

July 2011 Issue no. 55

# Energy magazine™

The Official Publication Of Healing Touch Program



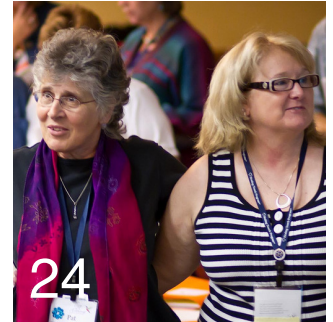
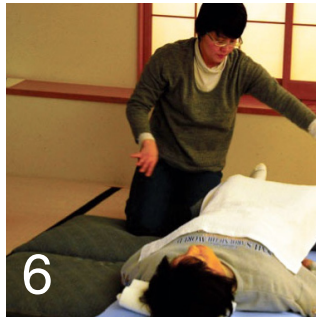
5

# Happy Birthday Energy

Celebrating 5 years, 55 issues,  
over 500 articles, 300 contributors  
and 18,000 readers!

## **In this issue:**

Healing Touch Japan: *Creating a Path to Healing* • Spontaneous Evolution: *A Universal Love Story*  
The Present Moment • Healing Touch Around the World • HT Advanced Practice 1 and 2  
Traumatic Stress Relief Team: *Creating Safety in the Midst of Chaos* • and much more...



- 3 HTP Contact Directory
- 4 Letter from the Program Director
- 5 Quote from Woodrow Wilson
- 6 Healing Touch Japan: *Creating a Path to Healing*
- 8 Where is Healing Touch?
- 9 Healing Touch Around the World
- 11 Spontaneous Evolution: *A Universal Love Story*
- 14 Traumatic Stress Relief Team: *Creating Safety in the Midst of Chaos*
- 17 Essential Energy - Healing the World: *An Essay on Inconvenience*
- 19 Case Management Equates to Safe Practice in Energy Medicine
- 22 Healing Touch Advanced Practice 1 and 2
- 24 Healing Touch Community Group Synergy is Intoxicating!
- 26 The Present Moment
- 29 Healing Touch Program... Here to Support You in Your Work
- 36 2011 HTP Class Schedule



20822 Cactus Loop, San Antonio, Texas 78258  
 Phone 210-497-5529  
 Fax 210-497-8532  
 E-Mail: [info@HealingTouchProgram.com](mailto:info@HealingTouchProgram.com)  
 Web Site: [www.HealingTouchProgram.com](http://www.HealingTouchProgram.com)

### Healing Touch General Info

**Classes in your area -**  
[info@HealingTouchProgram.com](mailto:info@HealingTouchProgram.com)  
**Student Questions -**  
 Contact a Healing Touch Certified Instructor  
**Certification Questions -**  
[Certification@HealingTouchProgram.com](mailto:Certification@HealingTouchProgram.com)  
**Web Support -**  
[Webmaster@HealingTouchProgram.com](mailto:Webmaster@HealingTouchProgram.com)

### Additional Healing Touch Resources

**Healing Touch Practitioner Directory -**  
[www.HTPractitioner.com](http://www.HTPractitioner.com)  
**Healing Touch Research -**  
[www.HealingTouchResearch.com](http://www.HealingTouchResearch.com)  
**Healing Touch Professional Association -**  
[www.HTProfessionalAssociation.com](http://www.HTProfessionalAssociation.com)  
**Healing Touch Worldwide Foundation, Inc. -**  
[www.HTWFoundation.org](http://www.HTWFoundation.org)

### Social Networking



### Energy Magazine Contact Info

**Website -**  
[www.EnergyMagazineOnline.com](http://www.EnergyMagazineOnline.com)  
**Email -**  
[info@EnergyMagazineOnline.com](mailto:info@EnergyMagazineOnline.com)  
**Submit an article (and download our contributor kit) -**  
[www.EnergyMagazineOnline.com/submissions](http://www.EnergyMagazineOnline.com/submissions)  
**Submit an Ad (and download our media kit) -**  
[www.EnergyMagazineOnline.com/advertise](http://www.EnergyMagazineOnline.com/advertise)  
**Read archived issues -**  
[www.EnergyMagazineOnline.com/archived\\_issues](http://www.EnergyMagazineOnline.com/archived_issues)

Each year we designate a focus for our monthly issues. In addition, each issue contains other articles of interest to our Healing Touch Community. We are always open to suggestions and ideas and any article you would like to contribute. Energy Magazine depends on you, our readers, for articles. Send your article to [info@EnergyMagazineOnline.com](mailto:info@EnergyMagazineOnline.com)

### Upcoming Issues:

*\*\*Editor's Note:* The June 2011 issue was skipped to allow our team time to focus on upcoming issues. The August issue will combine the themes from July and August.

#### August 2011

Healing Starts Within, Self Care and Meditation

#### September 2011

Beyond the Symptoms/HT Conference Highlights

#### October 2011

HT experiences with the Elderly

#### November 2011

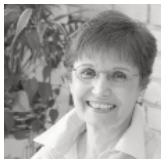
HT Service Work

#### Dec/Jan 2012

Transformation



Billy Courtney  
 Editor



Nancy Strick  
 Assistant Editor

Energy Magazine™ would love to hear your comments!

# Greetings

from Cynthia Hutchison, Healing Touch Program Director



“I will not die an unlived life.  
I will not live in fear of falling or catching fire.  
I choose to inhabit my days to allow my living to open me,  
To make me less afraid, more accessible,  
To loosen my heart until it becomes a wing, a torch, a promise.  
I choose to risk my significance;  
To live so that which came to me as seed goes to the next as blossom  
And that which came to me as blossom, goes on as fruit.”  
-Dawna Markova

Dear Readers,

Thank you for joining Healing Touch Program in celebrating our 5th Anniversary Issue of Energy Magazine. To me the verse shared above by Dawna Markova represents a reflection of how many of our HT Practitioners are learning to live their lives in a fuller way, a way in which they banish their fears related to talking about Healing Touch and energy medicine and chose to openly share their experience and faith in the power of hands on healing. The verse is also a picture of how we hope to develop as human beings - less afraid - more accessible - loosening our hearts - taking risks to create fruits and blossoms for our world. All of us know that the world is desperate for healing, that systems at all levels -- political, economical, social, religious, cultural and corporate -- are going through major transitions.

Many of us see these changes as cleansing and renewing though not without some chaos, fear and shaking up of many of our beliefs and thought forms. These changes force us to look deeper into our lives, our reason for living and what is really important. It is time to discern the essential from the nonessential and to simplify, re-prioritize and find our joy. I believe we are being asked to courageously stand up for what we believe and to create true communities within the circles to which we belong -- from our family life to remembering that we have over six billion brothers and sisters with whom we share our planet.

Healing Touch Program is consciously striving to provide you with a foundation from which you can live out your hopes and dreams for a heart-centered, healing oriented, energetically minded community. We have dedicated our energy to creating improvements in operations, community service, customer relations, ever increasing professionalism, growing visibility and opportunities for learning and celebrating our togetherness. We welcome your feedback and ideas and, yes, any volunteer services that you are willing to share! Our 15th annual worldwide conference is August 25th and we have over 250 attendees already registered, as well as over 90 HTP instructors! We hope you can join us -- and if not, we will hold you in our hearts and minds in spirit.

I hope you will be inspired by this anniversary issue which includes some of HTP's exciting international growth.

With a joyful heart,

*Cynthia*





Invent your world.  
Surround yourself with people, color,  
sounds, and work that nourish you.

-SARK





## Healing Touch Japan: *Creating a Path to Healing*

by Rumi Hashimoto, MSN, RN, HTCP/I and Katrina Shibata, MPH, CHES

**A**midst the devastation caused by the massive earthquake and tsunami in Japan, Healing Touch Japan continues to bring hope and light to a recovering country.

Hundreds of miles away and only days before the earthquake in Fukushima, Healing Touch Program was being introduced for the first time in Kyushu, the southern island of Japan. Along with two Level 1 classes, Rumi Hashimoto, MSN, RN, HTCP/I, taught the first HTP Level 2 class which was finishing just as the earthquake struck on March 11th. "Although we were not directly affected by the earthquake, we all felt and continue to feel its enormous impact on our families, friends and community. As we build the Healing Touch community in Japan, I hope it will serve as one of many avenues of support as the country heals from this tragedy," said Hashimoto.

This spring, the classes were taught in traditional Japanese-style tatami (straw mat) rooms with students experiencing Healing Touch on floor cushions. Tatami rooms continue to be used in Japanese homes as places for dining, sleeping and gathering. Students learned how to facilitate a Healing Touch session in this familiar environment, helping them to immediately incorporate this work into their daily lives. "I was touched by the humility and innate respect the Japanese have for each other. I believe the Japanese culture embraces the core

essence of Healing Touch," said Hashimoto after completing the Level 1 class.

The recent successes of *Healing Touch Japan* is due in large part to its first official coordinator, Yuko Nakao, RN. Yuko, a nursing instructor, coordinated all three classes this spring and will coordinate more classes in Japan this summer. "We are honored and excited to have a dedicated coordinator who is genuinely interested and committed to the growth of Healing Touch in Japan. She continues to show her willingness to learn and grow through her study of Healing Touch," said Katrina Shibata, MPH, CHES, founder of Hashiba Institute. *Healing Touch Japan*, which began in 2010, is an ongoing project of the Hashiba Institute. The goal of *Healing Touch Japan* is to support the long term growth and expansion of Healing Touch Program in Japan while promoting international exchange and cultural understanding.

In addition to the HTP classes being offered, Healing Touch was introduced at the inaugural Conference of the Japanese Holistic Nurses Association and at the Kyushu-Okinawa Caring Islands Seminar sponsored by Fukuoka University.

Hashiba Institute will return to Japan in late July/early August to continue offering Healing Touch classes. Level 1 and Level 2 classes are currently being scheduled throughout Japan. The

*continued on page 7*

Institute is collaborating with such well-known universities as Gunma University and Meiji University of Integrative Medicine to offer future Healing Touch classes.

For the most updated schedule of classes for Healing Touch Japan, visit [www.hashibahealth.com](http://www.hashibahealth.com).

About the authors:



Rumi Hashimoto, MSN, RN, HTCP/I, a Japanese native, currently lives in Long Beach, California and holds nursing licenses both in Japan and the U.S. Rumi received her basic nursing education in Japan and later completed her graduate degree in nursing at UCLA. She is a full-time member of the faculty at Golden West College School of Nursing and co-founder of the Hashiba Institute where she explores ways to promote self-sustainable health through education and community building. With over 15 years of experience in Healing Touch, she teaches both Level 1 and Level 2 classes at the Institute in Long Beach, California.



Katrina N. Shibata, MPH, CHES, a third-generation Japanese-American, grew up in Southern California before working as an educator in Japan's public school system. During her time in Japan, she spent one year on scholarship, researching Japanese medical history and the Japanese medical system. Katrina is a Certified Health Education Specialist and co-founder of the Hashiba Institute. She is also a student of Healing Touch.



Above: Healing Touch students in Japan during a Level 1 class.

## Go beyond Mindfulness to The Power of Your Awareness...

### **The Power of Your Awareness Webinar**

Instructor: David J. Fiala, MSSA, LISW

Integrating the mind, body, and spirit in a conceptual and experiential manner, this seminar offers a holistic approach to living, enabling you to significantly increase your awareness of life.

You'll learn practical life skills that will give you the foundation to overcome even the most challenging situations. Detailed explanations and videos will provide you with the necessary theory and practical demonstrations to assist you in your learning.

The seminar places great emphasis on living life from the perspective of "I can do this. I can do whatever it takes!"

[Click here](#) for more information or to register now through the Healing Touch Program website

# From the formal classroom to the barrio, Healing Touch is taught and practiced in over 34 countries around the world.

Many practitioners and Instructors volunteer in spreading the light of healing touch in impoverished areas to those in need. Healing Touch is a “universal language” and can be communicated across cultures. Learning the tools of Healing Touch gives one the means to provide healing for others within their community. This issue of Energy Magazine is dedicated to all those who are bringing Healing Touch to the world.





# Healing Touch Around the World



Here are a few updates from some of our international instructors who are teaching Healing Touch in:

**Australia** - HTP recently had a conference call with Barbara Rogers HTCP/I and Monica Neubauer HTCP/I from Australia. Monica is a PhD nurse and a member of the HTP Ethics Committee. Both she and Rosemary Stewart, HTCP/I will be at this year's Healing Touch Worldwide conference to represent Australia, so please be sure to meet and greet them if you are coming to conference. Australian classes have been on the small side, but this amazing team of HTCI's are a powerful bunch and are inspired to grow HTP in Australia. If you are planning a trip there, or would like to play a supportive role in their growth, please contact them and offer your support. Ainslie Allison, an HTP Level 6 graduate from last November is working toward her HTCI and will hopefully join the ranks of HTCI's in Aus soon!

