

Energy magazine™

The Official Publication Of Healing Touch Program



Working with Veterans



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Additional Healing Touch Resources

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Healing Touch Research -
www.HealingTouchResearch.com
Healing Touch Professional Association -
www.HTProfessionalAssociation.com
Healing Touch Worldwide Foundation, Inc. -
www.HTWFoundation.org

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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

Upcoming Issues:

May/June 2012
 Anniversary Issue/International Outreach
Article submit deadline - March 1, 2012

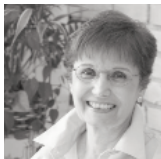
Jul/Aug 2012
 Practitioner Issue and HT as First Aid
Article submit deadline - May 1, 2012

Sep/Oct 2012
 HT with Children and the Elderly
Article submit deadline - July 1, 2012

Nov/Dec 2012
 Manifestation
Article submit deadline - September 1, 2012



Billy Courtney
 Editor



Nancy Strick
 Assistant Editor

Energy Magazine™ would love to hear your comments!

Greetings

from Cynthia Hutchison
Program Director, Healing Touch Program



Dear Readers,

After graduating in 1976 with a BSN in nursing, I spent the next two years practicing on a psychiatric unit in a large city hospital in Chicago. I was twenty two years old and was sometimes put in charge of forty patients on locked and unlocked units and a dozen staff. Looking back, it's amazing to realize that hospital administrators would trust a 22 year old neophyte nurse with this kind of responsibility when I barely knew myself! For the first year, I found it exciting to be part of a big city hospital and was fascinated to learn about psychiatric diagnoses and human psychology. The case studies of some of the patients broke my heart open and made me wonder how our Creator could allow such human suffering. I was suddenly immersed in the "stuff of life" from having had a fairly protected and uneventful childhood and young adulthood...an initiation of sorts into the "human condition."

An important responsibility of mine was medication administration. The whole approach to our care was primarily pharmaceutical. By the end of two years, I had to leave because I could see that the pharmaceutical approach, while it achieved temporary symptoms management, really did not address the deep healing that was needed to become or stay well. I pursued a graduate degree as a clinical specialist in mental health nursing to try to discover for myself how people heal. It wasn't long before I discover holistic nursing and energy medicine, first through Therapeutic Touch and in 1992, through Healing Touch.

It's now 35 years later! What has changed?...and what is the same with hospitals and health care? Depending on the local

culture of a hospital and who makes the big decisions, some hospitals continue to operate out of the older mainstream models of treating the person as a being who can be controlled or managed through the chemistry of medications or the amazing advancements of modern surgery. Most of us have experience in seeking help and only being offered a medication. Of course I value these amazing advancements in modern medicine, but as a mature person, I know there is so much more to health and healing.

Fortunately, many health care centers have "seen the light" and are sincerely addressing people holistically by acknowledging their body, mind and spirit health needs. Thanks to nurses like Dr. Jean Watson and her forty years of developing Caring Science, and others like her, hospital patients in holistically oriented facilities are now being acknowledged having needs of body, mind and spirit. Providing holistic therapies through integrative health departments and body-mind-spirit philosophies of care is not only valid from a moral point of view, but from a "good business" point of view. Patients and their families who have a positive experience at a hospital which recognizes their mental, emotional and spiritual needs, as well as preferences for holistic therapies for physical care, develop reputations as such and draw more customers and credibility. This translates into financial stability and recognition.

Janet Mentgen, as a holistic nurse, laid the groundwork in 1989 for Healing Touch practitioners to become integral members of health care and hospital teams. While rooted in nursing, our student and practitioner population quickly expanded to anyone interested in learning energy medicine hands-on healing. Our HT Program statistics show us that the majority of our students are in fact, not nurses.

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Healing Touch Program - this month (March) is celebrating our ONE YEAR anniversary of being the only exclusively energy medicine continuing education program accredited through the American Nurses' Credentialing Center! HT is being increasingly more recognized by hospitals and health care facilities as a way to show that they recognize people as energetic/spiritual beings whose body, mind and spirit health affect all aspects of health. They are seeing that HT facilitates health all around, AND they are also seeing that provision of therapies like Healing Touch is good business, economically sound and can increase staff satisfaction and retention.

This issue of Energy Magazine features a story about Mission Hospital in Asheville, North Carolina, as one of the forward thinking health care systems which embraces Healing Touch as part of their integrative medicine approach. We applaud Mission Hospital and facilities like them who are blazing trails as pioneers in the advancement of body-mind-spirit health care. We admire their courage and smart business sense in improving their care of people through integrative modalities and philosophies.

With excitement and hope for the future --

Cynthia

Mark Your Calendars- 2012 Healing Touch Worldwide Conference!



August 2 - 5, 2012
Hyatt Regency,
San Antonio, TX

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We're helping practitioners like you stay informed and connected to Healing through your social network. Visit Healing Touch Program on Facebook and become our fan to get instant access to exclusive content that can help you succeed in your career.

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- See announcements about support tools for your practice
- Support other practitioners by networking, sharing articles and videos
- Ask questions about your practice
- And more!

So become a part of our social circle and get linked in to great information that you can use to support your practice.

How wonderful it is that nobody need wait a
single moment before starting to
improve the world.

-Anne Frank



A Celebration of Life – Kathy Sinnett, RN

July 20, 1940 – January 17, 2012

A Tribute to Kathy Sinnett

by Mary Ann Geoffrey & Sharon Scandrett-Hibdon



A great sense of loss fell upon many as Kathy Sinnett departed earth's plane on the "Wings of the Angels" she loved so dearly. Her last moments were shared with her family as her six amazing daughters sang several songs, including "Amazing Grace." They spoke of a very peaceful transition for Kathy.

For all who knew Kathy, "Amazing Accomplishments" are noted by those whose lives she touched. Kathy studied in-depth with Janet Mentgen and was the sixth certified Practitioner and ninth certified Healing Touch Instructor in this country (1993), as well as, being a cherished member of the Healing Touch Professional Association's Elder Council. Kathy also received certification as a Holistic Nurse through the American Holistic Nurse's Association.

She was a full-time spiritual, energy healer and teacher for over 20 years. She was the author of several self-help books including Energetic Transformations and Insights and was known for her "sense of humor and a delightful writing style." In addition, Kathy wrote a monthly column for Connections, a holistic news magazine.

A true pioneer in Energy Medicine, Kathy used her remarkable ability to develop a successful business and Healing Touch practice. As a woman of great courage, she influenced and paved the way for many students and practitioners to develop sound business practices. She founded the Healing Touch Practice in Farmington, Michigan as a model clinic, which began in Livonia, Michigan, and is still supporting practitioners in training, as well as, the local community.

Kathy fully believed in holism and self healing - evidenced by her strong will to live and to heal herself. She met her challenges "head on" and dealt with issues with the same regard. She controlled her healing environment when able and made the best possible use of both traditional and complementary therapies. In her daughters words, "*What others saw as obstacles,*

Mom viewed as challenges to be overcome, and lessons to be learned. When faced with an endless stream of doctors, tests and waiting rooms, Mom decided she must need to learn patience. When her invasive and aggressive treatments stripped her of dignity, she concluded that she must need to learn humility. When her physical limitations made it necessary to rely on the strength of others, she reflected on her need to learn to receive, as well as, to give. Her long recovery period battling the effects of her treatments were for her an opportunity to realize how much her family and friends loved her. Mom faced her diagnosis (of Glioblastoma) with courage, handled her life changes with dignity, and met her physical and mental challenges with humor and grace."

"In 2005, Mom was given less than 6 months to live (only 3-5% of patients live three years). At Mom's quarterly MRIs her neurologist would explain the cancer would return, and Mom always argued saying, 'No, I am healed'. To the doctors amazement and Mom's smug satisfaction, she was always right. An MRI in December of 2011 revealed that she was cancer free."

Kathy applied this same sensitivity when working with others and was very attuned to their needs, always attempting to empower them. Her understanding and gifts of healing were deep and profound. The nurturing Kathy provided healed others. Kathy's legacy includes the role of spouse, mother, grandmother, friend, nurse, healer, author and musician. She was co-founder of the Michigan Holistic Nurse's Association where she served as President for two years. Kathy told her daughter that two things were very important to her -- helping and touching the lives of others in the best way she could and teaching and training others - especially nursing students and other professionals in Michigan.

Included among her many roles was as a "baker." Many are aware of her remarkable ability to bake a few dozen loaves of whole grain bread in one morning, the best carrot cake, rice

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pudding and oatmeal raisin cookies. Kathy also delighted in “folk lore” music where dozens would gather to sing and play “Irish Tunes.” From violins, to washboards and clapping spoons, folks had a great deal of fun as they heartfully shared music that was nurturing and delightful.

Cherished memories and appreciative words are arriving from all over the country to describe this remarkable and spirited woman -- accomplished, determined, loved, caring, compassionate, courageous and a wonderful sense of humor.

In a recent conversation with Kathy, she expressed her great love for her family, friends, children, grandchildren and her work. A true role model, Kathy always put “her best foot forward” as she faced life’s many challenges.

She was a true friend to many and her ready laugh, humorous comments and big smile will be greatly missed. May you rest Kathy -- and know that you truly made a difference to those whose lives you touched. For that -- we are grateful.

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Healing Touch Professional Association provides the vehicle for you - the HT Community, to actively participate, give input and ideas while receiving benefits and support. We invite you to join HTPA - to share in the future of Healing Touch.

New Member Categories

We have a member category for everyone, including Discount Memberships, and you don't have to be a Healing Touch student to join!

U.S.A. Membership - Annual Dues \$100

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For non U.S. members, if you belong to an additional International Healing Touch organization, you can join HTPA at a reduced rate.

Elder Membership - Annual Dues \$75
Open to all those 70 years of age or older. Includes all of the benefits of a regular member. On membership application please include your date of birth.

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Open to students taking 12 credit hours per semester at a recognized institution (on campus or on-line campus). *Applicant must submit copy of Student Card or signed document from the institution to verify.*

In Memory of Reverend Rudy Noel

Who Transitioned January 26, 2012

By Franny Harcey, HTCP, Healing Touch Instructor

In addition to being close friends, Rudy Noel and Janet Mentgen studied together when he moved to Denver in the 1980's. Rudy also studied and was on staff with Rosalyn Bruyere at the Healing Light Center in California in the late 1970's and early 1980's. He brought teachings from Rosalyn to Healing Touch, adapting her Mind Clearing, as well as, the Hopi Technique, which are part of the Healing Touch Program curriculum.

We all know how teachers come into our lives as we need them to appear. Four years ago I met Rudy Noel when I worked for Healing Touch Program. I had an instant connection with this master healer and he became my next teacher! (I would be inclined to say that I was presented as his teacher as well). We spent many hours together - learning and sharing. I bathed in the plethora of information he shared with me about his years of studying with Rosalyn Bruyere.

As our friendship grew, we delved deeper into the mysteries of healing and of what life presented each of us in every moment. His bountiful wisdom always flowed from both his mouth and his hands as we shared healing sessions. Rudy was the most inquisitive man I know. He never settled for an answer, but always wanted to understand the deeper meaning. He truly reminded me of my son, who at age three, had the ever present "why?" flowing from his mouth! It makes me smile to think what I learned from Rudy when he asked "why?"



It will be a delight to read the book Rudy completed just a few months ago. His casual, conversational style as he shares his philosophy, some of his teachings and techniques, as well as, how Rosalyn Bruyere influenced him will be as if Rudy is sitting next to you as you read his story.

The Huggin' Healer may be purchased through the Healing Touch Bookstore – by [clicking here](#).

Rudy's message about having an open heart chakra was one of the first things he shared with all those to whom I introduced him - my mentees, meditation friends and other healers who wanted to experience and gain his wisdom. He was a gift to so many on this planet. I am honored and blessed to have had this dear man as my friend. God bless you dear Rudy -- send me a message every once in a while! -Franny

Franny's Bio:

Franny Harcey is a Healing Touch Certified Practitioner and Mentor, A Mind Energy Body Transformation Guide and Teacher for the Me-B School of Transformation in Boulder, CO. She has a private practice and the Golden Shadow Healing Center in Parker, CO. She and her husband have been married 26 years and have two grown children.

www.goldenshadowhealingcenter.com

In Memory of Mary Silberzahn, M.A., O.T.R.

by Vivian Holder

Mary, an occupational therapist who lived in South Pasadena since the mid-1990s, passed away on Christmas Day at age 81 after a long illness.

She was born in Pontiac, Illinois, of German parents. When Mary's father first came to the United States, he was a blacksmith and later became justice of the peace, and Mary's mother was a teacher in a one-room school house during World War II.

Mary graduated from Mount Mary College in Milwaukee in 1952 with a B.S. in occupational therapy. After college, Mary traveled overseas with the USO, serving the troops as a recreation director in Okinawa, Japan, and Germany.

Upon returning to the States, Mary earned a M.A. in occupational therapy from the University of Southern California (USC) in 1967. She was also an assistant professor of occupational therapy at USC in the late 1960s. In the early 1970s, she worked at Hollywood Presbyterian Hospital and then taught at Pasadena-based Sensory Integration International from 1973 to 1983. Since that time, she worked in private practice. She was especially interested in helping children with sensory integration disorders and autism to improve their quality of life and her work was published in *The American Journal of Occupational Therapy* and two textbooks.

Mary's interest in healing brought her to the Healing Light Center Church in Sierra Madre, where she studied energy healing with Rosalyn Bruyere, one of the country's leading energy healers, and graduated from that program. In pursuit of her interest in healing, Mary studied in the Healing Touch Program in the early 1990's. She became a Certified Healing Touch Practitioner and had a Healing Touch practice in her home along with her Occupational Therapy practice. She felt that occupational therapy was missing the energetic component, and she blended them together in her own unique practice. Mary always intended to write about this. She was an innovator. Mary organized Healing Touch workshops in the South Pasadena area for many years, conducted practice groups at her home, and mentored many.



Mary performed energy healing in hospitals and wherever anyone called her. She was selfless in helping others. Mary represented Healing Touch at local health fairs, and organized and participated in weekly healing days at HIV/AIDS and Cancer organizations. Mary was selfless in practicing Healing Touch wherever asked, often traveling to other cities where she helped those in hospitals and hospices.

Mary once said that part of her life's mission was to bring people together. Mary brought many people together through her work in Healing Touch. Mary hosted Saturday evening dinners for her friends. Her door was always open. She was well known for her 4th of July parties and neighborhood Christmas parties at her home. Christmas was her favorite time of year. Not an inch of her home went without a decoration! With the help of friends, she hosted her final annual Christmas party just three days before she passed.

Mary dedicated her life to loving, healing, and helping others. She was a person who truly walked her talk, giving freely of herself up until her last days.

All who knew Mary were truly blessed! She touched all our hearts with her caring and compassion! Mary Silberzahn will be long remembered in all our hearts!

