



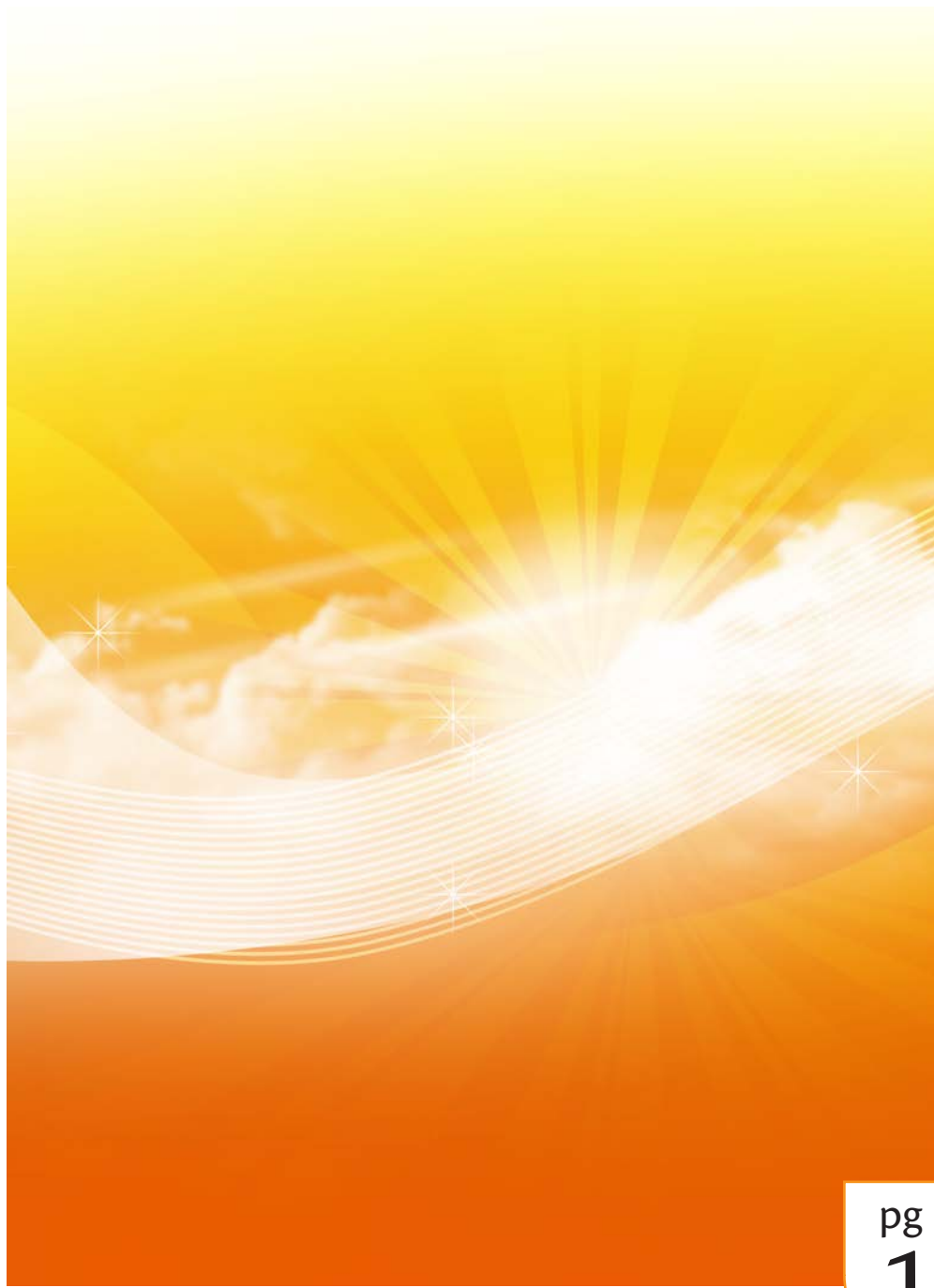
Energy

magazine

Sharing Energy - Transforming the World

Mar/Apr 2013 - Issue Sixty-Six





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Dear Readers,

Spring feels like it's already here at my home in south Texas. This is our most pleasant time of year before the heat of summer takes over. I've been spending time each day working on my little vegetable

garden. I have found it incredibly relaxing and healing spending time working with the earth and tending my plants.

Spring is also a time of new growth or rebirth. What are you doing to expand and grow yourself? Perhaps taking a new class, attending a conference, re-connecting with an old passion?

Whatever you do remember to enjoy this special time of year and take time for yourself.

In this issue of Energy we would like to introduce a new column "Cultivating an Energetic Garden." This first installment focus' on my favorite subject – Gardening as Self Care. But that's not all this issue has to offer, we have a wealth of articles this time around to help you expand and grow.

Enjoy the spring and all it offers in both your external and internal garden.

Billy

one of my garden beds



a bountiful harvest



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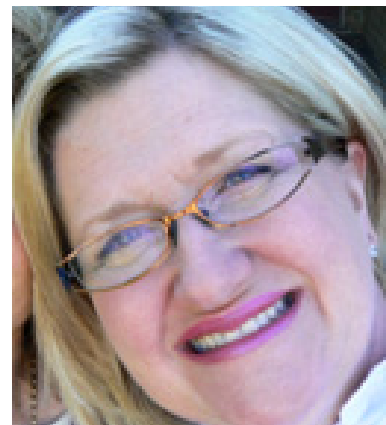
Leo Babauta is a simplicity blogger and author. He created [Zen Habits](#), a Top 25 blog (according to TIME magazine) with 260,000 subscribers, [mnmlist.com](#), and the best-selling books *focus*, *The Power of Less*, and *Zen To Done*. Babauta is a former journalist of 18 years, a husband, father of six children, and in 2010 moved from Guam to San Francisco, where he leads a simple life.



Bernadette Doran, BS, RMT, is the founder and director of Equilibrium Energy + Education, a research-based energy medicine wellness center in Chicago, IL. Equilibrium is the North American training center for Holographic Memory Resolution. For more details about Equilibrium, go to [www.equilibrium-e3.com](#).



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



Kathy Moreland Layte, RN, MScN, HTCP/I, is a professor of nursing at the Conestoga College site of the McMaster/Mohawk/Conestoga collaborative BScN program in southern Ontario. She is the Co-Chair of the Research Advisory Council for Healing Touch Program™, and Research Officer for Registered Nurses Association of Ontario, Complementary Therapies Nurses' Interest Group (CTNIG) and the Canadian Holistic Nurses Association (CHNA).



Jean S. Pruett, D.Min., LPC, NCC, FBPPC, HTCP/I is an Administrative Staff Chaplain and Healing Touch Specialist in the Levine Cancer Institute in the 3rd largest health care system in the nation where she is working to establish Healing Touch as part of the system's protocol for providing excellent patient care. She wholeheartedly supports the mission and purpose of Healing Touch.



Ana Palles Yelen, B.A., M.S., HTCP, C.S.P., CHTP, HWP, Co-Executive Director Healing Warriors Program, is an experienced management leader, spending 15+ years in the hi-tech corporate sector. Ana is also the Founder of Whisperingtree.net, an online resource for conscious living and wellness. Ana has a personal mission to support our service member community.

In Remembrance of Dorothea Hover-Kramer



Dorothea was one of the leaders in the new frontiers of Energy Medicine and Energy Psychology. She was a champion for Healing Touch Program, writing the new Healing Touch Guidebook (2009) and producing a second book on Healing Touch through Sounds True Publishers (2011). Dorothea served as the Association for Comprehensive Energy Psychology's second president. Her work and enthusiasm helped Energy Medicine and Energy Psychology become more widely accepted.