**Canada** – Lisa Mentgen Gordon and Cynthia Hutchison met with Canadian instructors by teleconference on March 30. Many of them attended the Canadian HT Conference in April of this year. Cynthia has had the opportunity to go to Canada a few times per year for teaching and events, which she always looks forward to and enjoys tremendously. HTP is now in a good position to better support our Canadian neighbors, eh?

**Germany** – Ines Hoster is spending the next several weeks teaching in Germany and supporting the handful of German HTCI's and Instructors in Training. She has been doing this for fifteen years and is quite a powerhouse of energy and love. Ines is co-lead instructor for Level 3 of the HTP Curriculum Committee along with Sr. Rita Jean Dubrey. Thank you Ines!

**Japan** – The momentum of Healing Touch in Japan is continuing to grow. In early March, Rumi Hashimoto, MSN, RN, HTCP/I, offered three Healing Touch classes in southern Japan through support from the Hashiba Institute (based in Long Beach, Ca). The Level 1 and Level 2 classes were taught entirely in Japanese in traditional Japanese-style rooms. In addition, on-going practice groups have already been established to support the enthusiasm of Healing Touch students in Japan. Healing Touch was also introduced, through presentations by Hashimoto, at the Japanese Holistic Nurses Association Inaugural Conference and the Kyushu-Okinawa Caring Island Seminar earlier this year. More Healing Touch classes are already being scheduled for later this year. Congratulations Rumi!

**Mexico** – Connie Silva has been teaching Levels 1-5 in Mexico to nurses at one of their universities. Connie is looking for bi-lingual HTCP's and HTCI's who are willing to help read Spanish certification packets or mentor students. She is building the Mexican HTP community and would also appreciate your prayers and support in this endeavor. Connie graciously translated the Level 1 Technique Review Cards for us, which became a new HTP product as of 2010. Thank you Connie! If you would like to get in touch with Connie, her email is: [subtle-energies@sbcglobal.net](mailto:subtle-energies@sbcglobal.net).

**Nepal** – Aparna Bhatta is a ball of energy and gets things done. She loves Healing Touch and completed Level 5 while living in the United States. Recently she became the only Certified HT practitioner and instructor in India and Nepal. She has started 3 clinics and a school. Aparna has already taught several Level 1 Healing Touch classes since becoming certified as an Instructor (just month's ago) and is excited about spreading Healing Touch throughout Nepal and India.



Experience the 4 anchors of Conference!

 *Science  
& Research*

 *Practice Building*

 *Self Care*

*Spiritual Growth*  


Choose the right balance for your personal growth and learning.

Register today.



**Healing Touch Worldwide Conference 2011**  
August 25th - August 28th, 2011





# Spontaneous Evolution: A Universal Love Story

By Dr. Bruce H. Lipton and Steve Bhaerman

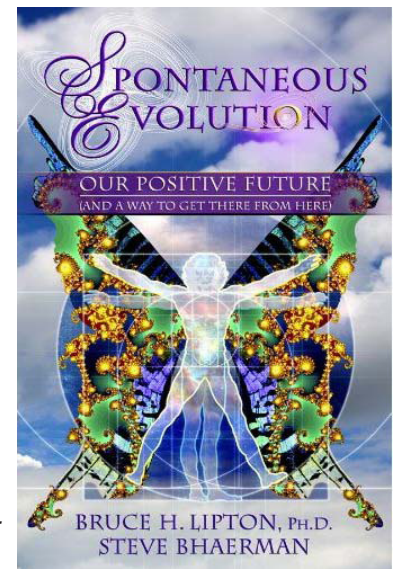
**T**he story of evolution is a love story. A love story for the entire Universe -- you, me, and every living organism.

Act I opened billions of years ago when a wave of light from the sun collided with a particle of matter. That spark of love between Father Sun and Mother Earth gave birth to a child on this blue-green spheroid. That precocious child, called *life*, has made Earth its playground ever since, multiplying into an endless array of magnificent forms. Some of those forms are with us today, but many more have become extinct and will never be known.

The curtain rose on Act II of this love story some 700 million years ago when certain *single-celled organisms* decided they'd had it with the single life. Realizing they could not live alone, they turned to one another and said (in whatever primal language single cells speak) "Baby, I need your lovin'." And thus, the *multicellular organism* was created.

Act III began over a million years ago when multicellular organisms evolved into the first consciously aware *humans* to arrive on the scene. With consciousness, life was able to observe itself, reflect, and create its own future. Life could experience and appreciate love and joy. Life could even laugh at itself and, eventually, come to write articles like the one you are now reading.

Act IV traces the evolution of *human clans* who joined forces and carved the globe into nation states. At the present time, we find ourselves near the closing moments of this act, wondering if the play ends here, like a Greek tragedy that always ends badly. Looking at our chaotic world of human dysfunction and environmental crisis, we seem to be headed for an inevitable train wreck. Fortunately for us, the Greeks also had five-act plays; these were comedies filled with laughter, joy, happiness, and love.



Our book, *Spontaneous Evolution*, is a story about how we can safely navigate from Act IV to Act V. The good news is that biology and evolution are on our side.

Inherent within all living organisms is an innate drive to survive, known by science as the *biological imperative*. Contrary to what conventional science and religion have been telling us, evolution is neither random nor predetermined, but rather an intelligent dance between organism and environment. When conditions are ripe—either through crisis or opportunity—something unpredictable happens to bring the biosphere into a new balance at a higher level of coherence.

While we often perceive of examples of *spontaneous remission* as miraculous healings that happen by the grace of God, looking a little deeper we see something else at work. Quite often these fortunate individuals actively participate in their own healing by consciously or unconsciously making a key, significant change in their beliefs and behaviors.

So here is the bad news and the good news. The story of human life on Earth is yet to be determined. If there is to be an Act V, it will depend on whether we humans are willing to make changes in our individual and collective beliefs and behaviors, and whether we are able to make these changes in time.

For millennia, our spiritual teachers have been pointing us in the direction of love. Now science is confirming that ancient wisdom. We and all cells are collectively in the body of an evolving giant super-organism we call *humanity*. Because humans have free will, we can choose to either rise to that new level of emergence or, in the manner of dinosaurs, fall by the wayside.

Like it or not, our future depends on the choices we make as a species.

*continued on page 12*

## All You Need Is Love – Really!

From Jesus to the Beatles, we humans have spent the past 2,000 years hearing -- and resisting -- the message of love. Perhaps now that science is echoing ancient wisdom in this regard, we might actually heed the message. That, and the inconvenient fact that our survival depends upon it.

Thanks to the current paradigm of scientific materialism, most of us believe (if not consciously, than unconsciously) that life is a dog-eat-dog rat race, a dire competition where only the most fit survive. However, science now tells us that this Darwinian view is distorted. In actuality, environments survive and evolve as systems. Whatever helps to balance that system thrives, while that which does not fit falls by the wayside. Thus, the real evolutionary principle is “thrival of the fittest.”

Our planet is facing what scientists are calling the Sixth Great Extinction. The other five were apparently caused by objects from outer space. This time, the culprit comes from “inner space” – our own invisible beliefs that have spun us outside the web of life. Beginning with monotheistic religion telling us that we humans are superior and apart from other creatures on the planet, exacerbated by scientific materialism insisting human technology has the power to “conquer” nature, we have focused so heavily on our fitness as individuals, we have failed to recognize that our fitness as a species is up for examination.

All the current markers tell us that we are in danger of flunking third dimension.

However, the most transformational tool in our human toolkit – and the one we have largely ignored for the past two millennia – is love. This love we are talking about is not some mushy-gushy sentiment, but the glue that holds our world together. According to Dr. Leonard Laskow, a surgeon who discovered his own innate ability to heal with love, writes in his book [Healing With Love](#), “*Love is a universal pattern of resonant energy.*” In this sense, two or more tuning forks vibrating together are in love with each other, just as two or more humans can resonate in a palpable field of connectedness, joy, and even ecstasy. Love, he said, “*is the universal harmonic.*”

## Love and Evolution

If indeed love is a resonant harmonic, then a case can be made for evolution being the evolution of love itself. From the first spark of life ignited by the wave of light impregnating the particles of matter on Earth, every stage of evolution has involved two things -- greater connection, and greater awareness.

While we should beware of anthropomorphizing cells – they *hate it* when we do that – in a very important sense, when single cells joined to become multi-cell organisms, they “surrendered” to a higher level or organization, and “agreed” to live in harmony. In other words, love.

The same has been true of individuals affiliating in tribes, and tribes affiliating as nations. At each stage, individuals (or groups of individuals) have become *aware* of how *connecting* in community would enhance their well-being. Taking a cue from the Iroquois Nation, America’s founders designed a system where individual states gave up their right to arm themselves against one another. Think for a moment what it would have meant for states to have armed borders, and the inevitability of a border skirmish. Certainly, America’s prosperity has been due in part to not having to spend precious resources defending against other Americans.

On a worldwide scale, imagine what we could do with the trillions of dollars we spend on weaponry. Certainly, an argument can be made that while the vast majority of us may be peace loving, we would still have to defend ourselves against those who are not. This is true. However, we are all too commonly mobilized by our “leaders” against a perceived enemy, when in actuality the true “enemy” is the field of beliefs that reinforce an absence of love – and those who mislead and manipulate that field.

At this next phase of evolution, this new super-being called Humanity must emerge from individual awakening, rather than be imposed from the top down as some kind of “new world order.” By the time you finish *Spontaneous Evolution*, we hope you will have a better understanding of past programming, current knowledge, and future possibilities. Most importantly, you will see how all of us can change our programming, our own and civilization’s, to create the world we have always dreamed is possible.

*continued on page 13*



*Spontaneous Evolution* introduces the notion that a miraculous healing awaits this planet once we accept our new responsibility to collectively tend the Garden rather than fight over the turf. When a critical mass of people truly own this belief in their hearts and minds and actually begin living from this truth, our world will emerge from the darkness in what will amount to a *spontaneous evolution*.

Adapted from *Spontaneous Evolution* by Bruce Lipton and Steve Bhaerman (Hay House, 2009). All rights reserved. To find out more about Spontaneous Evolution, please go to [http://www.wakeuplaughing.com/SponEvo\\_Info.html](http://www.wakeuplaughing.com/SponEvo_Info.html).

About the authors:



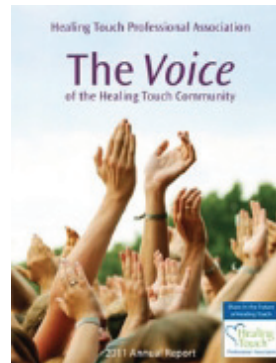
Steve Bhaerman is an internationally known author, humorist, and workshop leader. For the past 23 years, he has written and performed as Swami Beyondananda, the “Cosmic Comic.” Swami’s comedy has been called “irreverently uplifting” and has been described both as “comedy disguised as wisdom” and “wisdom disguised as comedy.” Since 2005, Steve has written a political blog with a spiritual perspective, Notes From the Trail, hailed as an encouraging voice “in the bewilderment.” His latest book, written with cellular biologist Bruce H. Lipton, PhD is *Spontaneous Evolution: Our Positive Future and a Way to Get There From Here* (Hay House, 2009). Steve is active in transpartisan politics and the practical application of Spontaneous Evolution. He can be found online at [www.wakeuplaughing.com](http://www.wakeuplaughing.com).

**Steve Bhaerman will be a keynote speaker** at this years **Healing Touch Worldwide Conference** in San Antonio, TX on August 25th-28th. [Click here](#) for more details.



Bruce H. Lipton, PhD is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences.

## You Are Invited to Review The HTPA Annual Report



We have grown so much and offer many wonderful benefits but our most important function is that we give VOICE to the Healing Touch Community.

The HTPA Annual Report can be viewed as a Digital Booklet (which is really cool!) by [clicking here](#) or by a standard PDF ([click here](#))



Professional Association

HTPA is now sponsoring 2 monthly support calls:

1. “Let’s Chat About Healing Touch Stories and Practice Issues”
  - held on the last Monday of the month 9pm EST the next call is on **July 25, 2011**
2. Monthly Business Support Conference Calls
  - held on the 2nd Tuesday of each month 9-10:15pm EST the next call is on **Tuesday, July 12, 2011**
  - “Growing A Professional Practice From The Inside Out” With David J. Fiala, MSSA, LISW

[Click here for more information or to register online.](#)

# Traumatic Stress Relief Team: Creating Safety in the Midst of Chaos

By Kathy Allan, RN, HN-BC, HTCP/I, SEP

**E**nergy Magazine's March 2011 issue contained a great article by Christina Brugman about how we can prepare ourselves to survive in a disaster situation. She is so right when she says that it is not a question of whether or not a disaster is going to strike. It is a question of when or where it is going to strike. Her article stressed that by being prepared, knowing what to do, and having a plan of action improves our ability to survive and to be of service to our communities. When we create a plan of action that will ensure safety for ourselves and for our families, we are physically free to turn our attention to helping others.

There is something else we need to consider, and that is -- the effect that a disaster can have on us physiologically. Knowing how to create safety in our nervous systems in order to manage our internal response to threat is as important as knowing how to create safety in our external environment. We need to have an internal plan of action that will serve us well in any situation that involves traumatic stress, whether it comes from natural disasters, war, violence, accidents and even medical or surgical procedures. We need to learn how to work with our bodies in order to reduce the level of nervous system activation that comes from an experience of overwhelming traumatic stress.