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Tribe and Duty

by Susan Emily Russell, LMT, HTCP/I

When I took my first Healing Touch class I understood the Instructor's lesson on the importance of grounding and centering. As someone prone to day dreaming, who can easily drift, I greatly appreciated the need to be focused and connected. However, the Tree Meditation we experienced was difficult for me. When the instructor asked us to visualize the roots of our tree attaching us to the earth, all I could think was that I am an Army Brat and I have no roots. Later in the day when we learned of the Root/Base chakra and it's significance to tribal or family connection it clicked - the military is my tribe, my base, so to speak. I remember sitting on a beach in the Florida Keys looking at a palm tree and being told that it had been blown a distance down the sand during one of the storms. So now when I utilize the Tree Meditation, I am a palm tree, with many short roots that hang on tight until a big wind blows me along some shore.

When I read the October 2007 Energy Magazine article about the Stand Down in San Diego, I knew this was something in which I wanted to participate. I searched the Internet and found there was a Stand Down planned for August 2009 in El Paso, TX. August in the desert! I was able to arrange an invitation after writing to everyone involved, telling my Army Brat story and stating that I wanted to help my tribal brothers and sisters.

The event was held in the Texas National Guard Armory's gymnasium. What a place for healing! They gave me a booth at the end of a hallway labeled with numerous signs warning that it was an off-limits, secured area. After the moving Opening Ceremony, I donned my Healing Touch apron and began

to do the work. Viet Nam era rock & roll, Tejano polkas and country western music were blaring from the speakers. I gave treatments to 10 Veterans, two females and eight males. Four of the eight men were named Richard. Not Rick, Ricky or Dick - Richard. Richard means powerful leader or brave power. I knew it was a sign that I was in the right place at the right time. I received the message that one of the Richards was an artist and that drawing his story would greatly help his Post Traumatic Stress Disorder (PTSD), so I rushed to a store at lunch and bought him a tablet and pencils. He came to me later, beaming, and handed me a drawing, stating that he was already feeling the benefits of the work.

"Healing experienced in body and mind. [My] pain is gone."
-Viet Nam Veteran, Male

After telling friends and colleagues about my experience, nine volunteers were invited to the Stand Down in Dallas later that same year. This event was a citywide homeless event patterned on the military Stand Downs and 12,000 people were expected to attend just a week before Christmas. The Veterans Administration (VA) had a corner of the huge convention center, and they gave us a curtained off section to set up our tables. I wanted the four Apprentices to have the opportunity to get in a lot of documented sessions, so I stood back and watched.

"Believe it or not, I actually feel better. The lights look brighter."
-Afghanistan & Operation Iraqi Freedom/Operation Enduring Freedom (OIF/OEF) Veteran, Female,
Four Deployments

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"100% different on how I feel now. Would be great for the Vets at the VA!"

-OIF/OEF Veteran, Male

A young man, named Richard, wearing a black shirt covered in military patches came up and I felt drawn to work on him. He rated his pain as an 8 and stress as a 12 on the 0-10 scale. After just 20 minutes of Healing Touch, including a *Mind Clearing* and *Chakra Connection*, he had the most beautiful smile and deepest dimples on his face. He asked for brochures for himself and his pain management physician.

"I haven't been pain free since I stepped on that mine!"

-Afghanistan & OIF/OEF Veteran, Male, Five Deployments, Three Purple Hearts

In 2010, I was invited to return to El Paso, so I interrupted my time at Healing Touch Program's Worldwide Conference in Denver to fly there for the day. It was heart warming to be happily greeted by those I had met the summer before. This year I had the help of Michal Curry, HTCP, who drove from Santa Fe. We worked on homeless Vets, support staff and a group of Medics recently returned from Iraq. One of the Richards was there again, sun scorched and eager to get on the table. He scratched a note for Michal and me, bringing tears to our eyes.

"Emotionally and physically I feel really good. Spiritually I feel real, real strong."

-Active Duty OIF/OEF, Male, Three Deployments

"A new feeling, pain relief without meds."

-Active Duty OIF/OEF, Female, Two Deployments

"Felt as if I was on another plane. Relaxed. Aware of my breathing."

-Desert Storm Gulf War Veteran, Male

In October 2011 we were invited back to Dallas where a Veterans only Stand Down was planned at the VA Hospital. It was cramped and extremely loud giving me the opportunity to emphasize to the Level 2 students that WE are the healing environment, creating sacred space as we work. The three of us who had been at a Stand Down before made sure that the others took time for self-care. I was fortunate to work on a Gulf War Veteran who, a while later, wandered back to tell me he

just wanted to hang out with us. All the volunteers agreed that this was an exhausting - but very inspiring day - and we look forward to the next chance to participate.

"[I feel] refreshed!"

-Gulf War veteran, Male

"[I'm now] spiritually full."

-Korean War Veteran, Male

"Will start distributing your pamphlets right away!"

-Gulf War Veteran, Female

So, are you motivated to carry on the work in this way? I suggest you read all the related articles in previous Energy Magazine issues, call the Social Work Department at your nearest VA facility, go to www.nchv.org/standdown.cfm, sign up on the HTPA Community Connections volunteer list, and/or talk to anyone who has had the fortune and honor to participate in these events. You will then know how lucky this Army Brat feels to be back with her tribe and each short tour of duty.

About the author:

Susan Emily Russell was born on a basic training camp and grew up as an Army Brat in some pretty exotic locations. This nomadic lifestyle, along with her Viennese mother, allowed Susan to observe and enjoy people of many cultures, and adopt an altruistic nature in her early years. She learned to cherish our similarities while relishing our differences, and is most fortunate to see beauty in each face she sees. Susan gladly suffers from Chronic Girl Scout Syndrome, being well prepared to do a good deed daily and leave things better than she finds them.

Susan is pictured on page 10 and below bottom center.



Above: Healing Touch volunteers at the Stand Down in December in Dallas, TX in 2009.

Regional conferences are a wonderful way to connect with your local Healing Touch community. Please join us for the 1st Annual Midwest Regional Healing Touch Conference in beautiful Chicago, Illinois.



Keynote Speakers

Creating Abundance - How to shift your energy to attract success



Marilee Tolen, RN, HN-BC, HTCP/I

This powerful presentation will move the healer from 'scarcity to success' consciousness by using the most integral part of one's beingness - their own Energy System! Learn what blocks you have to receiving the money that you want and need in your Healing Touch practice, how to release those blocks and barriers, and receive the prosperity that is yours. Marilee combines music, movement, process work, and energy exercises to give the participant the most fun and effectiveness in learning to receive abundance!

Nourishing the Light Body: Essential Nutrition for Vibrational Healers



Barbara Starke, RN, MSN, FNP, HTCP/I

Why are we in America so sick? Why is the upcoming generation not expected to live as long as their parents--an scientific observation seen for the first time in the evolution of the human species!

Learning how to select and cook healthy foods to promote radiance and longevity is a gift given to us from our ancestors. To reclaim these gifts, our time together will look at the factors underlying imbalances in gut health; the various ways society sabotages our ability to make healthy food choices; and ways to optimally support the gut and the immune system for optimal energy, cell vitality, and longevity.

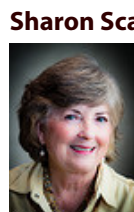
Heart-centered voyage into the body: Novel techniques for common problems



Sue Hovland, HTCP/I, BSN, CMT

Sue Hovland will be presenting a practical, interactive and joyful presentation that combines anatomy with energy to effectively address four common areas of concern - balancing the body's trauma alarm system, sending energy to basic tissues, clearing and enhancing the lungs, and boosting the immune system. We will learn and practice these innovative techniques on ourselves and others.

Compassionate Presence: Deepening Heart-Centered Skills



Sharon Scandrett-Hibdon, RN, PhD, HTP/I-BC, HNC, FNP-BC, CS

An experience in deepening presence will be practiced after examining the components of compassion, love and "being with" another person. In Healing Touch practicing client centered presence is critical to building rapport, trust and confidence in the practitioner's skills. Being present fully allows the practitioner to enjoy each "Now" moment with others, including family. As practitioners, this skill is one of most important activities to living one's life fully. Based upon energetic as well as excellent communing skills, the practitioner's awareness expands exponentially.

Registration Now Open!

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Regional conferences are a wonderful way to connect with your local Healing Touch community. Please join us for the 4th Annual Eastern Regional Healing Touch Conference in beautiful Albany, NY.

Keynote Speakers

Group Singing & Rejoicing



Peter Capobianco, Musician

Join us for an evening of joyful song and storytelling and jokes with the former President and CEO St. Mary's Hospital in Amsterdam, NY. Peter began playing the guitar at age twelve and has never stopped playing! He has been the lead guitarist for MEDROCK

for five years, a five piece band comprised of four other members: three physicians and the President and CEO of St. Mary's Hospital. Peter is very involved as a guitarist & singer, performing at multiple fundraising events as soloist; in the annual Rotary Variety Show, in the annual Halloween parade, playing on the float for the enjoyment of many and in many events which help to raise money to fight cancer. Peter is a well-known joke teller. He will leave us laughing! He will entertain with guitar instrumentals as well as a Frank Sinatra SING ALONG for which he is well-known.

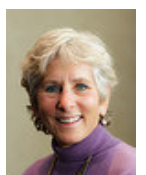
Keeping a Balance: Taking Care of the Person We See in the Mirror **Anne Bryan Smollin, CSJ, PhD.**



Anne Bryan Smollin, C.S.J., is an international lecturer on wellness and spirituality. Her dynamic public speaking style and natural gift for entertaining have sent her far from her Albany, New York, home base to lecture on humor and its effect on wellness, aging, spirituality and stress. A Sister of St. Joseph, Smollin has a bachelor's

degree in education and a master's degree in counseling, as well as a doctorate in counseling psychology from Walden University in Naples, Florida

Nourishing the Light Body: Essential Nutrition for Vibrational Healers



Barbara Starke, RN, MSN, FNP, HTCP/I

Why are we in America so sick? Why is the upcoming generation not expected to live as long as their parents--an scientific observation seen for the first time in the evolution of the human species!

Learning how to select and cook healthy foods to promote radiance

and longevity is a gift given to us from our ancestors. To reclaim these gifts, our time together will look at the factors underlying imbalances in gut health; the various ways society sabotages our ability to make healthy food choices; and ways to optimally support the gut and the immune system for optimal energy, cell vitality, and longevity.

Essential Oils for Client Use and Self-Care



Diane Stredney, RN

Take an in depth look at seven Essential Oils and how they are tied into issues of the seven chakras of the body. Learn the physical, energetic, and emotional uses of seven essential oils. A brief discussion of chemistry will provide insights into the complexity of each of the oils. Historical and cultural developments will provide insight into our current use of oils. Safety concerns when utilizing essential oils for self and for others will be noted.

HTPA - A GIFT TO EACH OF US



Sharon Robbins, RN, HN-BC, HTCP

Entrepreneur Benefits of HTPA Membership are continually expanding based on the requests of its members but also HTP and HTPA work hand in hand to provide cutting edge collaboration with other leading organizations in the field of Energy Practice. It is our goal to keep you involved in and informed of the current shift in health care from crisis care to wellness and prevention. There will be time during this presentation for open discussion from the audience. Sharon is Executive Director of HTPA and it is her passion to provide all members with opportunities to participate in the growth of Healing Touch worldwide while be given the resources for professional development of both personal and business practice of Healing Touch.

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Essential Energy with Cyndi Dale

by Cyndi Dale

Service with a Smile

I remember the first time I learned about the concept of service, usually defined as giving without expecting anything in return. I was in fifth grade and my mom volunteered that I wash dishes at the church potluck. The duty consisted of scraping out casserole pans coated with leftover “hot dishes” - before scrubbing them clean.

The thing about Minnesota hot dishes is that no matter what the featured meat or vegetable is, the primary “glue” is always the same - cream of mushroom soup. If there was one thing I hated as a child, it was cream of mushroom soup—especially COOKED cream of mushroom soup, which left the same film in your mouth as it did on a pot.

Valiantly protesting, I was eventually lectured at the kitchen table by both my mother and father. (I considered myself lucky that the pastor was not present as well.)

With disappointed looks on their faces, they said, “Cyndi, God put us here to be servants. It’s the least we can do, as Jesus gave his life for us.”

I told them that I had not been alive 2,000 years ago and that slavery was illegal, but nothing I said made a difference. A few days later there I was, scraping pots and pans in the church.

Well into adulthood, I struggled with the idea of service. Oh I GAVE. Early in my career I clocked many hours serving on several local Boards of Directors, organizing non-profit galas, and volunteering at soup kitchens. As a mother I have lost count of the time spent on forcing friends to place fundraising orders

for everything from potato peelers to stale cookies. (I finally decided to buy everything myself just to spare my friends the purchase of yet more wrapping paper or car washes.) I did not fully appreciate the true meaning of service, however, until an especially heart-wrenching event occurred.

While sitting on a bench near a store, a woman arrived and sat next to me. She was tall and dark-haired and her coat had seen better days. Her shoes were covered with salt from the slushy streets and she had a huge run in her nylons. I have to confess, I remarked to myself that the run was unsightly.

We started to converse and I found her intelligent and interesting. At one point, I asked her what she did for a living.

With tears in her eyes, she confessed that she was unemployed, but that she was excited about a job interview she was to have later that day. She proudly showed me her resume and said that she was perfect for the job. Almost under her breath, she added that she was scared, however, because she had just enough change for bus money, but not enough to buy new nylons.

My mother’s cautionary voice whispered in my head. *“She’s just trying to get money out of you.”* My father’s warnings whipped in as well. *“If it’s not your business, don’t do it.”* But then I remembered the lecture I received prior to my pot scrubbing service at church and I started to understand something.

Service cannot be forced or it is a form of slavery, nor can it be motivated out of guilt or we will become resentful. Having said that -- we are here to serve.

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One definition of service is to “cover another.” It is to do for others what they cannot do for themselves but that we can and are called to do for them. If I do my son’s homework for him, I am not performing a service. I am interfering in his life. In fact, I am debilitating him. I can show him how to write a fraction or spell a certain word if he requires that help, but ultimately he is not going to pass a math or composition test if I am the only one who knows the material.

I used to think that service had to be labeled with a title or assigned a role, like “PTA Mom” or “Chief Church Bottle Washer” or “Really Important Board of Management Committee Head.” Now I think that service is a mentality rather than an assignment, an attitude rather than an act. Even working with a client is a service. We are giving what we are called to give and what the other person desires to receive. If we go too far, however, we might undercut a client’s growth. We can offer guidance and healing, but we cannot sit in a client’s house and force them to eat correctly or go to work on time. Every service must be delivered with a willingness to surrender.

I gave the woman money for nylons. I have no idea if she spent the money on nylons, but I believe that she did. I would like to think that she arrived at the job interview and was wildly and quickly hired - but I do not know. We give—and let go. We give—and let go.

As Mohandas Gandhi once said, *“That service is the noblest which is rendered for its own sake.”*

May we embrace our own call to serve as joyfully as did Gandhi, although I vote that the deed never again includes hot dishes.

