



Energy

magazine

*Sharing Energy - Transforming the World*

May/June 2013 - Issue Sixty-Seven



7 Years of Sharing Energy





photo courtesy of Cathy Andersen

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Dear Readers,

Welcome to the May/June issue of Energy Magazine.

This issue marks our 7th Anniversary and I am so excited! You've probably heard this from me before, but when we launched our first issue in June of 2006 we never expected to grow as much as we have. It's been a blessing being

the editor of this wonderful magazine for seven fantastic years.

So in honor of our seventh anniversary I'd like to offer you seven ways you can use Energy Magazine:

**1 Expand your knowledge base** - whether it's reading about a new energy therapy, learning a new technique to add to your repertoire or finding the next book to add to your reading list.

**2 Share Energy Magazine** with a friend – or lots of friends. Forward your Energy Magazine email to your contact list, encourage them to read the latest issue, and sign up for their own FREE subscription.

**3 Use Energy to validate your practice** – print articles or issues for your waiting room or pass out to your clients and potential clients. Post links to the magazine on your business' social media sites. Remember, reading things in print gives it's own kind of validation.

**4 Become a resource hub for others** sharing energy articles - add a link to Energy Magazine from your website or share articles on your Facebook page or blog.

**5 Use Energy Magazine to introduce someone new to the field of Energy Healing Therapies** – maybe even your doctor or other health care provider!

**6 Build your library** from the recommendations on the "good for the minds" page. Learn new eating habits that feed the body and soul. Review other resources in the Energy Market Place or find that special class or conference in Connections.

**7 Grow your business** by advertising your specialty, product, or service in Energy Magazine. Become known as an author by submitting an article about an energy medicine related topic. Energy Magazine serves 24,000 subscribers.

I'm eagerly anticipating our continued growth.

Happy Reading!

*Billy*



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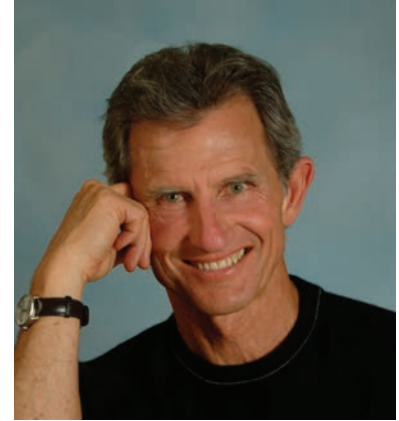


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## Contributors May/June 2013



Leo Babauta is a simplicity blogger and author. He created [Zen Habits](#), a Top 25 blog (according to TIME magazine) with 260,000 subscribers, [mnm1ist.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.



Charley Cropley, N.D., a practicing Naturopathic Physician, teacher and author for over 25 years, has trained hundreds of doctors in his methods of nutrition and Self-Healing. He is the author of numerous articles, books and is widely regarded as one of today's leading teachers in the philosophy and practice of Self-Healing. [charleycropley.com](#).



Dorothea Hover-Kramer, Ed.D., RN, DCEP, (1940-2013) was a nurse, psychotherapist, and retired psychologist who cofounded and spearheaded learning in the Association for Comprehensive Energy Psychology, a large international organization for psychotherapists. She was also a founding elder of Healing Touch. She authored nine books about energy therapies including *Healing Touch: Essential Energy Medicine for Yourself and Others* (2011).



Sue Hovland, RN, BSN, HTCP/I, has studied many energy and body therapies including nursing, massage, and Cranial Sacral, plus energy with Rosalyn Bruyere Program, Mary Jo Bulbrook's Energetic Healing, Arden Wilken's tuning forks, Axiatonal Alignment, plus Allergy Antidotes, NAET, and other energetic approaches to allergies and trauma. See her website [www.AnatomyforHealers.com](#) for classes in your area.





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# Healing Touch Program is sponsoring several Regional Conferences in 2013

*"Regional conferences are a wonderful way to connect with your local Healing Touch community. Sharing knowledge and experience with other practitioners and instructors from your region is very valuable in supporting your work."*



## Mark Your Calendars!

**Rocky Mountain Regional** in Denver, CO  
August 23-24, 2013

**Pacific Northwest Regional** in Seattle, WA  
October 4-5, 2013

**Southwestern Regional** in Longbeach, CA  
November 2013

**Eastern Regional** in Baltimore, MD  
To Be Announced

[Click Here](#) or go to  
[www.HealingTouchProgram.com](http://www.HealingTouchProgram.com)  
for more information or to register