I have been interested in the field of traumatic stress for years and in 2000 I began my studies in Dr. Peter Levine's Somatic Experiencing® program. It is a three-year program designed to teach professionals how to work with post-traumatic stress.

I was living in Santa Fe, NM at the time and was enjoying the community, the culture, the art, the land and the clear blue sky. Then on May 4, 2000 a disastrous fire broke out 35 miles northwest of Santa Fe in the forest around the city of Los Alamos. By the time it was extinguished, almost fifty thousand

acres had burned in and around the nuclear weapons production and waste storage facilities at the Los Alamos National Laboratory (LANL).

Officials from LANL assured everyone that the buildings that housed the nuclear materials were safe and would be protected from the fire but fear that nuclear materials might burn spread throughout the community. It was rumored that the smoke from the fire had radiation in it - plutonium and uranium to be exact. It seems that during the making of the atomic bomb in Los Alamos in the 1940's, scientists dumped excess radioactive materials onto the ground behind their laboratories. (The Center for Disease Control and Prevention (CDC) recently found that the soil surrounding LANL may contain as much as 100 times more plutonium than was previously estimated.) (1)

The plants and the trees absorbed some of this radiation and the fire released it into the environment. The smoke plume was twenty thousand feet high and could be seen from outer space over northern New Mexico, southern Colorado, Oklahoma and Texas.

There was no fire in Santa Fe and I was physically safe but my nervous system went on high alert. I was ready to flee at a moment's notice. I had trouble concentrating, sleeping and eating. I was shaking inside and, like most people who deal with potentially life-threatening situations, I discounted and minimized my distress. I did not realize that I was stuck on the freeze position of Fight/Flight/Freeze.

With the help of my friends, I realized that my nervous system needed to remember how to regulate itself in order to become unstuck and release the activation in my body. I did some Somatic Experiencing (SE) exercises and felt myself come back into my body with a sense of calm - without any anxiety. When this happened I was able to turn my attention to being of service in the community.

There were major gaps in information coming from Los Alamos.

*continued on page 15*



The official response was that no radioactive or hazardous materials were released. But independent monitoring later revealed that there was 30 times the normal radiation level in the environment.

One thousand fire fighters from all over the country fought the fire and when it was contained they returned to their homes. Many residents from Los Alamos returned to their homes and life in the surrounding communities returned to normal. But I could not stop thinking about the firefighters who fought the fire without masks to protect themselves or the people down wind from the fire who were exposed to radiation from the smoke. How could they be helped? What could our little Santa Fe Healing Touch group do?

Rose Marie Tsigowanu-Tun, a Native American nurse in our Healing Touch group, lived at San Ildefonso Pueblo, which was immediately downwind from Los Alamos and the most affected by the contaminated smoke. At her request, we decided to start a Healing Touch clinic there. She set up a meeting with the elders to get permission for the clinic. Our group did a presentation to the San Ildefonso community and the elders gave us permission to start the clinic. Rose Marie's family had an empty three-bedroom house on the Pueblo and we were able to use it as our clinic.

We decided that radiation exposure needed powerful and frequent Healing Touch treatments to keep the body's vibration at a healthy wellness level. Rosalyn Bruyere, in her book Wheels of Light, says that radiation lowers the vibration of the body and that this is what can cause malignant growth later on. She suggests doing a whole body chelation that includes the liver and the kidneys and to balance the brain. (2)

The thought of having to work on so many people was daunting. Many in our group had full time jobs and had to travel long distances to get to the clinic. We were afraid that they would be too tired to be able to run a high vibration of energy so we decided on a team approach to healing. There were five or six practitioners on each team and we spent an hour with each client including the intake, treatment, post treatment debriefing and recommendations for continued healing. Looking back on it, I realize that it was rather chaotic because we did not use any method or technique. We simply and independently put our

hands where we felt called to work.

The clinic was a success, the clients loved it and our Healing Touch group felt the sacredness of working as a team. We worked in our little clinic every week for about two months. Then we had a visit from the Medicine Man who had some very serious concerns. Our group was not Native American, the clinic was next to the Kiva where they do sacred ceremonies, we were doing "strange" healings, we were women and we were there after dark. He requested that we discontinue our clinic so we honored his request and left. It was so sad to see it end.

I went on to complete my trauma studies and moved back to San Diego. I did not give up on the team healing approach and introduced a new improved version of team healing to the San Diego Healing Touch community. Even though this was an improvement, it was still a little chaotic and did not adequately address the challenges of working in disaster situations.

Natural disasters are happening at an alarming rate. Radiation exposure is everywhere now. It can come from nuclear power plants, radiation treatment for cancer, CAT scans, PET scans, mammograms, x-rays, airport screening, cell phones, computers, microwave ovens and more. Traumatic stress is so pervasive that it has grown into a public health problem.

My challenge has been to create a way of working that would enable practitioners to treat large numbers of traumatized people and avoid becoming traumatized themselves, i.e. secondary traumatization. How can we increase the effectiveness of Healing Touch treatments, decrease the amount of time needed for a treatment, teach practitioners how to work in unison with other practitioners while incorporating other modalities, and very importantly, make Healing Touch affordable for everyone? The new version had to do all of these things and it had to flow simply and effortlessly.

The good news is that the latest version of the Team Healing Technique does just that. We tested it at the California Association of Healthcare Facilities RAP Conference on April 21, 2011. Twelve volunteers from the San Diego Healing Touch community were able to treat seventy-seven clients in a two-hour span. All of the clients loved their treatments and the practitioners were excited to be working in this manner.

*continued on page 16*

I am looking forward to sharing the new Team Healing Technique with you. I will be presenting a one day post-conference workshop at the Healing Touch Worldwide Conference in San Antonio on Monday, August 29. The workshop is called - **Traumatic Stress Relief Team: Creating Safety in the Midst of Chaos**. [Click here](#) for more details. I hope you can make it.

1. Concerned Citizens for Nuclear Safety, New Mexico's Right to Know: The Impacts of Los Alamos National Laboratory Operations on Public Health and the Environment, <http://www.nuclearactive.org/docs/RighttoKnow.html>
2. Bruyere, Rosalyn, Wheels of Light, A Study Of The Chakras, Bon Productions, Arcadia, CA 1992 pp 220, 221

About the author:



Kathy Allan, a Healing Touch Certified Practitioner and Instructor, is a Board Certified Holistic Nurse who has been a leader in the American Holistic Nurses Association. She teaches Healing Touch nationally and started two popular Healing Touch Clinics in San Diego and two in New Mexico. She is a former faculty member of Beyond Ordinary Nursing where she taught Integrative Imagery, a form of imagery that allows the client to dialogue with their images and receive guidance. Kathy is also certified in Somatic Experiencing, a natural approach used to treat Post Traumatic Stress Disorder. She is the originator of the Team Healing Technique and has written articles on the use of Healing Touch for specific conditions. Kathy has a private practice in San Diego, CA.

# Healing Touch Regional Conferences

Regional conferences are a wonderful way to connect with your local Healing Touch community. Sharing knowledge and experience with other practitioners and instructors from your region is very valuable in supporting your work. Take advantage of these regional conferences in your area.



**3rd Annual Eastern Regional Conference**  
Best Western Airport Inn, Albany, New York  
October 28-29, 2011

Check out the [Regional Conference Website](#) for all the details and to register.



**West Coast Regional Conference**  
Ramada Inn, Portland, Oregon  
November 4-5, 2011

Details for the [West Coast Regional Conference](#) will be coming soon.

# Essential Energy

## with Cyndi Dale

by Cyndi Dale

### Healing The World: An Essay On Inconvenience

The other day, right after school, my son, Gabriel, quite surprisingly invited me into his room.

“Mom, can I talk to you? Like in PRIVATE?”

Since only the dogs and myself currently occupied the house, I guessed what was up, right away. Pre-teens don't confide in the “sometimes enemy” unless there is money to be made or a problem to fix.

I listened to him stumble around, while stifling a laugh.

“Well, it's like this. There was this football someone *inconveniently* threw at me when I was standing next to this kid, Wade, who is pretty much half my size, and an even more *inconvenient* huge mud puddle next to him. Then Colin rather *inconveniently* barreled into me and Wade was wearing new clothes and the teacher found out.”

“Let me guess,” I said. “*Inconveniently*, you got into trouble.”

After sorting through the difference between a demerit and a behavioral slip (apparently Colin was “guiltier” than Gabe and had to stay after school, while Gabe only had to have a parent sign a paper), I began to think about how many world issues start with “inconveniences.”

We are a people at war within ourselves. Our dissatisfactions frequently lead to the reason that organizations like Healing

Touch exist. There is enough food for everyone on this planet still - thousands starve to death each minute. There is enough medicine to stop, aid, or cure most communicable diseases yet - millions suffer constantly and needlessly. There are enough words of love in our religions and spiritual disciplines yet - hatred is the most popular emotion.

Healing Touch is responding by going even more global than it already has. I want to commend every member of Healing Touch for offering grace on such an extended basis. The truth is that this world needs every bit of light we can muster—no matter how “inconvenient” it is to reach beyond our comfort zones and do more, even while most of us are struggling with less. True change only comes, however, when we are willing to be inconvenienced for good.

I think it is ironic that most of the infractions behind the need for global outreach started with inconveniences, or, one party feeling discomforted by another. Did you know that the Middle East dilemmas originated with jealousy and resentment, emotions that are often so inconvenient, we don't like dealing with them? Today's religious and political hardships began when Abraham's wife, Sarah, excommunicated her handmaiden, Hagar.

Although God had promised Abraham a son by Sarah, Sarah got tired of waiting and offered Hagar to Abraham. Ishmael was conceived. After birthing her own child, Sarah found Hagar's presence rather inconvenient. Abraham did not want to deal with the friction, and so Hagar and Ishmael were sent away. Thus began the chasm between the Judaic/Christian tribes and the Islamic nations.

*continued on page 18*



The horrors of the Holocaust started within the twisted mind of Hitler, who considered the Jewish people to be “inconvenient” to the rising of the German people. And was it “inconvenient” for the Western world to not stop the murder and killing until they were affected?

It can seem inconvenient for certain world leaders to pass money and medicine onto the lower classes -- for some insurance companies to cover the lesser blessed -- for me, Cyndi Dale, to always help clients that might not have the means to pay my typical rates. It can even be inconvenient to be a healer, can't it? It is not always fun to deal with the emotional and spiritual dilemmas.

As Healing Touch spreads around the globe, I want to commend its participants for looking beyond and through the seeming inconveniences of helping others—those who are less fortunate, who speak a different language, who are challenged by needs different than our own. Healing Touch is, in fact, a group of emissaries holding the light in order to awaken more light.

My own emissary of light, Gabriel, eventually understood that he had to move beyond his own attitude that getting in trouble was inconvenient. He called and apologized to the boy pushed into the mud puddle, thereby initiating relational healing between him and Wade, but also inside of his own heart. My take-away was this:

The more often we do what is right, even when it is inconvenient, the greater our own healing.

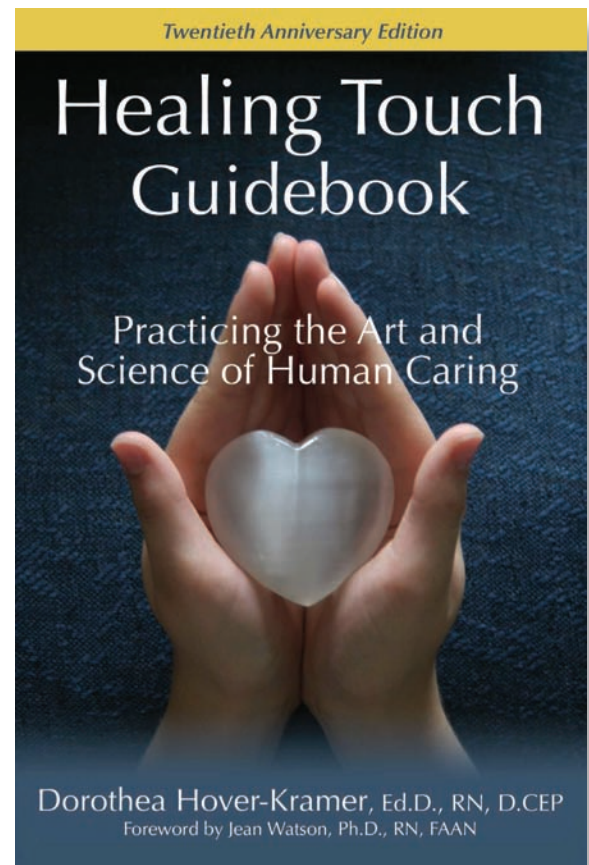
#### About the author:



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

more about Cyndi, her work, books and products please visit: [www.cyndidale.com](http://www.cyndidale.com)

© 2011 Cyndi Dale/Essential Energy • All Rights Reserved



*“Healing Touch Guidebook provides Janet Mentgen’s vision for a healing modality that is now part of the recognized field of Energy Medicine. Dorothea is a master communicator as well as a wise, founding elder in the practice of energy therapies. The work is written from a comprehensive body-mind-spirit perspective that expands the existing science and art of Healing Touch. It offers new insights for practice, education, and research with guidelines to bring the modality to the forefront of healthcare.”*

—**Barbara Dossey**, PhD, RN, AHN-BC, FAAN, Author, *Holistic Nursing: A handbook for practice* (5th ed) and *Florence Nightingale: Mystic visionary, healer*.

