurses Association (www.ahna.org/). As a member benefit, you receive print editions of the Journal of Holistic Nursing (JHN) detailing the latest research and free online access to JHN archives.

Once you have examined a few research papers, you will recognize the general structure of a high quality scientific paper: abstract, introduction, methods, results, discussion and



references. The abstract summarizes the study process, results and conclusions. The introduction defines the research gap by summarizing the previous topic research including relevant results. The purpose of the study and the hypothesis/research question follow. The methods section details exactly what materials were used, procedures followed and data collection methods utilized to control bias (i.e., the process where the scientist performing research influences the results in order to deliver a certain outcome). Clarity is very important in this section such that future researchers can replicate the process and its results. Study findings are detailed in the results section, using a combination of text, statistics, graphs, themes, quotes, a theory and a model. The author's interpretation of the results and its relationship to previous research follow in the discussion section along with possible study limitations and future research directions. The reference section, a goldmine for new researchers in a topic area, includes a bibliography of research studies cited throughout the paper.

Learning to evaluate the quality of research papers will not be easy. Questioning evidence takes courage as it forces us to face our beliefs or what we think of as truth. Nevertheless, it is a skill worth cultivating. Quality research papers will be

systematic, controlled, bias-free and replicable.

There is a definite method to research madness. Sticking with the structure outlined above and choosing a topic that grabs your interest will truly help you meet and beat the challenges of doing scientific research. In part 3, we discuss how to conduct a research study. €



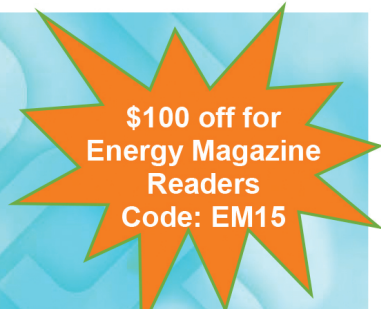
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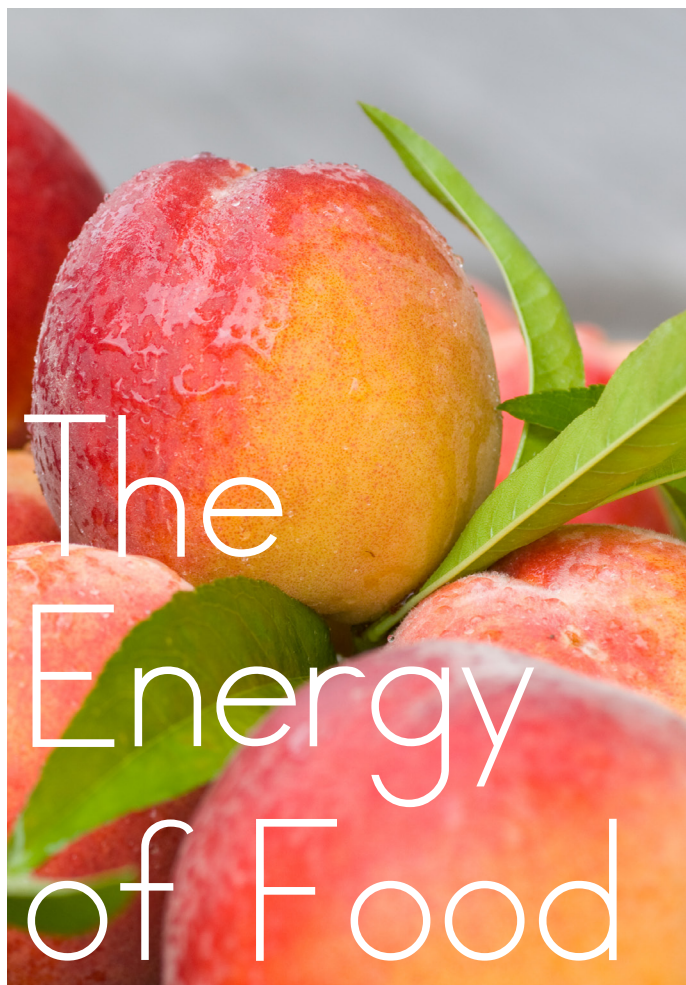


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Relax and Lose Weight

You eat right. You are exercising - especially now that it is summer! Yet those extra pounds will not budge. Or you keep gaining despite what you are doing (and medical issues have been ruled out). What if I told you it has nothing to do with food or exercise? What if I told you that you need to get off the treadmill and relax more?

Relaxation is very different from sleep. Relaxation is different from watching TV or having a glass of wine with your best friend. Relaxation involves centering your energy, balancing your vibration and coming to that place outside your body and mind. Or some might say that place which connects body and mind. You might know this place as samadhi or zero point. Let me explain more about how our bodies work, why lack of relaxation can make a person gain weight and some possible sources of relaxation.

Our bodies use food and water to create energy. We eat and then our bodies shift into digestion mode. During this time,

they are focused on this effort. The heart still beats, muscles still move, but most of the body's energy and blood resources are diverted to the stomach and intestines. This phase is known as Rest and Digest. During this time, our parasympathetic nervous system is active. Depending on what was eaten, this takes a certain amount of time. Just like when we are working on a client, we have intense focus on the task at hand. Sure, we are still thinking about what to make for dinner or picking the kids up from school, but that is in the far recesses of our brains, not our immediate effort.

Some hours after digestion, when the food has been transformed into energy, our bodies set about using that energy for various functions. During this time, we easily work, exercise and perform activities which engage our sympathetic nervous system. This is also known as the Fight or Flight system.

Our body is always operating in one nervous system: parasympathetic or sympathetic.

The sympathetic and parasympathetic systems control the same groups of body functions: digestion; immunity; growth and repair; and reproduction, but they have opposite effects on those functions. Each system produces hormones and activates glands and organs. Two primary hormones of the sympathetic nervous system are adrenaline and cortisol. If you have ever done something scary or exhilarating, you may have experienced "adrenaline pumping" and a certain "high." Or maybe you have heard about a mother lifting a car off her baby or performing some Herculean feat beyond her ordinary strength. That is the result of adrenaline and cortisol kicking in. But what happens if we stay in that state too long?

When adrenaline pumps, blood pressure and heart rate increase. We experience a surge of energy. Cortisol increases blood sugar and increases the brain's use of glucose. Cortisol also decreases immune responses and suppresses several systems: digestive, reproductive and growth. When the digestive system is suppressed for an extended period of time, we do not digest food properly. There are several side effects from that, one of which is weight gain. When our bodies do not get appropriate nutrition (that is, nutrients from food), it sends a signal to the brain that more food is needed. The same thing happens when we eat junk food or food without nutritional value—this is one cause of overeating. As we remain in a stressful state, our body seems to need more food because we are not receiving nutrients from what we are eating.

Another side effect is our body sending signals to the brain saying we need more energy and that requires more food.



Whether your adrenaline/cortisol state is induced from running a marathon or a stressful situation, the message to your brain is the same: eat more. In the case of running a marathon, you will use those calories, so weight gain is not likely. In the case of stress, you will not burn the calories and, instead, they will be stored as fat.

What often happens in response to this is people decide that skipping breakfast or eating less will help them to lose weight or not gain weight. In this case, the body is now stressed and not receiving nutrition. The primary duty of your body and brain is to keep you safe—so it will respond to stress by pumping any available energy into making stress hormones and bringing blood to the muscles. Your body will not respond by breaking down existing fat for energy. Thus, any calories eaten will immediately be stored—adding to the malnutrition and weight gain.

As mentioned, if you have stress over a long period of time, many bodily systems are compromised. Some of the resulting symptoms include constipation, decreased sex drive and hair loss. Why? Because cortisol is regulating these functions and these functions are non-essential in emergency situations. Remaining in Fight or Flight mode can result in irritability, agitation, anxiety, insomnia, busy mind and hypervigilance. Some common causes of Fight or Flight mode include consuming sugar, (this may include fruit), caffeine, excess alcohol and some pharmaceuticals; worrying; stressing; or over-exercising. Sadly in today's world, we also see an increase of PTSD in both military and civilian populations (which is a chronic Fight or Flight situation).

The longer Fight or Flight remains, the tougher it is to get back into a parasympathetic state. Our bodies need a balance of both states to be healthy.

Fortunately, several proven methods can help us bring balance when applied consistently.

Donna Eden's triple warmer stress reduction technique¹ is a powerful method and takes only moments. Using it regularly can help address emotional eating and Donna recommends² having support and guidance as you move through this phase.

Mindful Yoga Therapy teaches a number of breathing and meditation techniques³ along with yoga practices. What is most effective, however, is a guided relaxation called Yoga Nidra. If you scroll to the very bottom of the tools page⁴ on their website, you will find a free, downloadable recording. Practiced on a daily basis, this has been shown to reduce

stress and increase sleep significantly in veterans with PTSD.