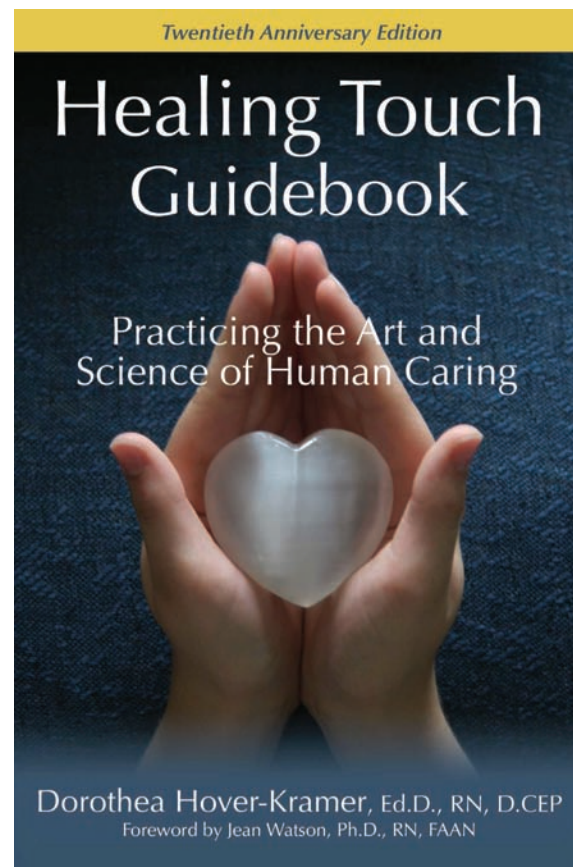
About the author:



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

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

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Integrative Health Care at Mission Hospital in Asheville, NC

By Lourdes Lorenz, MSN-IH, RN, AHN-BC, NEA-BC, HTPa

The Integrative Program at Mission Hospital originally began in the summer of 2008 with a staff of three. Currently, the department has 18 staff members including an Integrative Medicine physician, Holistic Nurse Specialists, Movement Instructors who specialize in Tai Chi, Qigong and Yoga, Administrative staff, Pet Therapy Coordinators, Education Coordinator, and a Music Therapist. The program will soon be adding an Acupuncturist and Art Therapist to the department because of extended Integrative Health services that will be offered at the new Cancer Center.

Integrative Healthcare is a combination of traditional medicine and complementary modalities that address the whole person, not just the disease. At Mission Hospital the Integrative Healthcare Department is helping patients achieve balance through science and compassion and by maximizing the body's potential for healing. This optimal healing is achieved by creating a partnership in which patient and practitioner work together, incorporating treatment options from conventional and complementary approaches, taking into account not only physical symptoms, but also psychological, social, and spiritual aspects of health and illness.

Integrative Healthcare at Mission Hospital is dedicated to the safe and compassionate integration of complementary and conventional medicine through the activities of research, education, clinical services, and community partnerships.

Integrative Healthcare seeks to:

- Reaffirm the importance of relationships in enhancing wellness and healing in a family-centered and culturally-sensitive manner.
- Promote safe, evidence-based practice that integrates effective therapies.
- Collaborate with community resources and practitioners to create an integrated healing network.

The foundation of the Integrative Health Program began by giving the tools of Holistic care back to nurses. At Mission Hospital this means implementing Integrative Holistic nursing practices and creating an innovative program which builds on the success of Mission's healing journey. Nurses are given the opportunity to become Holistic Resource nurses through a 24-hour continuing education course. This course focuses on evidence based nursing practices and the core values of Holistic Nursing from the *American Holistic Nurses Association* and the *American Nurses Association*.

The class guides nurses in the art and science of holistic nursing and offers ways of thinking, practicing, and responding both personally and professionally to bring healing to the forefront of healthcare. Emphasis is placed not only on preparing for the Holistic Nursing Certification (HNC) exam, but also in preparing Mission nurses to serve as Holistic Resource nurses in their roles as clinicians, educators, and researchers. Components of this course include an organized base of knowledge, competencies, definitions, theories, and research. There have been 348 nurses trained at Mission who function as Holistic Resource Nurses.

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Through the Integrative Program, we offer Healing Touch Program classes which are available to both staff at Mission and the community at large. Healing Touch Program participants gain an in-depth understanding and practice of energy work using scientifically supported techniques that complement conventional medical practice, as well as, other therapeutic treatments. Nurses at Mission hospital are required to complete at least a Level 1 Healing Touch class prior to providing Healing Touch services to patients. There have been 359 nurses and community members trained in Healing Touch classes since Mission Hospital began offering these classes in April of 2009.

The Pet Therapy Care team joined the Integrative Health Care department in April 2009. The program currently has 88 dogs and 100 human volunteers serving Mission Hospital system. Studies have shown that the presence of pets has a positive effect on human physiology, decreasing blood pressure and reducing heart rate. The program touches lives in our community through the healing power of pets by spreading smiles, comfort, and love to hospital patients of all ages, helping children and youth in schools and community agencies to reach their full potential and lending a helping paw to anyone experiencing loneliness, isolation or other emotional issues in a variety of settings.

The Integrative Healthcare Department began offering selected complementary therapies in August 2009. The therapies include Aromatherapy, Guided Imagery, Healing Touch, and Mind/Body therapies. Evaluation and requests for healing therapies may be requested by the physician, patient, primary nurse, or family. We have received over 13,000 requests for Holistic Nursing Consults since the program began in 2009. The patients' primary reason for requesting a Holistic consult is for comfort or stress reduction (50%), followed by pain (32%) and anxiety (15%). Patients received Healing Touch a majority of the time (57%), followed by massage (24%) and aromatherapy (7%). Analysis of response

to holistic interventions demonstrated a significant decrease in vital signs pre and post intervention and a significant decrease in pain and anxiety scores post intervention.

About the author:



Lourdes Lorenz is the Director of Integrative Healthcare at Mission Hospital in Asheville, North Carolina. An RN for almost 30 years, she has extensive experience in critical care. Lorenz is currently working towards her doctorate in Healthcare Administration. She is board certified as an Advanced Holistic Nurse and an Advanced Nurse Executive, and is a Healing Touch apprentice. Lorenz has presented at the national meeting for the American Holistic Nurses Association and at the worldwide Healing Touch Program. She was published in 2009 in the Journal of Emergency Nursing. Lorenz serves as a member of the Health Advisory Council for the Institute of Emerging Issues, a public policy institution in Raleigh, NC, and on several non-profit community boards. She recently was appointed to the American Nurses Association Congress on Nursing Practice and Economics.



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Healing Touch Program Healthcare Integration Survey

Healing Touch Program began offering a directory of Healthcare Facilities offering Healing Touch and other CAM modalities beginning in 2008(?). Since this time the number of Healthcare facilities offering integrative healthcare has expanded exponentially. Healing Touch Program has updated the survey and is now actively soliciting information from healthcare facilities across the country. This information will be posted to the webpage as it is received. The survey can be downloaded at http://healingtouch-program.com/content_assets/hthealthcare_survey_2-29-12.pdf.

Based on the trends in Healthcare, Healing Touch and other CAM modalities are playing an increasing role in the health and well-being of patients and the general consumer.

Trends in Healthcare

The demand by American consumers for complementary and alternative medicine (CAM) services has grown to an unprecedented rate within the last few years. Americans spent \$33.9 billion out-of-pocket on complementary and alternative medicine (CAM) over the previous 12 months, according to the 2007 National Health Interview Survey (NHIS). Approximately 38% percent of adults use some form of CAM for health and wellness or to treat a variety of diseases and conditions.¹ Health care organizations realize the community's increased demand for CAM and decided to respond in a timely manner. A recent American Hospital Association and Samueli Institute (a non-profit research organization) survey revealed 42% of the responding hospitals offer one or more CAM therapies, up from 37 percent in 2007.²

The public is demanding CAM services for the following reasons:

- Prevention of illness and injury
- Health maintenance
- Resolution of chronic health problems
- Undesirable side effects of conventional medications
- Desire for more control
- Condition not being resolved by conventional diagnostics and treatments
- Working more cooperatively with physicians
- Problem not serious enough for conventional medical treatment

- Conventional medicine not meeting overall needs
- Holistic practitioners seem to have more time to listen and are more accepting
- Holistic practitioners treat the whole person – mind, body, and spirit – “the whole is greater than the sum of the parts”

The probability of Americans visiting a CAM practitioner has increased to 38.3%³ and 629 million visits to alternative practitioners exceeded total visits to all US primary care physicians.⁴

1. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007, National Health Statistics Report, Number 12, December 10, 2008
2. 2010 Complementary and Alternative Medicine Survey of Hospitals, Samueli Institute, 2011, p 3
3. NCCAM, http://nccam.nih.gov/news/camstats/2007/camsurvey_fs1.htm
4. Eisenberg, D. M., Davis, R. B., Ettner, S.L., Appel, S. Wilkey, S., Van Rompay, Kessler, R. C. (1998). Trends in alternative medicine use in the United States, 1990-1997: Results of a follow-up national survey. *Journal of the American Medical Association*, 280(18), 1569-1575.



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*This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Dreaming the World Into Being

By Cherry-Lee Ward, MEd, HTCP

Dreaming the world into being is not a new concept. Hopi elders and others have gathered for eons to dream a world for their children's children. What a gift they have given to each of us as we walk in this world that is constantly evolving.

Our planet is changing and events now progress at a faster pace. More people are joining in this opportunity to dream a new world. It no longer takes a generation to create a major change whether personally or for the planet. It no longer takes months of planning or visioning. Some things come far more quickly. We must go beyond dreaming our own little corner of the world and dream on a more expanded scale.

In my experience some goals and projects keep changing before I can even grasp them. I find planning less useful than ever before. I still plan but have found I need to hold each project or goal lightly - as with the Buddhist thought of there being '*nothing to hold*'. I need to continue to listen to spirit and be flexible and ready for the changes that arrive - and they do arrive. I need to be present in the moment so that I can speak what needs to be spoken, do what needs to be done and be still when that is what is asked of me. When I am present in this way there is much less need for planning. Even in this context of being present, I have felt great nudges from spirit and a certainty of how things will unfold by having doors close and new avenues open. This can be frustrating if I do not intentionally remind myself to flow with life. We are living in a very powerful time. Effecting great changes for ourselves and the planet will take more focus - yet less effort than ever before.

I feel that I personally need to be in balance to connect to spirit for the initial idea or inspiration. Then I need to keep that connection open and flowing in order to be present for ongoing nudges and re-directions. The very best way I have found

to do this is through honoring the Chakra System which is rich with information and support for us as we work to create the life we want and the planet on which we want to live. Each of our chakras holds a gift for us - or when compromised - each chakra holds an opportunity for growth or a block that holds us back from this level of creation.

Before I begin my practice of dreaming the world into being, I sit and do a meditation to clear my chakras. Usually I would phrase this in the positive but I want to show you how simple it is to throw your dreams off balance. For example, if I do not balance and connect before I spend time visioning, I find my connection to spirit may be off just a bit and I may get an idea that feels inspired but does not work (crown). My view of a healed world is skewed and incomplete (brow). I have an idea I may be able to see yet am unable to voice my idea in a way that draws others to it (throat). My heart is not involved and I do not have the passion or the community to bring the new idea into form (heart). I may have a great idea but not have the power to manifest it here and now (solar plexus). I may not have the energy of creation to bring it into physical form (sacral). My connection to the earth may be weak and the manifestation may not land and be grounded (root).

I have given you a list of obstacles to dreaming and manifesting. What is most important is that the solution to the whole list is EASY! A *Self-Chakra Connection* from Healing Touch Level 1 classes will bring you into alignment. There are other shorter techniques you can use once you are more familiar with the Chakra system like the *Hara Alignment Meditation* and *Core Star Expansion* taught in the Healing Touch Level 3 class.

Know that your chakra system offers extensive gifts for you and your clients. If you have not taken the time to learn about this incredible system in a more in-depth and personal way, I

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encourage you to do so. It will serve you and those with whom you work in extraordinary ways.

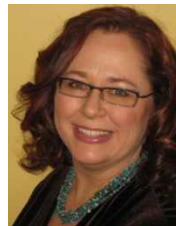
Once your chakras have been aligned, you are in a good place to create your own practice of dreaming. Here is the practice I currently use to dream my own world and that of my family, city, country and planet.

1. Spend 10-15 minutes the first time you do this. Begin by meditating and connecting with spirit. Then imagine and dream how your ideal planet might look. Be open to things far beyond what you might ordinarily dream. Then as this dream unfolds see what your role in this might be. This is a fluid image you can take forward. We must dream the whole world into being to have our own personal dreams come to fruition. If you enjoy this extended dreaming process, visit this meditation regularly - from a grounded and balanced place. Our planet is ripe for change and we are key aspects of this change.
2. My dear friend Tracy Houchins shared a new habit of hers that I, too, have incorporated. With her permission, I share it with you, adding my own emphasis. Each day at 11:11 and 1:11 pause and dream a new world into being. (11:11 seems to be a magical time these days). Tap into the vision you had when all of your chakras were spinning and flowing - just by thinking of it. Then in your remaining 50 seconds - dream your own future within this great plan, holding it lightly enough so that it can change and transform with ease. It takes only a few minutes once, twice, or three times a day to create extraordinary shifts for yourself and for the planet.
3. In addition to using the above ongoing practice, I suggest that you learn to live in the present moment. If you feel discomfort or unhappiness in any way - stop. Take a moment to be aware of your focus. Ask yourself, "Is this what I want to increase?" Do not avoid problems or feeling negative emotions. Each one of these issues or unpleasant feelings holds gifts and there is a time for honoring and dealing with them! Working with your chakra system can help you dive into these deep areas and emerge with healthy ways to heal and transform old issues. You are gifted with discernment and awareness and you will know

when to honor and address an issue - and - when to let it go so that you can turn towards creating something positive for our planet. We are powerful creators and as we move forward our opportunities to create lasting change in our lives and for the planet are growing exponentially. Choose your thoughts wisely!

Try this for a week and see what unfolds in your life. Extend it to 33 days - the time needed to establish a new habit. Let us create a new heart centered world together - where we remember that we are all one, no one goes to sleep hungry and each person feels their health is supported, honored and respected. A world where conflict just becomes another quick reminder that peace is our natural state - a world where each of us is passionate about our work and our community and we all work in harmony with the planet. Can you feel it? Taking 17 seconds of truly feeling it will lead us closer to that reality! Join me in dreaming the greater world into being!

About the author:



Cherry-Lee Ward, MEd, HTCP is a contemporary shaman and healer - a gifted practitioner drawing from her inner wisdom, as well as, from traditions around the globe. She is an internationally known teacher, mentor and inspiring presenter. Cherry-Lee is passionate and enthusiastic about bringing healing, wholeness, and a joyful sense of possibility to the lives she touches. She is the creator of *Shamanic Techniques for Healers* and the popular Tele-seminar *Chakras ~ Transformation for You and Your Clients*, in addition to other classes. Cherry-Lee believes we change the world most effectively by healing ourselves and offers support to others in that sacred pursuit. To learn more visit www.Cherry-LeeWard.com.