**Order your copy today through the**  
**Healing Touch Store**

# Professional Development Series

## Case Management Equates to Safe Practice in Energy Medicine

Professional Development for Healing Touch and Energy Medicine Practitioners

As our professional careers in energy practice continue to rapidly develop and we become more exposed to mainstream regulations of professionalism, Healing Touch Professional Association (HTPA) is called to continually establish new ways to support you and help you protect the practice and career you love. We are committed to providing benefits and tools for your growth and success. We offer this monthly column for your use - personal and/or business. We encourage you to print it and share with your colleagues, students and/or clients. To learn more about HTPA and its many other benefits, please visit [www.HTProfessionalAssociation.com](http://www.HTProfessionalAssociation.com)

Good practice procedures in Energy Medicine include obtaining a signed Informed Consent form from a client along with pertinent client information, insurance information if appropriate and setting up a client file. The client file will contain all documents pertaining to the client and allow the practitioner to provide excellent Case Management.

When new clients are added to a practice it is good practice to have the client fill out forms about their personal medical history and to document the reasons and conditions for which they are seeking treatment. It is also good practice to have the client sign a [Informed Consent Form](#) to document that they know what practice and services the practitioner will be providing. Many practitioners use documentation forms specific to their modality as they interview and “assess” the client for the first time. ([Documentation forms](#) can be found on the HTP website) After the treatment is concluded, practitioners speak with the

Sponsored by



client to get feedback and document what the client experienced and how they are now feeling. It is helpful to use some measurement tool like a pain scale before and after the session to capture their experience. In addition, recommendations may be made for the client to practice at home and/or to seek other professional help which should be documented as well. Each of these documentations assists the practitioner in managing their individual client's progress and experience. They also serve to protect the practitioner should there be a need to explain or review what occurred while working with a client.

Many Energy Medicine modalities, like Healing Touch have [brochures](#) that can be given to the patient which outline what the patient can expect when receiving a treatment. Some practitioners prefer to create a brochure and tailor it to their individual practice as they may use more than one modality in an individual treatment. These brochures are excellent marketing tools in addition to explaining what to expect to the new client. They can also be given to existing clients who wish to explain the treatment they received to others or to introduce it to a family member or friend they think would find benefit from the treatment. Word of mouth is one of the most common ways that practitioners obtain new clients.

Sadly and thankfully rarely, something goes amiss. Even though our best efforts and intentions are put forth every day,

*continued on page 20*

misperceptions are real and a client could perceive the practitioner has caused them “damage” in some way or accidents happen, like a slip and fall. Having good clear documentation is key to safe practice and will be important if a client comes forth with a complaint or experiences an injury while in a practitioner’s care.

One of the fundamental pieces for practitioners to protect their practice and their clients is obtaining Professional Liability Insurance. Although a practitioner may be covered by Liability Insurance through an employer usually this coverage does not include coverage for a private practice outside of the employment hours. This insurance protection provides a “safety-net” should a complaint be brought against a practitioner or a client is injured and a suit is filed.

Professional Liability Insurance coverage is now expected of practitioners when they are practicing in clinics (even as a volunteer); when sharing an office space with other professionals or working within a healthcare setting. It is understandable why this is so. Also, if practicing in a home setting most homeowners’ insurance does not cover a practice provided in the home.

Professional Liability Insurance provides protection from the unexpected and unforeseen occurrence. It provides peace of mind to everyone, practitioners and clients. Fortunately, because Energy Medicine practice has rare to no side effects, legal suits are practically non-existent and therefore Liability Insurance coverage is very affordable.

When practitioners let their clients know they carry Professional Liability Insurance it raises their practice professionalism. Although neither the practitioner nor the client anticipate that it would ever be used, it indicates that the practitioner has taken their business seriously and protected everyone involved.

The gift that practitioners give through their practice of Energy Medicine is one that changes the world. **Good Case Management** establishes professional practice that allows this gift to be shared safely into the future.



The Divine Mentoring Program  
 “Become an Energy Healer, with ease”

**Victoria F. Stewart, HTCP, HTACP**  
[www.energytherapyspecialist.com](http://www.energytherapyspecialist.com)  
 443.454.9018

My philosophy as a mentor is to work personally with you to make certain that your package is complete and meets all the requirements for a successful certification.

T H E I N S T I T U T E O F  
 Spiritual Healing & Aromatherapy



Offering Two Healing Pathways



**The Healing Touch Spiritual Ministry Program**  
 Leading to a National Certification  
 as a HTSM Practitioner



**AROMATHERAPY PROGRAM**  
 Leading to a National Certification  
 in Clinical Aromatherapy

Contact our office for a brochure or go to our website for more information

(303) 467-7829  
 Staff@ISHAhealing.com or  
 Staff@HTSpiritualMinistry.com

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



# Would you have \$28,000\* to cover a slip and fall TODAY?



With Professional and General Liability Insurance for your Energy Medicine Practice you can let that worry go.

\*According to the National Safety Council the average slip and fall claim can cost a practitioner as much as \$28,000.

**Do I need to have Liability Insurance for my Energy Medicine Practice?** This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there's always some risk that someone with whom you interact will be dissatisfied. Professional Liability Insurance protects you against covered claims arising from real or alleged claims in your work.

Professional and General Liability Insurance available through  
[www.HTProfessionalAssociation.com](http://www.HTProfessionalAssociation.com)



# Healing Touch Advanced Practice 1 and 2

by Ginny Thorndike, Ph.D., HTCP

“Just say “YES” to these classes if you want to give yourself something really special and memorable.”

-Debby Stein, HT Apprentice

The winter weather gods were kind, allowing us to uneventfully convene at the Baltimore Washington Medical Center in Glen Burnie, MD for our Advance Practice 1 and 2 classes January 29 and 30, 2011 coordinated by Nancy Lester, HTCP/I and taught by Cynthia Hutchison, Program Director of Healing Touch Program™. Once there, Great Mystery enveloped us.

Most of us chose to take both classes back to back. They are very different and, at the same time, complementary. AP 1 offers five techniques that are powerful and versatile additions to one's practice **Full Body Connection**, **Central Core Balance**, **Pyramid Technique**, **Double Hand Spinal Balance** and **Sacred Chakra Spread**. These techniques may be used to address a broad range of client needs within the scope of a typical session. AP 2 offers a comprehensive **Trauma Release** protocol that requires approximately one-and-a-half hours to complete and which the practitioner and client typically discuss and schedule in advance.

Previous contributors to Energy Magazine have focused on AP 2, the **Trauma Release** (See the citations at the end of this article.) The five AP 1 techniques have been so valuable to me professionally and personally that I feel it is appropriate to underscore how powerful they are. (I first took AP 1 and 2 with Cynthia in April, 2005.) I'll focus on three: the **Full Body Connection**, the **Pyramid Technique**, and the **Central Core Balance**.

The **Full Body Connection** complements and feeds my interest in energy anatomy. This technique includes connecting the ma-

ior and the minor chakras as we are do in the **Chakra Connection** taught in Level 1, but it also includes sending energy to the reproductive organs, liver, spleen, lungs, face, and adrenal glands. Since we are taught to follow the energy, I sometimes find myself including other organs or body parts as I am guided or sense the needs of my clients. Recently Spirit guided me to connect the heart and the brain of a client who suffers from fibromyalgia.

The **Pyramid Technique**, too, has been very relevant to my development as a healer. This technique was critical in helping me develop an awareness of the etheric grid structure essential to Level 3 techniques. Perhaps it reawakened in me an enjoyment of geometry. I use it often when I sense that my clients need structure in their fields. The **Pyramid Technique** also played a key role in my personal development -- introducing me to three-dimensionality in my own field. I still have a long way to go -- I do so love the journey.

Finally, a word about the **Central Core Balance** that illustrates the magic of repeating Healing Touch classes. In the last year, three clients with fibromyalgia have manifested in my practice. I am learning how difficult a dis/ease process this is. Reviewing the **Central Core Balance**, to which fibromyalgia responds, was a special and timely gift from the universe. My understanding of the technique and enthusiasm for it has deepened. When I used the **Central Core Balance** a few weeks later with a fibromyalgia client I was in awe of the energy. During the **Full Body Connection** component, the message I intuited from my client's heart chakra was, "I am sore afraid. I am overwhelmed." With such clear guidance I knew which chakra was compromised! So during the **Central Core Balance** I balanced her heart chakra with the other chakras. Three days later, my client reported that her pain was greatly diminished.

*continued on page 23*

As you will see from classmates' comments below, AP 1 and 2, like all HTP classes, operate on two levels -- professional and personal. While expanding our knowledge base and clinical energetic competency, they also enhance our personal healing journey.

*"After learning the techniques of the Healing Touch Program Levels 1-5, I yearned to expand and deepen my understanding and practice. The Advanced Practice 1 and 2 classes served me well."* Holly Miller, HTCP.

*"The presence of Love, knowledge and experience in both of these classes immediately set me on a path of learning, shared love, tranquility and balance. Cynthia facilitated the learning experience with great care and wisdom -- making it easy to absorb the knowledge she was imparting and to feel it's special magic. These are truly special classes that offer the chance to learn more about yourself as a healer and the practice of healing from gifted teachers, as well as, from knowledgeable and experienced peers."* Debby Stein, HT Practitioner Apprentice.

*"The experience of AP 1 and 2 was incredibly sweet. The sacred space of these workshops created and facilitated the healing which took place within me and others who attended. The practitioners who did my **Full Body Connection** with **Trauma Release** were so present to the process, creating a deep transmutation."* Jonna Climie, HTP.

*"The healing I received during my AP 1 and AP 2 classes was incredible compared to the time and investment. To be back in the circle with accomplished Healing Touch Practitioners, as well as, other students and Apprentices on their journey was a beautiful energetic exchange and experience. The healing I experienced myself was absolutely incredible."* Jeanne Yancer, HTCP

Let me close by inviting my Healing Touch colleagues to say "YES" -- more than once -- to AP 1 and 2.

About the author:



Ginny has a part-time private practice as an Integrative Wellness Educator and Life Coach. She works with individuals, couples, and small groups to enhance the awareness and use of complementary modalities for self-care and to achieve goals. She is a Healing Touch Certified Practitioner and sound healer.

- footnote** - Energy Magazine citations in chronological order:
- "Releasing Trauma from the Brain," Sue Hovland, Nov. 2007, Issue 18, pp. 31-34.
  - "Healing Touch Advanced Practice: Releasing the Dis-ease of Trauma," Cynthia Hutchison, May 2008, Issue 23, p. 22.
  - "Trauma Release: A Pathway to Freedom from Dis-ease," Clela Dantin, May 2008, Issue 23, pp. 23-25.
  - "For Such a Time as This: Reflections from Witnessing the Trauma Release Technique During a Healing Touch Advanced Practice Class," Lisa W. Peck, June 2008, Issue 24, pp. 22-26.
  - "Healing Touch and Trauma," Kathy Moray Allan, Feb. 2009, Issue 31, pp. 9-11.
  - "Reflections on Advanced Practice 1," Sr. Rita Jean Dubrey, Nov. 2009, Issue 39, pp. 25-26.
  - "Student's Reflections on Advanced Practice 1 and 2," Peggy Conway, Nov. 2009, Issue 39, p. 28.
  - "Reflections on Advanced Practice 2," Sr. Rita Jean Dubrey, Dec. 2009/Jan. 2010, Issue 40, pp. 20-22.
  - "Advanced Practice Weekend in London, Ontario," Cindy Palajak, May 2010, Issue 44, pp. 30-31.

*Music for the Ears... Health for the Body*  
For Animals and Their People

*Frequencies and Rhythms of Health*

**Volume I:**  
The sounds of this cd promote a movement of expansion and contraction throughout the body that helps release blockages. It assists the animals and their people with relaxation, allowing the body to regulate the immune system and creating an avenue for self-healing.

**Volume II:**  
This cd is intended to assist the listeners to reach their highest potential and achieve their goals of healing. Unlimited possibilities unfold as the music supports the listener through energetic equilibrium and balance.

*Effective tools for managing stress, relaxation, and regaining health.*

**\$30.90 for set**  
**\$17.95 individually**

**Order Yours Today at:**  
[www.healingtouchforanimals.com](http://www.healingtouchforanimals.com)





# Healing Touch Community Group Synergy is *Intoxicating!*

by Sue Walker, HTCP, Healing Touch Instructor

The Healing Touch community is vibrant, active and made up of amazing individuals. It is also diverse, broad and widespread. Sometimes we may feel somewhat isolated from our community and not realize the amazing things that are happening around the world with Healing Touch. The annual conference is the time for our HT community to come together to network and share knowledge and experiences, as well as celebrate and have a fantastic time.