Nick Ortner's Emotional Freedom Technique (EFT) or tapping⁵ has been used by over 1,000,000 people through his free online event the Tapping World Summit.⁶

So, if you are challenged by extra pounds and feel like you just cannot get rid of them, perhaps looking at the stressors in your life and finding ways to release them will be helpful. All of these techniques require consistent practice—daily if possible. Having dependable techniques will empower you and help you to negotiate stressful situations. Use them regularly and you can let go of stress and let go of those pesky pounds. 🍋



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6. Tapping World Summit www.tappingworldsummit.com



Whole Person Caring: A New Paradigm for Healing and Wellness

Dr. Lucia Thornton, ThD, RN, MSN, AHN-BC

How do we reconstruct a healthcare system that is primarily concerned with disease and illness to include a major focus on health and wellness? How can we integrate holistic healing and subtle energy practices into our hospitals, clinics, practices and communities? We've entered a new era of health care in which leaders, administrators, practitioners and consumers are actively seeking answers to these questions. In my own experience developing the model of Whole-Person Caring, I have discovered that embracing a holistic perspective can provide a solid foundation for an interprofessional journey toward health, healing, and wellness.

The Model of Whole-Person Caring (WPC), developed in 1999, was created out of necessity. I had been working with a hospital for several years offering programs for staff renewal and development. The opportunity arose to offer several one-day renewal programs in a row so that approximately 20 percent of the medical surgical staff were able to attend. These programs were based on principles of holistic nursing with a focus on healing and self-care.

A month after delivering the programs, I received a call from the nursing manager saying that the environment in the workplace had dramatically improved and that patient satisfaction had significantly increased. She said that physicians who would normally

complain about the nursing care were now complimenting the staff and management on the care provided. She attributed the positive changes to the renewal programs that I had offered to the staff.

We observed the patient satisfaction data, and after three months, the increased levels gradually declined to the previous baseline. Nonetheless, the positive spike caught the attention of the Director of Clinical Services, and we began discussing strategies for a sustainable outcome. Previous programs were designed for nurses. We realized that in order to create sustainable change in an organizational culture, the effort needed to be all-inclusive and all-pervasive. A decision was made to develop a comprehensive program for professional and ancillary staff. It was necessary to create a model of care that every discipline and every profession could relate to, and to design an educational program that was interdisciplinary and inter-professional as well.

Models define who we are, what we do, and how we do it. In order to create a model that was based on healing and wellness, reconstructing how we perceive ourselves was necessary. I realized that this would involve a major paradigmatic shift in our perception.

Our current biomedical paradigm sees the physical body as the only dimension of human existence. This



is what has been valued, believed and consecrated for the past 300 years. This idea that *we are only our bodies* is one of the deepest underlying assumptions in our scientific culture. This view has guided our practice, our research, and our lives for the past three centuries and has little room for concepts such as love, joy, hope, compassion, and healing. These concepts do not fit. They are difficult to measure, they can not be reduced, nor can they be predicted.

The very things that make us happy and healthy are the things that are rejected by the prevailing scientific paradigm! It may seem a silly philosophical pursuit

I borrowed from three nurse theorists in developing a definition for who we are. The founder of nursing, Florence Nightingale stated *we are a reflection of the divine with physical, metaphysical, and intellectual attributes*. Martha Rogers saw each person as an *irreducible, indivisible, pandimensional energy field that is open and infinite in nature and inseparable from the environment*. And Jean Watson, a contemporary nurse theorist, states, *we are sacred beings, we must regard ourselves and others with deepest respect, dignity, mystery and awe*.

The WPC model combines these concepts and

The very things that make us happy and healthy are the things that are rejected by the prevailing scientific paradigm!

to redefine who we are, but unless we do, we cannot move forward in our thinking. Our thinking and our consciousness must expand to embrace that which we have rejected if we are to foster healing and wellness in our world.

defines person as: *an energy field that is open, infinite and spiritual in essence and in continual mutual process with the environment. Each person manifests unique physical, mental, emotional and social/relational patterns that are interrelated, inseparable and continually evolving.* (See Table 1).

Concept	Definition
Person	An energy field that is open, infinite, and spiritual in essence and in continual mutual process with the environment. Each person manifests unique physical, mental, emotional, and social / relational patterns that are interrelated, inseparable, and continually evolving.
Health	The subjective experience of well being.
Whole-Person Caring	The delivery of care and services to promote well being. Whole-Person Caring is based on the concepts of: Sacredness of Being; Therapeutic Partnering; Self-compassion, Self-care and Self-healing; Optimal Wellness; Transformational Leadership, and Caring as Sacred Practice.
Spiritual	The spiritual dimension is a unifying field that integrates the physical, mental, emotional, and social/relational aspects of being. The spiritual dimension is the essence of self and also transcends the self. It is our closest, most direct experience of the universal life force.
Therapeutic Partnering	A relationship between people whose common mission and purpose is to promote healing and wellness and is characterized by mutual power, respect, compassion, trust, and clear communication.
Optimal Wellness	A state of health that arises when every aspect of ourselves (physical, mental, social/relational, and emotional) is aligned and integrated with the spiritual foundation of our being.

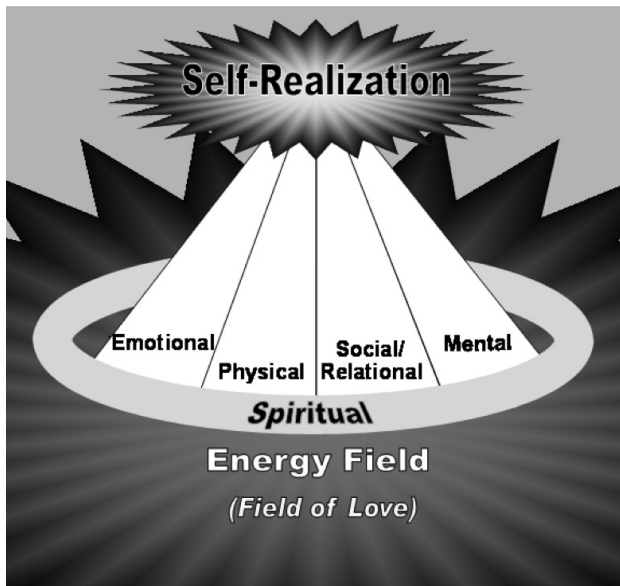


Figure 1: Concept of Whole-Person

The metaphor of a diamond is used to conceptualize who we are (Figure 1). From the perspective of the model, our manifest self arises from the unmanifest universe or the void, as it is sometimes referred to. While there is a total absence of matter in this realm (hence the name, the void), it is filled with complete and perfect knowingness and absolute and unconditional love. Rather than being called the void it might be more likened to the *womb of God*. Yogananda referred to this realm as the *unmanifest Absolute*.

Emerging from the unmanifest Absolute or unmanifest universe is the energy field. In the WPC model this field of energy is also referred to as the field of Love. For the purpose of this model this field of energy is considered to be the first field of the manifest universe. Each and every one of us arises from this primal energetic field. It is our common ground – *our shared essence*. This metaphor points us in the direction of understanding our true nature . . .

If we are open, infinite fields of energy, then not only are we finite forms that exist on this earth, but we simultaneously share in the essence of the unmanifest Absolute. And, if we are open, infinite fields of energy, then not only do we occupy and move about in our

individual physical space, but we also simultaneously exist in a unified collective energy field with all Beings. This helps us understand and conceptualize the teachings of spiritual masters who proclaim “we are all one.”

The base or foundation of the diamond is our spiritual nature. The *Self*, with a capital “S” is the essence of who we are and arises from and is inseparable from the spiritual field and the field of Love. (While this *Self* cannot be seen in Figure 1, imagine that it occupies the whole interior of the diamond and is obscured from your view by the various facets of our existence.) The facets of the diamond are our physical, social/relational, emotional and mental selves. While each of these facets, or aspects, manifests in a particular way, each remains an inseparable, interrelated aspect of the whole diamond. As Elizabeth Barrett said, *in reality there is no mind, no body, no spirit, only the inherent unity of who we are*.

The concept of spirituality is foundational to the model. Unlike other models that view spirituality as an aspect of our being, this model purports that the very foundation of our being is spiritual. As Teilhard de Chardin stated, *we are not physical beings having a spiritual experience, we are spiritual beings having a physical experience*.