She meant so much too so many of us individually. She was a friend, mentor, wise woman, role model, teacher, author, elder, leader, companion and environmental activist. Many people did not know she was an

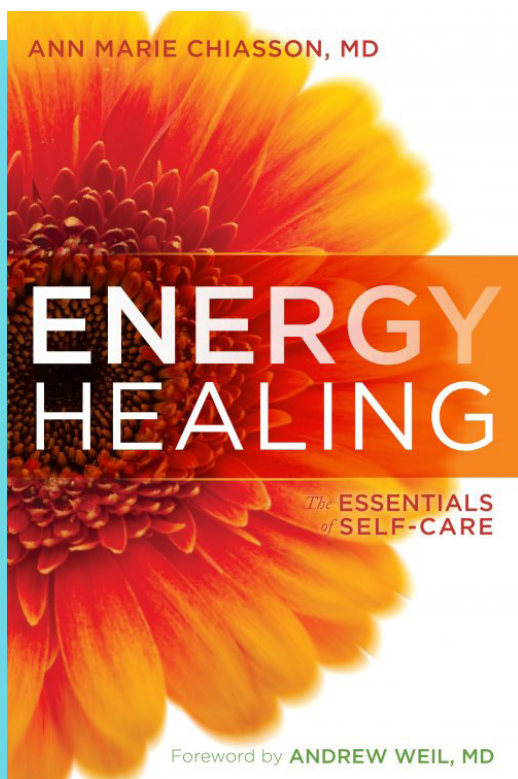
accomplished classical pianist with recorded CDs and a talented painter.

Already an accomplished author, she had more books in the works. One of her most appreciated works is her 2011 book "Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners."

Dorothea lived life to its fullest and was truly a "young" elder. She wrote, gave, shared and expressed who she was in everything she did. As she wrote, "the second half of life offers unique challenges - and boundless opportunities for living more fully." She walked the talk.

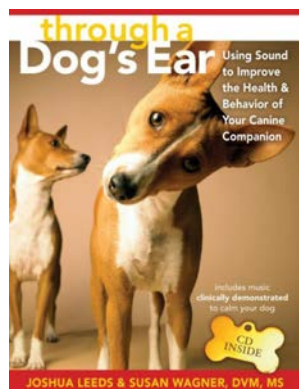
We will all profoundly miss her leadership, guidance, cheerleading and loving encouragement.

Thank you Dorothea for making such a positive difference in the world! Blessings on your journey!



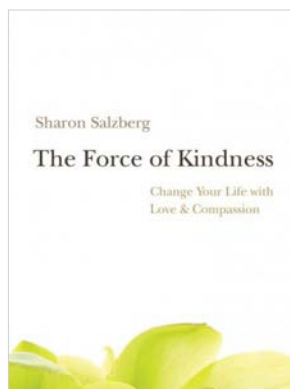
1 | Where does true wellness start? For thousands of years, traditional healers have been able to detect and correct imbalances at the energetic level in order to heal our physical ailments. Today, these traditions are expanding the medical understanding of our subtle anatomy and its role in our overall well-being. With *Energy Healing*, integrative physician Ann Marie Chiasson offers a complete guidebook of easy-to-use energy practices to enhance your health and vitality.

In creating this book Dr. Chiasson has selected the methods she has found to be most accessible, effective, and beneficial in the long-term—informed by the latest research, healing traditions from around the world, and her own practice. With *Energy Healing*, she presents an indispensable guide for understanding the energetic dimension of your well-being and essential tools to help you take charge of your own health.



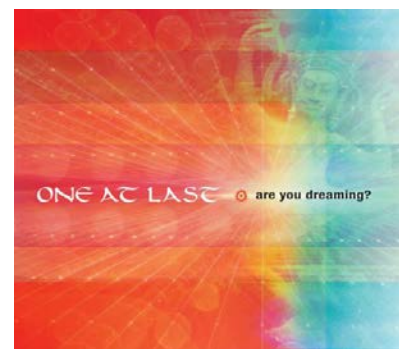
2 | You know that your dog's hearing is very sensitive, but did you know that you could create an environment of sound to improve the health and well-being of your canine companion? Now, psychoacoustic expert Joshua Leeds and veterinary neurologist Susan Wagner show you how with *Through a Dog's Ear*.

Using the latest science on how dogs hear and react to sound, Leeds and Wagner bring you a treasury of practical tools for enhancing the lives of our best friends



3 | Distill the great spiritual teachings from around the world down to their most basic principles, and one thread emerges to unite them all: kindness. In *The Force of Kindness*, Sharon Salzberg, one of the nation's most respected Buddhist authors and meditation teachers, offers practical instruction on how we can cultivate this essential trait within ourselves.

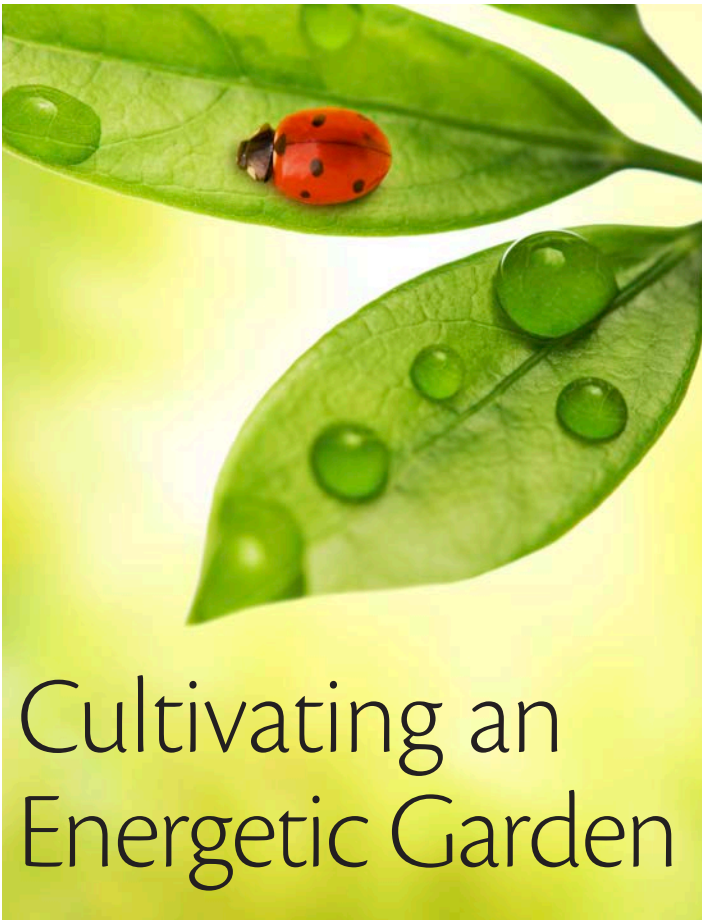
Through her stories, teachings, and guided meditations, Sharon Salzberg takes readers on an exploration of what kindness truly means and the simple steps to realize its effects immediately.



4 | With each performance in front of sold-out crowds, One at Last has fans dancing to their techno-tribal beat—an irresistible sound that seamlessly blends traditional and electronic music.

On *Are You Dreaming?* this trance group brings you nine songs that pulse with the intoxicating rhythm and passionate vocals that have catapulted One at Last to the top of the West Coast underground music scene.

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



Cultivating an Energetic Garden

Jaclyn E. Chisholm, HTCP, HTI, CNHP

Gardening as Self Care

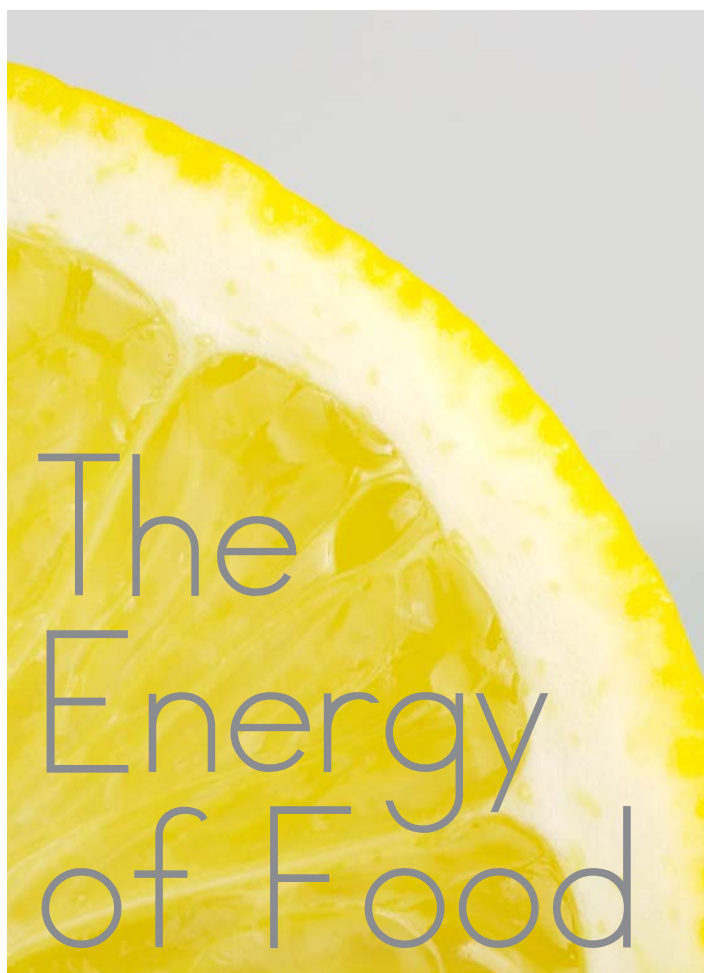
We live within three miles of downtown Tampa in an old established oak tree neighborhood. Most of the people who live in our area recognize the importance of working with some aspect of this natural community and are supportive of cultivating green spaces that enhance each others lives.