When like-minded members of a community come together to share their interest and passion they find a renewed sense of purpose and have the opportunity to reconnect with their passion and share the things they have in common. The whole is greater than the sum of the parts, and when the HT community comes together in one place the group synergy is intoxicating!

One thing that is always in abundance at the HT conferences is laughter! What a great thing since laughter is proven to be good for your health!

## Laughter:

- Reduces the effects of stress
- Relaxes the whole body
- Boosts the immune system
- Releases endorphins and gives you a natural high
- Protects the heart by increasing blood flow
- Helps relieve pain
- Brings greater happiness and a deeper sense of peace

What's not to like about laughing?

At the conference this year we will be led in laughter by highly acclaimed speaker, author and performer, Steve Bhaerman. Steve is known internationally as **Swami Beyondanda, the "Cosmic Comic"**, and he will share his own unique brand of comic wisdom as a keynote speaker at the conference and an entertainer at the Saturday evening banquet.



Come to San Antonio and connect with your HT community and receive numerous benefits that will support you personally and professionally in countless ways.

**Join us for this educational, fun-filled time together.**

More Testimonials from the 2010 Healing Touch Worldwide Conference

*"Thank you for fun, uplifting, joyful conference. Keep the light bright with fun and laughter in future years too."*

*"Thank you so much for a love filled experience."*

*"This was one of the best conferences I have ever attended. I appreciate all the wonderful speakers, events and love. So much went into this "production". There is no way to express my gratitude. The food was excellent. Mary Duennes was exceptional, as always, and the lectures were appropriate, enlighten-*

*continued on page 25*

ing and fun. Networking was a blast. I made more connections than ever. All was good and I look forward to the 2011 HT Conference.”

“Each conference is an improvement on the previous one - I am hard put to suggest improvement. We are evolving as healers and as a blessed vehicle for holding, cherishing, nurturing, and sharing Janet’s legacy.”

About the author:



Sue is a Healing Touch Certified Practitioner (HTCP), Healing Touch Instructor in Training (HTI), Social Worker and Certified Reiki Master (CRM). Her private practice, Wellness Within, is located in The Open Pathways Learning Center in Fort Collins, Colorado.

Wellness Within, is located in The Open Pathways Learning Center in Fort Collins, Colorado.



Using energy and intention to influence the health and well-being of animals

**REGISTER TODAY** to take advantage of **Early Incentive Pricing**

Course dates and locations are subject to change.



## HEALING TOUCH FOR ANIMALS®

Discover energetic techniques to assist animals through each stage of life

### 2011 Course Schedule

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	ADVANCED PROFICIENCY
Aug 12-14 Philadelphia, PA Aug 19-21 Echt, Netherlands Sep 9-11 Olympia, WA Sep 16-18 Chicago, IL Sep 30-Oct 2 Des Moines, IA Sep 30-Oct 2 Pittsburgh, PA Oct 7-9 Raleigh, NC Oct 14-16 Almen, Netherlands Oct 14-16 Calgary, AB, Canada Oct 21-23 Washington DC/ Baltimore, MD Oct 21-23 San Diego, CA Oct 28-30 Minneapolis, MN Nov 4-6 Denver, CO Nov 11-13	Jun 24-26 Minneapolis, MN Jun 24-26 San Diego, CA	Jul 1-3 Midden, Netherlands Aug 5-7 Minneapolis, MN Aug 12-14 Denver, CO Aug 19-21 Chicago, IL Sep 30-Oct 2 Calgary, AB, Canada Oct 7-9 San Diego, CA Oct 14-16 Olympia, WA Oct 28-30 Philadelphia, PA	Jul 8-10 Pittsburgh, PA Jul 15-17 Calgary, AB, Canada Jul 22-24 Olympia, WA Jul 22-24 Philadelphia, PA Nov 25-27 Midden, Netherlands, Netherlands	Sep 9-11 Minneapolis, MN Sep 16-18 Denver, CO Sep 23-25 Midden, Netherlands, Netherlands Oct 21-23 Chicago, IL



[www.healingtouchforanimals.com](http://www.healingtouchforanimals.com) • 303-470-6572 • 866-470-6572

## Invest in your Healing Journey...

with Cynthia Hutchison’s meditational CDs for personal development. Learn, grow and develop through meditations designed specifically for beginner self care, classroom and clinic settings and mastering Healing Touch techniques.

Each CD is 60 minutes of harmony and peace as Cynthia Hutchison guides listeners through meditations for Centering, Grounding and Attuning, Self-Chakra Connection, Spiral Meditation on Self, Hara Alignment and Etheric Vitality Meditation.

2-CD Set Includes:  
5 Complete Meditations!

**\$30**  
Plus S&H

“...Cynthia’s intention of grounding the listener is so helpful that I can stay present with the experience and not drift off into a light sleep as I have in other meditations.”

Marjie Clarke, Level 3 HT Student, Graduate Barbara Brennan School of Healing 2010

[www.BoulderHealingTouch.com](http://www.BoulderHealingTouch.com). Order yours today!

CDs sold separately \$18. Special shipping rates available on bulk orders.

Please visit Cynthia’s NEW Website for more information!

## Place Your Ad in Energy magazine™

and have it viewed by over 18,000 readers. An ad this size can cost as little as \$50.

For more information go to [www.EnergyMagazineOnline.com](http://www.EnergyMagazineOnline.com)



For the practitioner who wants to know more about the spiritual realms, issues in healing, and energy work, please join me for a live web radio program every Monday night at 8PM mountain.

Please go to [www.blogtalkradio.com/DavetheMystic](http://www.blogtalkradio.com/DavetheMystic). You may also download episodes for later! Thanks for listening and calling in! -David Barnett, HTCP, Littleton, CO [www.holisticbeliefs.com](http://www.holisticbeliefs.com)



# The Present Moment

by David J. Fiala, MSSA, LISW



The following article is an excerpt from the script of various individual sessions from the webinar offered in the seminar ***The Power of Your Awareness***. I have been using the content of this webinar as a training tool for over 20 years. It has been very effective for practitioners and lay persons in learning mindfulness based skills. In the words of recent participants, “The webinar was truly life changing for me.” “I thank you from the bottom of my heart for what I have learned. I feel like I’ve searched my whole life for those answers that you so incredibly simplified. You are truly gifted.”

I hope you will enjoy and benefit from the example of these introductory tools.

## **The Present Moment**

The Present Moment holds the key to many things in your life. By getting acquainted with the Present Moment, you can actually achieve success with the most challenging of circumstances. All your power is in the Present Moment. Within the Present Moment, you can even overcome the mind!

No one on this planet can get away from the Present Moment. The Present Moment is always with you. However, even so, you’ve managed to get away from it. You have, in fact, disconnected from it without realizing it. There is one way that you have managed to unintentionally lose your connection, avoid, or disconnect with the Present Moment. That one sure fire way is for you to engage your mind and to become absorbed in your thoughts. The mind is so entertaining, you can easily get lost in its maze-like thoughts (the voice in your head) and images. My mind can be very entertaining. What about yours?

Here’s just a very short list of descriptive experiences with the mind. It is from an imaginary best-selling book entitled Entertainment by the Mind. Just listen to these statements:

1. Sometimes the mind is like a **circus**.
2. Other times it’s a **great drama**.
3. While at other times it’s filled with **laughter**.
4. And then it’s filled with **“imaginary arguments** filled with anger.”
5. And again, at other times it’s a **great love story**.
6. And the experiences are endless.

In one moment the mind goes to heaven. The next it goes to hell, and then back to heaven – all in a matter of seconds. Wow!!! Fortunately for all of you, including myself, no one is inside your head watching or listening. All of this goes on and on and on in the privacy of your own mind. And still, the mind goes, goes, and goes, like a treadmill. It never stops with its seemingly unlimited supply of thoughts and images. If you’re fortunate, your mind finally gets downright tired and exhausted and may pause for a moment. However if you continue to allow it, you, along with your mind, are constantly on a mental treadmill. How exhausting!

Stop and pause, and ask yourself: “Is this what I really want?” Of course it isn’t. Nevertheless, this may be the very reason you’re dealing with so much intensity inside of yourself at this time. This treadmill syndrome has brought you to this article. You

might also be asking yourself, “How did I get here?” In a very broad sense the answer is quite simple. “Whatever you focus your thoughts on is what you get.” Take a small fire for example. If you continue to feed it, it will grow larger and intensify. Your thoughts are that fire.

*continued on page 27*



Another way of simply responding to this question is, “**anything** you focus on is what you get.” The more you intensify your focus on that “**anything**,” whatever it is, the bigger it gets. I would like to think that this is obvious to you. The question is, “Do I realize this and take the appropriate action?” There is a very clear reason for the intensity of your focus making things more intense, of which I will clarify at a later time. For the time being, our focus is on the Present Moment.

With each Moment you have a choice about what to do with your mind and on what you wish to focus. Each Moment holds the key to everything you’re longing for. Perhaps you’ve heard over the years the cliché, “you need to live in the Present Moment.” Where you focus, what you **do**, **feel**, and **think** in the Present Moment determines everything in your life. Again and again, with each Moment, **you have a choice and the ability to respond** with regards to what you do with your mind and its vast array of thoughts.

Have you ever heard of the **Power Statements**? “***I always have a choice and the ability to respond.***” “***I can do this. I can do whatever it takes?***”

The choice is yours. In what do you want to become absorbed? Is it your thoughts that you want to experience? Or is it your Heart that you want to experience?

In this life, you’ve been given a choice that you may or may not be aware of. To some degree you may have been already been working on it. The choice, the question, is, “Do you want to make the goal of life your mind, or do you want to make the goal your Heart?”

What do I mean by this? As I just communicated a few moments ago, whatever you focus on is what gets bigger. It’s as simple as this. So, do you want to become absorbed in your thoughts and the world of your mind and watch this get bigger; or, do you want your Heart to have your focus and experience it expanding with love?

I want to remind you about what I have stated previously about the mind and the necessary process of thinking as part of one’s employment or academic pursuits. Of course I support this necessary process. Of course this is more than acceptable.

The qualifying statement to this is that I simply ask you to be conscious of being aware that you are engaged in the process of thinking. If you are, then you’re in your Heart. If you not conscious of the process, then you are on automatic pilot and you are officially identifying with and absorbed in your thoughts – therefore, “in your head.”

So, if your goal is to be in the Present Moment, then the last place you want to be is in your “head.” Why? Because the undisciplined mind -- by way of your thoughts -- will usually take you to the past or future.

What do I mean? Reflect on what I’m about to say carefully. If you ever pay very close attention to your thought content, you will notice that virtually all thinking is either past or future oriented. Your thoughts, my thoughts, are appropriately addressing some sort of person (including yourself), issue, or situation that has a relationship to the past or future. Even when there is an effort to focus in the Present Moment, the moment you do, that moment is already past and there goes the Present Moment right out the door. Ultimately, you can’t think your way into the Present Moment. Your mind will lead you to the Present Moment, but it can’t keep you there.

There are many subtle and not-so-subtle dynamics which the untrained mind engages in that contributes to your disconnection from your Heart and the Present Moment. This whole process I am taking you through is to help and guide you through the vast array of thoughts, feelings, and emotions that you experience – all the while keeping you connected to your Heart. It is your Heart that holds the Present Moment.

For all of the reasons that I’ve been discussing with you in this article, perhaps now you can begin to appreciate more fully the underlying reasons for **Practicing the Keys to Happiness**. The Keys to Happiness and how you can incorporate them into your life are discussed fully in the webinar Power of Your Awareness, which is available online at the HTP website and mentioned below. These simple practices are very profound and the mind will never be able to comprehend their profound nature because of their simplicity. When you’re engaging the process of practicing these **Keys to Happiness**, you’re doing considerably more than just relaxing your body. The keys take you to your Heart. The keys are in fact taking you to a place that knows no time,

*continued on page 28*

where time ceases to exist - **The Present Moment and Love.**

About the Author;



David J. Fiala received his bachelor's degree from John Carroll University in religious studies and his master's degree from Case Western Reserve University in social work. He is a licensed independent social worker. He is EMDR certified and has also attended the world- renowned Barbara Brennan School of Healing with a certification in Healing Science Training. David serves as a consultant to corporate, educational and healthcare institutions on integrative medicine.

David isn't your ordinary trainer; he has lived through what he now teaches. His past experiences of overcoming his life challenges have enabled him to develop and offer solutions to the challenges that most of us face when trying to grow and develop in areas that frighten us and ultimately paralyze our forward movement.



## Anatomy for Healers®

An Energetic Approach to the Physical Body  
Sue Hovland, BSN, HTCP/I, Founder and Director



This unique hands on approach integrates anatomy with the energy system of the body. Advanced new energy treatments are learned and practiced at each level, with direct clinical application. 24-27 CE hrs.