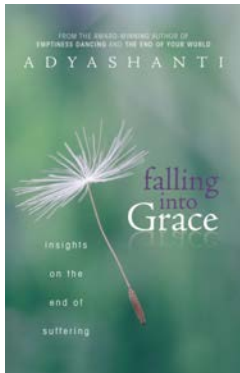




## 1 | Learn Healing Touch for Energy-Based Self-Care

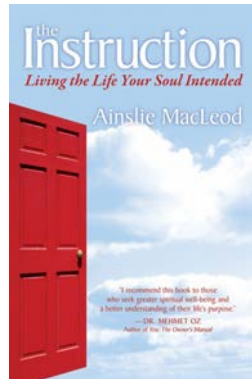
Of the many energy therapies in use today, one stands out as the choice of hospitals and health care centers worldwide: Healing Touch. With The Healing Touch Home Study Course, the founding organization that trains and certifies Healing Touch Practitioners provides the first self-guided program for self-healing and energetic self-development.

Your body's energy flow is influenced by your physical, emotional, mental, and spiritual experiences. Opening and balancing that flow supports healing, allows you to shift old patterns and encourage healthier inner states, boosts your immune system, helps you handle daily stresses, and allows you to make better decisions with greater clarity.



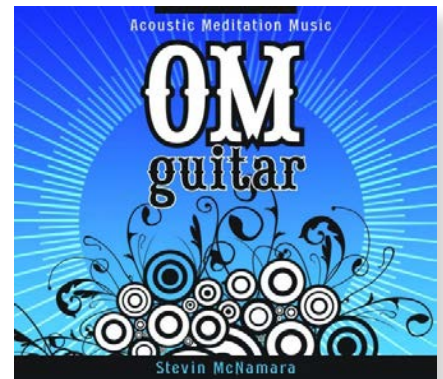
**2 |** Adyashanti asks us to let go of our struggles with life and open to the full promise of spiritual awakening: the end of delusion and the discovery of our essential being. In his 15 years as a spiritual teacher, Adyashanti has found that the simpler the teaching, the greater its power to change our lives.

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



**3 |** Have you ever sensed that your life has a deeper, more meaningful purpose, but you don't know what it is? If so, you're not alone. To help you and the millions like you, psychic Ainslie MacLeod's spirit guides have given him a systematic approach to uncovering who you really are—and the life your soul has planned for. They call it The Instruction.

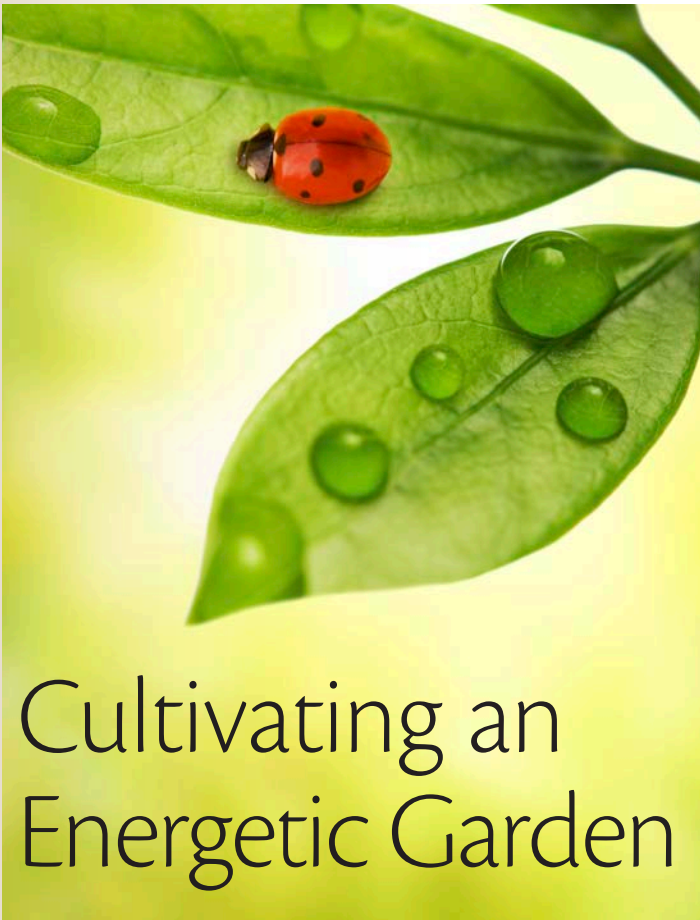
*The Instruction* will take you through 10 doorways to unveil the life plan your soul created before you were even born.



**4 |** Combine guitar virtuosity with a deep sense of the sacred and what do you get? *Om Guitar*, a seamless fabric of Eastern and Western meditative sensibilities to soothe and rejuvenate all who listen.