The WPC model is useful in helping to explain the phenomena associated with many healing practices and with whole systems of medicine. By defining human beings as *energy fields that are open and infinite in nature*, the model creates a framework in which subtle energy therapies—and whole systems of medicine based on subtle energies—make sense. Medical systems such as traditional Chinese medicine, Ayurvedic medicine, naturopathy, and homeopathy, which treat the whole person, have valuable contributions to make to our health care system. They focus on prevention, patient empowerment, healthy lifestyles, and the low utilization of high-cost interventions. The WPC model creates a framework that invites the integration of healing practices and whole systems of medicine. When we perceive ourselves as fields of energy, those



practices that are based in modulating and balancing energy systems make perfect sense.

The intention of the model was to facilitate healing at both an individual and organizational level. In developing the model several key concepts emerged as being essential for creating healing, health and wellness for individuals and for organizations. These concepts have been revised and changed throughout the years.

In reality there is no mind, no body, no spirit, only the inherent unity of who we are.

The key concepts of the WPC Model are:


- The Infinite and Sacred Nature of Being
- Self-Compassion, Self-Care and Self-Healing
- Optimal Wellness
- Therapeutic Partnering
- Transformational Leadership and
- Caring as Sacred Practice


From the perspective of the model, people are infinite and sacred in nature. This orientation makes a difference in how we approach each other. When we perceive ourselves and others to be sacred, it shifts how we speak, listen, and interact - our words, actions, and behaviors are filled with love and compassion and promote a caring and healing environment.

Our relationship to illness, diseases, and death shifts dramatically when we view ourselves and others as infinite beings with finite bodies. Care may be oriented to the soul's purpose in addition to symptom relief. This orientation creates a potential to explore and derive meaning from life's challenges and facilitate healing even in the face of death and terminal illness. When one understands that this physical life is a small part of the infinite journey, the stigma of death becomes obsolete and enables us to be fully present to persons with terminal illnesses and those facing death. A new vision for health care is emerging. It is a vision that brings health, healing, compassion and well-

ness into the conversation. It is a vision that invites professionals and healers to work together to create a healthy and sustainable society. It puts people, their needs, their dreams, and their lives at the core of its efforts. It holds promise and sets us on course toward a vital and healthy society. The model of Whole-Person Caring is a guide in this process. The model operationalizes concepts of healing in our personal and professional lives. However, it is only a model! It

is up to each of us to bring these concepts alive in our life and work. It is OUR task to bring forth this new paradigm of healing and wellness!

Articles and a Curriculum Guide on Whole-Person Caring may be downloaded for free at: www.lucia-thornton.com. The WPC model described in this article along with practices and suggestion for implementation are contained in Whole-Person Caring: An Interprofessional Model for Healing and Wellness, authored by Lucia Thornton (2013) and published by Sigma Theta Tau International. Copyright © 2014 by Lucia Thornton. 

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Creating Sacred Space

Ellen D. Schultz, PhD, RN, HTCP, AHN-BC, WWC

To have sacred space is an absolute necessity for anybody today... This is a place where you can simply experience and bring forth what you are and what you might be. — Joseph Campbell

A space that supports self-care and healing is an important resource in the lives of those who are care providers and Energy Medicine practitioners. As Campbell reminds us, it is a necessity. There are benefits to visiting sacred sites where people have experienced miracles and a connection to a higher power or in finding solace in nature. These experiences, while beneficial, may be sporadic or unavailable. The focus here is on creating readily accessible personal space that facilitates reflection, self-care knowledge and a sense of peace.

When one creates a sacred space, it is a very personal experience. "Sacredness is about experiencing full potentiality with undivided presence."¹ A sacred space is regarded with reverence and fully experienced in the moment. It may or may not be based on one's religious beliefs. Studies have suggested that when individuals have associated a space with positive feelings or hope for healing, they will benefit from simply spending time in that space². Sacred space is holistic.

"Finding sacredness in your environment is really all about the search for wholeness, for the integration of mind, and body, spirit and matter. Finding sacredness in your environment nourishes the soul, fosters inspiration and renewal."³ Individual needs and personal views of the world, lead to the creation of unique sacred spaces.

Considerations in Creating Sacred Space

Sacred space should provide *privacy*. Whether you have enough space to claim an entire room as your own or just enough to create an altar in a quiet corner, the environment should allow for time to be alone to reflect.

While the space will contain various meaningful objects, it should be *free of clutter*. Everything in the room has energy and the potential to capture the attention of the observers. Clutter impedes the flow of energy in a space. If the intention of the space is for quiet reflection, the distractions should be kept to a minimum. Limiting physical clutter can help calm the mind. When creating a sanctuary, have those things that you love and help you feel unique. If you create an altar, include only meaningful objects that reflect your personal beliefs and intentions.

In creating sacred space, *focus on your senses*. “Our sense of place is created through what we see and feel and smell and hear – through all our senses. It is created and re-created in memory each time we experience and re-experience the place.”⁴ Color can transform the vibration of a space. The color choice should reflect the intention of the area. For example, green is often associated with growth, red represents passion and emotion and white is associated with purity and calm. Choose the color that resonates with you and the purpose for the space. The scent in a space also has an impact on emotional state. Angelo recommends “When introducing new smells to enhance your sacred space, it’s best to work with ones that are as natural as possible, because they will have higher vibrations and create energetic shifts within us and in our environment.”⁵ Sound also has a powerful impact on emotions. Sacred space should support inclusion of sound that is personally pleasing as well as the opportunity to be in silence. Spending time in silence seems contrary to the messages we receive from the world around us. However, it is in the silence that we encounter our authentic selves. Finally, consider the element of touch in the space. Variations in tactile experiences may be reflected in the texture of fabrics, the comfort of a meditation cushion, the sensation of walking on the floor with bare feet or the smooth feeling of prayer beads held in meditation.

Purifying or clearing cleanses the residual energy from people and experiences that were part of the environment in the past. Benko describes purification as spiritual de-cluttering.⁶ When the negative energy of the space is removed, you can claim the space as your own. Energetically clearing a space can be done in several ways. One method is to walk through the space with burning incense, sage or sweet grass. A candle may be used in the same way. Sound may also be used in space clearing. Bells, drums, tingsha cymbals or singing bowls may be played throughout the space. If these instruments are not available, clapping in the space serves the same purpose. Hanging a crystal may clear blocked energy. While performing a space clearing, the intention is set not only to clear negative energy but also to bring in good fortune and blessings.⁷

Once created and used for your spiritual practice, the space may evolve as personal change occurs. Your external world reflects the internal. As you engage with your sacred space and learn more about yourself and your needs, you may realize that physical changes in the space are desirable. Joseph Campbell assures us that if you have a sacred space and use it, “something will happen.”⁸ €



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Rwandans Teach the World to Heal

Suzanne M. Connolly, LCSW, LMFT

People in Rwanda are helping one another heal using a form of energy psychology called Thought Field Therapy (TFT). TFT is the original form of energy psychology and the original tapping therapy. It was developed in the early 1980s by psychologist Dr. Roger Callahan. It has continued to be refined and updated through the years. It is the first energy psychology technique to be recognized by the National Registry of Evidenced-based Practices and Procedures (NREEP) as being evidence-based.

Rwandan community leaders, professionals and para-professionals have treated at least 20,000 members of their communities for symptoms of Posttraumatic Stress Disorder (PTSD). In most cases, the PTSD has been directly or indirectly the result of atrocities committed during the 1994 genocide in which between 800,000 and one million persons were killed in a matter of ten weeks.

Suspicious at first, former subjects in a research project have reported that they thought the professionals were “evil” and “from Satan” when they were asked to think about what happened to them and/or their families during the 1994 genocide and then tap on themselves in a particular way. They said things like, “At first we took it as an opportunity to hang out.” Then they thought the professionals “were crazy” and this could not possibly work. Some of these same

skeptics later became TFT facilitators, helping their neighbors to heal using TFT.

Many of the survivors of the Rwandan genocide have suffered from PTSD in the more than twenty years since this tragedy. People suffering PTSD often experience flashbacks, nightmares, intrusive memories, anger, rage, hypervigilance, shame, anxiety, depression and sometimes even suicide. Overwhelmed, they feel there is no way out. They often turn to alcohol and drugs. Individuals and families, and often entire communities and countries, can be devastated.

Small groups of professionals from the non-profit organization the Thought Field Therapy Foundation have made seven trips to Rwanda, beginning in 2005, teaching community leaders to heal themselves and then to train others in their communities to heal themselves using TFT. This method involves tapping meridian points in a particular sequence while thinking about upsetting memories and emotions. Funding for various TFT deployments to troubled areas has been provided in part by grants from PepsiCo Foundation and the Ruth Lane Foundation.

PTSD is by no means limited to Rwanda. Health systems struggle to restore services and mental health resources are scarce in countries recovering from climate catastrophes, war or genocide because their



infrastructures are broken and nations struggle to regain stability. Without individual and group counseling, trauma survivors frequently continue to endure the symptoms of trauma, often with intensifying pain (Ehnholt & Yule, 2006).