**Level 1** teaches the energetic experience of the normal body systems and organs. Prerequisite: HT 3 or similar experience.

Date	Location	Contact		Instructor
8/4-7/2011	St Paul, MN	Carol Wille	651-439-8954	Lester
8/11-14/11	Donaldson, IN	Linda Aimone	219-884-9668	Lester
9/22-25/11	San Francisco Area	Carol Kinney	414-454-9689	Hovland
10/6-9/2011	The Hague	Nancy Strybol	nancytintin@gmail.com	Hovland
April 2012	San Diego, CA	Mary Jane Aswegan	760-633-6312	Hovland

**Level 2** teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1

Date	Location	Contact		Instructor
5/20-22/2011	Grand Rapids, MI	Betsy Willey	616-863-8146	Hovland
6/10-12/2011	Annapolis, MD	Nancy Lester	410-721-7805	Hovland

**Level 3** studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

Date	Location	Contact		Instructor
11/11-13/2011	Suffolk, VA	Lynne Whitlock	757-934-4900	Hovland

Plans are in progress for more workshops in 2011

Keep watching the website for new classes  
Register Online @ [www.AnatomyforHealers.com](http://www.AnatomyforHealers.com)  
Sue Hovland, 303-759-8966, [suehovland@aol.com](mailto:suehovland@aol.com)

**Hear David Live! ...**

**on the July HTPA Business Conference Call...**

**Growing a Professional Practice From The Inside Out**

Tuesday, July 12 - 9:00 p.m. EDT

If you've felt blocked from reaching your goals and dream business/practice, it may be that you are just "stuck" (in old patterns, chronic procrastination, overwhelm, low self esteem, lack of confidence, yada, yada, yada). Let's face it – you need solutions, not more same 'ol, same 'ol!

David will give us insights to help us identify how focusing on our personal inner growth will help us overcome negative habits and lead to our inner strengths. David says that those inner strengths, like "peace, joy, inspiration, courage, boldness, power and Infinite Love," are keys to his and your success. Join us for David's Interview and not only receive practical info but also receive a special discount offer for his webinar.

**Click Here** to Learn More and Register Now for the HTPA Business Support Conference call.

*Remember! HTPA Business Support Calls are Free to HTPA members and available at low cost to non-members!*

**David is the Author and Instructor of the amazing tele-seminar...**

**"The Power of Your Awareness:  
A Mindfulness Based Webinar."**

This is a seminar of self discovery where you will go beyond Mindfulness - to The Power of Your Awareness. This is a holistic approach to life that integrates the mind, body, and spirit in a conceptual and experiential manner to significantly increase your awareness of life. David's course is available through the Healing Touch Program website.

**Click here** to Learn More and Register Now for "The Power of Your Awareness" teleseminar

# Healing Touch Program

## ... Here to support you in your work!

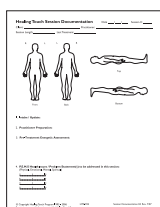
The following is a table of resources that are available to all through Healing Touch Program. All products, forms, articles, etc. listed below can be found on the Healing Touch Program website at [www.HealingTouchProgram.com](http://www.HealingTouchProgram.com) or by clicking on the underlined text link under the "Where to Locate" column.

### Practitioner Tools available for you to use in your practice

Name and Description:

Where to Locate:

#### Documentation forms



HT Intake Interview and Session Documentation Forms for practitioner and student use allow for consistent, systematic documentation of a client session.

2 choices of Healing Touch Intake Interview  
5 choices of Healing Touch Session Documentation

Available through the [Healing Touch Store](#) ranging from \$6.00 - \$10.00 - in pads of 50

Or they are available free as a PDF that you can print on your printer at: [Documentation Forms](#)

#### Informed Consent

Four sample consent forms that you can adapt for your practice.

Available free on HTP website  
Click on the link: [Informed Consent](#)

#### Code of Ethics

HTP Code of Ethics document is available to share with your clients. Great resource for supporting the professionalism of HT.

Available free on HTP website  
Click on the link: [HTP Code of Ethics](#)

#### Statement of Scope of Practice

HTP Statement of Scope of Practice document is available to share with your clients. Great resource for supporting the professionalism of HT.

Available free on HTP website  
Click on the link: [HTP Scope of Practice](#)

#### Music CDs



Large selection of music CDs that has been selected to help you create a healing environment during your treatment sessions. Some are used to open and balance the chakras while others are created to take your client into a deep relaxed state.

Many of the CD have a music clip so you can preview the CD. Watch for additional meditation CDs is coming soon.

Available through the [Healing Touch Store](#) ranging from \$15.00 - \$20.00 each.

#### Pendulums



A large selection of pendulums made from stone, metal, wood and custom made glass.

Available through the [Healing Touch Store](#) ranging from \$14.00 - \$28.00 each.

continued on page 30



## Practitioner Tools (continued)

Name and Description:

Where to Locate:

### Self Chakra Connection Handout



One page sheet that shows the full self chakra connection that can be printed and be shared with clients for self care.

Available as a free download on the [HTP website](#) go to - Resources - Student/Practitioner

### Healing Touch Meditations One & Two by Cynthia Hutchison



A multi-use tool for healing and personal growth, one or both CDs can help in a number of ways.

Available through the [Healing Touch Store](#) \$18.00 ea

### Healing Touch Energy Ball



The Energy Ball looks like an ordinary ping-pong ball, but the Energy Ball is anything but ordinary. Touch both of the small metal pieces on the weighted bottom of the ball and suddenly it flashes red and generates sound.

This is a great tool for demonstrating to family, friends and clients how we are all energetically connected.

Available through the [Healing Touch Store](#) \$6.00 ea

## Promotional Tools to Build your Practice or Share HT with others

### HTP Program Brochure



This brochure is full color and 4" X 9" folded so it fits a standard card rack holder. It explains "What is Healing Touch?", "What Will I Learn?", "What are the Benefits of Healing Touch?", the overall program, course description, and how to find a class.

Available through the [Healing Touch Store](#) ranging from:  
 Packet of 25 - \$10.00  
 Packet of 50 - \$18.00  
 Packet of 100 - \$30.00

### Practitioner Brochure



This brochure was designed to educate the public about Healing Touch and its benefits and to increase understanding of what one might expect during a treatment. The four-color brochure is reasonably priced to aid the practitioner and student with their presentation of Healing Touch to clients, family and friends.

Available through the [Healing Touch Store](#) ranging from:  
 Packet of 25 - \$10.00  
 Packet of 50 - \$18.00  
 Packet of 100 - \$30.00

### Healing Touch Brochure Sample Pack

Not sure which brochures are right for you? Maybe you want to give a sample of each to a prospective client. Ordering this sample pack makes it easy. Includes 1 HT Program Brochure, 1 HT Practitioner Brochure, and 1 Introduction to HT Booklet

Available through the [Healing Touch Store](#) \$2.00 per packet

continued on page 31

## Promotional Tools (continued)

Name and Description:	Where to Locate:
<p><b>Introduction to HT Booklet</b></p>  <p>This 16-page booklet is the main handout for the 1 Hour and 3 Hour Introduction Classes, outlining the key points to be covered. The last two pages allow you to customize the booklet with your presenter information, practitioners' information and upcoming level 1 class information</p>	<p>Available through the <a href="#">Healing Touch Store</a> ranging from:            Packet of 10 - \$8.00            Packet of 25 - \$16.00            Packet of 50 - \$28.00</p>
<p><b>Healthcare Packet</b></p>  <p>The HT Healthcare Packet is designed to provide you with a professional packet to aid you in introducing Healing Touch to Healthcare Administrators. The packet has an emphasis on Healing Touch classes.</p> <p>The packet is presented in a beautiful folder which includes a slot for your business card. Included in the packet:            Documents - "What is Healing Touch?," "How Can Your Facility Benefit?," "Healing Touch Research," "Healing Touch Classes," "Healing Touch Coursework," "Who is Embracing Healing Touch," 1 HT Sample Documentation Form, 1 HT Sample Intake Form, 1 HT Program Brochure and 1 HTPractitioner Brochure</p>	<p>Available through the <a href="#">Healing Touch Store</a> ranging from:            Single packet - \$5.00            Single packet with DVD - \$15.00</p>
<p><b>Healing Touch Introduction DVD</b></p>  <p>The DVD is perfect for Introduction to Healing Touch Classes and for explaining Healing Touch to family, friends, colleagues and in classroom settings.</p> <p>Now available on YouTube, the DVD has had over 6,000 viewers to date!</p> <p>The DVD is 18 minutes in length and covers the following topics:</p> <ul style="list-style-type: none"> <li>•What is Healing Touch?</li> <li>•Scientific Support for Healing Touch</li> <li>•The Effects of Healing Touch</li> <li>•Healing Touch Changes Peoples Lives</li> <li>•Hospital Integration of Healing Touch</li> <li>•Healing Touch Beginnings</li> <li>•Healing Touch Impacting the World</li> <li>•The Vision of Healing Touch</li> </ul>	<p>Available through the <a href="#">Healing Touch Store</a>            DVD \$13.50 each</p> <p>May be viewed on-line for free at:  <a href="#">Healing Touch DVD</a></p> <p>Or On <a href="#">YouTube</a> at  <a href="http://www.youtube.com/watch?v=2mAqTTAyXcQ">www.youtube.com/watch?v=2mAqTTAyXcQ</a></p>
<p><b>Introduction to Healing Touch – PowerPoint</b></p>  <p>This tool makes it simple and easy for you, the Presenter, to give a professional Introduction to a variety of audiences.</p> <p>This CD contains the 1 Hour Introduction and the 3 Hour Introduction. Each PowerPoint option has a choice of two backgrounds.</p>	<p>Available through the <a href="#">Healing Touch Store</a>            \$30.00 each</p>

## Promotional Tools (continued)

Name and Description:	Where to Locate:
<p><b>My Helpful Healing Touch Childrens' Book</b></p>  <p>This wonderful 26 page "guide for empowering children" is the perfect gift for that special child in your life. The book contains easy to read and understand text along with suggested activities. Twelve empowering tools are included.</p>	<p>Available through the <a href="#">Healing Touch Store</a> \$12.95 each</p>
<p><b>Healing Touch Banner and Table Top Display</b></p>  <p>Healing Touch Program vinyl banners and table top displays are perfect for your next event. The banners are available in several sizes. The table top display is ideal for venues that do not allow hanging banners on their walls.</p>	<p>Available through the <a href="#">Healing Touch Store</a>            Banners start at \$30.00 each for 2' x 4'            Table Top Displays are \$59.99 each</p>
<p><b>Healthcare Facilities On-Line Directory</b></p> <p>Healing Touch Program provides this Healthcare Facility Directory site as a central information source for those interested in information about facilities that offer Healing Touch.</p>	<p>Available free on HTP website            Click on the link:  <a href="#">Healing Touch &amp; Healthcare Facilities</a></p>
<p><b>HT Articles on Website</b></p> <p>A listing of articles, news reports and radio broadcasts about Healing Touch. Great resource to let others see what the media is saying about HT.</p>	<p>Available free on HTP website            Click on the link: <a href="#">Healing Touch Articles</a></p>
<p><b>On-Line Practitioner Directory</b></p> <p>Our on-line practitioner directory allows the public to find HT practitioners with one easy search. Available for all Level 5 graduates of the Healing Touch program and Healing Touch certified practitioners. Free, self managed, listings that feature bio, photo, and contact information.</p>	<p>Click Here  <a href="#">Certified Practitioner Directory</a></p>
<p><b>Healing Touch Research Website</b></p> <p>The intention of this website is to provide documented research on Healing Touch and related modalities. Research articles are presented for educational and substantiating purposes.</p>	<p>Click Here  <a href="#">Healing Touch Research</a></p>
<p><b>Healing Touch Presenter's Directory</b></p> <p>Listed are members of the Healing Touch Community who are qualified to present an Introduction to Healing Touch. They can provide you with Healing Touch educational materials and assist you in setting up an Introduction to Healing Touch class in your area.</p>	<p>Available on the HTP website            Click on the Link:  <a href="#">HT Presenter's Directory</a></p>
<p><b>HTP Instructor's Directory</b></p> <p>Listed in this directory are Healing Touch Certified Instructors (HTCI). These instructors are qualified to teach the original Healing Touch program as created by Janet Mentgen, RN, BSN.</p>	<p>Available on the HTP website            Click on the Link:  <a href="#">HTP Instructor's Directory</a></p>



## Professional Support Tools to help you grow your practice

Name and Description:

Where to Locate:

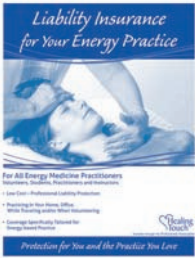
### The Healing Touch Professional Association (HTPA)



The Healing Touch Professional Association (HTPA) is a membership association established with the support of the Healing Touch Program (HTP), to provide the HT Community - HT students, practitioners, instructors and friends of Healing Touch, a vehicle to actively participate in the future of Healing Touch. HTPA offers a community newsletter and an on-line forum board for its members. General liability insurance is now available for members.