Composed and performed by acclaimed world music artist Stevin McNamara—the creator of *Caroline Myss Chakra Meditation Music*—*Om Guitar* features guest musicians Nic Dacelo and Aram Ram. With acoustic guitar, sitar, tamboura, and gentle percussion to create a blissful bed of sound for contemplation and restoration.





# Cultivating an Energetic Garden

Jaclyn E. Chisholm, HTCP, HTI, CNHP

## Planting the Seed

People often ask, "What do you mean when you say energetic garden?" It is an expression of a dream. It is about setting the intention that my garden will unfold in a way that is not yet visible to me. Yes, I planted the seed (or I envisioned what I wanted) and then how it manifests is out of my hands.

When I am working in the garden or working with a specific plant, I find that I have entered a state of consciousness that is equally meditative and creatively active. It supports my being connected with 'who I am.' It helps bring out the best in me.

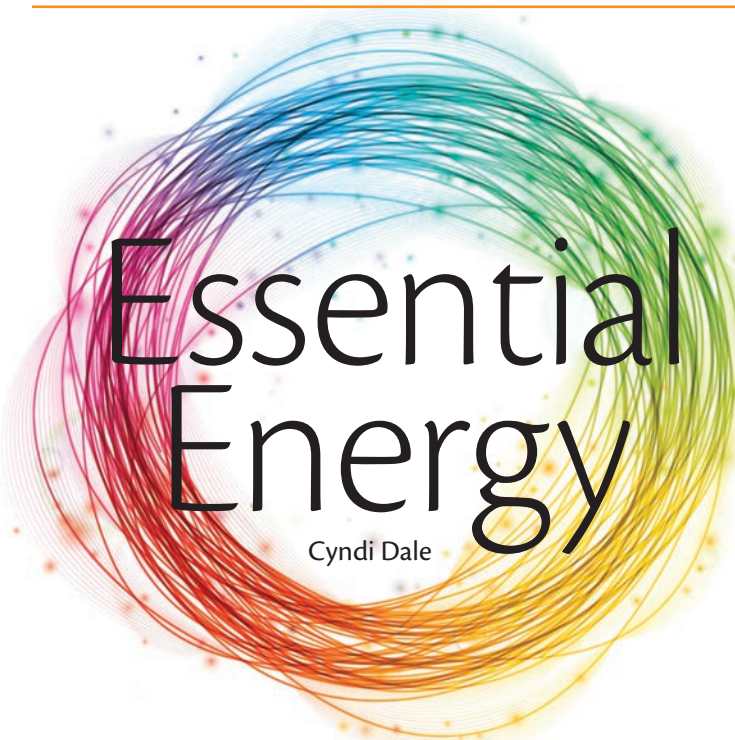
There is a connection, an expression of what I am feeling which helps shift my perspective and allows for an awareness of harmony within myself. It gets me in the flow. It helps me achieve and maintain coherence. One thing that constantly arises is an awareness that as I pinpoint my focus this allows me to create a greater awareness of the power of my heart center. I find that I am totally immersed in the garden and that I concentrate on being present in the moment - releasing any notion of reaching a final outcome.

As I feel my heart opening, I find that attaining my goals becomes less important than the journey I am taking to accomplish them. In shifting focus, I become more open and have greater tools for attaining the goals available to me. I might find an avenue opening that provides me with a whole different way of seeing things. As I allow my determination to soften, I create space for a greater awareness of myself and the world around me which often gives me other ways to approach challenges in my life. Working with the spirit of a garden can bring us renewed energy, powerful inspiration and deep communion.

Our garden acts as a sanctuary, a healthy food source, a direct link to the divine and an inspiration as to how we can best fulfill our commitment - as we maintain stewardship as caregivers to this amazing place we call our home. €







# Essential Energy

Cyndi Dale

## Arriving

We took long and relatively horrible summer trips when I was a child. Always in our tan station wagon - eagerly announced by my mother who believed in “*showing us the country*” - and silently planned by my father, who in the weeks before we departed could be frequently found frowning over the bank statements at his desk. We three girls learned not to say what we thought, even to each other.

Instead we readied ourselves as if for war.

There is something catastrophic about inserting three sisters in the backseat of a car with nothing but seat belts and an inch of space between them. That phenomenally insignificant territorial difference might as well have been the Gaza Strip in duplicate, the sister in the middle doomed by the fact of being surrounded by near-terrorists.

Whether we were driving the ten hours it took to get to Watford City, North Dakota, my mother’s family’s farm community or the exotic shores of Corpus Christi, Texas, the protocol was the same. We started with my mother putting on “her face” with the contents of her grey make-up case and the three of us jockeying for the most surface area, a task that spurred us into arguing the entire journey.