Some twenty-five years ago, we made a choice to forgo the lawn (and all which that implies) and created three cement block raised beds in our front yard. Each year we add oak leaves, mushroom and earthworm casings. Four times a years, when the overhanging oak branches are pruned, all the mulch is left in our driveway to be returned to the soil. All green matter is returned to the earth to renew and replenish the soil. Any large branches are cut to fireplace length in preparation for the winter. Over the years our sandy soil has undergone an amazing transformation. These beds furnish us with a continuous fresh supply of culinary herbs, tiny tomatoes, a variety of hot peppers, greens, snow peas and scallions.

During the summer growing season we harvest okra, eggplant and mustard greens. These comprise the staples of our diet, along with the seasonal local organic fruits and vegetables. Walk out our backdoor and a lush tropical jungle greets the eye. The image literally draws you inward. This area is vibrant and energetically stimulating to all five senses. It does not matter in which frame of mood you may be when you arrive -- within a few minutes you are shifted physically, mentally, emotionally and spiritually to a higher vibrational level. This shifting explains how our heart rhythm patterns are balanced to support managing our inner emotional states and stress levels.

Just sitting in this natural habitat can expand the light in your own heart. The vibrational frequency of each plant works in tandem with an array of foliage. It's running water and energy allows the alchemy of inspiration to shift your frame of reference, thereby deepening your consciousness to facilitate your own healing. Always, when leaving you find that you integrate yourself back into the environment. When you change your vibration, you will change your life. Cultivating a garden is really a form of self-care that allows us to recreate, regenerate and renew the divine union of body, mind, and spirit. It is about approaching the sacred. I have often said that we are blessed to have an herb and vegetable garden in our front yard - and one foot in Eden in our backyard. ☺





Sharon Greenspan, CHHP, HTCP, M.Ed

Eating Yellow - 3rd Chakra Foods

The third installment, in this series, explores the cultivate signature of yellow foods. Vibrational patterns of food influence our health. (Check the [Energy Magazine archives](#) for previous installments).

We know the color associated with the third chakra is yellow. Yellow foods include lemons, grapefruit and other citrus; yellow peppers, spaghetti squash, and bananas. While corn is also yellow, most corn today is genetically modified and that brings other concerns which are outside the scope of this column.

Most articles about yellow foods look at the nutritional components or the phytonutrients and group yellow foods with orange or green rather than looking at them individually. The phytonutrient in purely yellow food is limonene¹ and occurs in citrus. While many articles have touted the anti-cancer benefits of citrus (limonene), they are talking about an extraction from the rind, not a nutrient obtained from eating food. It is best for Healing Touch Practitioners to concentrate on the cultivate signature of yellow foods. Although it is worth mentioning that

limonene occurs in the rind, specifically in the oil of the fruit. Usually we refer to this as the zest. You may notice that those who lack self-esteem or who have a compromised solar plexus also lack a zest for life?

Let us begin with citrus. Lemons and grapefruit grow in trees. They are cultivated by grafting, not planting seeds. Successful grafting requires a vascular connection between the rootstock and the scion. Scion is also a word used to describe the descendent of a bloodline, particularly a holy bloodline. The cultivate signature of citrus includes qualities of purity. Lemon is often called the liver's best friend. It helps the liver to make more enzymes and do its job more efficiently (which is to purify the body). Grapefruit can actually inhibit detoxification but it stimulates the digestive system. Here is where the energetic properties become more critical.

In working with a client who has a compromised solar plexus, it is important to determine the quality of disruption. Is the compromise a lack of inner peace; connection with Divine; purification or is it an inability to properly work through/digest emotions?

In the former, drinking lemon juice in water on a regular basis can bring up and release old toxins – on multiple levels. In the latter, adding grapefruit to the diet might stimulate the digestive system and help one to better tolerate what is undesirable – mentally, emotionally, physically and spiritually.

Citrus is acid in pure form, but it digests to leave an alkaline residue. It is considered very cleansing for the body. Citrus, like our solar plexus, is transformative. Healing the solar plexus empowers us to “walk the middle way,” avoiding self-indulgence and self-pity.

Sometimes we see a client who is on the brink of opening to complete love. Love which flows from the inside out to the world, connecting with the higher vibrations around. Love which embodies “*Namaste*” – recognizing the light in each soul as the same. In such cases, yellow peppers provide that space needed to let the passion expand. I have written before about bell peppers and how the seed cluster in the middle of empty chambers represents spaces waiting to be filled. In the case of yellow peppers, the cultivate signature has a quality of holding space - allowing Truth to unfold - healing of the physical body so that the bridge to the spiritual can be accessed.



Spaghetti squash is another food which might be helpful to someone whose solar plexus status is closely tied to the heart chakra. Spaghetti squash, technically a fruit, is very dense and filled with seeds. We know that seeds are unrealized potential. The plants have both male and female parts and are easy to grow – either in containers or gardens. Doesn't it already sound like a miraculous plant? Doesn't it sound like pure love – filled with potential and the ability to expand in whatever setting?

Spaghetti squash transforms into something completely different when cooked. The dense interior becomes stringy and light, like angel-hair pasta. It can be baked, boiled or steamed. It can be served with sauce or without. It can be a main dish or side dish. Love is perfect, however you dish it up!

We all get knocked off balance, from time to time. We get caught in "I want" or "I will have." Next time this happens consider augmenting energy work with food choices which

align with the energetic patterns you notice. Delve deeper into your solar plexus, notice the nuances, and notice the available choices for cultivating deeper inner peace. ☺



Sharon Greenspan, CHHP, HTCP, M.Ed is a Board Certified Holistic Health Practitioner who blends holistic nutrition, life coaching and Healing Touch. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating arthritis). She's authored the *Eating Your Way To Health Workbook*, *105 Questions about the Raw Food Lifestyle*, *Wildly Successful Fermenting™*, *Warming Winter Recipes*, *Spring Into Healthy Eating*, *Spirooli recipes* and *Raw and Living Food Basics*. She is a speaker at the Mother Earth News Fair, North American Vegetarian Society Summerfest, and Healing Life Festival.

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Essential Energy

Cyndi Dale

The Essence of Healing: Mercy

The theater is so dark I cannot see the popcorn. I am picking one kernel at a time out of the bucket. Usually this doesn't matter - I shovel it in, knowing that the attendants will later sweep up my mess with their shovels. Because of the movie's subject matter, however, I am cautious. I am counting each kernel, remembering a phrase my parents, who grew up in the Depression, used to mutter:

"Eat your peas. There are children in the world who have nothing."

I used to wonder if even the hungriest of the children in India would tolerate those mushy light green peas that plopped out of the Green Giant cans.

I was watching the movie *Les Miserables*, a story about poverty and starvation, loss and cruelty, misery and mercy. Although the ingredients of despair were on the screen in front of me, I was completely entrenched in the characters' sufferings, the ills that healers have committed their hearts to alleviating across time.