Without treatment, do survivors heal? With time, can survivors just “tough it out”? The news is not good. Research from 1980 to 2005 confirmed that for many, PTSD persists long after traumatic events have passed. While some survivors get better, others do not. Many even get worse and they and their families feel desperate and alone (Galea, Nandi & Vlahov, 2005).

Research confirms that when PTSD goes untreated, the effects persist and may be perpetuated from generation to generation.

To make things even worse, research confirms that when PTSD goes untreated, the effects persist and may be perpetuated from generation to generation. The children of parents suffering from trauma frequently exhibit maladaptive behaviors and severely damaged self-esteem. Therefore, whether working with veterans, civilian victims of war, survivors of child abuse, urban violence or natural disasters, we have one more compelling reason—the next generation—to identify the victims and deliver PTSD treatments on a community level (Schaal & Elbert, 2006; Wood, 2007). It is critical that we find effective and low-cost ways to deliver trauma treatment to the many millions affected by posttraumatic stress. Every person on the planet is affected financially and emotionally by the high costs of this global mental health problem, even those not suffering directly from PTSD.

Posttraumatic Stress Disorder is not limited to veterans; it is not limited to victims of genocide, to survivors of floods, earthquakes or wars. PTSD is a global public health problem. Worldwide, it is estimated that five percent of men and more than ten percent of women suffer from PTSD during their lifetime (Kastrup & Ramos 2007). With a world population of seven and a half billion, this means that nearly 1.2

billion people currently alive will suffer at some point in their life from PTSD.

According to the World Health Organization (WHO), mental illness will grow to be an even more devastating cause of death and disability worldwide by 2020, second only to cardiovascular disease (McLeigh & Sianko 2011). Traumatizing events contribute to this trend and consume treatment resources greater than can be provided in even the most developed countries.

At the close of the documentary film, *From Trauma to Peace*, a Rwandan genocide survivor, Father Augustine

Nzabonimana, looks out at the audience and pointedly says, “Yesterday it was me; tomorrow it could be you.”

In the United States, a recent review of randomized clinical trials of psychotherapy for military-related PTSD concludes that there is a need for the testing and development of novel, evidence-based treatment for addressing this problem (Steenkamp, M.M., Litz, B. T., Hogue, C.W., & Marmar, C.R., 2015).

A Community-based Solution Recommended by the World Health Organization

In 2002, the WHO Executive Board met in Geneva and discussed the question “What can be done?” They announced support for seeking out and developing new programs to address the psychological damage of natural disasters and war. In 2003, the WHO Department of Mental Health recommended more community resources—specifically, the education of community leaders in core, psychological care skills as part of the solution. The WHO Inter-Agency Committee issued guidelines for implementing such programs (Ghosh et al., 2004).

Those guidelines recommend four tiers of response



after large-scale traumatic events:

1. Meet basic needs for safety and family support.
2. Provide psychological “first aid” for the most severely afflicted.
3. Prioritize and refer survivors to mental health paraprofessionals for treatment.
4. Refer only those still needing further treatment to mental health professionals. (Inter-Agency Standing Committee (ISAC), 2007). (See Figure 1, where the arrow indicates the point of focus for the work described in this article.)

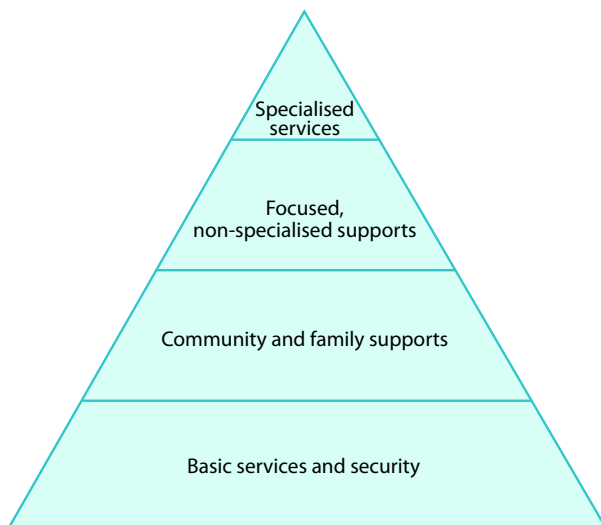


Figure 1. Guidelines for Responses After Large-scale Traumatic Events

This all sounds good in theory, but guidelines alone are just not enough with millions needing treatment and with professional resources scarce or non-existent. As a world panel of trauma experts explained: “The scale of recent disasters and . . . mass violence also underscores that [mental health] interventions must be available to large numbers of individuals, at levels that quickly outstrip the available individual-level therapists who are local or may be dispatched to the region” (Hobfoll et al., 2007).

These experts emphasized the need for new paradigms—unprecedented interventions that could

be taught to providers and survivors, delivered by paraprofessionals and even practiced by survivors themselves. Thought Field Therapy is proving to be one of those unprecedented interventions.

Today, in the Byumba area in the Northern Province of Rwanda, a full-time clinical psychologist, Adrienne Nahayo, staffs the ATFT/Izere Rwanda Office at the Izere Community Center and receives people for TFT treatment throughout the week. Ms. Nahayo and part-time social worker Betty Mukamurara, often make trips into the rural community to treat people who cannot make the trip to the ATFT/Izere Community Center. Since their trainings in 2009, when TFT first came to Izere Center, Adrienne Nahayo and Betty Mukamurara and other Rwandan TFT therapists working through the Izere Center report treating between 150 and 200 persons per month.

In 2009, a large group of TFT-trained Rwandan community leaders also began a tradition of meeting four times a year at the ATFT/Izere community Center where they teach large groups of community members, using TFT. Several hundred persons living in this rural area of Rwanda are relieved of their psychological problems each time they meet.

On a larger scale each year in Rwanda, April is set aside as the month of mourning for losses that occurred in the genocide. During the memorials, survivors stand up and testify to the horrors they endured in 1994 where almost one million persons lost their lives. It is common that attendees are triggered by these testimonies and become re-traumatized. Red Cross workers stand by and medicate them with injections of tranquilizers and ambulances stand by, ready to take those who become hysterical to hospitals.

In the past few years, Red Cross workers have begun inviting the TFT-trained Rwandan community leaders to participate in these memorials. Rev. Celestin Mitabu, a Rwandan TFT trainer and TFT teacher since 2008, has developed a system of procuring three rooms for those experiencing this intense re-traumatization. Red Cross workers bring those at the commemoration who



are hysterical to one room to be treated by a team of TFT therapists. They bring those who are upset and re-traumatized, but not hysterical, to another room to be treated by the Rwandan TFT therapists. A third room is reserved for those successfully treated with TFT, so they can relax peacefully and regain physical strength before going home. Rev. Mitabu reports that the Red Cross brings people to be treated by the Rwandan TFT therapists, and brings bottled water to the therapists and those being treated. Rwandan therapist, Prosper Ishimwe, reported that no one had to be medicated or taken to the hospital at the commemorations when he was working there with Rev. Mitabu.

Rev. Mitabu brought TFT to refugees and orphanages in South Sudan.

The Thought Field Therapy Foundation has responded to areas hard hit after natural and man-made disasters throughout the years. Various TFT Foundation members have responded to invitations to teach TFT to professionals connected with Columbine Connections after the shootings at Columbine High School; treat displaced persons in Tabasco, Mexico after the serious flooding in that region; and treat and train in Haiti after the earthquake. They have gone to New Orleans three times by invitation to treat medical

We may not be able to do everything, but that should not discourage us from doing something.

Research Validating the Effects of the TFT Interventions

In two random controlled studies, highly significant differences ($p < .001$) were obtained comparing pre and posttest scores of TFT treated and untreated (waitlisted) study participants reporting symptoms of trauma following the 1994 genocide. In a two-year follow-up study, the results were maintained. Pre- and post-intervention surveys of trauma symptoms included the Trauma Symptom Inventory (TSI - Briere, 1995) and the Modified Posttraumatic Stress Disorder Symptom Scale (MPSS - Falsetti, Resnick, Resnick, & Kilpatrick, 1993). The research was replicated in Uganda by a team led by UK Cardiologist, Dr. Howard Robson. (Robson, Robson, Ludwig, Mitabu, & Phillips (2016).

The Rwandans Continue the Work

Rwandan community leaders carry on the work today. Rev. Mitabu, with the support of the TFT Foundation, instructed Congolese community leaders in TFT in 2009. Rev. Mitabu's trainees included medical personnel from the Heal Africa Hospital. Rev. Mitabu has led further trainings in Rwanda, a second TFT training in the Congo and two trainings in the country of Burundi. More recently in December 2015,

professionals at Charity Hospital and to train at other hospitals in Louisiana after the floods, to Japan after the great earthquake and tsunami, to Tanzania after the Embassy bombing and more.