My parents had their own counterattacks. It is hard to count how many times they threatened we would be left at the next

rest stop or that they would skip our lunch. Sometimes my dad would paste masking tape between us. (I think he really wanted to use it on our mouths.) These techniques did little but force us into silent belligerence—for a while. It is amazing how furtive you can become with your feet and elbows, how insistent a girl can be that she was not the one who hit the other, even though there is no one else around.

No matter how frustrated we became, the fullness of our frustration could always be encompassed in the much-touted question:

“*Are we almost there, yet?*”

In that question, we sought an end to the misery we were causing each other, as well as, the beginning of the fun we could be having. The only problem in asking the question was that we were hardly ever “*almost there*.”

I wonder how many times, as an energy healer, I have wished to be “*almost there*.” I especially ask the question with a new client, for I know that they might not have the time, money, or inclination to ever return. Therefore, within a 55-minute hour, I have to “*get us there*,” or—or what?

I will have failed my job - let the client down - taken a left instead of right turn - gone into the wrong profession - caused disaster, death, or ruin - or worse.

Come to think of it, I am quite incessant with this issue of “arrival” in many areas of my life. Will I have “*gotten there*” when my youngest graduates getting B’s instead of C’s in Communication - or when he actually reads a book instead of the Cliff Notes? When my oldest produces a grandson? When I move out of the suburbs and into a beach hut? When I have written 25 books, rather than 17? When some brilliant scientist invents a pillow that presses out wrinkles, and I do not mean those in the pillowcase?

In terms of energy work, we cannot help but want to arrive at a productive and joyful conclusion. After all, we would not be in the business of healing if we did not want to help people feel better. We want that depressed teenage girl to set down the razor blades and concentrate instead on a dress for Prom. We want the fourth stage cancer patient, the mom of three little ones, to receive the miracle for which she is asking. We want that businessman who has been out of work - is caring for his elderly parents and autistic son - to be hired for a job.



We want, we want, we want—and yet, the setting of these goals does not always get us closer to their accomplishment.

It has been said in many ways and many cultures, it is often best to concentrate on the journey, not (only) the destination. Years ago, John Steinbeck wrote a book, *Travels with Charley*, featuring a trip he took across country with his dog, Charley. Most likely, this journey was a good-bye to life, for Steinbeck had been diagnosed with a terminal heart condition. Contained within this book is a lesson for each of us, one we might squeeze like sunshine from an orange.

Steinbeck applies the Spanish verb *vacilar*, “to wander,” to his meanderings, and describes himself as a *vacilando*, or “wanderer.” It is this attitude he asks us to adopt in our own lives, the sense of caring more about the journey than the destination.

Certainly, Steinbeck had a final goal, a point on a map he vacillated toward. He acknowledged, however, that this destination was nothing more than it appeared, a symbol on a piece of paper. The wealth of the journey -- the colored sunsets, weepy rains, greasy French fries, satisfactory nights spent sleeping under the stars, parenthetical thoughts, and paragraphs of emotions -- were the treasures gathered on the way. These were the experiences that taught him about how to become even more “John Steinbeckian” than he was. That allowed him to know Charlie for what he really was—a fellow life companion disguised as a dog, incognito only because he had a tail.

It is good and it is comforting to help our clients feel better. We want our training to create miracles and our hopes to assure well-being. Even when the selected objectives can be checked off the list, however, the honest heart says that we have not really “arrived.” There will be another bend in the road or curve ball thrown sideways, if not for us as a healer, most assuredly for our client, who is, after all, a living being and therefore, subject to constant change.

Perhaps the wisest attitude to adopt, as a healer, or a person, for that matter, is that proposed by Steinbeck. We know where we are going. We long to get there - and - we just might. Because of our assistance, a client might rise from their palette whole-limbed or finally release the long-night sufferings of childhood. The chances of an accomplished mission, however, are greatly increased by our ability, as a healer and a person, to remain in the present and seek to add benefit in the moment. This indeed, is the best that medicine can offer.

This is, in fact, the path to increased connection and joy, healing antidotes within themselves.

I often wonder how different all those family vacations might have been if I had decided to enjoy the trip along the way, instead of always waiting for our arrival.

Although I cannot turn back the clock and tell my younger self to complain less and care more, it is not too late to do so now. Who knows what might happen if more of us stopped being so concerned about widening the inch between us and closed the gap with more love? ☺



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

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

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# Energy Medicine Business Support

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Betty Feldman, HTCP

## PRAISE for Healing Touch Professional Association's Business Support "Live" Interviews

One day in January 2011, I returned home to find a message on my voicemail from the Certification Administrator in the Healing Touch Program office. She was informing me that my Practitioner Certification had been approved; and congratulating me on my accomplishment. Many of us know the feeling of joy and relief that comes from receiving this message.