I am not writing a review of *Les Mis*. Rather, I feel called to address the antidote to misery presented in the movie, the remedy to the hardships, tragedies, and traumas that you have

devoted yourself to transmute as a Healing Touch professional. For in undertaking the calling of healer, you have decided to enhance the faintest of lights and to light that which is as yet unlit. You have promised to cast hope into the darkness, even when there is no reason to hope, and to believe in goodness, even when faith is irrational.

You have committed to sharing mercy.

I think of the many clients with whom I have worked whose stories are unspeakable. I recall a woman who was sexually abused by every male relative for ten years, starting at age four. I remember the man who lost both his parents and sister in a car accident when he was six years old and was then raised in an orphanage. Sometimes there was food. I think of the elderly man who was born in a concentration camp during the Holocaust - there was no food. Then there are the streams of individuals courageously facing the challenges of life -- lost jobs, cars that quit, addictive family members, mental illnesses, and the stress of the tyranny of details that seems to rule our lives.

It can be hard to stare into the depths of suffering and know what to do, even when you are the "energy expert." Aren't healers supposed to have kit bags full of instruments and pithy sayings, medicines, and miracles? Aren't healers trained to make it "all go away?"

Against all that, what good is mercy?

We do not talk about mercy very often in our culture, not unless we are exposed to a Pentecostal preacher and wooden pews that force us to sit upright and attentive. Mercy is not trendy. It is not "in." I have yet to see a t-shirt with the word "Mercy!" splashed on it, unless perhaps it is a commentary of sorts.

Mercy has not made the front page of the news for a very long time. The last time I heard the word in my daily life was when my youngest son was begging for money for the penultimate tennis shoes and suddenly blurted out, "Have mercy on me! ALL the kids have these shoes but me, mom. You don't want me at the bottom of the totem pole, do you?" As old-fashioned as mercy might be, the need for it is very much alive.

Mercy is compassion showed toward someone we could hurt. It is also an event - for which we are grateful - which provides relief from suffering. In our daily lives, mercy exists when we forgive our parents for the harm caused us or when we forgive



ourselves for the mistakes we made because of childhood wounds. We are merciful when we let someone with only one food item cut in front of us in line, our cart heaped with coupon specials, or when we slip extra money into the Salvation Army bucket.

As energy practitioners, mercy is actually the key to delivering healing. Mercy starts with the way we look at ourselves. Should we really expect the miraculous of ourselves? Should we be holding ourselves to unbelievably high standards? Might we be better served—and of better service—if we humbly ask to be instruments of kindness, and proceed from there.

While listening to our clients, mercy becomes nothing less than gold. We know our own past, after all. We have walked the journey path of being fully human. What mistake haven't we made, at least in thought, if not deed? What pain or hard feeling haven't we experienced? Of what challenge haven't we despaired? We have only to meet another with our own humanity to help them release judgments about themselves, often the very judgments locking in the blocks causing their problems.

When actually performing healing work, no matter the technique, it could be said that mercy is actually the only instrument being applied. Mercy is the steel comprising the sword of truth that insists our client is worthy of love, and therefore, transformation. Mercy is the feather that strokes away their pains, assuring them that they did not deserve the harm caused them—that there are angels with wings just waiting to lift them up.

In the final run, mercy is also that which creates joy and therefore, healing. As Joseph Campbell says, "Find a place inside where's there's joy, and the joy will burn out pain." Mercy is the path to this joy, a Herculean form of love that lifts off the clouds of suffering so we can ooh and awe at the sun beneath. It is at this point that healers can smile, for misery has no power where joy exists. €



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

Cyndi, her work, books and products please visit:
www.cyndidale.com

Clues to Healing with Intention

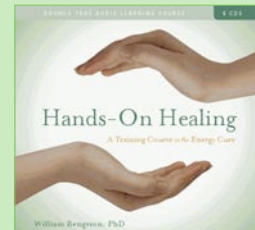
April 12, 2013 (2 hr evening lecture)

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Healing Touch, Therapeutic Touch and Reiki Highlighted in Scholarly Journal


Kathy Moreland Layte, RN, MScN, HTCP/I

According to Julia Chapman, assistant editor for Mary Liebert Publishers, "*Alternative and Complementary Therapies* provides the most authoritative, evidence-based, and practical information for integrating alternative therapies and approaches into clinical practice or hospital integrative medicine programs. The journal offers the latest clinical guidance and research in Complementary and Alternative Medicine as it relates to the prevention and treatment of chronic illness, mind/body approaches to disease management, and clinical applications of CAM therapies." The December 2012 issue (doi:10.1089/act.2012.18609. vol. 18 No. 6), carried Dr. Jane Hart's exploration of the advancement of Healing Touch, Therapeutic Touch and Reiki in the medical community. Among the biofield practitioners showcased in the article were Cynthia Hutchison, Program Director of Healing Touch Program™ (HTP), and Kathy Moreland Layte (yours truly), co-chair of the Research Advisory Council for HTP. Both shared knowledge and experiences of how Healing Touch (HT) has progressed over the past decades - making it more acceptable in mainstream medicine.

Cynthia recalled how in the early 1990s, she *very subtly* provided Healing Touch in hospital settings (as many of us did because energy therapy was not accepted in most health care facilities), while also confident in the impact the "work" was having with patients and families. She feels that the increasing demand for gentle, low-cost therapies that treat the body, mind and spirit and promote wellness is one of the main reasons that biofield therapies (HT, TT and Reiki) have become more acceptable in the medical community. They are now practiced openly and receive respect as a complementary therapy. The fact that over the past decade, almost all medical schools have an introduction to integrative/complementary therapies and are introduced to some form of biofield work has also helped to de-mystify energy medicine practices.

Standardized delivery of curriculum and improvement in credentialing and certification processes in biofield therapies has also helped open doors of possibility to healthcare facilities. HTP's national accreditation through the American Nurses Credentialing Center (ANCC) and expected accreditation with the National Commission for Certifying Agencies (NCCA) are examples of how credentialing has changed the acceptability of biofield practitioners in conventional/allopathic practice arenas.

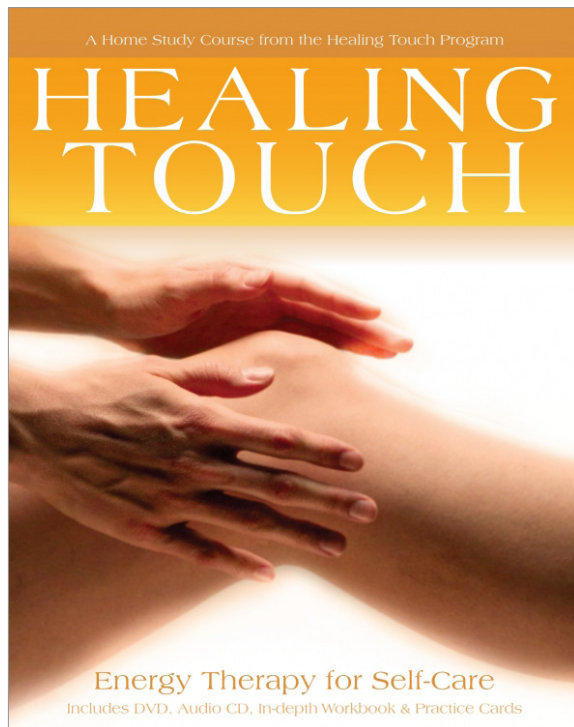
Through my interview, I spoke to the improvements in the quality and number of randomized clinical trials in biofield therapies but particularly Healing Touch over the past ten years. Quality evidence in outcomes of interest (pain, anxiety, PTSD, hospital length of stay) is reducing skepticism and changing the view that the positive outcomes from HT are from mere chance alone (placebo effect). I highlighted four of the best studies that support HT practice (see www.healingtouchresearch.com for more details).

Jane Hart, a physician, concluded her article stating that energy medicine has progressed in the medical community but still needs to overcome more barriers to continue progressing toward becoming mainstream. More and better research evidence, funding, and insurance codes that support the work and practitioners of the work are still needed to continue this progress in all forms of biofield therapy. Healing Touch Program™ was showcased as one of the educational and professional practice leaders in this movement. 