The Work Continues


In the face of the enormous problem brought about by trauma, it is helpful to know that there is a model of teaching an effective and efficient way to alleviate trauma, even when it happens on a large scale such as in Rwanda in 1994. More people can be treated, especially where professional help is in short supply, using the UN model of training paraprofessionals and using Thought Field Therapy as the intervention.

We may not be able to do everything, but that should not discourage us from doing something. It is helpful, in the face of so much to do, to remember the parable of the sea star.

A man was walking along a beach that was covered with sea stars that had washed up onto the sandy shore. As the man walked, he threw as many sea stars back into the sea as he could. Of course, he made only a small dent as there were literally thousands of starfish washed upon the shore. A



boy came and laughed at him, telling him he could not possibly make a difference, because the starfish washed upon the shore were simply too numerous. The man smiled, and as he threw the next sea star back into the sea, he said aloud, "It makes all the difference to that one." ☺

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About TFT

Thought Field Therapy is a proven, highly-effective, non-invasive brief therapy technique that was developed and refined over the last 35 years by the late psychologist, Dr. Roger Callahan and his wife Joanne Callahan. TFT utilizes a sequence of self-tapping to stimulate specific acupuncture points while recalling a traumatic event or cue. It facilitates the relaxation response while the person experiencing exposure to the problem is simply thinking about the problem. The improvement is almost always relatively quick and, in most cases, long-lasting.



Intuition: Your Still, Small Voice

Lori Chortkoff Hops, PhD

Intuition is commonly understood as being an uncanny knowledge that is not easily explained, but that is immediately recognized as true by the person(s) experiencing it. Some believe in intuition, while others are skeptical. Consider these situations which may be familiar to you: you dream about a friend you have not seen in years and the next day that person contacts you; you can reliably tell who is calling you on the telephone before you pick up the phone or look at the caller ID; you have a “funny feeling” to avoid a travel route you frequent, later discovering that a major collision occurred along the route you avoided.

Is intuition at work in these scenarios, operating outside five-sensory awareness, or are these the result of pure chance? This article briefly reviews definitions of intuition as a personal guidance system, explores the purposes it serves, how it operates and offers examples of when intuition trumps logic. Recent research and theories about intuition are briefly reviewed. The applications of intuition in the context of Energy Medicine practice are considered, along with general ideas to ponder.

Intuition Defined

Intuition is the ability to understand or know something immediately, without conscious reasoning (*Compact Oxford English Dictionary of Current English*,

2005). Researchers and theoreticians have not arrived at a uniform definition of intuition, but most concur it involves rapid communication between the right brain and the body, and fosters a compelling sense of truth. Terry Marks-Tarlow, in her review of the research on clinical intuition in psychotherapy, has defined intuition as a natural feedback system, occurring in “the space between conscious and unconscious processes that is often most ripe for change” (pg. 3). Intuition bridges the narrowly focused critical thinking skills of the conscious mind with the quick, flexible and larger processing abilities of the unconscious mind. Often this knowledge is affirmed in the body through sensory signals which can function as a barometer for the truth or falsity of a situation (See Research on Intuition section). This is expressed in the English language idiom describing intuition as having a “gut feeling” that something is true, despite having an apparently rational explanation to the contrary. Likewise, Germans use the word *fingerspitzengefühl*, as knowledge felt at the tip of the finger. If we recognize this common human experience as having some degree of validity, it follows that there must be reasons for its existence.

Purpose of Intuition

The purpose of intuition according to Terry Marks-Tarlow, Allan Schore, and others (See Marks-Tarlow for a review of the literature) is hypothesized to foster



the protection and growth of the individual. Intuition functions as an internal GPS, guiding the individual through life's sudden and unexpected challenges. Intuition can inform decision making when facing uncertainty. Intuitive messages related to self-protection may manifest as a sick feeling in the stomach or "gooseflesh." These messages indicate that something is awry, hence the association of intuition coupled with a sense of foreboding. Popular culture describes intuitive information as a "Spidey sense," a reference to the comic book superhero Spiderman. It is defined in the Urban Dictionary as "a vague but strong sense of something being wrong, dangerous, suspicious, a

logic can exact a cost. A left brain, "rational" style is not always appropriate nor always capable of accurate assessment. At times, unnecessary effort may be spent, and valuable information lost, when logic is favored over intuition. For instance, research by Emma Buchtel and Ara Norenzayan (2008) has shown that when complex situations arise, such as choosing amongst alternatives that have multiple attributes, intuitive thinking has a distinct advantage over conscious, analytic reasoning. Furthermore, neuroimaging research by Bhavin Sheth, Simone Sandkuhler and Joydeep Bhattacharya (2008) has shown that when mentally fixated on solving word puzzles, answers can

It is only recently that empirical evidence has provided support for intuition.

security situation." Since these messages are linked to survival, they are oftentimes compelling, sudden and urgent. They may startle or frighten people, and leave an impression that intuitive information is largely negative, scary or dangerous. Sometimes people avoid intuition out of fear that they may discover something they would rather not know.

Messages of intuition can also foster growth. These types of messages appear as subtle, nuanced and gentle compared to messages related to self-protection, and so require safe environments in order to be perceived. Messages of growth can signal feelings of serenity, peacefulness and bliss. One example is a sense that a person or situation is in deep harmony with you, even upon a first encounter. It may be that "love at first sight" represents an aspect of intuition in action.

A Case for Intuition

The language of intuition speaks in forms of communication including felt sense, associations, memory, dreams and metaphor that are neither obvious nor easily verified. Because of this, the intuitive approach is often second-guessed or ignored in the West, which tends to value material, quantifiable sources of information. However, a predominant reliance on

be blocked by not utilizing intuitive insights. In other cultures much older than those in the West, the still, small voice of intuition is recognized as a valuable tool— for example, when engaging in vision quests, consulting oracles and exploring dream work. Gradually, though, the Western world is paying attention to the power of intuition to uncover valuable truths that logic often overlooks.

Research on Intuition

Although cultures around the world use and value intuition, it is only recently that empirical evidence has provided support for intuition.

Mossbridge, Tressoldi & Utts (2012) analyzed data on the body's ability to detect stimuli before the stimuli were delivered (26 studies between 1978 and 2010, representing seven labs). These "predictive anticipatory activities," taking the form of unconscious physiological reactions, occurred one to ten seconds before the stimuli were presented to the subjects. In order to be included in the meta-analytic review, studies were required to measure physiology at pretest, introduce two or more stimuli, and re-measure the same physiology at posttest. Furthermore, physiological ratings to stimuli had to be in the same direction at both



pre-exposure and post-exposure. Physiological measurements included heart rate, blood volume, pupil dilation, EEG, blood oxygenation and EMG. Most studies contained two types of independent variables: randomly occurring arousing vs. neutral stimuli (i.e. violent vs. emotionally neutral images); and guessing tasks with feedback (correct or incorrect guess: for example, guessing which four cards will appear on a computer screen before the cards are shown). The meta-analysis found that “unexplained anticipatory effects” occurred in the body prior to stimulus presentation and these reactions were consistent with the body’s reaction after stimulus presentation. Statistical results indicated a small effect size with highly significant probabilities, unrelated to gender or practice effects.

More recently, the Institute of HeartMath published a study using a computer gambling game of roulette (McCraty & Atkinson, 2014). Subjects were signaled whether they won or lost a game. It was found that a heart rhythm measure was sensitive to a win or loss of the game, 12-14 seconds before the result was known to the subject. Placing bets on the outcome further affected the heart’s ability to sense wins and losses. Heart rate deceleration predicted future losing trials when placing bets approximately 18 seconds before knowing the outcome of the trial.

Theories of Intuition

Theories abound explaining the mechanisms behind intuitive processing (see Marks-Tarlow (2012) *Clinical Intuition in Psychotherapy* for a review). Intuition is thought to be effortless, quick and automatic, seemingly coming “out of thin air,” happens in the context of ongoing experience and is associated with memories and emotions. In the Embodied Experience Theory, the body is seen as a resonant “tuning fork,” aligning with the emotional and interpersonal world. Subjective experiences of self and environment are mediated through body awareness, primary senses, perceptions and feelings. What is highly relevant here is that embodied learning (such as motor sequences like walking) is based in procedural memory, which is more reliable and less prone to decay than declara-

tive memory (conscious memory of facts and events). In addition, emotional memory is based in relational sequences, such as connecting to others on the first day of life.