Cherry-Lee's teleseminar *Chakras ~ Transformation For You And Your Clients* offers invaluable information and energetic support for your chakra system. Participants are able to use what they learn to support themselves and their clients in personal and planetary healing, as well as, dreaming a new world. This class is offered through Healing Touch Program and begins April 11th. To learn more, read what former students have to say, and to register - [click here!](#)

How to Have a Stand Down

by Carole Sarian, BS, LMT, HTCP

Stand Downs are one part of the Department of Veterans Affairs' efforts to provide services to homeless veterans. Stand Downs are typically one to three day events providing services to homeless Veterans such as food, shelter, clothing, health screenings, VA and Social Security benefits counseling, and referrals to a variety of other necessary services, such as housing, employment and substance abuse treatment. Stand Downs are collaborative events, coordinated between local VAs, other government agencies, and community agencies who serve the homeless."

"The first Stand Down was organized in 1988 by a group of Vietnam Veterans in San Diego. Since then, Stand Downs have been used as an effective tool in reaching out to homeless Veterans, reaching more than 200,000 Veterans and their family members between 1994-2000."

-United States Department of Veteran Affairs.

Having been the Healing Touch Volunteer Coordinator at San Diego's Stand Down for the last six years, I have attained a great deal of experience and information that I believe could be beneficial to other Healing Touch practitioners throughout the country who want to serve our homeless Veterans.

1. PLAN AHEAD and TAKE ACTION

Check to see if there will be a Stand Down in your community and when it is scheduled to be held. This information may be found by googling The United States Department of Veterans Affairs or the National Coalition of Homeless Veterans. Note that Stand Downs may be one, two or three day events. This, too, will be stated on the schedule. Also note that the schedule, at

the time of this writing, is incomplete. If your city is not listed, send an email to the listed primary point of contact.

Check in with your local Healing Touch community to learn if there is a group of practitioners already volunteering in your area. If so, connect with them. If not, call the point of contact on the Stand Down listing and inquire whether they offer Complementary and Alternative Medicine.

If they do, ask if HT may be a part of it, then organize fellow Healing Touch practitioners and students by sending out a Call to Action. If they do not have a Complementary and Alternative Medicine tent/booth, tell the point of contact that you would like to get something started. Ask for their guidance - then take action and move forward.

2. GET HELP

If you have received permission from the point of contact for the city of your choice to create an Alternative and Complementary Medicine booth or tent, begin by contacting all local massage and acupuncture schools, reflexologists and Reiki practitioners. This information also may be obtained by utilizing Google.

At the San Diego Stand Down, there are a dozen or more acupuncturists working alongside massage therapists, Reiki practitioners, Healing Touch practitioners, and a few reflexologists and shiatsu practitioners.

Within our tent, we have 15 – 30 treatment tables that are annually loaned to us from massage and acupuncture schools. Two men donate their time and large truck to pick up, deliver, set up

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and return them. My wish for you is to be as fortunate. Have a large supply of paper towels and spray bottles filled with masage table safe disinfectant, and/or use the large plastic containers of disposable Lysol wipes.

If you are creating a new Complementary and Alternative booth/tent, get help and delegate! Please do not take this on by yourself. Stand Downs are community events with an involvement ratio that is often two to one. People want to help and be of service. Ask! Ask! Ask!

My first Stand Down was unlike anything I had ever seen before. It affected me deeply on a multitude of levels -- physical, mental, emotional and spiritual. So much so that it was my intention to have as many HT students and practitioners as possible experience it in the years to come. It is profound and most humbling. Many calls and connections are going to need to be made. Make a list of what you want and ask for what you need. Be bold. Be confident. Ultimately, maintain your focus on the bigger picture that is unfolding – serving our homeless Veterans. San Diego's 2012 Stand Down has already been scheduled for the week-end of July 13th and I intend on sending out a Call for Captains to our HT community by early April. A Call for Captains? Let me explain.

It seems that things did not go as well as I had hoped during last year's STAND DOWN. The need for an experienced person(s), someone who has been there before and could be present and available during each and every four hour shift was made apparent. From the feedback I received, Friday and Saturday went well; Sunday did not. (See PREPARE FOR THE UNEXPECTED.)

3. WORK TOGETHER

Learn the name and contact information of the person who is in charge of the Alternative and Complementary Medicine tent. It is important to develop a good working relationship and especially important to being communicating with this person via email and telephone as early as possible. Ask how many tables will be allotted for HT. Send your Call to Action to your HT Community as early as possible so that students and practitioners can save the date.

4. PREPARE FOR THE UNEXPECTED

Knowing that I was going to be out of town the weekend of the 2011 STAND DOWN, I tried, unsuccessfully, to have someone take over the role of volunteer coordinator. When no one came forward, I went ahead and coordinated and scheduled as best I could, trying to ensure that at least one experienced person, who had been at STAND DOWN before, would be volunteering each day.

The day before the STAND DOWN, I drove down to the San Diego High School football field to get the lay of the land and to see where we would be working and if there were any changes that needed to be noted. One of the changes was that the Complementary and Alternative Medicine tent had been revamped and relocated. It went from a low ceiling, camouflaged tent with a dirt floor that faced the intense afternoon sun, to a soaring high, white pavilion-like tent on concrete and shaded from the afternoon sun by a large dental mobile. It all looked so beautiful and seemed to be a HUGE improvement.

On Sunday morning, an eager group of HT volunteers arrived -- all of them new to STAND DOWN, including their Supervisor. Turns out that what appeared to be an ideal new location the day before STAND DOWN, actually was much worse in many ways.

The large dental mobile that blocked the afternoon sun had a large generator/compressor on the back of it – the part that bordered our “healing” area. It was loud - exceptionally loud - and it leaked water. I learned that many of our practitioners were standing in water! Had I been there, I would like to believe that I would not have allowed that to happen - insisting that the tables be moved to a quieter and drier location.

In defense of the Supervisor, it is my understanding that she did express her concern to our contact person and made strong suggestions for change and improvement - to no avail. And not wanting to risk jeopardizing our HT/STAND DOWN involvement, she maintained professional boundaries and shared her frustration with me the following day.

Which is why at this year's STAND DOWN, I am planning on having at least three Captains – one for each day – who also will be responsible for organizing, scheduling, supporting,

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welcoming, guiding, directing and keeping track of their volunteers to ensure optimal coverage so that all goes well. I also intend on having the four of us meet with our STAND DOWN contact person --the one in charge of the Alternative and Complementary tent PRIOR to the beginning of STAND DOWN for the purpose of introduction, clarity and empowerment.

5. BE PRESENT AND OPEN YOUR HEART

Of all my experiences working with homeless Veterans, there is one that stands out from all the others. There was a man who came to my table complaining of pain in his right shoulder. I can still clearly see him in my mind's eye.

After centering, attuning to him and making a heart connection, I carried my portable, folding massage stool to a place nearest his shoulder and moved in close. Rather than offering a pain drain or a variety of other appropriate techniques, I simply placed one hand under and one hand on top of his shoulder. Then I sat there holding his shoulder, feeling the warmth building beneath my hands, while gazing at him lovingly.

No words were spoken from either of us for the longest time. The whole while, his head was turned towards me and with open eyes, he was looking back at me. It probably appeared as if we were mesmerized with each other - and I felt unable to move.

Finally, with tears in his eyes he said to me, *"This isn't about me being a man or you being a woman. This is about being human."* With tears in my eyes, I nodded in agreement. It was all so simple, yet so profound.

I know that the majority of Healing Touch techniques are offered while standing and looking down upon the client. However, if there is an opportunity to sit and connect at eye level with your client, the shift in the energy is palpable. For me it feels much more sacred and intimate.

6. TAKE BREAKS

Resist the urge to ignore the needs of your body because of long waiting lines of the needy. Remember, you are one of a multitude of healers in service at STAND DOWN. It serves no one, least of all yourself, to sacrifice your well-being in service to the cause.

There may be times when you might need to leave the tent just to walk around. There may be times when you might need to go for a walk with another practitioner to process a profound experience or to simply sit in the sun and recharge. Always be sure to let someone know of your plans. I have never felt unsafe at Stand Down; it is just a wise practice.

7. PRACTICE UNIVERSAL PRECAUTION

Years ago, I dreamt I was to create aprons to be worn by practitioners at STAND DOWNS. The idea came through so clearly in my dreams that it felt as if I was being given instructions. So I followed the energy and spent a small fortune having them made and embroidered. They looked great and were perfect in offering a readily identifiable, professional image.

After selling only a few dozen, I "heard" that it was not about the money. It was about getting them out there. Hence the journey - of the aprons crisscrossing the nation - began. If a practitioner needs them for an upcoming event, they are shipped to her/him at the expense of the person who last used them -- washed and repackaged. And so it goes.

In addition to serving as a bit of a protective barrier, they also have pockets in the front that are ideal for holding hand sanitizers. Hand washing cannot be emphasized enough. At the last STAND DOWN, many practitioners wore latex gloves. Soap and water are available at either end of a row of port-a-potties. From an energetic perspective, it is recommended to wash to your elbows -- clearing and cleansing.

In addition, if you think you may be effected by strong scents, you may want to place a drop of lavender oil under your nose.

8. DEBRIEF

Know that you are not just offering Healing Touch. You are offering a warm and loving presence, along with an open and compassionate heart, and an attentive and non-judgmental ear. Put together - it is a powerful and potent package.

Clients may feel safe sharing their stories with you, and there is a strong possibility that you are going to hear stories of great pain and suffering. Please do not try to fix or change your client. If your client becomes moved and starts to emote on the table, let them. Offering tissues to someone who is crying sends

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messages that it is too much for you to handle, that it is making you uncomfortable, and that you would prefer that they stop. Know that tears are considered liquid gold and evidence that healing is happening.

If you have not read THE INVITATION by Oriah Mountain Dreamer, go online and read it. It is a powerful poem that references being unable to sit with someone in their pain, until you are able to sit in your own. Journal, grieve - keep letting go and become a clearer vessel of healing.

In San Diego, HT students Level 1 and up are welcomed to serve. For many who have only recently stepped on the path of the healer, they may encounter a situation for which they are unprepared to handle emotionally. Feedback from last year strongly suggested the need for a debriefing session at the end of the weekend for those participants who need to share and process their experiences.

9. VISUALIZE

I am currently in Ohio, providing care to my 89-year old mother. After she read what I have written, she said, "*My goodness honey, these STAND DOWNS sound like a lot of work for just one weekend*".

They are and it all seems so crazy to me. For one weekend out of the year, homeless veterans are helped in a multitude of ways. Then what? What about the other 51 weekends of the year?

It is my understanding that there are over 300 federally owned golf-courses throughout the United States (four in San Diego alone.) What a perfect place for healing -- a winning combination of beauty, nature and quiet.

Transforming military golf courses into healing centers and permanent Stand Downs would be unlike anything that has ever been done before. It would send a powerful message to both the veterans, as well as, the parents and loved ones of those who have served, that the military cares. It cares so much that it has come up with something so innovative and so outside the box, all in an effort to help heal the wounds of war and restore to wholeness shattered families and lives.

These Healing Centers/permanent Stand Downs would address

the multi-layered needs of both our homeless veterans and our returning troops, including those experiencing PTSD, psychological, emotional and spiritual trauma, and drug and alcohol abuse issues.

Furthermore, these Healing Centers/permanent Stand Downs could be self-sustaining, complete with solar energy, green houses, organic gardens - maybe even free-range chickens and goats! Every tried and true Alternative and Complementary Healing Modality would be readily available. I could go on - the possibilities are boundless. Can you imagine such places?

On behalf of all our homeless Veterans, as well as, those Veterans returning from war and in need of support and healing, I truly hope so.

About the author:



Carole Sarian recently completed her first novel, *Living with Lottie* which delves into the daily dramas of dementia. She is a Special Education Teacher and Healing Touch Certified Practitioner currently in teacher training with visions of teaching

Healing Touch to women in prisons, to Hospice volunteers, and to parents and staff of children with special needs.

In addition to being the San Diego trainer for The Twilight Brigade/Compassion in Action, she is also a Certified Grief© Specialist, a Certified Integrative Breathwork Practitioner in the Eupsychia Process, and a practicing Zen Buddhist married to a Zen Buddhist priest and Hospice Chaplain, with shared fantasies of traveling the country together on their Harley offering trainings, lectures, and book signings. She also offers Healing Touch and Massage at a Day Spa in Del Mar, CA.



Breath & Sound Inhale and Hummmmm

By Arden Wilken

Two experiences changed the course of my life. One made me aware of how important breathing is to be relaxed and centered - in order to create what is desired in the moment. The other helped me understand the effect that our own sound creates for us - both inside and outside - and for those listening to it.

I was ready to go on stage to present a relaxation and healing concert in a lovely old church in the 'Gracia' district in Barcelona. It was 1992 and my children, then ages eight and eleven, were at my side. My husband, Jack, was making all the final sound checks. I suddenly realized that I was a nervous wreck. Not only was I stressed, but so were my children and Jack, as well. I was so driven to 'heal' everyone around me with music and sound that I was putting an incredible amount of pressure on our daily lives. I was very scattered and disorganized, and, although I was eventually able to make order out of the chaos with a lot of help and support - it became crystal clear to me in that moment that the cost was way too high.

The concert went beautifully. People cried, were touched, and approached me afterwards to tell me how much it meant to them. Instead of basking in the energy, as I usually did, I began to hear a little voice inside me saying, "*You have to learn how to breathe, really breathe.*" I had heard it before, but had not wanted to pay attention. Luckily I did this time.

Several years later, also in Barcelona, a friend invited me to attend the final concert of a famous opera contest that is held every year in that city. All the winners of the various categories - soprano, tenor, mezzo-soprano and bass, performed well-

known scenes from the operas of Mozart, Faust, Bizet, Verdi, Puccini and Wagner. I found it really enchanting and exquisitely beautiful. As I normally did at concerts, I was listening and watching the movement of the energy of the singers, while also observing what was happening in the audience, mostly with my eyes closed. It had become second nature to me to do so and it always brought me great pleasure.

Then, the grand prize winner, a Russian tenor, whose name I unfortunately do not remember, stepped onto the stage and began to sing. I sat bolt upright and gaped at him. What startled me so much was the quality, the three-dimensionality of his sound. We were seated behind and to the side of the singers. Every other performer's sound had been projected to the audience in front of them, and it sounded that way to us behind them. We heard the sound, but it was directed away from us. However, this tenor's sound came to us as strongly and clearly as if we were in front of him. I had never experienced a singer's energy pulse and radiate in the way his did - having a marked effect on the audience. For that matter I had never heard such a sound. From that moment I wanted to know why it was happening, how he did it, how I could do it and how others could learn to do it as well.

I have spent the years since these two experiences refocusing my attention on basic elements in life such as breathing and experimenting with different exercises and visualizations to become relaxed and centered. Through this work and learning to free my own sound and expression, trying to emulate the Russian singer, I realized how important it is for each person to find a way to do that even if they feel they cannot sing or make sound. The ability to breathe easily and create our own sound

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are intertwined. They are essential to the well-being of each of us, to everyone no matter the belief system or path walked. Many pieces of information about breathing and making sound are basic and known, and so perhaps not as interesting as separate facts. However, when this information is blended with the focus of using it to create change or healing in any aspect of our lives - from the chakras and subtle energy fields to the physical body and through our mental, emotional and spiritual dimensions - it becomes fascinating.