Get a **free copy** of the article published in *Alternative and Complementary Medicine* by visiting the Healing Touch Worldwide Foundation webpage at www.HTWFoundation.org

Hart, J. (2012). Healing Touch, Therapeutic Touch and Reiki: Energy medicine advances in the medical community. *Alternative and Complementary Medicine*, 18 (6), 309-313. doi: 10.1089/act.2012.18609

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Healing Touch Highlights

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- Understanding the mind/body connection
- The energy spectrum, your energy centers, and the energy field
- The role of relaxation in healing
- Developing awareness of your energy field
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Of the many energy therapies in use today, one stands out as the choice of hospitals and health care centers worldwide: Healing Touch. With *The Healing Touch Home Study Course*, the founding organization that trains and certifies Healing Touch Practitioners provides the first self-guided program for self-healing and energetic self-development.



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The Bengston Energy Healing Method®

The Energy Therapy That Cures -
Yes, Cures - Cancer

Bernadette Doran, BS, RMT



For more than 30 years, Dr. William Bengston has been researching a particular form of hands-on energy therapy he helped to develop. The results of experiment after experiment lead to an irrefutable conclusion: This particular form of “healing energy” can cure – yes, *cure* – cancer.

Dr. Bengston has proven the effectiveness of his technique in 10 controlled animal experiments conducted in five university biological and medical laboratories and has published dozens of papers on the results. His healing research has produced the first successful cures of transplanted mammary cancer and methylcholanthrene-induced sarcomas in experimental mice with his hands-on technique.

Even more astonishing, mice that had successful full cures also had no recurrences of cancer – they remained cancer-free no matter how many times they were re-injected with fatal doses of cancer. Also, there appears to be a morphic field-type “energy resonance” involved with this energy therapy, because the control groups of mice – infected with fatal doses of cancer but not given energy therapy – also remitted and became cancer-free.

The Bengston Energy Healing Method®, as Dr. Bengston has named it, is not only the first (and so far, only) form of hands-on energy therapy that has systematically been proven to cure cancer, it is also remarkably different from any form of energy healing with which therapists may be familiar. Many who have been trained in other energy modalities and then are trained in the Bengston Method acknowledge that there is a distinctive, undeniable and unparalleled intensity to it. If Reiki, for example, is a gentle stream, the Bengston Method is Niagara Falls.

Dr. Bengston’s laboratory research showed that the Bengston Method appears to hyper-stimulate the

immune system in mice. This means that, rather than shrinking tumors, the energy seems to hyper-cycle tumors out of the body. Think of time-lapse photography of a rose, that shows the rose going very, very quickly from bud to flower to decay, and then the rose no longer exists. With the lab mice, the tumors literally “exploded” out of their bodies.

It has been the clinical experience of Dr. Bengston, as well as the therapists he has trained, that this method appears to work best with individuals who have not had chemotherapy or radiation treatments. One hypothesis is that chemo and radiation may significantly and permanently compromise or “kill” the immune response, rendering the Bengston Method less effective, or completely ineffective, in individuals who have had those types of treatment, even many decades before.

Another unique signature of this therapy is that it works best on fast-growing cancers, like breast or pancreatic cancer, but takes much longer to work on slow-growing cancers, such as prostate cancer. As Dr. Bengston says, “What rushes in rushes out; what creeps in creeps out.”

Although all the formal research has been done on cancer, clinical experience shows that it is also extremely effective for other health challenges, including allergies, asthma, skin disorders, Alzheimer’s disease, gastrointestinal disorders, and much more. It is equally effective on animals, children and adults, and equally effective hands-on or at a distance.

The average number of treatments for a cancer patient is eight, but results can occur much more quickly with other diseases. For example, a woman sought treatment at our clinic for her mother Alzheimer’s, who was unable to recognize family members, hold an intelligible conversation, or do simple self-care



tasks. After just two Bengston Method sessions, she began recognizing many of her family members, called them by name, held engaging conversations (and laughed with them), and was able to put on and button her sweater. We have had several clients who completely resolved respiratory issues, including one woman who had lifelong asthma (fully resolved after 12 treatments) and two whose allergies completely cleared in less than eight sessions.

used those kinds of therapies at the same time have seen less successful results in every case.

For treatment, Dr. Bengston generally recommends sessions a week apart. They can be done more frequently, but that does not appear to improve the outcome. It seems that, with this modality, the human body takes about a week to process as much energy as is received during a treatment, and that trying to

Many who have been trained in other energy modalities and then are trained in the Bengston Method acknowledge that there is a distinctive, undeniable and unparalleled intensity to it. If Reiki, for example, is a gentle stream, the Bengston Method is Niagara Falls.

In our experience, common side effects of Bengston Method treatments are extreme emotional reactions and vivid dreams. Since the medical field of psychoneuroimmunology shows that emotional issues very frequently underlie physical disease, it appears that Bengston treatments may work simultaneously on any foundational emotional challenges as well as the physical disease to clear both aspects.

One interesting anomaly in our clinical experience shows that certain forms of other energy therapies may be contra-indicated, as they limit or eliminate the effectiveness of the Bengston Method. Since it appears that the Bengston Method energy is very “high powered” compared to other energy healing methods, it seems to seek or create an optimal energy frequency for each person’s healing process. So energy methods that attempt to “set” a certain frequency – such as Rife therapy, magnets, qi machines, even qi gong – appear to block or limit the Bengston Method energy and prevent it from achieving full effectiveness. They seem to get in the way of the ability of the energy to “explode” a disease out. Clients who have

give more energy sooner is like topping off a cup that is already full.

Dr. Bengston also discovered that cotton can be “charged” with this particular energy. Applying charged cotton to the tumor site of a cancer client appears to draw some level of diseased energy out of the body and at the same time continuing the Bengston Method energy as treatment. Depending on the type of cancer and location of tumors, or certain other health challenges, charged cotton appears to support the progress of therapy.

We are a very long way from discovering the full potential of this remarkable and truly unique energy modality. For more details, please go to Dr. Bengston’s website at www.bengstonresearch.com, and to Amazon.com to order his book, *The Energy Cure*, or his set of CDs, *Hands-On Healing*.

Dr. Bengston now teaches his healing method around the world. ☺

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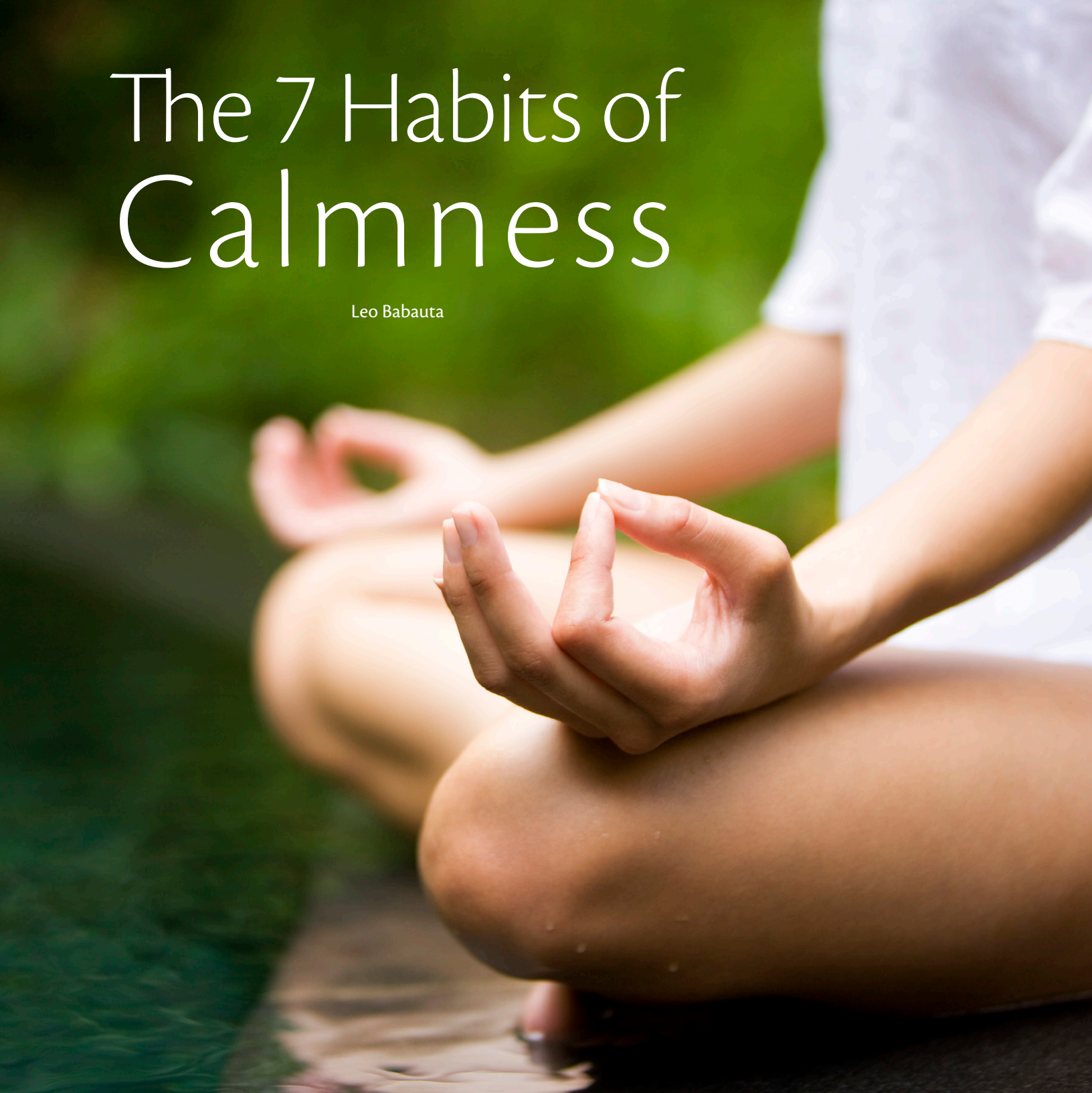
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The 7 Habits of Calmness