The Implicit Knowledge Theory centers on innate knowing. It suggests intuitive development begins in the third trimester of prenatal growth. Implicit learning is seen as “non-conscious,” residing in the subcortical regions of the brain, associative in nature and as being stored alongside nonverbal representations such as images, feelings and physical sensations.

Intuition’s Voice

The voice of the spirit only speaks once. The voice of the mind never shuts up. — Beatrex Quntanna

Scientific and experiential knowledge have identified the conditions under which the accuracy of intuition can be enhanced. Since the language of intuition is quiet, subtle and prone to appear suddenly and briefly, certain attitudes are more likely to bring forth this personal guidance system. A partial list includes: calmness, openness to new experiences, divergent awareness (“out of the box” thinking), trust, non-judgmental attitude, patience, being observant, releasing attachment to outcome, compassion, playfulness, laughter and gratitude. By contrast, certain attitudes can derail or block intuition. These include the tendencies of overthinking and second guessing, overreliance on certainty, exclusive reliance on intuition, being “too close” to the problem, empathy overload, “people-pleasing,” fears of having to change and not liking what intuition reveals. It seems, as well, that timing is a key factor. Even if intuitive information is accurate, if one acts too soon, too late or does not act at all, intuitive information can appear to be false, due to having missed a window of opportunity. With focused practice, messages of intuitive guidance can increase in frequency and intensity.

When Intuition Trumps Logic

Although many situations call for a blending of logical and intuitive reasoning, there are times when the wisdom of intuition outperforms that of logic. For



instance, opening the mind to associations, spontaneous images or hunches can glean data that may not normally arise when applying a logical, systematic and sequential train of thought. History is filled with tales of the so called 'aha' experience, credited as being the brainchild of inventions and innovations. Kirsten Volz and Thea Zander (pg. 26) investigated the role of memory in intuition. They described a real life example of intuition, interviewing Dan Horan, a police officer at Los Angeles Airport who scanned the public trying to identify suspected drug couriers. After officer Horan correctly identified a woman with several thousand dollars of cash in her suitcase, he was asked

In general practice, intuitive information may arise before meeting a new client, during sessions or in between sessions. For instance, a practitioner may dream about an atypical or provocative issue that is not related to the practitioner's life circumstances. Later that day, the same issue may be connected to a presenting problem for a new client. A practitioner may have an "irrelevant" image or association suddenly emerge during a session, yet upon exploration it reveals unexpected and meaningful connections to the process. Likewise, a practitioner may sense "out of the blue" concern for a client's wellbeing in between sessions. Subsequently, it may be discovered that the

Practitioners must evaluate if intuitive data promotes health, empowers the client and enhances life.

how he arrived at his selection. He stated, "I don't know. I just saw that there was something wrong with this woman." Upon further inquiry, he surmised, "I am looking for someone who is looking for me."

Intuition has been shown to outperform logic in situations involving: uncertainty, ambiguity and/or complexity, especially when people are in the throes of strong emotions; high stakes consequences which require rapid decision-making; the need for novelty, spontaneity or creativity; and accessing the realm of the unconscious with nonverbal (body language) and preverbal (communication prior to language acquisition) processing. A key awareness for energy practitioners is that many, if not all, of these conditions are present when working with clients in a healing modality. This suggests that it is highly beneficial for practitioners and others who work with similar dynamics to develop their intuition as a tool for enhanced outcomes.

How Intuition Can Enhance Energy Medicine Practice

Intuition can inform Energy Medicine and related practices when it is used with discernment and when it is combined with other sources of wisdom, enhancing the practitioner's attunement with the client.

client's close relative passed away simultaneous to the practitioner's felt unrest.

In the case of Energy Medicine practice, unique applications are also possible. Muscle testing, or applied kinesiology, requires a nuanced communication between practitioner and client. Knowing how to approach the client's body, creating an optimal degree of physical contact and sensing when the body is ready to rest are judgment calls that can be supported with intuitive data. Intuition can direct the practitioner in choosing specific overall goals and locations on the body for treatment. It can inform the timing of when to focus on particular aspects of a problem and signal when to stop or dig deeper into an area of concern. When working with the subtle body anatomy including meridians, chakras and the biofield, imagery, body sensations and even olfactory experiences not directly connected to the five-sensory world can emerge. This information can help direct the treatment process and increase its effectiveness.

Ideas to Consider

Although receiving intuitive information may seem to answer nagging questions, more often, such data raises additional questions. For instance, how would



one proceed if intuitive data runs counter to logical reasoning, practice guidelines or ethical mandates? How does one determine if, when and under which circumstances to share intuitive information with clients? How do belief structures, cultural traditions and prior experience with intuition affect the perception of this data? Is intuition seen as divinely inspired, an indication of being “crazy” or promoting fear?

The power differential between practitioner and client can be exploited if the client idealizes the practitioner’s access to intuition and allows it undue influence over his or her life. This dynamic is especially important when working with special populations like those facing illness or death, minors, compromised individuals or those in desperate need. When striving to do no harm, practitioners must evaluate if intuitive data promotes health, empowers the client and enhances life. Used appropriately, intuition’s gifts can alter one’s path in unexpected and transformative ways. €



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Cutting the Cords of Negative Energy

Jan Engels-Smith, ShD

Human beings are primarily energy systems having a human experience. Our energy systems are complex and reach far out of the body, surrounding the body in fields of energy. These fields can be called auras, subtle body fields or electromagnetic fields depending on which discipline you follow: metaphysics or science. These fields of energy can extend out several feet from the body. There are also energy fields inside the body, which are called chakras. Chakras are more like broadcasting towers and actually feed the subtle body fields around us.

My point in describing this is to help readers understand that energy is the predominate part of our makeup and is a major component of our physical health, emotional stability, mental clarity and spiritual awareness.

Our energy is not static, but is extremely fluid and fluctuating. It can be lost, hijacked, contaminated or stolen. It can also be refueled, ignited, heightened, attuned and returned. Maintaining our energy fields and energy system is a major component of good health. Unfortunately, most people are unaware of this need and go through most of their life not sustaining or performing maintenance on their energy system. The outcome from this lack of attention can present in physical ailments, emotional instability or

complications, mental cloudiness or obsessive thinking, and spiritual stagnation. In fact, in shamanism, the claim is that all illness is caused by faulty energy frequencies in the body, or that all illness has an energetic component to it.

The emphasis in this article is on the “cording” of energy. Every event that you encounter or interaction that you have results in a connection of your energy with this external experience. These “cords” create the synergistic interchange that both affects the experience and, in response, alters your own being. The result may be minor (although cumulatively significant) or majorly impactful. Memories are a product of past experiences where the corded energies have imbedded themselves in our brains. In the act of recall, we activate these stored energies which may cause us to be disturbed by memories that are difficult for us to release.

In the myriad of experiences in our current life, combined with the incidents from many past lives, we can become severely entangled in cords, which can present in multiple ways. Connections may be positive in providing constructive and useful benefits, but there are dangers as well. We may not be able to let go of lost loves, wounds or haunting memories. We have all experienced the mental conversation with ourselves after a difficult conversation where we imagine what we wish we had said and even, at



times, invent a new conversation and believe a new truth that differs from what actually happened. This is an example of cords being energetically activated to keep this situation alive and present in our psyche. These energetic connections can affect a person's heart rate, pulse and temperate as well as create an extreme emotional state, such as experiencing anger while remembering an uncomfortable incident. The incident may have happened years previously, but we still respond because the energy is still contained in our long-distance connection. Needless to say, these counterproductive cords can be very destructive for the individual and need to be disengaged or cut in order to find peace and wellbeing.

thinking, not being able to let go of an issue or person or prolonged grief are a few examples of symptoms of needing a cord cutting. In my personal view, one could do cord cuttings daily to relieve anxieties and to strip away unhealthy thoughts, just as one might take a daily shower to enter the day fresh and energized. Of course, some cord cuttings require more extensive attention and effort.

There are many different methods that can be used in cord cutting. In my personal healing sessions with clients, I always incorporate a very specialized cord cutting—one that the spirits taught me and is very ceremonial in nature. This particular ritualistic sever-

Cord cutting is part of the maintenance of the energy system.

Cord cutting is part of the maintenance of the energy system. Not all cords are negative or binding in nature. Some cords are part of the energy imprint of our soul's evolution through space and time. Children often cord with their parents and parents with their children. If a situation feels unfamiliar or possibly scary, a young child will step between a parent's legs. Energetically, a cord is coming from the root chakra of the parent that feels nurturing to the child, energetically informing him that he is safe. However, a negative entanglement may only be resolved by performing a cord cutting. In this act, intention will always be a key factor in finding the correct cords to cut.