Let me explain --

Audible sound, the sound we hear, travels through the body via connective tissue- after it enters through the ears and bones of the head. Connective tissue surrounds every muscle fiber and muscle group found in bones, tendons, cartilage, and every organ - basically everywhere in the body except the blood. Therefore, sound travels all the way to the cellular level where it connects to our DNA.

Within seconds, depending on whether the sound is high pitched or low pitched and what quality or timbre it has, it will arrive at the exact area of body where its characteristics create vibration. (Just think about what happens when you hear a piece of music and you suddenly feel what is known as 'musical thrills' which travel through the body instantaneously!) Tension or blockages from whatever cause or source that are physically stored in the connective tissue are mirrored in the chakras (energy centers) and subtle energy fields. There is debate as to which occurs first, the energetic tension or the physical. If we work from both directions at once and include sound which is the bridge between the two, it does not matter whether one is the chicken or the other the egg.

With regard to our breath - although there are many muscles involved in it, for example, the muscles between each rib, the muscles under the arms and in the upper back - the diaphragm, located in the area of the 3rd Chakra, is the primary muscle of respiration. It is unique in both its design and function. Its broad, umbrella-like shape separates the upper and lower thoracic cavities (chest and abdominal).

The diaphragm's muscle fibers (made of connective tissue) attach to the inner surface of the ribs (also made of connective tissue) and the lumbar vertebrae ribs (also made of connective tissue) and converge at the central tendon, the heart-shaped tendonous center of the diaphragm. The diaphragm creates inhalation when its muscle fibers contract and pull the central tendon downward. Because the central tendon is attached to the connective tissue that surrounds the lungs, a vacuum is created in the upper thoracic cavity pulling air into the lungs. On exhalation, the muscle fibers of the diaphragm relax, releasing the central tendon and allowing the lungs to deflate. (Biel, 2005 Third Edition, p 219)

On an energy level, the significance to the above description of the anatomy and function of the diaphragm is that - if we want the chakras, particularly the 4th Chakra to be open and fluid, creating the connection between our higher and lower energy centers - we can accelerate that process if we focus not only on an energy level, but also, on a physical one. If we can actually release any tension in the connective tissue making up the diaphragm, particularly the central tendon with our own sound, then we affect the functioning of the heart itself, as well as, its energetic counterpart. (It is possible to release the connective tissue by direct touch or manipulation such as in body work, but that is not the discussion of this article.) Doing this will also free the 3rd and 5th Chakras and have an effect on all of them.

The actual making of our sound is a complex body function that begins with breathing as described above. When the body is in natural alignment, the trunk is erect, allowing the thorax - the chest and home of the 4th Chakra - to remain open. The larynx, where the 5th Chakra is located in the throat, moves along the cervical vertebrae, easily resonating and vibrating those that touch it. The diaphragm and esophagus move downward, also opening the thoracic cavity. Finally, the spinal column is free to vibrate along its entire length, transmitting vibration into the body's cavities. This phenomenon of free vibration of the spinal column is an aspect known as 'bone conduction', the transmission of sound through the bones of the body that in turn vibrate the different cavities containing the organs and other less dense systems.

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What has always been important to me is making the above information useful. It does not give us much benefit if we cannot take the facts about how sound and breath intertwine and work in the body using practical applications. It will certainly not be helpful if it is taken in only at a mental level. I invite you, then, to try some simple exercises. Try them now. You can also share them with clients. You can use the exercises before you start a session (of any modality) to help each of you center and relax or you can teach your clients after a session and encourage them to practice at home.

1. Sit or lie down with legs uncrossed and with your head and body as straight and parallel as possible. (When prone have a pillow under the knees for support if needed. It is better, if possible, for the head to be flat, without a pillow.) Take a few deep breaths. Then hum for the entire exhalation. (Try a note in your mid- range rather than a high or low one. This puts less strain on the vocal chords.) Allow yourself to feel the resonance in your throat. Do this several times, then, let that resonance travel straight back to the cervical vertebrae and allow it to move down the spine to the base, where the Root or 1st Chakra is located. If you feel it go down your legs or up into you head from the cervical vertebrae, great.
2. When you can really feel the movement down the spine, then stop humming (the movement will continue to go down the spine for a while), and allow the movement, vibration or pulse you feel at the base of your spine to move up your torso, surrounding and filling all the organs, muscles, bones, etc. Fill with your own vibration and resonance from the 1st Chakra at the base of the spine all the way to the 5th Chakra in the throat, including all the chakras and corresponding areas of the body.
3. With your next breath activate your vocal chords and let your sound come to the outside, not as a hum but as whatever it is in this moment. Maybe it is a sustained tone. Maybe it is a sigh, a grunt, or a warble. Allow it to be what it is. Do not judge it. Continue for several breath cycles. If the sound changes, let it. Stop when you feel ready to do so.

If you do not feel anything at first, keep practicing the three exercises as a cycle. You can also focus on the one that attracts you the most or try these before you sing to enhance the resonance of your own sound through your body before you project the sound.

The feedback from these exercises has been quite revealing: *"I feel bigger, more expanded." "I occupy more space." "I had trouble. I could only feel a little movement from the humming in my throat but nowhere else." "My feet feel really warm! They are always cold." "I feel my energy pulsing through my body. I've never felt it so strongly before." "I feel more tangible." "I saw these incredible colors. Wow!"*

What the opera singer of long ago demonstrated in the phenomenal expression of his art, is nothing more than a very graphic example of bone conduction. It is more complex than what I have written in this article, however, the basics are here. The above exercises will help you to move towards that three-dimensional sound. It does not matter if you feel you can sing, like to sing or want to sing. These exercises are fundamental to making sound, spoken or sung, in a way that will vibrate the entire body, the chakras and subtle energy fields - helping create relaxation and well-being and setting the stage for whatever creation you would like to make.

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*****If you are interested in more information and exercises, register for Arden's Experiential Teleseminar -- *Sound and Breath Tools to Use for Yourself and With your Clients* -- [click here](#).**

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About the author:



Arden is an American musician, composer and sound therapist. She is co-creator of INNER SOUND (1978), an original system of

sound therapy and therapeutic music for the integration and expression of the emotions. She has created 28 CDs, each having a specific theme or focus, in order to help the individual achieve his/her healing or transformational goals by unblocking the

connective tissue through sound and music. In August 2011 she created A Healing Journey Through Sound: Healing Music for Healing Touch Level 1. She is also trained in bodywork. Arden and her husband, Jack, have founded schools of sound therapy in the USA, Spain, the UK and the Netherlands and are now based in Seattle, WA after living in the Far East, North Africa and Europe for many years.

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Our world is shaped by each of us, singularly as individuals and collectively as groups. Controlled Remote Viewing (CRV) is a structured, scientific methodology utilizing advanced psychology to develop the communication of the conscious and subconscious minds. Initially CRV was used by the military intelligence community as an intelligence gathering tool to assist with collecting sensory perceptions across time and space. Several former members of the intelligence community brought CRV to the civilian sector and have been teaching the viewing protocol since it was declassified in 1995.

The Controlled Remote Viewer follows a reproducible, scientific protocol to establish site contact at a real-world location, then proceeds to write detailed sensory perceptions about that location as if they are actually there. During training those perceptions are compared to a feedback photo previously hidden in a sealed envelope. The viewer moves through several training stages, building and reinforcing the trust and accuracy of the information communicated between their conscious and subconscious minds.

The advanced psychology and potential use of CRV is still in its infancy. Aesthetic Impact Informational Services, LLC offers free webinars about this evolving mental martial art by several individuals. Speakers include Lyn Buchanan and Dr. Paul H. Smith, former members and trainers of the Stargate military intelligence unit, Dr. Angela Thompson-Smith, Dr. Courtney Brown, Dr. Dominique Surel, Marty Rosenblatt, Lori Williams, Melvin Morse, M.D., Paul O'Connor and Teresa Frisch. To register for webinars and learn more about pioneering this human ability, go to www.aestheticimpact.com. The International Remote Viewer Association offers additional information and IRVA Conference DVDs are available for purchase at www.irva.org.

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A Review of Sweet Fruit from the Bitter Tree

61 Stories of Creative and Compassionate Ways out of Conflict

I have always been fascinated to observe how people deal with conflict. Having lived in Washington, D.C. for ten years of my adult life while working on my doctoral degree in nursing, I became very aware of how political conflicts are usually dealt with or resolved. In addition, I worked in a number of universities and health care institutions (usually in the field of mental health and psychology), which gave me plenty of opportunities to observe how conflict is dealt with in health care. And of course, as I head into my 58th year of life, I have plenty of experience in dealing with conflict personally and professionally, as I imagine we ALL have by nature of the Human Condition.

Conflict is something we would rather avoid in general because it makes us uncomfortable and most of us feel incompetent when dealing with it. Yet, it is also an opportunity to check with our values, to stand within a moral and ethical alignment, to stretch out of our comfort zones, to develop our “faith” muscles, to develop our intuition and to flow with our God-given creativity.

While we may align with the virtues of justice and righteousness, and although we strive to live a life of love with its attributes of truth, beauty and goodness, often in a conflictual and challenging situation, our emotions, personal attachments and reactionary personalities keep us from acting out of a moral stance that will allow us to be the most effective peacemakers that we have the potential to be.

That is why I want you to know about Mark Andreas's book. It has 61 short stories that give us real life examples of conflict resolution, demonstrating creative ways that people have resolved various kinds of conflict in their lives. To the extent that we can resolve conflict peacefully, we have restored balance and often healing to a person, group, situation or within ourselves. Knowing how creative the Healing Touch Worldwide Community is, I felt you would be inspired by reading Mark's collection of stories!

May all of us learn to be effective and creative peacemakers in our own lives and in our communities!

-Cynthia Hutchison, Program Director, HTP

“There's an old saying that some conflicts are so difficult that only a story can heal them. Mark Andreas has done us a great service with this collection of extraordinary stories that have this inspirational quality.”

—William Ury, co-author of *Getting to Yes*, and author of *The Power of a Positive No*

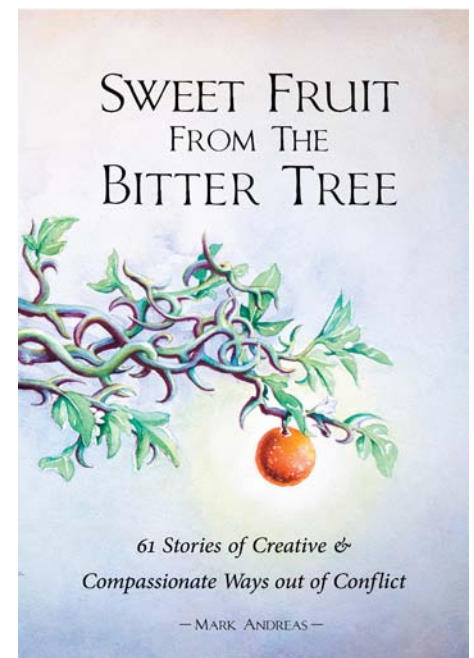
All of us face conflict in our lives—If we count the small ones, it happens on a daily basis. It is well-known that the stress of unresolved conflict can be a major contributor to ill health both emotionally and physically. It's also well-known that laughter, connectedness, and a sense of “possibility” in our lives, creates wellbeing that directly and positively impacts our immune system and health.

With these thoughts in mind, the new book, *Sweet Fruit from the Bitter Tree* may be just what the doctor ordered. The stories in this book bring laughter and open-hearted tears of connection that enrich and support the health of mind, body, and spirit. As Dr Pamela Gerloff says:

“What a wonderful book this is—truly exceptional. The stories are so varied, so profound, so fun and surprising. The result is a sense of possibility awakened. If these “ordinary people” can turn a tense or scary situation into harmony and peace, couldn't the rest of us do that too? Sweet Fruit from the Bitter Tree subtly instructs us in the fine arts of possibility and peacemaking, as we savor its beauty and grace.

Sweet Fruit from the Bitter Tree is a book of fascinating stories of how real people dealt with conflict situations by responding in unusual and creative ways that most of us would never think of. From conflicts that all of us face (at home, at school, in the neighborhood), to situations of

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extreme violence or war, these stories show how each person came face-to-face with a challenge and found their own unique way to meet it. There are no recipes here, no set of steps—just raw experience unfolding with a richness that will keep you on the edge of your seat through the last page.

Just published, *Sweet Fruit from the Bitter Tree* is already gaining enthusiastic responses from well-known authors such as Dan Millman, William Ury, and Mark Gerzon, and also from readers.

An Amazon.com reader wrote:

"This book is a moving page-turner that brought me to laughter and to tears, but the best thing about it is the way the stories settle into your consciousness and keep surfacing over the days and weeks after you've read them. I've found myself applying principles I read about in the stories to situations in my own life without even noticing until I'm reflecting back later. Sweet Fruit from the Bitter Tree isn't overtly trying to teach anyone how to live peacefully, but it goes ahead and does just that through its artful sharing of such varied human experiences of connection and conciliation."

Some of the stories in this book are of societal healing, such as when Muhammad Yunus found a way to create a new social structure that supported the very poorest of Bangladesh, saving thousands of people from starvation. Other stories show conflicts that seem at first to have everything to do with the outside world, yet when internal emotional conflict is resolved, the external conflict completely dissolves. There is even a story about how internal conflict resolution can translate directly into remarkable physical healing: One woman had been given only days to live due to the cancer metastasized throughout her body. A therapist was providing her with emotional support during her final days. Unexpectedly, after what they both discovered together, the woman made a complete recovery.

The stories in this book aren't all about physical healing, at least not in the traditional sense. Many of the stories in this book show clever responses that simply outmaneuver an opponent in order to avoid violence. These quick-witted actions don't always create lasting bonds of connection between those involved, but in a sense even these stories are about healing. They all successfully avoid disaster—like healing a wound before it's ever inflicted—and that is a very powerful way to heal.

Mark Andreas has been gathering these stories of peaceful conflict resolution for the past 7 years, interviewing people with a story to tell, recording the interviews and then writing them up for this book. To

this he's added a number of wonderful stories others have written, but which in most cases have not been accessible or well known. *Sweet Fruit from the Bitter Tree* includes stories from Nobel Peace Prize winner Muhammad Yunus, Nonviolent Communication founder Marshall Rosenberg, Iraq War Colonel Christopher P. Hughes, Hypnotherapist Milton H. Erickson, and many other people like you and I. In the words of *Way of the Peaceful Warrior* author Dan Millman:

"As a sage once said, 'God invented men and women, because God loves stories.' The stories compiled by Mark Andreas in Sweet Fruit from the Bitter Tree, tasted one by one, each morning or evening, can transmit real-world reminders about how changing our behavior can change the behavior of others—and that the right words, used skillfully and with heart, can turn a life around."

To order *Sweet Fruit from the Bitter Tree*, visit:
<http://sweetfruitbook.com> or <http://amazon.com>



Mark Andreas is a fiction and nonfiction author living in Boulder, CO. He received his undergraduate degree in Peace and Global Studies at Earlham College, after which he accomplished two years of hands-on experience in conflict mediation and leadership as a counselor/trip-leader for the Monarch Center for Family Healing. He was in charge of facilitating groups of "troubled" youth on a round-the-clock basis both in individual therapy and group process during three-week-long backpacking expeditions throughout the western United States. Mark currently offers individual sessions assisting people in achieving life-goals and resolving limitations using NLP and other methods for personal transformation and development.