Leo Babauta



I have come to believe that high stress, constant anxiety over tasks and work and life, social anxiety ... is all a part of the modern way of life.

Most people just don't feel a sense of peace, of calm, of serenity, throughout their day.

I have to admit that I'm the same way some of the

time, but I have learned a few things that have helped me create a feeling of calmness much more of the time than ever before.

It's a series of habits that have developed over the last few years. I'm not perfect at them, but I do practice them, and they are always helpful.

These are habits, not a one-time change in my surroundings or work pattern. Changing your environment is great, but you can't control the things that happen to you much of the time, and you certainly can't control how other people act. The only thing you can control is your response — and this response matters. You can respond to the same event with anxiety or anger, or you can respond with peace and calmness.

Let's figure out how.

The Habits of Calmness

These are the habits to develop that will help you develop calmness (based on my experience):

1 A calm morning ritual. Many people rush through their mornings, starting the day out in a stressful rush. I wake up a little earlier (5 a.m. these days, though that changes), and start with a little meditation, then a few yoga poses. I then start writing, before I let the noise in. Exercise is another component of my morning routine. You don't need to do the same things, but find the quiet of the morning and make the most of it.

2 Learn to watch your response. When something stressful happens, what is your response? Some people jump into action — though if the stressful situation is another person, sometimes action can be harmful. Others get angry, or overwhelmed. Still others start to feel sorry for themselves, and wish things were different. Why can't other people behave better? Watch this response — it's an important habit.

3 Don't take things personally. Many times the response (that you noticed in Habit 2) is to take things personally. If someone does something we don't like, often we tend to interpret this as a personal affront. Our kids don't clean their rooms? They are defying us! Our spouse doesn't show affection today? He/she must not care as much as he/she should! Someone acts rudely at work? How could they treat us this way?! Some people even think the universe is personally against them. But the truth is, it's not personal — it's the other person's issue that they're dealing with. They are doing the best they can. You can learn not to interpret events as a personal affront, and instead see it as some non-personal external event (like a leaf falling, a bird flying by) that you can either respond to without a stressful mindset, or not need to respond to at all.

4 Be grateful. Sure, lots of people talk about gratitude ... but how often do we apply it to the events of our day? Things are crashing down at work, or our boss is angry, or our co-workers are rude, or our kids are misbehaving, or someone doesn't love us as we'd like ... do these cause anger/anxiety/unhappiness, or can we be grateful? Drop the complaints, and find a way to be grateful, no matter what. And then smile. This unbending habit can change your life.

5 Create stress coping habits. Many times, when we are faced with stress, we have unhealthy responses — anger, feeling overwhelmed and withdrawing, eating junk food, drinking alcohol or taking drugs, shopping or otherwise buying stuff, going to time-wasting sites, procrastinating, and so on. Instead, we need healthy ways to cope with stress, which will come inevitably. When you notice stress, watch how you cope with it, and then replace any unhealthy coping habits with healthier ones. Healthy stress coping habits include: drinking tea, exercise, yoga, meditation, massaging your own neck & shoulders, taking a walk, drinking some water, talking with someone you care about.

6 Single-task. I've written numerous times in the past about single-tasking vs. multitasking, but I think people multitask now more than ever. People text while on the train, while walking, while driving. They tweet and post to Facebook and Instagram, they email and read blogs and news, they watch videos while getting things done, they watch TV while eating, they plan their day while doing chores. This is a great way to cause a level of anxiety that runs through everything you do, because you're always worried you should be doing more, doing something else. What if, instead, you just did one thing, and learned to trust that you shouldn't be doing anything else? It takes practice: just eat. Just wash your bowl. Just walk. Just talk to someone. Just read one article or book, without switching. Just write. Just do your email, one at a time, until your inbox is empty. You'll learn that there is peace in just doing one thing, and letting go of everything else.

7 Reduce noise. Our lives are filled with all kinds of noise — visual clutter, notifications, social media, news, all the things we need to read. And truthfully, none of it is necessary. Reduce all these things and more, and create some space, some quiet, in your life. €

The Healing Touch for Military Personnel

Healing Warriors Program to Launch in Spring of 2013

Ana Palles Yelen B.A., M.S., HTCP, C.S.P., CHTP, HWP, Co-Executive Director Healing Warriors Program



Founded in 2012, Healing Warriors Program is a new nonprofit organization dedicated to providing complementary care services and education to the veteran community and their families.

Here, one of the founders of Healing Warriors Program, Ana Yelen, describes the vision of the Healing Warriors Program, and how the program's new model will address PTSD and pain management in our soldiers.

The headlines say it all: **2012 Military Suicides Hit A Record High Of 349** (The Associated Press¹, January 14, 2013).

What makes this number even more astounding is that it represents 54 more deaths than the 295 Americans who lost their lives fighting in Afghanistan during the same period of time. How can it be that we are losing so many to suicide? Certainly, there are a host of factors to consider, but we believe one of them is pain-- and pain is difficult to manage. Why would we have such a problem with pain? Technological advancements have helped increase survival rates, but often the quality of life of that survival is poor. Wounded service members often remain on pain killers for long stretches, sometimes permanently. While pain killers are an important tool (giving the body much needed relief and rest so that healing can occur) they pose some big challenges. The effectiveness of medication wanes over time, and it impacts key organs like the liver. Addiction to painkillers becomes an issue in and of itself, affecting individuals and their families with everything that accompanies the disease.

The problem, according to what Secretary of the Army, John McHugh, told the United States House of Representatives Committee on Appropriations Defense Subcommittee, is that many soldiers have an ongoing need for pain relievers because they are suf-

fering from wounds that likely would have caused loss of life 15 years ago.²

However, pain is not the only problem here. The effects of trauma, such as increased anxiety in group situations, anger and depression, wreak havoc with the service member's ability to re-enter civilian life in a healthy way because every aspect of life (home, family, work, relationships) is affected.

The Department of Defense knows there is a problem that needs to be fixed and to the department's credit, the Army Surgeon General and his team are recommending complementary care therapies and are working with the Bravewell Collaborative³ to bring more integrative care into military healthcare. Due to the recommendations by the Pain Management Task Force back in 2009 to incorporate yoga, acupuncture and other mind body practices into standard care practices, we are seeing initiatives springing up across the country in military health and wellness facilities.

However, the wheels of bureaucracy often move slowly. Sometimes, what is needed is a fast, low risk way to test drive an idea and prove that a concept works. Sometimes we just need to passionately believe that an idea will yield great results. Sometimes we simply have to step in, and say, here it is.