Click to find more information on the Healing Touch Professional Association at:  
[Join HTPA](#)

### Professional Liability and General Liability Insurance



HTPA Member Liability Insurance Program has been specifically tailored for Healing Touch practitioners and instructors, including other related modalities ([click here](#) to view modalities covered).

As a Healing Touch practitioner, instructor, energy healer and/or other related health care provider you are exposed to the risk of having a claim (justified or not) filed against you by a dissatisfied client for negligence; malpractice; slip and fall.

Click to find more information on Liability Insurance available through the HTPA:  
[HTPA Liability Insurance](#)

### HTPA Monthly Support Calls

HTPA is now sponsoring two monthly support calls:

#### Let's Chat About Healing Touch Stories and Practice Issues

Last Monday of the month - 9pm EST All are welcome to join

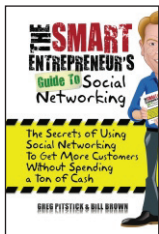
#### Monthly Business Support Conference Calls

Available to ANYONE interested in "making a living" practicing Healing Touch, teaching Healing Touch and/or coordinating HT classes.

2nd Tuesday of each month 9:00pm-10:15pm EST

Click to find more information on Support Calls available through the HTPA:  
[HTPA Monthly Support Calls](#)

### The Smart Entrepreneur's Guide to Social Networking



The Secrets of Using Social Networking to Get More Customers Without Spending a Ton of Cash!

Written by Greg Pitstick & Bill Brown.

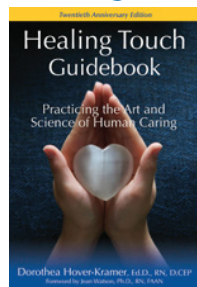
Available through the [Healing Touch Store](#)  
\$19.95 each

## Educational Support

Name and Description:

Where to Locate:

### Healing Touch Level 1 Techniques with Janet Mentgen



This book may be an opening, a beginning, for interested readers from all walks of life. It is intended to help expand and deepen understanding of the healing process in both newcomers and seasoned practitioners. No matter where you are in your own journey of discovery, this work is an invitation to widen your exploration of the many facets of HT and its conceptual framework with focus on theory, science, research, and actual practice.

Available through the [Healing Touch Store](#)  
\$24.95

### Healing Touch Level 1 Techniques with Janet Mentgen



This DVD is a re-master of the original video produced in 1995. Healing Touch Program presents this DVD as a guide for both beginning students of Healing Touch and for all those interested in a technique review with Janet, the founder of Healing Touch. It is both a tribute to her life's work and an opportunity to hear Janet describe and demonstrate Level 1 techniques. In tribute, photos and clips portraying portions of Janet's life have been added.

Available through the [Healing Touch Store](#)  
\$35.00

### Technique Review Cards



Technique Review Cards for level 1, 2 and 3:

- An easy and quick reference
- Can be used anywhere
- Heavy, coated paper
- Includes Illustrations of all the techniques
- Each technique includes a description, its purpose and use
- Spiral bound, measures: 6x7 inches

Available through the [Healing Touch Store](#)  
Level 1 - \$20.00 each  
Level 2 - \$20.00 each  
Level 3 - \$20.00 each  
Set of three - \$50.00 each

### Recommended Booklist

This booklist was compiled to support the Healing Touch student, apprentice, and practitioner, as well as to provide information helpful in understanding the theories and principles behind the work of Healing Touch.

Also included are the books recommended by Janet Mentgen.

Available free on the HTP website  
Click on the Link:  
[Recommended Book List](#)

Books from the list can be purchased through Amazon.com by clicking the link:  
[Healing Touch Program Bookstore](#)

### Hints for Documenting HT Sessions Article

[Hints for Documenting Healing Touch Sessions](#) Article by Cynthia Hutchison DNS, RN, HTCP/I, Healing Touch Program Director.

Available free on HTP website  
Click on the link: [Hints for Documenting](#)

### Informed Consent Article

This is a 10 page article covering Informed Consent for the Healing Touch practitioner and student. Included is an article by Janice Willard, BS, MS Ed., JD, HTCP: [Informed Consent: An Integral Aspect of Documenting the Work](#), Healing Touch Policy Regarding Informed Consent and four sample consent forms.

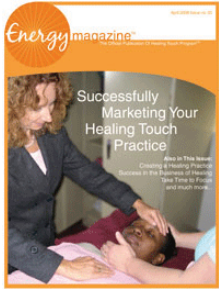
Available free on HTP website  
Click on the link: [Informed Consent](#)

# Community Support staying connected with HTP

Name and Description:

Where to Locate:

## Energy Magazine



Free subscriptions are available to Energy Magazine™ to anyone who is interested in Healing Touch and its practices. Energy Magazine's mission is to share information about energy medicine and Healing Touch through stories of personal experience and articles that articulate the life-changing opportunities that await you in the exciting and wonderful world of energetic touch.

Free on-line Subscription  
Click on the link: [Energy Magazine](#)

## HT Community Newsletter

The Healing Touch Community Newsletter is a free monthly publication that will keep you informed of all that is happening at Healing Touch Program. In it you will find, new product reviews, what's new on the website, where to find classes to continue your education, news releases, special Healing Touch events, announcements and much more!

To see archived issues and to join this monthly subscription click here:  
[Healing Touch Community Newsletter](#)

## The Healing Touch Worldwide Foundation (HTWF)



Healing Touch Worldwide Foundation, Inc. is a non-profit 501(c)(3) corporation established in 1997 by the Healing Touch Program founder, Janet L. Mentgen, RN, BSN, HNC, HTCP/I. Our Mission: To receive and distribute funds to assist, encourage and advance the philosophy, objectives and techniques of Healing Touch.

Click to find more information on the Healing Touch Worldwide Foundation at:  
[HT Worldwide Foundation](#)

## Healing Touch Worldwide Conference



We are thrilled to invite you to beautiful San Antonio this August for the 2011 Healing Touch Worldwide Conference as we come together in community to Celebrate Healing!

For all the details and to register click on this link:  
[2011 Healing Touch Worldwide Conference](#)

## Healing Touch Regional Conferences

### 3rd Annual Eastern Regional Conference October 28-29, 2011



Join us for the 3rd Annual Eastern Regional Healing Touch Conference in Albany, NY where we will learn and listen with the heart!

Oct 28th and Oct 29th, 2011  
Best Western Albany Airport Inn  
Albany, New York

For all the details and to register click on this link:  
[2011 Healing Touch Regional Conferences](#)

### 1st Annual West Coast Regional Conference November 4-5, 2011



Join us and support your HT community at the first West Coast Regional Healing Touch Conference in Portland, OR. Registration available soon!



# HEALING TOUCH Class Schedule

The most up-to-date class schedule can be found on the Healing Touch Program web site [www.HealingTouchProgram.com](http://www.HealingTouchProgram.com). If you have questions or need to change the information on your listing please contact the HTP office at 210-497-5529 or e-mail at [info@healingtouchprogram.com](mailto:info@healingtouchprogram.com)

Healing Touch Program is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00

Date	Location	Coordinator	Phone	Email	Instructor
<b>Intro</b>					
7/13/2011	Edwardsville-Lewis and C IL	Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Debra Klueter
<b>Level 1</b>					
7/9-10/2011	Asheville	NC Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
07/9-10/2011	Miami	FL Marilyn Cabrera	(305) 281-6444	marilyncabrera@bellsouth.net	Aleida Drozdowicz
7/9-10/2011	Munich, Germany	Renale Reichenberger	4.98154E+11	renale.reichenberger@web.de	Ines Hoster
7/9-10/2011	Charlotte	NC Susan Thomasson	(704) 355-3921	susan.thomasson@carolinashealthcare.org	Pardee Henderson
7/12-13/2011	Ellensburg	WA Anna Marie Newman	(509) 899-0099	meadowrose9@gmail.com	Anna Marie Newman
7/15-16/2011	Ft Collins	CO Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
07/16-17/2011	Las Vegas	NV Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
7/16-17/2011	Rio Verde, MX	S.L.P Lic. Rosa Diaz	4878714348	rosa.estrada@conagua.gob.mx	Connie Silva
7/16-17/2011	Memphis	TN Donna Donato	(901) 832-7665	Dona44@aol.com	Dona Donato
7/16-17/2011	Houston	TX Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
7/16-17/2011	Moses Lake	WA Anna Marie Newman	(509) 899-0099	meadowrose9@gmail.com	Anna Marie Newman
7/22-23/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
07/23-24/2011	Hardwick	NJ Isle Polonko	(908) 362-6360	sachacenter@yahoo.com	Walle Adams-Gerds
7/23-24/2011	Asheville	NC Denise Anthes	(828) 275-5949	denise.antes@msj.org	Denise Anthes
7/23-24/2011	Long Beach	CA Nicole Panzich	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
7/23-24/2011	Cincinnati/Loveland	OH Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
7/23-24/2011	Dallas	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
7/23-24/2011	Edwardsville-Lewis and C IL	Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Lynn Placek
7/23-24/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
7/23-24/2011	Chico	CA Susan Patricio	(530) 342-7092	susanpatricio@yahoo.com	Susan Patricio
7/29-31/2011	Seattle	WA Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
7/30-31/2011	Rincon de Romos, MX	Ags Nora Rodriguez	14659510516	norita_mar@yahoo.com.mx	Connie Silva
7/30-31/2011	Saga, Japan	Yuko Nakao	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
7/30-31/2011	Daly City	CA Carol Kinney	(418) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
8/5-7/2011	Port Treverton	PA Mary Pat FitzGibbons	(607) 217-7023	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
8/6-7/2011	Philadelphia	PA Jean M White	(267) 374-0187	PAhealingtouch@gmail.com	Tina Devove
8/6-7/2011	Philadelphia	PA Jean M White	(267) 374-0187	PAhealingtouch@gmail.com	Jean M White

*continued on page 37*

Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
8/6-7/2011	Melrose Park	IL Ursula Dams	(708) 450-5790	ursula_dams@ghr.org	Ann O'Malley
8/6-7/2011	Coloma	MI Barbara Starke	(269) 849-1239	bstarke@comcast.net	Barbara Starke
08/6-7/2011	Elmhurst	IL Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
8/6-7/2011	Castro Valley	CA Beverly A Dixon	(510) 888-9858	beverlydixon@comcast.net	Beverly A Dixon
8/6-7/2011	St Louis	MO Richard Smith	(314) 962-1765	lesrhs@sbcglobal.net	Linda Elaine Smith
8/6-7/2011	Melrose Park- Gottlieb Hc	IL Ursula Dams	(630) 699-8588	ursula_dams@ghr.org	Ann O'Malley
8/6-7/2011	Edwardsville-Lewis and C	IL Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Lynn Placek
8/9-10/2011	Gunma, Japan	Katsue Kiriyaama	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
8/12-13/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
8/13-14/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
8/20-21/2011	Frederick	MD Krista Hall	(301) 606-4647	kristahall17@gmail.com	Krista Hall
8/20-21/2011	Kyoto, Japan	Suemi Nagashima	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
8/20-21/2011	Fond du Lac	WI Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
9/10-11/2011	Whitehorse	YK Judi Urquhart	(867) 456-4987	judi.urquhart@gmail.com	Betty Petersen
9/9-10/2011	Akron	OH Nancy Strick	(330) 554-2466	nancy@healingtouchhudson.com	Nancy Strick
9/10-11/2011	El Cajon	CA Julie Bennett	(619) 441-8771	jbennett@sheahealth.com	Kathy Allan
9/10-11/2011	Memphis	TN Donna Donato	(901) 832-7665	Dona44@aol.com	Dona Donato
9/10-11/2011	Lafayette	CA Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
9/10-11/2011	Cincinnati	OH Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
9/10-11/2011	Madison	WI HT Program	(210) 497-5529	registration@healingtouchprogram.com	Jerry Becker
9/10-11/2011	Tualatin	OR Linnie Thomas	(503) 454-0469	linnie@iafeh.com	Linnie Thomas
9/10-11/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
9/10-11/2011	La Mesa	CA Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
9/10-11/2011	Boulder	CO Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
9/17-18/2011	Dallas	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
9/16-17/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
9/17-18/2011	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Joyce Rudenick
9/17-18/2011	Long Beach	CA Nicole Panzich	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
9/17-18/2011	Spokane	WA Sharon Fletcher	(509) 328-3337	shatir444@comcast.net	Sharon Fletcher
9/17-18/2011	Cincinnati	OH Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
9/17-18/2011	Quebec	QUE Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
9/17-18/2011	London	ON Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
9/17-18/2011	Reno	NV Susan Patricio	(530) 342-7092	susanlpatricio@yahoo.com	Susan Patricio
9/23-25/2011	Seattle	WA Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
9/24-25/2011	Charlotte	NC Susan Thomasson	(704) 355-3921	susan.thomasson@carolinashealthcare.org	Pardee Henderson
9/24-25/2011	Houston	TX Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
9/24-25/2011	Amsterdam	NY Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
9/27-28/2011	Asheville	NC Denise Anthes	(828) 275-5949	denise.antes@msj.org	Denise Anthes
9/30-10/1/2011	Greenwich	CT Beth Wright	(203) 561-4883	beth@bethwright.net	Beth Wright
10/1-2/2011	Philadelphia	PA Jean M White	(267) 374-0187	PAhealingtouch@gmail.com	Jean M White
10/8-9/2011	Littleton	CO Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
10/8-9/2011	El Cajon	CA Julie Bennett	(619) 441-8771	jbennett@sheahealth.com	Kathy Allan
10/8-9/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
10/14-16/2011	Calgary	AB Mount Royal University	(403) 440-3833		Betty Minifie
10/15-16/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
10/15-16/2011	Dallas	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
10/15-16/2011	Chico	CA Susan Patricio	(530) 342-7092	susanlpatricio@yahoo.com	Susan Patricio
11/5-6/2011	Dallas	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell

continued on page 38

Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 1 continued</b>					
10/21-22/2011	Youngstown	OH Linda Morrison	(724) 658-5422	morlibrary@aol.com	Nancy Strick
10/22-23/2011	Suffolk	VA Marilyn Stulb	(757) 539-4413	mhstulb@yahoo.com	Marilyn Stulb
10/22-23/2011	Cincinnati/Loveland	OH Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
10/22-23/2011	Las Vegas	NV Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
10/22-23/2011	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Joyce Rudenick
11/5-6/2011	Memphis	TN Donna Donato	(901) 832-7665	Dona44@aol.com	Dona Donato
11/5-6/2011	Swift Current	SK Judy Ross	(306) 264-3653	djross@yourlink.ca	Betty Minifie
11/19-20/2011	Long Beach	CA Nicole Panzich	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
11/5-6/2011	Cincinnati	OH Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
11/5-6/2011	Kingston	MA Pat Yetman	(774) 678-0150	patyetman7@comcast.net	Tina Devoe
11/11-13/2011	Seattle	WA Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
11/12-13/2011	London	ON Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
11/12-13/2011	Edmonton	AB Cheryl Raiwet	(780) 436-0485	crauwet@telus.net	Betty Minifie
11/12-13/2011	Elmhurst	IL Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
11/12-13/2011	Dallas/Fort Worth	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
11/12-13/2011	Fond du Lac	WI Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
11/18-19/2011	Canfield	OH Linda Morrison	(724) 658-5422	morlibrary@aol.com	Nancy Strick
11/19-20/2011	Vancouver	BC Betty Minifie	(403) 474-7399	therapeuticbalancing@gmail.com	Betty Minifie
11/19-20/2011	Philadelphia	PA Jean M White	(267) 374-0187	PAhealingtouch@gmail.com	Jean M White
11/19-20/2011	Cincinnati	OH Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
12/3-4/2011	Houston	TX Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
12/3-4/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
6/6-8/2012	Jerusalem, Israel	Constance Hammond	(503) 230-2331	rechah@comcast.net	Constance Hammond
<b>Level 2</b>					
7/9-10/2011	Augusta	GA Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
7/15-16/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
7/15-16/2011	Cleveland	OH Nancy Strick	(330) 554-2466	nancy@healingtouchhudson.com	Nancy Strick
7/15-17/2011	Newport News	VA Dottie Graham	(757) 890-2940	gisaoftva@aol.com	Dottie Graham
7/16-17/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
7/16-17/2011	Philadelphia	PA Jean M White	(267) 374-0187	PAhealingtouch@gmail.com	White/McCracken
07/23-24/2011	Sedona	AZ Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
7/30-31/2011	Ft Collins	CO Lauri Pointer	(970) 484-2211	LauriPointerHTCP@gmail.com	Lauri Pointer
7/30-31/2011	Frederick	MD Krista Hall	(301) 606-4647	kristahall17@gmail.com	Tina Devoe
8/1-2/2011	Saga, Japan	Yuko Nakao	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
8/6-7/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
8/17-18/2011	Gunma, Japan	Katsue Kiriya	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
8/30-31/2011	Asheville	NC Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Anne Boyd
9/16-18/2011	Suffolk	VA Marilyn Stulb	(757) 539-4413	mhstulb@yahoo.com	Dottie Graham
09/17-18/2011	Las Vegas	NV Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
9/17-18/2011	Amsterdam	NY Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
9/17-18/2011	St Louis	MO Richard Smith	(314) 962-1765	lesrhs@sbcglobal.net	Linda Elaine Smith
9/17-18/2011	Flower Mound (DFW)	TX Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
9/17-18/2011	Herndon	VA Connie Hambrock	(571) 331-9208	connie.hambrock@gmail.com	Maureen McCracken
9/17-18/2011	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Tim McConville
9/17-18/2011	Whitehorse	YK Judi Urquhart	(867) 456-4987	judi.urquhart@gmail.com	Betty Petersen
9/24-25/2011	Asheville	NC Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
9/24-25/2011	Port Treverton	PA Mary Pat FitzGibbons	(740) 607-4038	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons

continued on page 39



Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 2 continued</b>					
9/24-25/2011	Cincinnati/Loveland	OH Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
9/24-25/2011	Munich, Germany	Renale Reichenberger	4.98154E+11	renale.reichenberger@web.de	Ines Hoster
9/30 -10/1/2011	Greenwich	CT Beth Wright	(203) 622-6338	beth@bethwright.net	Jackie Page
10/1-2/2011	Winnipeg	MB Christine Antenbring	(204) 414-4888	cantenbring@gmail.com	Betty Petersen
10/1-2/2011	Regina	SK Brenda Bieber	(306) 545-7008	bjbieber_99@hotmail.com	Betty Minifie
10/1-2/2011	Fond du Lac	WI Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
10/7-8/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
10/8-9/2011	Elmhurst	IL Kathryn Hungness	(708) 431-1530	HT.Kathryn@yahoo.com	Mary Sinclair
10/8-9/2011	Littleton	CO Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
10/14-15/2011	Alamosa	CO Joanne Kaufman	(719) 580-6158	joannekaufman@yahoo.com	Janna Moll
10/15-16/2011	London	ON Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
10/15-16/2011	La Mesa	CA Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
10/15-16/2011	Houston	TX Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
10/15-16/2011	Boulder	CO Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
10/15-16/2011	Quebec	QUE Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
10/15-16/2011	Memphis	TN Donna Donato	(901) 832-7665	Dona44@aol.com	Dona Donato
10/21-23/2011	Seattle	WA Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
10/22-23/2011	Long Beach	CA Nicole Panzich	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
10/22-23/2011	Asheville	NC Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Denise Anthes
10/22-23/2011	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Tim McConville
10/29-30/2011	Lafayette	CA Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
10/29-30/2011	Spokane	WA Sharon Fletcher	(509) 328-3337	shatir444@comcast.net	Sharon Fletcher
11/4-5/2011	Cleveland	OH Nancy Strick	(330) 554-2466	nancy@healingtouchhudson.com	Nancy Strick
11/5-6/2011	El Cajon	CA Julie Bennett	(619) 441-8771	jbennett@sheahealth.com	Kathy Allan
11/12-13/11	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
11/12-13/2011	Quebec	QUE Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Nicole Kasemir
11/12-13/2011	Stuttgart, Germany	Renale Reichenberger	4.98184E+11	renale.reichenberger@web.de	Ines Hoster
11/12-13/2011	Las Vegas	NV Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
11/19-20/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
11/26-27/2011	Winnipeg	MB Christine Antenbring	(204) 414-4888	cantenbring@gmail.com	Betty Minifie
12/2-4/2011	Calgary	AB Mount Royal University	(403) 440-3833		Betty Minifie
12/3-4/2011	Cincinnati	OH Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
<b>Level 3</b>					
7/9-10/2011	Lafayette	CA Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
7/9-10/2011	El Cajon	CA Julie Bennett	(619) 441-8771	jbennett@sheahealth.com	Kathy Allan
7/9-10/2011	Elizabethtown	PA Jackie Page	(717) 756-1861	healingintention@comcast.net	Tina Devoe
8/13-14/2011	Asheville	NC Denise Anthes	(828) 275-4704	denise.anthes@msj.org	Anne Boyd
8/20-21/2011	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Tim McConville
8/20-21/2011	Cincinnati	OH Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
9/9-10/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
9/10-11/2011	Ft. Collins	CO Lauri Pointer	(970) 484-2211	LauriPointerHTCP@gmail.com	Lauri Pointer
9/10-11/2011	Augusta	GA Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
9/17-18/2011	St Louis	MO Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
9/17-18/2011	Chicago	IL Shannon Burns	(630) 779-4893	shannonburns112@aol.com	Marcia Bregman
9/17-18/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
9/24-25/2011	Cincinnati	OH Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
9/24-25/2011	Yellowknife	NT Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Minifie

continued on page40

Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 3 continued</b>					
10/15-16/2011	Glen Burnie	MD Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
10/15-16/2011	Stuttgart, Germany	Ines Hoster	4042571843	Ines@healingquestinfo.com	Ines Hoster
11/4-5/2011	Cleveland	OH Nancy Strick	(330) 554-2466	nancy@healingtouchhudson.com	Barbara Starke
11/4-6/2011	Amsterdam	NY Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
11/5-6/2011	Houston	TX Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
11/11-13/2011	Cincinnati/Loveland	OH Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
11/12-13/2011	Las Vegas	NV Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
11/18-19/2011	Greenwich	CT Beth Wright	(203) 622-6338	beth@bethwright.com	Tina Devoe
11/18-19/2011	Atlanta	GA Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
11/19-20/2011	London	ON Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
11/19-20/2011	Asheville	NC Denise Anthes	(828) 275-4704	denise.anthes@msj.org	Anne Boyd
11/19-20/2011	Boulder	CO Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
12/3-4/2011	Long Beach	CA Nicole Panzich	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
12/4-5/2011	Sacramento	CA Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
12/10-11/2011	Lafayette	CA Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
2/25-26/2012	St Paul	MN Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	Tim McConville
6/22-24/2012	Calgary	AB Betty Minifie	(403) 474-7399	therapeuticbalancing@gmail.com	Betty Minifie
<b>Level 4</b>					
7/21-24/2011	Chicago	IL HT Program	(210) 497-5529	registration@healingtouchprogram.com	Barbara Starke
10/6-9/2011	Burlingame	CA HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sharon S. Hibdon
10/12-15/2011	Loveland	CO HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lauri Pointer
10/20-24/2011	Yellowknife	NT Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
10/27-30/2011	Calgary	AB Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Petersen
11/3-6/2011	St Louis	MO HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lynn Placek
12/1-4/2011	Asheville	NC HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
12/1-4/2011	Loveland	OH HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lynn Placek
12/8-11/2011	Union	WA HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
<b>Level 5</b>					
7/21-24/2011	Chicago	IL HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
9/22-25/2011	London	ON Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cynthia Hutchison
10/6-9/2011	Burlingame	CA HT Program	(210) 497-5529	registration@healingtouchprogram.com	Carol Kinney
10/12-15/2011	Loveland	CO HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
12/1-4/2011	Loveland	OH HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sharon S. Hibdon
12/1-4/2011	Asheville	NC HT Program	(210) 497-5529	registration@healingtouchprogram.com	Mary Ann Geoffrey
12/8-11/2011	Union	WA HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
3/15-18/2012	Calgary	AB Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Minifie
<b>Level 6</b>					
11/7-10/2011	Boulder	CO HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Advanced Practice 1</b>					
10/8/2011	Amsterdam	NY HT Program	(210) 479-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
3/10/2012	St Paul	MN HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
3/31/2011	Cincinnati	OH HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison

continued on page 41

Date	Location	Coordinator	Phone	Email	Instructor
<b>Advanced Practice 2</b>					
10/9/2011	Amsterdam	NY HT Program	(210) 479-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
3/11/2012	St Paul	MN HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/1/2011	Cincinnati	OH HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Advanced Practice 1 and 2</b>					
10/8-9/2011	Amsterdam	NY HT Program	(210) 479-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
3/10-11/2012	St Paul	MN HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
3/31-4/1/2012	Cincinnati	OH HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Self Care Class</b>					
7/16/2011	Glen Burnie	MD Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
<b>Self Care Training- FOR INSTRUCTORS ONLY</b>					
	Online	HT Program	(210) 479-5529	registration@healingtouchprogram.com	Barbara Starke
<b>Childrens Class Training- Level 4 and Above</b>					
	Online	HT Program	(210) 479-5529	registration@healingtouchprogram.com	Cynthia Hutchison
<b>The Power of Your Awareness Webinar</b>					
	Online	HT Program	(210) 479-5529	registration@healingtouchprogram.com	David J. Fiala

## Healing Touch Energy Balls

This dynamic tool for demonstrating how energy flows, now comes in new packaging and with the words "Healing Touch" on the ball.

The Energy Ball is a wonderful tool for demonstrating how energy flows through the body using simple conductivity. Simply touching the two contact points completes the circuit of energy flowing in your body causing the Energy Ball to light up and make a sound.

This demonstration works equally well with a group of people holding hands to form a chain with two individuals each touching one of the contact points to complete the circuit of energy.

Available for only \$6 each through the [Healing Touch Store](#).