I live sixty miles from the community where I am a Healing Touch Hospital Volunteer, and ninety-five miles in the opposite direction from my mentoring community. I began to feel that I had stepped through a door into a new territory where I would need to reconnect with a different goal – that of continuing to build my private Healing Touch practice at home and in my own community - in addition to working full-time until retirement from public employment in a few years. I would need to renew my efforts at doing three things each day that would move me forward in "doing the work."

At first this was easy. I applied and qualified as a Presenter for the HT Program. I spoke about HT at a local library and at a local support group. But the necessity of working full time to qualify for a pension, and having little vacation time to pursue leads hampered my efforts. My practice was not growing by referral or word of mouth, rooms were expensive to rent, and advertising was costly. I opened my heart to the Universe for other sources of support.

Emails from Healing Touch Program alerted me to HTPA's **Business Support "Live" Interviews** when Janna Moll was going to be interviewed about "Aligning Your Business and Energy Practice with Conventional Health Care." Being aligned with conventional healthcare was where I wanted to be! I registered well in advance. By May of 2011, I was off and running through a year's worth of Business Support Interviews. During this time I saw significant growth in developing my private practice

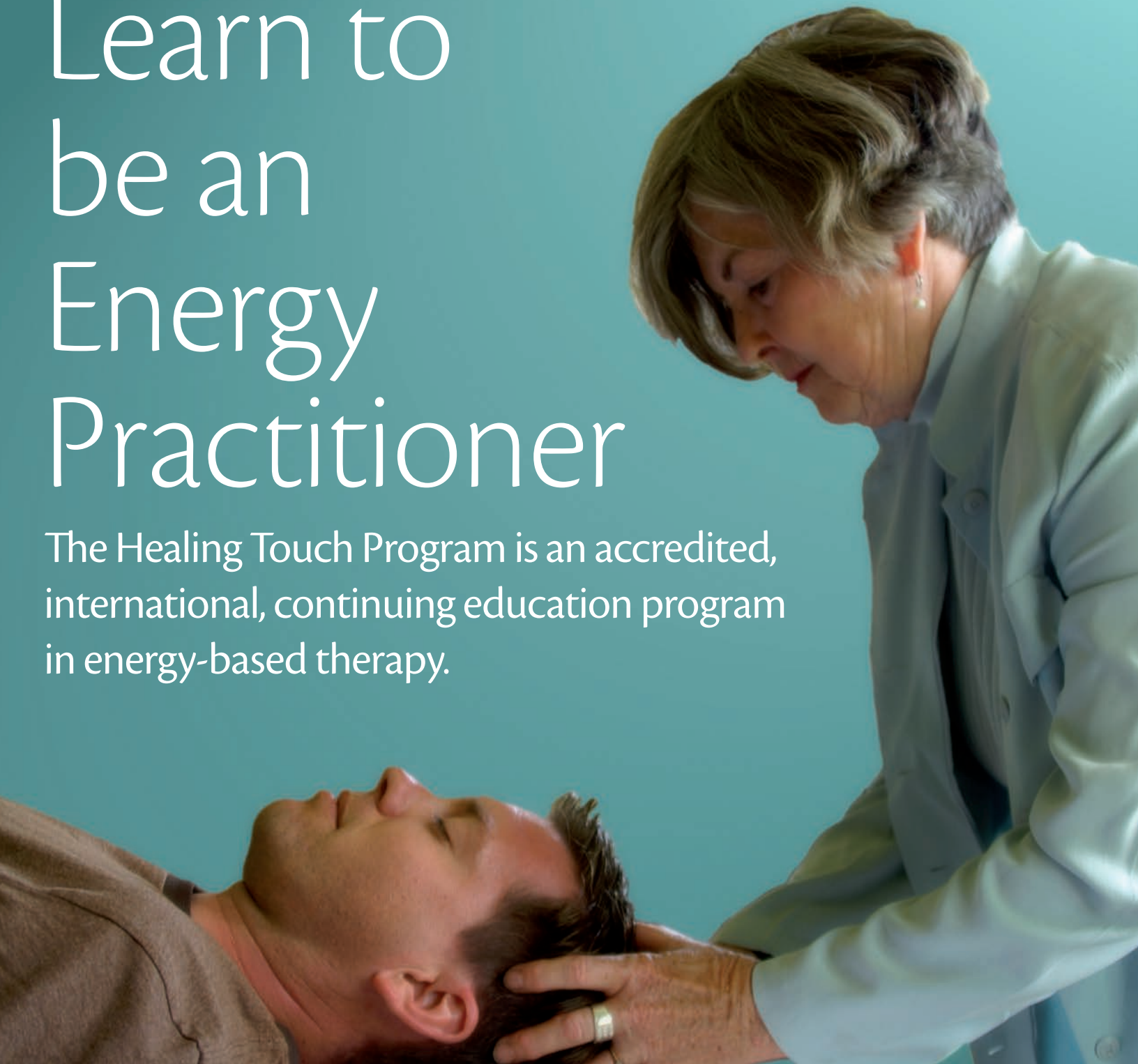
Throughout the year, I listened to five other presenters explain the development of their practices - providing tips, ideas, suggestions, and advice on how to create, expand, and maintain a professional practice. A frequent topic was when and how much to charge a client. I particularly remember David Fiala stating, "Practice what you teach and give it to others to practice." By September, I had prepared a brochure for my practice, focusing on the theme of enhancing wellness and teaching my clients to practice self-care techniques.