Enter Healing Warriors Program.

Healing Warriors Program was started by three Healing Touch practitioners - Shelley Poland, Jane Trexler and Ana Yelen. Having worked together in other nonprofits, and at various veterans and Veterans Affairs (VA) events, there is a history of teamwork already in place. Jane's parents were both marines and when Jane's father passed away last year, she asked that memorial contributions be sent to Healing Warriors Program. These first donations covered the non-prof-



it status filing. We clearly felt the presence of Spirit! Shelley and I have a long history of partnering for various outreach efforts. So assuming the role of Co-Executive Directors was comfortable and logical. After six years of organizing volunteer events and seeing veterans from various wars - some POWs, some disabled, some with brain injuries, and some amputees - benefit from the various therapies, we knew it was time. We knew we needed an ongoing clinic, not only for our veterans, but also for their families. Also, we knew that we could not operate something of this scale on a volunteer basis alone.

Healing Warriors Program was founded in 2012 as a nonprofit organization dedicated to providing complementary care services and education to our veteran community and their families. The program integrates the principles of Mind Body Therapy to assist veteran and active duty members with PTSD and pain management.

Those of us in the Healing Touch community know that Mind Body Therapy works. We see it in our practice, our clients tell us, and we directly experience it ourselves. One of the visionary pieces that Janet Mentgen wove into her Healing Touch certification process, and which she herself practiced throughout her life, is to work in collaboration with practitioners of other modalities. Our certification process requires that we experience 10 holistic therapy modalities. That practice equips us with experiential knowledge of how these modalities influence body, mind, emotion and spirit.

Healing Warriors Program clinics will offer a variety of evidence based mind-body therapies. Phase One will include Acupuncture, Cranio-Sacral therapy, and Healing Touch. All practitioner staff for Healing Warriors Program will be certified in their respective modalities and will have standardized documentation forms.

In addition, each specialization will have a manager to provide oversight to ensure standards of practice and quality assurance for each service. Our service member community is heavy with trauma and we

need to provide the best we can offer.

It is our vision to have integrative care services be a part of every service member's health plan.

Where can I find a clinic?

So where are we in the process of establishing our clinics? This past November, Healing Warriors Program received 501(c)3 status, launching us into a flurry of planning and implementation. At the end of 2012 we submitted our Pilot Clinic proposal to the Denver and Cheyenne, Colorado VA, with implementation discussions currently underway. While we wait for engagement with our local VA, we are moving ahead with the next steps in launching our clinic.

Our Phase One vision includes a clinic site in Denver and one in Northern Colorado. We have already received referrals from local veterans offices and it is clear that we need a clinic presence as soon as possible. As you would guess, there is a lot of planning and organization that goes into structuring something for success.

Our planning team has been defining roles and responsibilities, processing flows and operational guidelines. Data collection is a big part of this, which brings us to technical and logistical considerations. This is big. We know it is - and - we could not be more excited.

Funding?

The big question for any non-profit is funding, and we are working on it. We have a list of grants we will be submitting. Grants of course, have a set of requirements and dependencies that require us to have various internal structures in place. Did I mention data collection? Metrics are key.

Our newly assembled fundraising team has already started planning a few important events that we hope are both fundraising opportunities, as well as, fun opportunities to meet with like-minded individuals in our community. I love that we are building enjoyment into these events. Laughter and fun are



their own healing specialists!

Gratitude

We are very excited about the team that is assembling around this effort. They are passionate, skilled and heart-centered people. We are so thankful for the support from our community. Each day we hear from someone who wants to help, or who wants to watch our progress so that they can launch something in their own geographic area. We are meeting many wonderful people who have service members in their families and who want to do something to help.

Always we say thank you, and thank you for your service.

How can you get involved?

Sign up for our mailing list so that you will receive our monthly updates. Like our Facebook page. We post some really interesting articles that we find on PTSD, pain and working with veterans. If you want to be in a volunteer pool, let us know. We have events planned that can always use an extra pair of hands. Of course, if you know someone who would be interested in the work we are doing, please pass along our contact information. This really is about community - with each of our talents and gifts shining. One last thing -- please keep us in your prayers. This work is so needed - and - the time is now!! ☺

You can add yourself to our mailing list by going to our website at: www.healingwarriorsprogram.org or by sending us an email at info@healingwarriorsprogram.org

You can also reach me or Shelley directly at ayelen@healingwarriorsprogram.org and spoland@healingwarriorsprogram.org

1. <http://www.npr.org/templates/story/story.php?storyId=169340558>
2. <http://www.usmedicine.com/articles/walking-a-tightrope-military-tries-to-balance-appropriate-pain-treatment-with-growing-misuse-of-prescription-drugs.html#.UQnZO2dCp8E>
3. <http://www.bravewell.org/>

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The Art of Receiving

Marie Manuchehri, RN

Everything in the universe is made from energy—subatomic particles. Including this page. The subatomic world of energy creates the home you live in, the car you drive, and the clothes you're wearing right now. Beneath the texture, design, and color of your clothing is another formation of subatomic particles—the human body. Your body pulsates with energy. With every breath, your body moves vast amounts of blood to your heart while cleansing carbon dioxide from your lungs. Your body is powered by millions of cellular energetic contacts, which need energy to maintain health or allow for healing.

The fourth chakra receives the highest amount of energy, in the form of abundance, for the human body. Reception occurs at the back mate of the chakra, right in-between your shoulder blades. When this chakra is open—its normal state—and allows energy in, it receives health, love, joy, and wealth. Many people refuse to receive, and energetically block this chakra, withholding deserved abundance and healing.

Some people leak their vital life force from this chakra. The leaking, which is generally subconscious, can devastate the anatomical structures in the chest: heart, lungs, breast

tissue, thymus gland, lymph fluid, and blood vessels. It's very important for all of us to realize that we're worthy of energy and an abundant life—even if others around us do not allow this for themselves.

Thoughts and feelings are energy, too. If our thoughts are consumed by worries and concerns then that is the type of energy that will run through our bodies. Only by adopting a new philosophy that lets us see the beauty in each moment, rather than the suffering, will we be able to stop leaking our own precious energy and ultimately learn how to receive energy—the real job of the fourth chakra.

Empathic individuals, those who can feel the feelings of others, seem to have the most difficulty receiving or maintaining their life force energy. Yet, it is these individuals, with extraordinary compassionate hearts, who are drawn to healing professions. When we leak energy or are unable to receive it, we hope that someone less fortunate will use it instead. However, very few individuals understand the emotional and mental mechanics of allowing universal life force energy into the body. What we don't receive hangs out in the ethers unused.



Empathy is a gift that will lead us to feed, clothe, and support our world in ways we have yet to imagine. The challenge of being empathic is to become comfortable with the feelings of others—even when others are sad, lonely, or distressed – while remaining dedicated to the health and wellbeing of their emotions and life first. It takes

energy to give, and it takes energy to refuse the kindness and giving nature of others. When we allow our beings and souls to be fed by the world around us, then and only then can we give. €

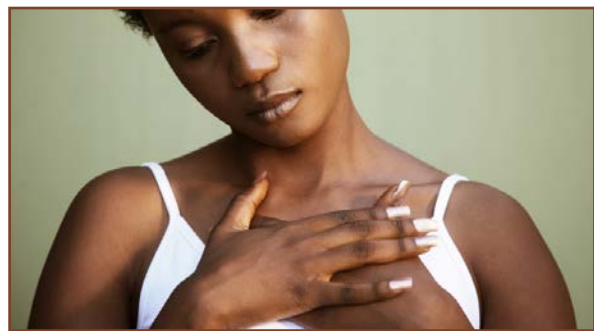
Exercises to Practice the Art of Receiving

Balancing the Fourth Chakra and Stopping any Leaking

Use several fingers to gently tap your mid-sternum for one minute. This reduces or stops any energetic leaking from the fourth chakra while activating the thymus gland, which plays an important role in balancing our immune system, increasing energy levels, and improving blood circulation (if your stress is highly elevated, tap for several minutes).

Receiving Energy

The back of the fourth chakra is between the shoulder blades. This area of the body has the highest receptivity to energy. To balance the heart chakra, visualize or feel energy moving into your back at least five times a day. For example, you could visualize a large flock of birds flying into your back; hear or feel warm rain moving into your back; or hear a wonderful melody vibrating and filling up the heart chakra.