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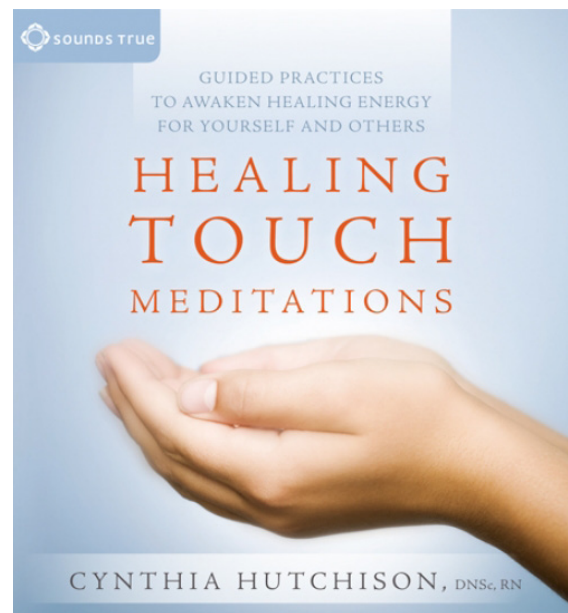
Cynthia Hutchison, Program Director for Healing Touch Program, created a new set of Healing Touch Meditation CDs in 2011 through Sounds True, a well known publications company focused on spiritual and holistic education products. This recent release (November 2011) is a two CD set with both lecture material about Healing Touch and also the three core HT self care meditation practices that are used in the Healing Touch Program curriculum.

The lecture material is the first of its kind to be offered in audio format. With 16 tracks, Cynthia shares a variety of information:

1) What is Healing Touch and how can it be used for self and for others? 2) Working with healing intentions; 3) Descriptions of the concepts of centering, grounding and attuning; 4) Cynthia's understanding of how we as spiritual beings come into human form through a vibrational step-down process; 5) Understanding the four dimensions of our energy system and 6) how to use the HT meditations. To hear an eleven minute clip of the lecture on How We as Spiritual Beings Come into Human Form, [click here](#).

The HT meditations which are included in this CD set are: 1) Centering, Grounding and Attuning; 2) the Self Chakra Connection; and 3) the Hara Alignment Meditation. These are the three core practices taught in HTP that relate to the four dimensions of our energy bodies: the Core Star, the Hara, the Chakras and their corresponding fields.

How can these CDs be used? *Students and practitioners* of Healing Touch can use the lecture and meditations to deepen their understanding and enhance their self care practices. *Mentors* can use one or all of the tracks at mentee meetings for discussion and guidance. *Instructors* can share the meditations



in their courses for the students to follow along during class. *Practitioners* interested in learning how to talk about Healing Touch to others can use them to help them develop their own style and flow of how to introduce HT to others. *Practitioners* can also use them with clients to teach these basic self care / self healing practices. *Clients* of Healing Touch or energy medicine can use them for their self healing and anyone can use them to enhance their self care and self healing. Many people use them upon arising to begin their day and at night before or while lying in bed. Because the sub-conscious mind will take in the information and intention of listening, the listening person will still benefit even if s/he falls asleep while listening.

How is this CD different from Cynthia original self published Healing Touch Meditation CDs released in 2009?

The original set include all five core HT self care practices reflecting HT core curriculum Levels 1-4: 1) Grounding, Centering and Attuning (Level 1); 2) the Self Chakra Connection (Level 1) ; 3) the Self Spiral Meditation (Level 2); 4) the Hara Alignment Meditation (Level 2) ; and 5) the Etheric Vitality Meditation (Level 4). This original set includes these five meditations but does not include any lecture material. The original Healing Touch Meditations (2 CD set) continues to be sold at the [HTP online store](#) and through Cynthia's website, www.BoulderHealingTouch.com.

A SAMPLE OF TESTIMONIAL STATEMENTS ABOUT THE NEW SOUNDS TRUE HEALING TOUCH MEDITATION CDs...

"Cynthia's two-CD recording, "Healing Touch Meditations," will spiral you back to your core self. In line with Healing Touch Program's curriculum, Cynthia explains the basic concepts that have made Healing Touch the single most effective energetic

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medicine on this planet. (That's my opinion as the author of "The Subtle Body: An Encyclopedia of Your Energetic Anatomy"; an overview of 5,000 years of energy medicine.) In her first CD, Cynthia's calm voice describes the three practices we will be learning. ... WOW! We can help self and others embrace our body, healing whatever is in the way of expressing the light that we are.

Cynthia's second CD takes us to the stars and back--literally. Here she explains how we moved from being part of an essential source, a core star, to a physical being. These four stages include downshifting from spirit to our hara, a line of light that

anchors us on earth. Our hara vibrationally links to our chakras and finally, to our body. Most important, Cynthia shares two meditations for actualizing our hara and chakras so we can live as the spirit that we are. Cynthia will help you embrace the peace and purpose that lay within. GREAT WORK!"

-Cyndi Dale

"Words cannot do justice to the experience of listening to this gentle voice describing the even gentler wisdom of Healing Touch. As a whole, this CD is one to treasure and enjoy for developing your sense of inner strength while shorter portions are perfect for a morning, mid-day or end-of- the-day message of health and healing to yourself."

-Dorothea Hover-Kramer, EDD, RN, DCEP,
December 2011

"The Healing Touch meditations by Cynthia Hutchison and Sounds True Recording opens the heart, mind and hands to the energy of Love as universal source for Healing. Cynthia Hutchison is a professional, educator, scholar, researcher and living practitioner of this work. Her messages and meditations of voice, knowledge and music are an entrance into finding the sacred in the moment of Being/Becoming Healing Touch. This series offers us a meditation...as well as intellectual and personal/professional guide to this practice. Cynthia inspires, informs, and invites anyone into a new space for healing and even touching the divine, life source, mystery of our unity with ALL. It opens up human to human connections which can be practiced and experienced in any caring moment."

-Jean Watson, PhD, RN, AHN-BC, FAAN
Distinguished Professor of Nursing

Murchinson-Scoville Endowed Chair in Caring Science
University of Colorado College of Nursing
Founder: Watson Caring Science Institute
www.watsoncaringscience.org

"Simply stated, Cynthia's new CDs provide an expanded awareness and deepened appreciation for the work we do. Everyone in the Healing Touch community, instructors, practitioners and students, will benefit from listening to "Healing Touch Meditations". I recommend to my clients and anyone interested in Healing Touch to listen to Cynthia's explanations of Healing Touch and to participate in her voice-guided meditations. We are blessed to have Cynthia as our beloved leader, who continues to hold the "light" and lovingly represent Healing Touch Program to a wider audience! Thank you Cynthia!"

-Rumi Hashimoto, MSN, RN, HTCP/I,
Founder, Hashiba Institute for Self-Sustainable Health,
Long Beach, CA

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

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The logo for Healing Touch Professional Association. It features a stylized heart shape on the left, formed by two overlapping blue lines. To the right of the heart, the words "Healing Touch" are written in a green, sans-serif font, with "Healing" on the top line and "Touch" on the bottom line. Below "Healing Touch", the words "Professional Association" are written in a smaller, blue, sans-serif font.
Professional Association

10 Lessons Learned from a Healing Touch Community Event

by Sylvia Lippmann, MA, MEd, CLC

As we drove to Soldier's Field in Chicago on a rainy August morning to volunteer, with 50 other Healing Touch practitioners, for the Welcome Home Celebration for veterans, I felt butterflies in my stomach. I could not imagine soldiers being receptive to gentle Healing Touch. How was I going to explain energy work to men and women who had lived through the cold, hard reality of war?

When we entered the massive stadium, the sight of several rows of wounded soldiers waiting for the opening ceremonies both saddened and motivated me. I was glad to have something tangible to offer that could aid their physical and emotional healing.

As we made our way to the Healing Touch area, we saw a row of six treatment tables set up on a concrete ramp next to an iron railing. A cool, damp breeze blew through the space, bagpipes played on the lower level, and people were everywhere. The setting was the complete opposite from the quiet, peaceful rooms in which I was accustomed to offering Healing Touch.

I took a deep breath. Despite feeling shaky about my skills, having only finished Level 4 about a month ago, I was excited for the event to begin. Within minutes, soldiers started arriving.

The day proved to be an inspiring experience and I learned important lessons that will have a lasting impact on my ability to share and practice Healing Touch.

Ten Community Service Lessons

1. **Do not make assumptions about people's receptivity.**

As one soldier after another, from a 60-year old Vietnam vet to a 20-something Iraq veteran, eagerly got on the table and relaxed into his/her session, my assumptions about soldiers not being receptive to Healing Touch crumbled. I released my judgments and set an intention

for those who could benefit from the work to show up. And they did!

- 2. Project confidence.** In the past, I have sometimes shied away from sharing my enthusiasm for Healing Touch for fear of creating unrealistic expectations. During this event, however, I discovered that sharing the benefits of Healing Touch in a confident, enthusiastic way helped the veterans relax and trust that they were in safe hands. Projecting confidence set the stage for healing to occur.
- 3. Less is more.** Our time was limited, so we quickly had to choose a maximum of two Healing Touch techniques. Suddenly, the wisdom of "*less is more*" became crystal clear. Focusing on only one technique at a time was liberating. It allowed me to slow down, truly attune to each client, and let the energy flow.
- 4. Meet people exactly where they are.** Some of the veterans wanted to talk about their experiences, while others did not. It was wonderful to know that Healing Touch would work regardless of the amount of information shared. All I needed to do was attune to my client, set an intention for the client's highest good, and allow the energy to do its work.
- 5. Big changes can occur in a short amount of time.** Although we were limited to 20 minute sessions, every person who got off the table experienced reduction in pain or stress. Perfect conditions were not necessary for healing to occur.
- 6. Two on one is profound.** I was surprised at how many veterans commented on the powerful experience of having two practitioners work on them at the same time. My favorite comment came from a young Iraq veteran who said, "*You two have magic hands. You should stick together.*"

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- 7. Perfection is not necessary.** As a recent Level 4 graduate, I was concerned that my skills weren't "good enough." In fact, I did forget steps and probably did not always choose the most appropriate technique, but no one seemed to mind and every veteran expressed thanks. I learned that connecting with a client and establishing trust was more important than perfect technique – not that I do not want to keep improving!
- 8. The power of community.** Spending the day with members of the Healing Touch community was inspiring and just plain fun! The warmth, generosity, and caring of the practitioners at our venue was palpable. It was easy to believe that we can accomplish anything when we work together.
- 9. Giving is receiving.** One of the many gifts I received from volunteering was undeniable proof of the resilience of the human spirit. Despite having experienced human behavior at its worst, the veterans were appreciative and

receptive to our loving, heart-centered support.

- 10. Touch is healing.** I am preaching to the choir, but as I witnessed the softening or elimination of pain and stress in one person after another, the power of the work was crystal clear. One veteran summed it up perfectly. "You don't know what it means to be touched so gently after being at war. It is very healing."

I came away from the veteran's event a more confident, motivated practitioner. Throughout the day, I was reminded of the value of suspending judgment, releasing attachment to results, and just doing the work – simply because there are people who are waiting and open to receiving its benefits. The support and love I have received as part of the Healing Touch community is a gift I can now share with the community at large.



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HEALING TOUCH BENEFITS MILITARY FAMILIES AND VETERANS

By Nanette Sagastume, RN, HTCP

I am excited that Healing Touch Professional Association is emphasizing volunteer outreach to veterans and military families. As the wife of a Vietnam vet and the mother of an Iraq vet, I am well aware how much military persons and their families are uniquely vulnerable to constant stress. Through my own experience, I have learned how Healing Touch can help heal the invisible wounds of war and enhance the wellness of both military personnel and their families. I offer my story as a graphic example of the chronic and multiple stresses that many military families and veterans face.

It was more than a decade after the Vietnam War before Post-Traumatic Stress Disorder (PTSD) was a recognized condition. Yet my husband, Mario, had been experiencing many of the symptoms for years (1). Though he has been a high-functioning individual with only mild to moderate PTSD at any given time, even this milder level of the disorder has had a lasting effect on our family. There are other symptoms that affected our family, but my husband's angry outbursts probably have had the deepest impact on the soul of our family, causing us to walk on eggshells. I wish I had known about Healing Touch in our earlier years!

When our son, Daniel, entered the Marine Corps (graduating from boot camp four days before 9/11), our family suffered a kind of collective anxiety disorder for the next four years. Fear for my son was an undercurrent throughout my day and encroached upon my awareness even during the night. The instant communication of satellite phones, internet streaming, embedded reporters, etc. also heightened my anxiety level by virtually placing me, at times, on scene. When my son called home following the decimation of his platoon as a result of a suicide bombing, his stunned, graphic description of the scene caused

a post-traumatic reaction of my own that lasted for months.

Though the military family is on a non-stop emotional roller coaster during combat deployment, homecoming does not always resolve everything. The returning warrior may have altered sleep patterns or changes in behavior which are disturbing both to the vet and the family. However, the military person is not necessarily the only one with adjustment issues upon coming home. Our family found we had our own survivor guilt, knowing that our son came home while others did not. We had grief for our own experience as parents of a son in harm's way, grief for his experiences, and we, too, mourned the friends he lost. It is not always over when it is over.

Even though I had close associations with other military families during this time, I believe that no one can adequately comprehend the anguish of having a loved one in combat until it happens. Indeed, it has been said that sometimes family members experience more stress than those who deploy (2).

So true. Mario declared that the anguish of having a son in combat was far worse than the fear he experienced being in combat himself. The current wars aggravated his PTSD symptoms. We found this was occurring for many of his veteran friends as well. My husband has shared that in the forty years since he was in Vietnam, not a day goes by when he does not think of it. Over the decades he has come to believe that his PTSD will never be gone. He has tried to manage it rather than let it control him and, generally, has done fairly well with this effort. Lately it has been harder to do so.

Even though our son has been out of the military for seven years, Mario has begun to have more combat nightmares, more bouts of depression, more temper tantrums. He is not alone in symptom exacerbation. The Veterans Administration reports

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that, although many vets may have functioned well throughout their lives, many find that as they age, they think more or get more emotional about their war experiences. The VA calls this Late-Onset Stress Symptomology (LOSS)—an apt acronym, to be sure. (3).

For a more comprehensive, first-hand account of the military family experience, I invite the reader to refer to my book, *We Also Serve: A Family Goes to War* (4).

For the first thirty years of our marriage I was unaware of Healing Touch. I was drawn into the Program by my friend, Susan Patrio, HTCP/I, only in the last ten years. I was fortunate that she was able to offer me sessions throughout these difficult years.