Numerous HTPA interviewees have provided resources and introduced interesting books. Linnie Thomas provided education on "Understanding and Managing Facebook;" Julie Wright spoke about "How to Develop a Referral Culture;" Cynthia Hutchinson talked about "Enhancing Professional Development using HT Meditations;" Dave Barnett spoke about distance healing and internet tools; and a free session with Lynn Schuller was offered by Camille Leon of the Holistic Chamber of Commerce. All of the interviews are available on recordings. After reviewing a previous interview with Dorothea Hover-Kramer on "Writing to Promote Your Business" (December, 2010), I decided to write an article which would explain the focus of my practice, and some of the results people have experienced from Healing Touch Sessions and doing HT self-care techniques. This article was published in a local newspaper's wellness magazine in July, 2012.

The Business Support "Live" Interviews create connection and community. Listening to the Interviews and working to develop my HT practice has been like taking a Business Support 101 Course. More importantly - I feel connected, empowered, and professional. I am able to speak more positively about my practice, who I am and the work I am doing. The "Live" Interview calls are on the 2nd Tuesday of the month. I recommend you register for the next "Live" Interview at [www.HTProfessionalAssociation.com](http://www.HTProfessionalAssociation.com) and listen to learn how you may benefit from the advice of the presenter. €

# Learn to be an Energy Practitioner

The Healing Touch Program is an accredited, international, continuing education program in energy-based therapy.



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nursing and massage CEs available



# Aid for the Wandering Mind

Dorothea Hover-Kramer, Ed.D., RN, DCEP



Recent research with a sample of more than five thousand participants shows that most people's minds wander at least half the time—whether engaged in a pleasant task or in having quiet “downtime.” Mind wandering appears to be the default mode in most people's minds—and it comes at a high emotional cost.

Think about it. *“Unlike other animals, human beings spend a lot of time thinking about what is not going on around them, contemplating events that happened in the past, might happen in the future, or will never happen at all.”* \*The ability to think independently of any stimulus is certainly an evolutionary achievement so that we can learn from experience, figure things out, and plan ahead. But, the study reveals that mind wanderings greatly reduce our experience of personal happiness. The extensive analysis in the study concludes that a wandering mind is an unhappy mind because the unfocused mind is the cause, not just the consequence, of unhappiness. Put another way, thinking about what is not happening at a given time is a better predictor of your happiness index than your present activity, your intentions, or the feeling state you desire.

Learning to be fully present to yourself for a chosen period of time is the most honored way, in philosophical traditions, to achieve personal happiness and a sense of inner peace. Here, I would like to weigh in on some suggestions from the centering practices used in Healing Touch and other energy medicine therapies to help the wandering mind. If you have difficulty falling asleep you may also wish to explore these suggestions.

- Set aside a time at least once a day, more if possible, to have ten to fifteen minutes just to observe what your mind does.
- Note the zigzags from one scene to another which often linger over an unpleasant scene or a worry. If possible, speak your “*mind trips*” into a recording device, or jot them down.
- After several times of observing, take a deep breath and release it fully, blowing out slowly to a count of ten. This is best done when you are fully awake and alert.
- Allow the in-breath to come to a count of five, hold the breath for a count of five, and release to a count of ten. Repeat at least three times.

- Now, add a body posture that further increases mindfulness by crossing the right ankle over the left ankle and the left hand over the right .
- Let the tongue go to the roof of the mouth as you inhale and let the tongue drop down as you exhale.
- Add internal words to the breathing activity such as “*releasing tension*” with the outbreath and “*bringing in peace*” with the in-breath.
- Feel the energetic rhythm of the breath throughout your entire body—let every cell resonate with this natural rhythm. Feel gratitude for the body's innate wisdom.
- If your mind wanders, gently guide it back to the breath and its pattern of bringing in and letting go.
- Repeat for the time you have set (use a timer if needed) and note how you feel at the end. Variations of this mind-body energy pattern are to sequentially tap or hold specific acupoints or one of the energy centers while thinking of a specific wish or intention such as “*loving relationships*,” “*confidence in reaching out*,” or “*joy of being alive*” with each in-breath and each outbreath.