Cords usually are connected to energy centers or chakras in the body. The presence of the cord in connection with a particular chakra will determine the emotional component of the cord. Each chakra exchanges particular energy with our physical, emotional and spiritual environment—such as love relationships in the heart chakra, loss of power in the solar plexus or not feeling worthy in the root. However, since no event is usually singular, there can be many cords connecting for various reasons throughout an energy system. Fatigue or exhaustion, guilt, obsessive

ing of the cord can also be used to restore lost soul pieces. Many of my clients have experienced amazing results where difficult issues fade away out of the conscious mind and even sometimes out of the memory. I myself experienced this after I did a session on myself. My father was a main perpetrator in my life and it seems most of my healing work for myself was about him. Workshops, private sessions, readings and self-help classes I participated in always seemed to surface him as the source of pain that required my healing. When the spirits taught me this particular cord cutting, I performed a full session on myself, employing all of the ceremony and ritual that I would use for a client. A few months later, I was attending a healing training seminar with a friend and we were to bring up an event that had created an energetic wound. My friend leaned over and whispered in my ear, "Are you going to work on your dad?" Since at that moment he was the farthest thought from my mind, I then realized how effectively that ceremony had worked. I could barely remember my issues with him; they were gone. I had been truly freed.

In the case of cord cutting concerning family members or loved ones whom you are still very involved



with, please realize that the intention of cord cutting will remove the difficult situations, not the person, from your life. It is always good practice to keep your most precious relationships clear of negative cords; this keeps the relationship healthy and vital.

I can not fully describe the previously mentioned ceremonial cord cutting in this brief article because I cannot explain its contents without readers being fully trained in shamanic energy medicine techniques; however, I can share a ceremony that is profound and I use in workshops with my students or conventions with lay audiences.

It is important to remember that it is your birthright to be happy, vital, joyful and sovereign. Many people are not in those states of well-being because energetically they have not been taken care of or learned how to care for themselves as adults. But happiness and well-being are the natural conditions of life. Cutting cords and performing energetic clean up is natural and necessary. Nature does it automatically and naturally.

My favorite example of this is from *The Power of Now* by Eckhart Tolle. Tolle shares his observation that after two ducks get into a fight, they separate and float off in opposite directions. Then they each flap their wings vigorously several times to get rid of the surplus energy that built up during the fight. After flapping their wings, they float on peacefully, as if nothing had happened. However, if the duck had a human egoic mind, it would probably tell itself a story such as the following: "I can't believe what he just did. He came within five inches of me. He has no consideration for my private space. He thinks he owns this pond. I'll never trust him again. I know he's already plotting something else to annoy me with. But I'm not going to stand for it. I'm going to teach him a lesson he will never forget." And in this way, the duck's mind spins its tale, still thinking and talking about it, days, months or even years later. The single incident has left its impression and now has a life of its own deep within the duck's mind.

Dogs shake, ducks flap, horses rear and cords are cut

automatically. Humans seem to have lost this natural release function as the ego developed and ruled. Now we need to incorporate ritual to obtain the same outcome.

Here is a basic technique:

- State your intention to envision the cords that are binding you to your unhappiness. You can change the intention with whichever words feel more fitting, i.e. "My intention is to cut all the cords that are negatively binding me to unemployment" or "My intention is to cut all the cords that are negatively binding me to unhappiness with my spouse."
- Envision yourself sitting in nature in a beautiful place. The sun is shining and you feel safe, peaceful and full of grace.
- A bright light appears and you realize that this light is creator, source or the divine. It shines brightly on you and illuminates your chakras.
- Starting at your feet, ask to see the cords that are coming off your foot that are binding you to your unhappiness. Once the cord appears in your imagination, follow it out and see what or who is attached to it. (This could be this lifetime or any other lifetime; do not try to control this with what you know.)
- Once the person, place or thing appears, envision that you are holding a great sword, laser or some sort of cutting device.
- State, "With the power of love and the empowerment of source within me, I cut this cord and I am free."
- At that moment, cut the cord off of yourself and then make a second cut to remove the cord from whoever or whatever is attached to it. Actually move your arm through space in a cutting motion.



Cutting the Cord of Negative Energy

- The cord will fall to the ground and who or what it was attached to will float off untethered from the cord.
- Go through each chakra: root, abdominal, solar plexus, heart, throat, third eye and crown. You can address your shoulders and hands before the crown. The crown is always last.
- Once this is complete, ask the light of source to fill you completely. Envision this and your true self appearing. Your true self is your self that has no harm, wounds or disappointments. It is the version of you that is your perfect self. Ask this true self to come and merge with you and source. Once this happens, the cord cutting is complete.
- Envision yourself in this merged state, gathering up the cords and envision a sacred fire burning. Burn the cords in the fire. Once the cords are burned, state, "It is finished" three times. Say, "Thank you" and come out of the visualization.

The power to be free lies within each of us and only requires a personal decision to accept the perfection of our true self in a perfect universe. €

 Author Jan Engels-Smith can be found at www.JanEngelsSmith.com.

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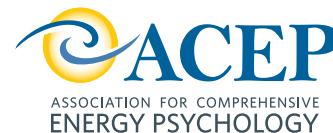
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Walking Through Cancer and Chemotherapy

Christine Handy

I have now lived through breast cancer, chemotherapy and two mastectomies. To maintain my strength and a positive attitude during those ordeals, I decided that walking, which I had begun as a form of exercise during my high school years, would be an effective therapy. As an adult, I continued long-distance and speed walking with my husband, an activity we enjoyed doing together. I highly recommend walking for anyone who can do so during a serious illness and/or during a period of recovery. Walking can be exhilarating and mentally stimulating. In addition, it puts very little stress on your joints, especially if you wear appropriately cushioned shoes, which I strongly recommend.

Following are the benefits that can accrue as a result of walking.

1. Walking can take your mind off the sadness that occurs during a period of ill health. As you walk, you can observe the beauties of nature, the flora and fauna that make up our world. If you walk in a city, then there are countless opportunities to observe people, to look at seasonal fashions and be inspired by the vivacity of life around you.
2. Many people suffering from illness are nervous and jittery, wondering what the future holds in store for them. In my case, walking had a calming effect. It made me feel as if I were part of nature, part of the stream of life. It made me feel whole.
3. During a period of illness and/or recovery, people tend to focus on themselves. It is as if the outside world ceases to exist. However, when walking, I came to see a bigger world than myself. All of a sudden, my problems were quite small, especially when compared to the size and variety of humanity. I was also able to focus on issues of importance to me and my family.
4. I asked friends to walk with me and that helped me develop deeper friendships with people who care about my health and welfare. Though chemo was exhausting, the walking I did with my friends energized me and made me feel as if I were on the road to better health. The presence of friends also eliminated any sense of being alone, of having to face my illness by myself.
5. If you live in a suburban community, rather than in the country or a city, walking with a headset can help you focus on important issues addressed by experts. I have listened to CDs offered by financiers, doctors, political leaders, legal scholars, religious leaders, authors of self-help books and even romantic novels. In addition, I have listened to TED talks and popular podcasts,

all of which helped me forget that I was ill.

6. Doctors from surgeons to internists to psychologists have shown, via experiments, that meditation is an effective therapy for reducing the effects of stress. The stress may be work or family related, or in my case, caused by my battle with cancer. I found that walking permitted me to meditate, to talk to and be in communion with a higher power, and to feel the stress pour out of my body. Following such a meditative walk, I was pleasantly surprised at how relaxed I felt.
7. Whether you walk slowly or briskly, walking gets your entire body in motion, improving cardiovascular function, increasing flexibility and toning muscles. It is particularly effective following

surgery. In my case, walking got me out of bed, off the couch and active once again. It made me feel alive, energetic and that life is worth living again. In addition, it improves circulation, especially after surgery or periods of inactivity.

8. If you are weight conscious or simply want to maintain a desired weight, walking is an effective means of burning calories without breaking a sweat.
9. Walking is a gentle, safe and effective means for strengthening your heart muscle, thus adding years to your life. €



Author Christine Handy can be found at www.ChristineHandy.com.



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Healing Past Life Trauma

Barbara Stone, PhD

Reincarnation teaches that the soul needs many lifetimes to learn all of its lessons. Just as a person cannot learn everything needed to become a brain surgeon in one year of kindergarten, so the soul needs many lifetimes of experience to be able to fully open, like a flower in full bloom. Each lifetime is like one petal. You cannot make a lotus flower out of just one petal!