A great way to practice receiving love is to stand in the shower with your back facing the spray of water.

People who can most benefit from this exercise often tend to forget to do it. A great way to remember is to pay attention when others acknowledge you in a positive way— perhaps when someone says, “Thank you!” or “Have a great day!” Let these moments of kindness remind you to receive through the heart chakra.

Once you get the hang of this exercise, it’s important to feel the act of receiving, which can often be an enormously moving experience.



A Successful Experience of Integrating Healing Touch into a Medical Hospital Setting

Jean S. Pruett, D.Min., LPC, NCC, FBPPC, HTCP/I

One of the most important virtues to develop and honor when attempting to integrate the practice of Healing Touch (HT) into a medical setting is PATIENCE.

This is especially true when attempting this feat in a large healthcare system. Joanne McMurtrie, RN, HTCP/I was commissioned by Janet Mentgen, founder of Healing Touch Program, to bring HT to Charlotte, NC in the early part of the 1990's. In February of 2011, twenty years later, part of the dream was realized when a Staff Chaplain who was a HT Certified Practitioner was given the opportunity to go part-time and offer HT to cancer patients who were being treated at the new Levine Cancer Institute located on the main campus of the flagship hospital for the 2nd largest healthcare system in the United States – Carolinas Medical Center.

The long journey has certainly been worth it as now there are several research projects in the making within the system to study the efficacy of HT in the areas of cardiology, oncology, pain management, and post-surgical recovery. Requests and referrals for HT continue to grow each month within the hospital

proper where several trained Chaplains offer the modality through the Pastoral Care Department, and in the Levine Cancer Institute where there are plans to hire a full-time HTCP this summer to continue and expand the work as part of the rapidly growing Department of Survivorship and Integrative Oncology. Another important result of integrating HT into this vast healthcare system has been the offering of Level 1-3 HTP classes on a regular basis through the Carolinas College of Health Sciences located on the campus of Carolinas Medical Center. Due to this important step forward a significant number of the hospital's staff from nursing, chaplaincy, family services, administrative assistants, and physicians have taken advantage of the opportunity to learn and practice HT within their respective Scopes of Practice. This has had a significant impact on increasing the use of HT, not only within the flagship hospital, but throughout the system in several of the "sister" hospitals.

How was this accomplished? Dreaming dreams, seeing the vision, setting the intention, making appropriate plans, and moving boldly forward with a heart-centeredness and determination that opened doors



so HT could “speak” for itself. In a hospital setting, one of the most effective ways to successfully begin the process of introducing and integrating HT as a part of best practice protocols is to have an enthusiastic and dedicated full-time staff person(s) complete training and certification as a HT Practitioner or at least take a Level 1 HTP class with plans to complete certification as soon as possible. This often gives easier access to key players in establishing HT as part of patient/staff care because the staff person, especially a long-term staff person, is a known and trusted entity whose experience, expertise, and recommendations would be heard and acknowledged. Following is a brief description of how this was successfully implemented in one large healthcare system.

A Staff Chaplain was introduced to HT during a break-out session at a Professional Chaplain’s meeting and subsequently began taking HTP classes until becoming a HTCP. Along the way, she would offer brief HT sessions to the nurses on her assigned units in the hospital who in turn would ask her to help them with their assigned patients who were anxious, in pain, going to surgery, etc. Eventually, Nurse Managers began to ask her to give brief in-services about HT for staff on various units. Word began to spread and before long she was asked by the Nurse Educator to participate in the Excellence in Practice mandatory training sessions for the nursing staff of Women’s Health. She was given a full hour to introduce HT and describe how it might benefit and enhance their work with Labor and Delivery, High-Risk and Post-Partum patients. Through these sessions, over 500 nurses were introduced to HT and began to sign up for classes. The Nurse Manager on one unit asked to conduct a small scale Clinical Trial to measure the effectiveness of HT on pain management scores to help maintain their accreditation with disease specific patients, i.e. ovarian-uterine cancer patients. Within 2-3 months, pain management scores with this patient population increased 13.2% and the unit received the highest patient satisfaction scores in the entire hospital. In addition, Food Services and Environmental Services also received 100% satisfaction scores – a feat never accomplished before on that unit. Staff morale was also noted to have increased and staff retention was the best it had ever been during the same time frame.

An important part of the process was the formation of a HT Strategic Planning Task Force led by the Executive Director of Pastoral Care and Education who invited representatives from nursing, chaplaincy, education, and administration to participate. The Task Force was divided into HT Education, HT Practice, and HT Research Sub Task Forces with each group meeting separately as needed to discuss and plan how best to implement HT in their assigned areas and to present their ideas to the full Task Force at its quarterly meeting.

As a result of this Task Force and its work:

1. Opportunities were made available to begin introducing HT throughout the hospital on different nursing units, in Excellence in Practice Mandatory training sessions, in Family Services workshops at the connected Levine Children’s Hospital, in brief in-services on various units, in didactics for chaplain interns/residents, etc.
2. HTP Level 1 classes began to be offered at the Carolinas College of Health Sciences on a regular basis and eventually expanded to offering Levels 2 and 3 as well. Plans are currently in process to offer Levels 4 and 5 in the Charlotte area to accommodate the growing number of HTP students.
3. A preliminary Policy and Procedure statement for care of patients was designed and introduced to nursing administration.
4. Brief HT sessions were offered to staff during Nurses’ Week, Pastoral Care Week, Open Houses for new centers/units, our Live-Well Employee focused experiences, and several Health Fairs throughout the system.
5. Staff trained in HT began to offer and utilize HT to staff as needed or requested. Others who had completed at least Level 3 of HT began to offer the modality as requested to patients and their families.
6. A major research project involving the study of the impact of HT on fatigue and anxiety in GYN patients going through chemo was planned and presented to the IRB which approved the study. This study will also look at the impact on the patient’s hemoglobin levels and any other immune system related blood work. The study is expected to begin in March of this year.

- Three other research projects are in the planning stages – one will look at impact of HT on Coronary and Bypass Graph (CABG) patients' and their recovery process and length of stay; another will measure the impact of HT on pain management scores for ovarian-uterine cancer patients; and a third will study the use of HT to decrease the length of stay in Stage one recovery for hernia surgery patients focusing on bladder issues related to such surgery.

The latest accomplishment was in February of 2012 with the “loaning” of the HTCP/I Staff Chaplain to the newly established Levine Cancer Institute (which is system-wide) to help establish HT as part of the Integrative Oncology program. In one year, HT has become an essential part of this program and there are now plans to hire a full-time HTCP to organize and manage the HT portion of the Integrative Oncology Department. In addition, through the efforts of the HTCP Staff Chaplain, the Institute has become a clinical placement site for HTP-A's who wish to use the opportunity to complete the required 100 documented sessions for Level 5 homework. A big break-through was obtaining permission for the completed HT Standardized Intake and Documentation Sheets to be scanned into the patients' medical records, making it possible for physicians and other health care personnel involved in a particular patient's care to see the impact of HT sessions on the patient's health and over-all well-being. There is a strong belief that the success of the work through the Levine Cancer Institute will lead to a full integration of HT throughout the Carolinas HealthCare System within all of the 36 hospitals and numerous physician practices associated with the system.

Although quite simple and with more work to do, this has proven to be a successful model for integrating Healing Touch into a large healthcare system and to continue to help fulfill Janet's dream of having a HT Practitioner in every hospital, every healthcare facility, every school and every home. As always, I am proud to be part of such an important and essential enterprise -- spreading and doing the work of Healing Touch. ☺

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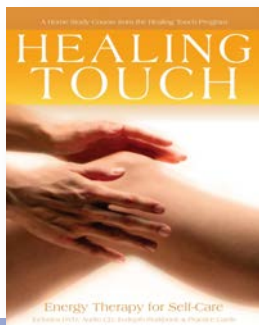
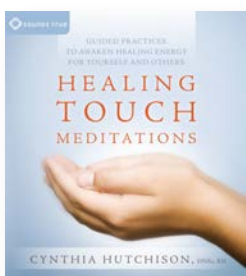
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