In my study groups, I have found this pattern to be a wonderful time of rejuvenation, and an honoring of one's inner strengths. It could also be helpful in attracting a sense of competence in reviewing the past or anticipating a future event. Being in the here and now with ourselves supports our sense of joy and appreciation for what exists in our lives. It is a key to successful aging— living without unpleasant mind wanderings, guilt, or regrets.

You may wish to affirm, “*With each breath, I affirm my opportunities to create the joy and peace I desire.*” €

We are honored to publish this article from Dorothea. It was sent to us just days before her passing. Dorothea was a true friend and enthusiastic supporter of Energy Magazine. She often shared her thoughts and ideas with us. Many of her articles can be found on our website ([www.EnergyMagazineOnline.com](http://www.EnergyMagazineOnline.com)) under the Archived Issues tab.

\* Killingsworth, M.A. & Gilbert, D.T., “A Wandering Mind is an Unhappy Mind” *Science*. Vol 330, Nov. 12, 2010, 932.



# Treat the Patient, not the Disease

Charley Crophy, N.D.

It is more important to know what sort of person has a disease  
than to know what sort of disease a person has.

~Hippocrates

One of the five core principles of Naturopathic Medicine is “*Treat the patient, not the disease.*” What does this mean? To me it means that my primary focus is not your weight, your “disease” or your hormonal levels, although all of these merit their due consideration and care. It means that, with few exceptions, nothing can impact your health as profoundly and certainly as you, the patient, can through the ways you use and care for your body and mind. Whether you are overweight or diagnosed with colitis, diabetes or any other disorder - the most powerful source of healing you will find is you, yourself.

Specifically I am referring to the way you eat, exercise, think and communicate. These activities are the dominant influences on your anatomy and physiology. Every structure and function of your body is affected by these actions - the composition of your blood and lymph, hormonal balance, brain chemistry, immunity, bones - you name it. If your actions are abnormal, they cause your physiology to become abnormal.

Interestingly this core self-healing work remains substantially the same for you, as an individual, regardless of your diagnosis. Whether your illness involves migraines, arthritis or infertility, your core healing work will be essentially the same. You will still need to correct your own errors in eating, exercise, thinking and communicating. Conversely five different clients with the same diagnosis would each find their program of self-healing to be unique to them -- one

emphasizing nutrition, a second spinal misalignment, another chronic anxiety, etc.

Your power to heal such processes as inflammation, hormonal balance and brain chemistry is identical to the power you have to control your daily actions. The wisdom with which you govern your appetite, posture, thoughts and emotions IS the very power that controls your unconscious bodily processes such as digestion, reproduction etc. By performing your most ordinary daily activities with love and intelligence you will find that your body becomes an expression of this.

This approach - which I call “*Self-Healing*” - is absolutely practical. It takes the mystery out of Healing and puts the power directly in your own hands. Not only is it immediately accessible to everyone, it is actually inescapable. Everyone already eats, moves, thinks and communicates. The only question is whether or not we perform these vital functions wisely and caringly. There are no escaping the results - for better or for worse.

The most important thing I teach my students is how to wield their power to self-heal. Are you incapable of resisting a cup of coffee or a dessert? Are you unskillful in directing your thoughts away from anger or anxiety? Do you allow your actions to be governed by whatever feels pleasant or painful in the moment? Observe the confidence, intelligence, and kindness with which you direct your most ordinary actions. By these actions you feed, rest and exercise your body.





You can choose to stimulate your mind with irresistible desires and terrifying fears or with a passion for Health through right action. It is you on whom your body and mind depend.

You are your own master. Who else? Nobody else can eat, exercise, or think for you. There is absolutely no possibility of escaping the consequences of your actions - both for better and for worse. Reflecting deeply on the inviolability of Natural law has been perhaps the greatest impetus for me to take better care of myself. I instruct and encourage my students to develop the practice of contemplating the universal law of justice or fair compensation. *"As you give, so shall you receive."* It alerts you to the fact that your actions matter -- supremely.

Movement is another means by which you can infuse your body with love and intelligence. Imagine pausing 30 seconds to bring poise to your posture, to breathe fully into your body, and say to it, *"This is for you. I am with you, I love you."* Imagine that for 20 minutes each morning you infuse your body with such kind attention through conscious exercise.

For numerous reasons our scientific community has only minimally studied and documented our human powers of self-healing. I appreciate the contribution western science has made to my understanding of healing. However, I did not learn to heal myself by reading scientific journals. I have been more influenced by the fathers of Naturopathic Medicine, herbalism, homeopathy, psychotherapy, yoga and

## This approach - which I call "Self-Healing" - is absolutely practical. It takes the mystery out of Healing and puts the power directly in your own hands.