*We have a spirit that animates each lifetime and is individual to it,
just as each car has a make and model,
but the SOUL is a continuous essence throughout the stream of lifetimes—
like the driver of a series of cars.*

A Hole in the Soul

According to Michael Newton, author of *Destiny of Souls* (2000), the soul never invests all of its energy in a single lifetime. With a traumatic death, when the spirit leaves the physical body, it may be unable to transition back into the higher dimensions of light, and the energy the soul invested in that lifetime becomes trapped between the worlds. The soul then has a hole in it, some missing energy. The soul can still send some of its essence into a new lifetime, but that person will intuitively sense that something is missing. The soul fragment locked in this past life trauma leaves a spiritual vacuum.

Power Healing

We no longer need to carry the trauma of these past wounds forward into the future. Traditionally, shamans have been the healers to help people recover these lost soul parts. In more modern times, regression therapies have been developed to uncover and work through the emotions of these past life traumas. But not everyone is able to achieve the trance state necessary to access this information about past lives.

As I was studying the power-healing methods of energy psychology—balancing meridians and chakras to heal emotions—my clients started bringing issues of past life trauma into my clinical practice. I put together a method I call “Soul Detective” to find and heal these wounds using a combination of energy psychology methods and enlisting spiritual help. Many people have heard of using Emotional Freedom Technique (EFT) to tap on meridians to desensitize traumas. Once a client connected with a traumatic past life memory, I had the client tap meridians to desensitize the trauma and get that piece of the soul ready to cross into the Light. The complete 16-step Soul Detective method for healing past life trauma is presented in my book *Invisible Roots: How Healing Past Life Trauma Can Liberate Your Present* (2008).

Accessing Subconscious Wisdom

Energy psychology also uses clinical kinesiology, also



called muscle testing, to access the information in a client's subconscious mind. When an issue appeared to have a past life origin, I used muscle testing to identify whether or not it had an origin in a past life. If it did, I continued using muscle testing to determine key factors for identifying the life, including gender, age at death, manner of death, and date and location of the birth. I found that once clients identified these specific details, with the help of their spiritual guidance team, they could connect with the soul record (also called the Akashic Record) of that lifetime, enter into the feelings again and use the energy therapies to heal. See the Association for Comprehensive Energy

2. **Déjà vu.** Traveling to a distant place and feeling as if you have been there before may trigger traumatic feelings from a previous lifetime at that location—for example, a civil war battlefield.

3. **Meeting someone involved in a past life, either positive or negative.** Sometimes we meet a new person and immediately have a strong emotional reaction, either positive or negative. We can use muscle testing to identify whether or not this person played a role in a previous incarnation. If we meet the person whose soul had an incarnation as the church official who ordered

With the cornucopia of energy healing methods available, we can release the pain of the past.

Psychology at www.energypsych.org for more information about these dynamic methods.

Symptoms of Past Life Trauma

In the Soul Detective workshops I developed to train healing professionals in this method, these are the symptoms, or emotional clues, I have identified that point to past life trauma:

1. **A phobia unrelated to current life trauma.** If a person has a phobia of water but has never had a difficult experience in the present lifetime with water, perhaps the person drowned in a previous life. An example of using past life trauma healing to clear an irrational fear is that one client healed a past life trauma of watching her mother, grandmother and all of her grandmother's other children being burned at the stake, accused of being witches. When she cleared this trauma using the Soul Detective method, she exclaimed, "All of my life, I have been afraid that *I and all of my children* would be killed for practicing energy work!" Finally, she understood the source of that irrational fear and was able to release it.

our execution in a past life, we may feel uneasy! However, when we meet someone we have been with many times before and have loved through many centuries, all the love we have accumulated between us in our joint karmic bank account activates, and we immediately feel as if we know and love that person.

4. **Arriving at the age of the previous traumatic death.** If a person had a traumatic death in a past life, whether from an illness, murder, an accident or some other trauma, those traumatic feelings may start to surface when the person reaches the age of that death in the current life. For example, if a person died at age 47 of a heart attack in a previous incarnation, in the current lifetime, the person might start experiencing fears of death once the 47th birthday arrives.

Case Example

Jane had an irrational aversion to people who were overweight. Her husband was thin when she married him, but in the decade after their wedding, he gained 75 pounds. A battle went on inside Jane between her natural attraction to the man she married and her physical repulsion from the obesity he had developed.



She used muscle testing to identify the origin of this aversion in a past life as a well-fed Franciscan monk named Brother Matthew. One day while Brother Matthew was out working in the fields, he heard horses in the distance. As they got closer, he saw a group of Mongols thundering in on horseback to attack the monastery. Brother Matthew tried to escape to warn the others of the impending attack; however, because he was so obese, he could not run fast enough to get away. An enemy struck him down with a mortal blow, and Brother Matthew bled to death, dying two hours later cursing himself for being so overweight. Seeing her husband's weight gain had triggered these past life traumatic soul imprints in Jane, triggering feelings that obesity = mortal danger.

Jane and her therapist used the 16-step Soul Detective protocol to clear this past life trauma with energy tapping and to help Brother Matthew, who had remained earthbound, to heal and cross into the Light. Jane recovered a fragment of her soul that had been earthbound for hundreds of years. Her aversion to obesity mellowed, she felt more whole, and she was better able to accept herself and her husband as they were.

Irish Knight Trauma

Bernie Siegel, MD, spontaneously went into trance during an airplane flight and remembered the following traumatic past life in Ireland, which he shared in the foreword to my book *Invisible Roots*:

I was a knight, and the Lord of my castle was angry at a neighboring Lord for continuously infringing upon his land and not abiding by their property boundaries. He summoned me and ordered me to kill his daughter in retribution. I suggested he kill the neighboring Lord instead of his daughter and inquired what would happen if I refused. He asserted, "Then I shall kill you." Well, my fear and survival instinct led me to consent, and off I went to the neighboring castle.

I told them I was traveling through and asked to rest there awhile. They welcomed me in. I avoided the young woman to minimize my emotional

involvement. I befriended her dog with treats so he would not be aggressive toward me. Then one evening, I quietly made my way up the stairs to her room. I wanted to kill her while she slept so she would have as little pain as possible. As I opened the door, her dog came forward. I offered him a treat, but he sensed my intention and growled. I brought my sword down on his skull, killing him. The sound disturbed the young woman, and I turned quickly to kill her before she awakened, but I was too late. As she turned and looked at me, I saw the face of my wife, in this lifetime, and knew they were incarnations of the same soul. Nevertheless, I proceeded to chop her head off.

This past life memory devastated me. I sobbed for hours afterward and intermittently for days. At the same time, I realized why my wife's face has always had a hypnotic effect upon me and why I am so involved in rescuing animals. No matter how upset or angry I feel with my wife, when she looks at me, the negative feelings evaporate. I still feel the need to care for her and make up for what I did to her out of fear in that lifetime.

Bernie resolved the trauma of that memory the hard way, by going through the pain of all that sorrow and crying it out. He also got the insight that he became a surgeon in this life so he could use a knife to heal rather than to kill.

Emotional Flooding

Bernie experienced emotional flooding in his spontaneous regression, which is always a possibility in hypnotherapy. Sometimes a past life memory is so traumatic that the person becomes even more traumatized from remembering what happened. Energy psychology methods can quickly desensitize this emotional overload and bring a person back to equilibrium. I will end by sharing a heart chakra balancing method from energy psychology to use whenever a person feels upset:

Heart Massage

Move the palm of the hand in a clockwise circle



over the midline of the body, down on the left and up on the right, level with the heart while saying statements of self-acceptance such as,

“I deeply and profoundly accept myself with all my problems and limitations.”

“I accept all my feelings about this situation.”

Optional:

“I also accept all of my gifts and talents.”

With the cornucopia of energy healing methods available, we can release the pain of the past. We can bring meridian and chakra energy healing treatments into regression memories to heal the past pain, forgive ourselves and others, make amends for our mistakes and get these missing soul pieces back home to rejoin our soul energy in the World of Light. €



Author Barbara Stone can be found at www.SoulDetective.net.

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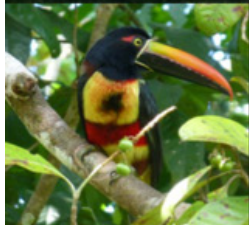
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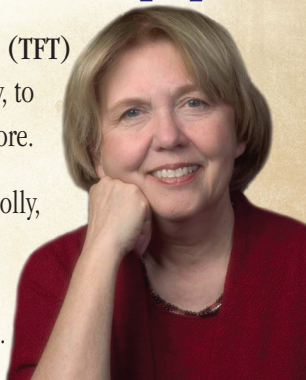
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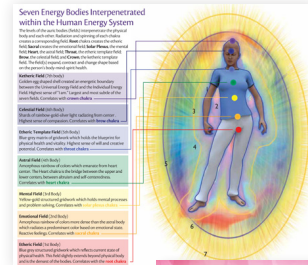
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