For me the most dramatic session occurred in the last months of 2001. With the anxiety over possible future terrorist attacks, as well as, the resulting uncertainty regarding my son, I was a perpetual bundle of nerves. Though I had done lots of self-work, my emotional motor was purring endlessly and my own efforts were not enough to calm me. After a few sessions of Healing Touch, I asked Sue to “bring out a canon” - she chose to do Level 3 work. The day after this session I noted a distinct shift - a welcome, if unfamiliar, calm which permeated my being and stayed with me for at least a month. This respite from extreme anxiety helped me to activate my “reset button,” bringing my anxiety to more bearable levels. Despite solo efforts, Healing Touch is even more powerful when another assists!

Most of the time all that was needed were Level 1 techniques. A simple *Chakra Connection*, *Mind Clearing*, or *Magnetic Clearing* were my favorites. Occasionally, the *Chakra Spread* was used.

When working toward my certification in Healing Touch, many members of my military family support group were willing volunteers for the one hundred documented sessions that were required for Level 5. Like me, they, too, found the relaxation that the above techniques provided to be the most beneficial aspect of the sessions.

Likewise, whenever I have worked at Stand Downs for the

veterans, these basic techniques offer much relief. I am amazed at the number of instances when a single twenty-minute Stand Down session can reduce chronic pain to a level not experienced in years.

The VA has embraced some complementary and alternative modalities (CAM) and does offer some of these at its various clinics. There is an arm of the VA, the War-Related Illness and Injury Study Center (WRIISC) that offers various mind/body therapies, including mindfulness meditation and even an energy modality, Reiki, as part of its ongoing research at its three national WRIISC centers (5). The availability of CAM at regional VA clinics, however, is variable.

As Healing Touch increases its visibility at veterans' functions, such as Stand Downs, it would be wonderful if Healing Touch became one of the modalities officially offered at VA clinics. The more we take Healing Touch to veterans perhaps the sooner this will happen. There may be opportunities to catalyze this relationship by bringing HT to existing veterans' activities. I have had the unique opportunity to offer sessions of HT at the annual reunions of my husband's Marine Vietnam veterans' group and to organize a Healing Touch station at my local Stand Down. The veterans have been overwhelmingly enthusiastic about their HT experiences.

I know that Healing Touch can benefit families and veterans, no matter how remote the combat experience. As is becoming evident, the invisible wounds of veterans and their families can last a lifetime. As HT practitioners, we have an opportunity to offer the possibility of a mind/body “reset,” to facilitate wellness and to improve the quality of life for our veterans and military families.

REFERENCES

1. For Information about PTSD and its symptoms: <http://www.ptsd.va.gov/public/pages/what-is-ptsd.asp>
2. Hopewell, Elizabeth H. RN, MSPH, FNP-C, “*Today's Home Front*,” in *Advance for NPs and PAs*, (Volume 3, No. 1, January 2012), 29.
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4. Sagastume, Nanette, *We Also Serve: A Family Goes to War*, (Bloomington, Indiana, iUniverse Inc., 2011). Available for online purchase through iUniverse, Amazon, or Barnes and Noble.
5. <http://www.warrelatedillness.va.gov/WARRELATEDILLNESS/about-us/what-we-do.asp>

About the author:



Nanette Sagastume is a retired nurse practitioner and a Healing Touch Certified Practitioner with a practice in Chico, California. She has a special interest in serving military families and veterans. In 2001 she started a support group—still going strong—for family members of those serving in the military. She recently completed a memoir of her experiences as the wife of a Vietnam vet and the mother of Marine deployed to Fallujah, Iraq in 2004. *We Also Serve: A Family Goes to War* is available for online purchase at iUniverse, Amazon, and Barnes and Noble.

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Date	Location	Contact	Instructor
May 3-6	Lancaster, PA	Melina Chichester 484-643-3657	Lester
May 17-20	Des Moines, IA	Sharon Scandrett-Hibdon 940-367-5427 Marsha Hines 515-770-4418	Hovland
Aug 23-26	Asheville, NC	Diane Cox 919-749-8320	Lester
Sep 20-23	Anchorage, AK	Deborah 907-350-4129	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
Mar 16-18	St. Paul, MN	Carol Wille 651-439-8954	Hovland
Jun 14-16	Lafayette, CA	Carol Kinney 414-454-9689	Hovland
Oct 26-28	Suffolk, VA	Lynn Whitlock 757-934-4900	Hovland

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

Date	Location	Contact	Instructor
Aug 24-26	Tucson, AZ	Barbara Evans-Levine 520-760-0054	Hovland

Energetic Allergy Treatment Prereq: Anatomy 1

Date	Location	Contact	Instructor
May 6	Chicago area IL	Ann O'Malley 630-674-8040	Hovland

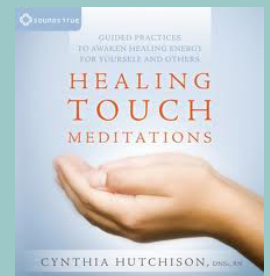
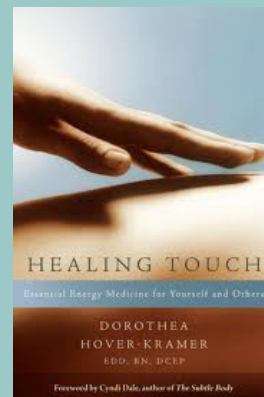
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Sue Hovland, 303-759-8966, suehovland@aol.com

New – Sounds True Store

Healing Touch Program has entered into an affiliate program with Sounds True. You can find the Sounds True Store under the **Shop** dropdown menu.

Ordering through the Sounds True Store on the HTP website means that you can order all your favorite Sounds True authors and support HTP at the same time. The website takes you seamlessly to Sounds True for ordering and payment.

There are new selections from Healing Touch community authors that you won't want to miss including Dorothea Hover-Kramer, Cynthia Hutchison and Cyndi Dale. In addition, you will find new selections by Carolyn Myss and Clarissa Pinkola Estés. [Check out the new Sounds True Store.](#)



Some Thoughts on the Legacy....

By Denise Anthes, RN, BSN, MBA, HTCP/I

I have always been attracted to Karla Greene's image entitled Janet's Legacy. The colors stimulate the eyes - while opposing shapes contrast and balance each other. The image of an angular, crystal foundation from which a flowing tree trunk emerges reminds me of the earth's grounding abundance. The swirling chakras flow up the middle of the tree trunk like sap carrying the life source, bringing heart-centered touch to the world. The leaves are also heart shaped and full of life, sprouting in all directions. I have a framed copy of this print, which I bring to every Healing Touch class that I teach. It is a vibrant reminder of Janet Mentgen's Legacy – Healing Touch.

Each student who takes a class with me also becomes part of that legacy. Each one adds their gifts, their insights, their joys and ah-ha moments. Each one takes away a serving of self-love and a bit of the wisdom of the ages. Each one recognizes the importance of sacred presence and takes home modern day practical applications of Healing Touch.

Using the metaphor of a tree, I see that Healing Touch has its roots in ancient hands-on-healing, its trunk rises from the foundational theories of the nursing process, its branches grow from outcome measures which blossom through both quantitative and qualitative research, and the fruits of Healing Touch are enhanced health and well-being.



Healing with touch is inherent to humanity. Ancient hieroglyphs and good old common sense illustrate that for us. Smiles and tears and caring encourage touch. Those who smile and tearful folks both appreciate and gain by the nurturing aspects of human touch.

Since the 1970s, nursing theorists have advanced the understanding of human energy interactions and multidimensional concepts of touch, healing and well-being. They have paved new roads in nursing education and reminded us of our traditions of holistic patient-centered care. They have stretched our minds to think and search and know beyond what is proven, towards the great universal connection among all beings.

Exploring these connections and how we impact one another may be studied in many ways. Qualitative and quantitative research offer complimentary perspectives and combine for a holistic approach to understanding the complexity of mind-body-spirit connections. This type of mixed-method research merges the heart of healing with the mind of science.

Ultimately, the goal of Healing Touch is enhancing well-being by balancing and harmonizing human energy centers. Healing Touch blends esoteric concepts with practical applications. What an amazing legacy Janet has left for us to continue!

HEALING TOUCH Class Schedule

The most up-to-date class schedule can be found on the Healing Touch Program web site 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

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
Intro					
4/7/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthelady@yahoo.com	Kathryn Hungness
5/11/2012	CO Highlands Ranch	Deb O'Sheerin	(303) 447-3264	janna@energymedicinespecialists.com	Janna Moll
5/17/201	IL Edwardsville	Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Debra Klueter
7/18/2012	CO Centennial	Deb O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
8/9/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
8/31/2012	CO Centennial	Deb O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
9/15/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthelady@yahoo.com	Kathryn Hungness
9/20/2012	IL Edwardsville	Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Debra Klueter
10/11/2012	CO Centennial	Deb O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
11/7/2012	CO Centennial	Deb O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
11/10/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthelady@yahoo.com	Kathryn Hungness
Level 1					
3/9-10/2012	FL Amelia Island	Tina Devoe	(904) 310-6610	tdevoe@comcast.net	Tina Devoe
3/9-11/2012	WA Eatonville	Dawn Warnaca	(253) 732-7403	dwarnaca@msn.com	Dawn Warnaca
3/10-11/2012	CO Highlands Ranch	Kristin Muetterties	(303) 470-6572	products@healingtouchforanimals.com	Carol Komitor
3/10-11/2012	TX Tenaha	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Connie Silva
3/17-18/2012	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
3/17-18/2012	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
3/17-18/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
3/17-18/2012	MO St Louis	Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
3/17-18/2012	VA Herndon	Diane Black	(703) 787-5714	dianeblack@crystal-therapist.com	Maureen McCracken
3/17-18/2012	MI Grayling	Marian Long	(989) 348-0428	longmm@trinity-health.org	Long/Starke
3/18&25/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthelady@yahoo.com	Kathryn Hungness
3/23-25/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
3/23-24/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
3/24-25/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
3/24-25/2012	IL Sandwich	Debra Bemis	(815) 758-4059	dbemis@kishhospital.org	Ann O'Malley
3/24-25/2012	MA Wareham	Pat Yetman	(774) 678-0150	patyetman7@verizon.net	Tina Devoe
3/24-25/2012	CA Chico	Susan Patricio	(530) 342-7092	susanpatricio@yahoo.com	Susan Patricio
3/24-25/2012	OR Tualatin	Linnie Thomas	(503) 454-0469	linnie@iafeh.com	Linnie Thomas

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Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
3/24-25/2012	WA Moses Lake	Kathy Mathis	(509) 398-2092	k.mathis110@gmail.com	Anna Marie Newman
3/24-25/2012	VA Suffolk	Marilyn Stulb	(757) 560-4744	mhstulb@yahoo.com	Marilyn Stulb
3/24-25/2012	OH Tipp City	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
3/31-4/1/2012	TX Austin	Rita Kluny	(512) 350-4513	Rita@healingtouchforbabies.com	Rita Kluny
3/31-4/1/2012	NJ Cape May	Jeanne Graves	(609) 741-0283	jgraves302@gmail.com	Nancy Lester
4/13-15/2012	AB Calgary	Elke Nowicki	(403) 949-2705	enowicki@telus.net	Bacon/Nowicki
4/13-15/2012	VA Midlothian	Ray Rust	(804) 378-4606	rayrust1@verizon.net	Ann Rust
4/14&28/2012	CO Colorado Springs	Joy Heartson	(719) 328-9143	joy@heartsonhealing.net	Joy Heartson
4/14-15/2012	IL Edwardsville	Debra Klueter	(618) 656-5052	debklueter@yahoo.com	Lynn Placek
4/14-15/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
4/14-15/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
4/14-15/2012	IL Hines	Lisa Wells	(708) 202-2261	lisa.wells@va.gov	Ann O'Malley
4/14-15/2012	ME Presque Isle	Jean McKillop	(207) 326-4315	morgana@downeasthost.com	Tina Devoe
4/14-15/2012	AZ Tucson	Barbara Hart	(520) 548-8052	barb@healingtouchtucson.com	Barbara Hart
4/14-15/2012	MO St Louis	Cindy Siar	(636) 399-7479	siarkr@charter.net	Linda Elaine Smith
4/21-22/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
4/21-22/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
4/21-22/2012	DE Wilmington	Rachel Rasmussen	(302) 656-3569	rachelr1@comcast.net	Walle Adams-Gerds
4/21-22/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
4/26-27/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
4/28-29/2012	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
4/28-29/2012	TN Knoxville	Brenda Rasch	(865) 363-6416	brendaraschpt@gmail.com	Mary Ann Geoffrey
4/28-29/2012	SK Prince Albert	Tara Favreau	(306) 763-2287	tarafavreau@yahoo.com	Betty Minifie
4/28-29/2012	WY Riverton	Nancy Sehnert	(307) 856-5409	energyflowtherapies@wyoming.com	Jackie Page
4/28-29/2012	IN Hobart	Linda Tsampis	(219) 689-2445	ltsampis@gmail.com	Barbara Starke
5/5-6/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
5/6&13/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthe lady@yahoo.com	Kathryn Hungness
5/12-13/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
5/17-19/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
5/19/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
5/19-20/2012	FL Amelia Island	Tina Devoe	(904) 310-6610	tdevoe@comcast.net	Tina Devoe
5/19-20/2012	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
5/19-20/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
5/19-20/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
5/19-20/2012	CO Lafayette	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
5/19-20/2012	IL Elmhurst	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
5/19-20/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
5/19-20/2012	OR Tualatin	Linnie Thomas	(503) 454-0469	linnie@iafeh.com	Linnie Thomas
5/22-23/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.antes@msj.org	Denise Anthes
5/26-27/2012	AB Buck Lake	Jennifer Wolf	(780) 388-2370	echoss1@hotmail.com	Betty Minifie
5/26-27/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Karen Wood
6/1-3/2012	AB Calgary	Loy Bacon	(403) 271-7100	loybacon@telus.net	Nowicki/Bacon
6/2-3/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
6/2-3/2012	IL Hines	Lisa Wells	(708) 202-2261	lisa.wells@va.gov	Ann O'Malley
6/2-3/2012	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
6/6-8/2012	Jerusalem, Israel	Constance Hammond	(503) 230-2331	recah@comcast.net	Constance Hammond
6/9-10/2012	WI Fond du Lac	Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
6/9-10/2012	WA Eatonville	Dawn Warnaca	(253) 732-7403	dwarnaca@msn.com	Dawn Warnaca
6/9-10/2012	MN Blaine	Joyce Rudenick	(651) 485-4247	joyce.rudenick@q.com	McConville/Rudenick
6/9-10/2012	CO Highlands Ranch	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll

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Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
6/16-17/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
6/16-17/2012	FL Amelia Island	Tina Devoe	(904) 310-6610	tdevoe@comcast.net	Tina Devoe
6/23-24/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
6/23-24/2012	MO St Louis	Cindy Siar	(636) 399-7479	siarkr@charter.net	Linda Elaine Smith
6/23-24/2012	CA Long Beach	KatrinaShibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
6/30-7/1/2012	TX Austin	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
7/13-15/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
7/14-15/2012	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
7/14-15/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
7/14-15/2012	PA Philadelphia	Nicole Mlodzinski	(215) 343-3001	nmlodzinski@yahoo.com	Jean M White
7/21-22/2012	MO St Louis	Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
7/21-22/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
7/28-29/2012	CA Chico	Susan Patricio	(530) 342-7092	susanpatricio@yahoo.com	Susan Patricio
8/4-5/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
8/4-5/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
8/11-12/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
8/17-18/2012	WA Eatonville	Dawn Warnaca	(253) 732-7403	dwarnaca@msn.com	Dawn Warnaca
8/18-19/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
8/18/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
8/18-19/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
8/18-19/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
9/5-6/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.antes@msj.org	Denise Anthes
9/8-9/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
9/8-9/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
9/8-9/2012	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
9/8-9/2012	IL Elmhurst	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
9/8-9/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
9/8-9/2012	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
9/15-16/2012	CO Lafayette	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
9/15-16/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
9/15-16/2012	PA Philadelphia	Nicole Mlodzinski	(215) 343-3001	nmlodzinski@yahoo.com	Jean M White
9/15-16/2012	CA Long Beach	KatrinaShibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
9/15-16/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
9/15-16/2012	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
9/15-16/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
9/15-16/2012	MO St Louis	Cindy Siar	(636) 399-7479	siarkr@charter.net	Linda Elaine Smith
9/15-16/2012	WA Spokane	Sharon Fletcher	(509) 328-3337	shatir444@comcast.net	Sharon Fletcher
9/21-23/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
9/22-23/2012	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
9/23&30/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthe lady@yahoo.com	Kathryn Hungness
9/29-30/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Karen Wood
9/29-30/2012	TX Austin	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
10/5-7/2012	WA Eatonville	Dawn Warnaca	(253) 732-7403	dwarnaca@msn.com	Dawn Warnaca
10/6-7/2012	IL Elmhurst	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
10/13-14/2012	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
10/13-14/2012	WI Fond du Lac	Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
10/18-19/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
10/20-21/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
10/20-21/2012	TX Houston	Healing Touch Texas	(281) 856-8340		Bonnie Morrow
10/20-21/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell

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Date	Location	Coordinator	Phone	Email	Instructor
10/20-21/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
10/21&28/2012	IL Frankfort	Kathryn Hungness	(708) 258-0326	itsthelady@yahoo.com	Kathryn Hungness
10/26-28/2012	AB Calgary	Mount Royal University	(403) 440-3833		Betty Minifie
11/2-4/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
11/3-4/2012	MO St Louis	Cindy Siar	(636) 399-7479	siarkr@charter.net	Linda Elaine Smith
11/3-4/2012	WA Spokane	Sharon Fletcher	(509) 328-3337	shatir444@comcast.net	Sharon Fletcher
11/10-11/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
11/10-11/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
11/12-13/2012	OH Cleveland	Debra Davido	(440) 888-2061	thddsgmkj@sbcglobal.net	Hensse/Bregman
11/17-18/2012	PA Philadelphia	Nicole Mlodzinski	(215) 343-3001	nmlodzinski@yahoo.com	Jean M White
11/17-18/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
11/17-18/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
12/8-9/2012	CO Lafayette	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
12/8-9/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page

Level 2

3/10-11/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
3/10-11/2012	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
3/10-11/2012	IL Melrose Park	Ursula Dams	(708) 450-5790	ursula_dams@ghr.org	Ann O'Malley
3/10-11/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
3/10-11/2012	SK Swift Current	Judy Ross	(306) 264-3653	jdross@yourlink.com	Betty Minifie
3/17-18/2012	MN Blaine	Joyce Rudenick	(651) 485-4247	joyce.rudenick@q.com	Tim McConville
3/17-18/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
3/17-18/2012	PA Philadelphia	Nicole Mlodzinski	(215) 343-3001	nmlodzinski@yahoo.com	Jean M White
3/22-23/2012	DE Wilmington	Rachel Rasmussen	(302) 656-3569	rachelr1@comcast.net	Tina Devoe
3/23-24/2012	OH Twinsburg	Nancy Strick	(330) 554-2466	nancy@healingtouchhudson.com	Nancy Strick
3/24-25/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
3/31-4/1/2012	CO Highlands Ranch	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Janna Moll
3/31-4/1/2012	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Minifie
4/1&15/2012	IL Frankfort	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
4/13-15/2012	AB Calgary	Mount Royal University	(403) 440-3833		Betty Minifie
4/20-22/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
4/20-22/2012	VA Suffolk	Marilyn Stulb	(757) 560-4744	mhstulb@yahoo.com	Dottie Graham
4/20-22/2012	MB Winnepeg	Norma Bettess	(204) 256-4288	nbettess@hotmail.com	Betty Minifie
4/21-22/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
4/21-22/2012	MN St Louis Park	Denise Hulst	(612) 554-2462	dhulst@live.com	Tim McConville
4/21-22/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
4/27-28/2012	CO Longmont	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
4/28-29/2012	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
4/28-29/2012	NJ Blairstown	Isle Polonko	(908) 310-1508	sachacenter@yahoo.com	Rita Kluny
4/28-29/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
4/30-5/1/2012	WY Riverton	Nancy Sehnert	(307) 856-5409	energyflowtherapies@wyoming.com	Jackie Page
5/5-6/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
5/5-6/2012	CA Long Beach	KatrinaShibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
5/5-6/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
5/19-20/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
5/19-20/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
5/26-27/2012	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
6/2-3/2012	IL Elmhurst	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair

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Date	Location	Coordinator	Phone	Email	Instructor
Level 2 continued					
6/2-3/2012	DE Wilmington	Rachel Rasmussen	(302) 656-3569	rachelr1@comcast.net	Adams-Gerds/Page
6/8-10/2012	VA Newport News	Dottie Graham	(757) 890-2940	gisaofva@aol.com	Dottie Graham
6/9-10/2012	SK Prince Albert	Tara Favreau	(306) 763-2287	tarafavreau@yahoo.com	Betty Minifie
6/9-10/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
6/22-24/2012	WA Ellensburg	Anna Marie Newman	(509) 899-0099	meadowrose9@gmail.com	Keela Marshall
6/23-24/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
6/23-24/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
7/7-8/2012	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
7/14-15/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
7/21-22/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Denise Anthes
8/18-19/2012	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
8/18-19/2012	WI Fond du Lac	Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
8/25-26/2012	TX Austin	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
8/25-26/2012	MO St Louis	Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
9/8-9/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
9/15-16/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
9/15-16/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
9/15-16/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
9/29-30/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
10/6-7/2012	CO Longmont	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
10/13-14/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
10/13-14/2012	TX Flower Mound	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
10/13-14/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
10/19-21/2012	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
10/20-21/2012	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
10/20-21/2012	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
10/20-21/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
10/27-28/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Denise Anthes
10/27-28/2012	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
11/3-4/2012	CA Long Beach	Katrina Shibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
11/4&11/2012	IL Frankfort	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
11/10-11/2012	TX San Antonio	Susan Emily Russell	(830) 890-5207	susanhtcp@gmail.com	Susan Russell
11/10-11/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
11/10-11/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Denise Anthes
11/17-18/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
11/30-12/2/2012	AB Calgary	Mount Royal University	(403) 440-3833		Betty Minifie
12/1-2/2012	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Goodman/Richardson
12/8-9/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow

Level 3

3/24-25/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
3/24-25/2012	YK Whitehorse	Judi Urquhart	(867) 456-4987	judi.urquhart@gmail.com	Betty Minifie
3/26-27/2012	Kyoto, Japan	Katrina Shibata	(714) 330-4030	HealingTouchConnection@gmail.com	Rumi Hashimoto
3/31-4/1/2012	DE Wilmington	Rachel Rasmussen	(302) 656-3569	rachelr1@comcast.net	Tina Devoe
3/31-4/1/2012	CO Fort Collins	Lauri Pointer	(970) 484-2211	LauriPointerHTCP@gmail.com	Lauri Pointer
4/14-15/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
4/21-22/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
4/21-22/2012	NC Asheville	Denise Anthes	(828) 275-5949	denise.anthes@msj.org	Anne Boyd
4/21-22/2012	IL Elmhurst	Mary Sinclair	(630) 913-9090	mjswellness@aol.com	Mary Sinclair
4/21-22/2012	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester

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Date	Location	Coordinator	Phone	Email	Instructor
Level 3 continued					
4/28-29/2012	MN Blaine	Joyce Rudenick	(651) 485-4247	joyce.rudenick@q.com	Tim McConville
5/5-6/2012	VA Herndon	Diane Black	(703) 787-5714	dblack@crystal-therapist.com	Maureen McCracken
5/12-13/2012	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
5/18-19/2012	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
6/1-3/2012	MB Winnepeg	Norma Bettess	(204) 256-4288	nbettess@hotmail.com	Betty Minifie
6/9-10/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
6/23-24/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
6/23-24/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
6/23-24/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
6/23-24/2012	AB Calgary	Betty Minifie	(403) 474-7399	therapeuticbalancing@gmail.com	Betty Minifie
7/14-15/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
7/14-15/2012	PA Elizabethtown	Melinda Chichester	(484) 643-3657	melinda.chichester@gmail.com	Jackie Page
7/21-22/2012	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
8/3-4/2012	NC Asheville	Denise Anthes	(828) 275-5949	homelight@aol.com	Anne Boyd
8/18-19/2012	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	Bonnie Morrow
9/22-23/2012	MO St Louis	Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
9/22-23/2012	TX San Antonio	Susan Russell	(830) 980-5207	susanhtcp@gmail.com	Bonnie Morrow
9/29-30/2012	CO Fort Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
10/5-7/2012	VA Newport News	Dottie Graham	(757) 890-2940	gisaofva@aol.com	Dottie Graham
10/20-21/2012	NT Yellowknife	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Minifie
10/20-21/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
10/20/2012	CA Sacramento	Susan DeSalvo Reed	(707) 928-6565	blueskyz@idiom.com	Susan DeSalvo Reed
10/20-21/2012	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
11/3-4/2012	GA Augusta	Jane Hightower	(706) 830-1959	janehightower@comcast.net	Jane Hightower
11/3-4/2012	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubres@smha.org	Sr Rita Jean DuBrey
11/3-4/2012	CO Longmont	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
11/10-11/2012	WI Fond du Lac	Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Rosann Geiser
11/10-11/2012	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande Boule Douglas
11/17-18/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	Cynthia Hutchison
11/24-25/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
12/1-2/2012	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
12/1-2/2012	CA Long Beach	KatrinaShibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
1/19-20/2013	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder

Level 4

3/8-11/2012	OH Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lynn Placek
3/22-25/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
4/12-15/2012	WA Eatonville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
5/10-13/2012	GA Atlanta	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
5/17-20/2012	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
5/17-20/2012	PA Quarryville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Nancy Lester
5/31-6/3/2012	NY Niskayuna	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Maureen McCracken
6/7-10/2012	IL Chicago	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Barbara Starke
7/5-8/2012	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
10/3-6/2012	CO Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lauri Pointer
10/11-14/2012	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Minifie
10/17-20/2013	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Minifie

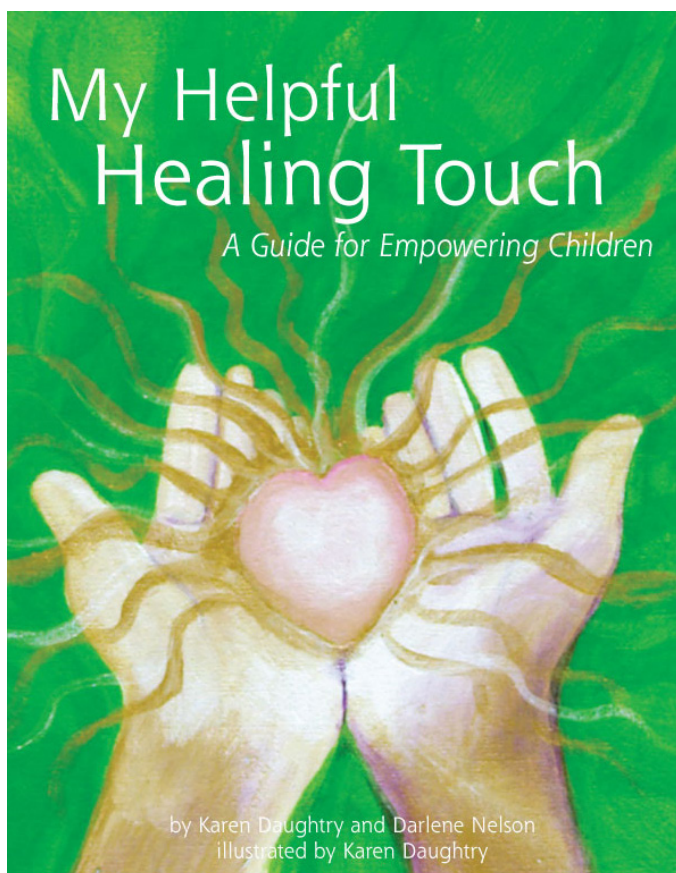
Level 5

3/8-11/2012	OH Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	S. Scandrett Hibdon <i>continued on page 48</i>
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Date	Location	Coordinator	Phone	Email	Instructor
Level 5 continued					
3/15-18/2012	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Minifie
4/12-15/2012	WA Eatonville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
5/10-13/2012	GA Atlanta	HT Program	(210) 497-5529		Ines Hoster
5/17-20/2012	PA Quarryville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Mary Ann Geoffrey
5/17-20/2012	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Maureen McCracken
6/7-10/2012	IL Chicago	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
10/3-6/2012	CO Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/18-21/2013	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwaters@yahoo.ca	Betty Minifie
Level 6					
5/3-6/2012	CO Boulder	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
9/17-20/2012	CO Boulder	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
Advanced Practice 1 and 2					
3/10-11/2012	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/27-28/2012	CT Greenwich	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
6/22-23/2012	PA Elizabethtown	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
6/29-30/2012	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
8/25-26/2012	NY Amsterdam	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
Advanced Practice 1					
3/10/2012	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
3/31/2012	OH Cincinnati- Sold Out	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/27/2012	CT Greenwich	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
6/22/2012	PA Elizabethtown	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
6/29/2012	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
8/25/2012	NY Amsterdam	HT Program	(210) 497-5529		Sr Rita Jean DuBrey
Advanced Practice 2					
3/11/2012	MN St Paul	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/1/2012	OH Cincinnati- Sold Out	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
4/28/2012	CT Greenwich	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
6/23/2012	PA Elizabethtown	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
6/30/2012	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
8/26/2012	NY Amsterdam	HT Program	(210) 497-5529	dubres@smha.org	Sr Rita Jean DuBrey
Simple Sound and Breath Tools to Use for Yourself and with Your Clients					
3/7-4/18/2012	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Arden Wilken
Chakras: Transformation for You and Your Clients					
4/11-5/23/2012	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cherry-Lee Ward
HT Presentations Class					
3/24/2012	IL Edwardsville	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lauri Pointer
Energetic Counseling					
5/3-5/2012	CO Boulder	Deborah O'Sheerin	(303) 447-3264	dohealingtouch@hotmail.com	S. Scandrett-Hibdon
Self Care Training- FOR INSTRUCTORS ONLY					
	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Barbara Starke

continued on page 49

Date	Location	Coordinator	Phone	Email	Instructor
Childrens Class Training- Level 4 and Above					
	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
The Power of Your Awareness Webinar					
	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	David J. Fiala



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