Let us examine one example of the incomparable power you possess for Self-Healing - the power of hunger. Just as you train a horse to plow a field or a dog to guard your children, you can harness the animal power of hunger. Hunger when trained and befriended will devour bacteria, viruses and weakened, sick tissue. Hunger is a fierce, wild animal power, which, when wielded with love, will defend your body against almost everything.

However, if you allow your body to behave like an uncontrolled animal and eat whatever and whenever it wants - it becomes weak, lazy and incapable of defending your precious home. Think of how much personal power it takes for you to stop drinking coffee or sweets, let alone to fast for a day. This is precisely the power that you can learn to harness to purify and strengthen your body. You will learn to channel the power you now squander in short term pleasures for the restoration of all your bodily structures and functions - be it reproduction, digestion or circulation.

especially the saints and teachers of various spiritual traditions. Therefore, I explain to my patients how healing works in the ways it was taught to me -- ways that are a blend of science, philosophy, metaphor and common sense.

Most of my patients find that their illness makes more sense when understood as a natural way that their body or a specific organ is actually communicating to them. The body asks much like a baby asks for milk or a flower for water. Its asking begins gently and increases in intensity. The demands of Nature can never be silenced. It is extremely important that we heed the voice of our body's wisdom speaking to us in the universal language of illness.

We innocently may not have fully grasped the incomparable benefits or miseries consequent upon our listening and caring. Illness teaches us to listen and obey our body's needs. It motivates us to seek and embrace what truly benefits us and to eschew short term pleasures that end in suffering.



I teach my patients to interpret their illness as priceless guidance coming to them from the Universe. Harsh but invaluable instruction, 100% personalized to YOU. The same diagnosis or symptoms in another person would carry completely different instructions for how to improve one's life.

As patients makes this perceptual shift from viewing their illness as something foreign and destructive to seeing it as highly personal and caring instruction, their interest moves away from trying to cure their "disease." They become keenly interested in understanding themselves and what it means to truly care for themselves. Now we are treating the patient, not his or her disease. €

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# Client Informed Consent Agreements

## Why it's Advisable to Include a Release of Liability Clause

Midge Murphy, JD, PhD (Energy Medicine)

The purpose of this article is to educate energy healing practitioners about the need to include a Release of Liability Clause in their Client Informed Consent Agreement. This issue has caught the attention of the Healing Touch Community because in order to obtain [Professional Liability Insurance](#) through the Healing Touch Professional Association, the insurance company requires applicants to have their clients sign an Informed Consent which contains the following Release of Liability Clause:

*"Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless (Name of Practitioner) from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s)."*

Over the many years I have been advising practitioners and organizations about legal issues in the practice of energy therapies, many initially are resistant to anything legal. What I have experienced is that once legal issues are addressed and appropriate risk management tools are implemented, the client moves from a place of resistance and fear to one of empowerment.

Many practitioners are unaware that a Client Informed Consent document is a **legal agreement** that not only needs to comply with applicable state laws but it also needs to be legally sound and drafted specifically for the practitioner's practice. This is perfectly understandable since in general, healing arts practitioners do not have a legal background. However, I want to assure the reader that what is being required



by the insurance company is standard and customary. Even if the insurance company was not requiring that a Release of Liability Clause be included in the practitioner's Client Informed Consent Agreement, I would still advise that it be included from a risk management perspective.

Before getting into the specifics of why it is advisable to include a Release of Liability Clause in a Client Informed Consent Agreement, it is important to remember that energy-based healing methods are considered a subgroup within the field of Complementary and Alternative Medicine (CAM). Therefore, I think it may be helpful to take a step back and look at how CAM is viewed, by not only some segments of the public, but also by the "powers that be"...meaning, the courts, regulatory agencies, and licensing boards. Because the foundation of western medicine is evidenced-based and CAM methods are still considered "experimental," they are perceived as "on the fringe." So even though we know energy therapies tend to be non-invasive and gentle - to the "powers that be" - they are considered potentially dangerous and harmful. For the insurance company this means it should do everything possible to protect itself from the risk of financial loss and having to pay claims. This is why the insurance company is requiring applicants to have their clients sign an Informed Consent Agreement which contains a Release of Liability Clause. It is good business practice and an essential risk management tool.

Like the insurance company, it is advisable for energy healing practitioners to do everything possible to protect themselves and their practices from the risks of financial loss. One of the purposes of a Client Informed Consent Agreement is to protect the practitioner from liability for the informed treatment risks of a treatment or program to which the client agrees to be subjected to (e.g., medical treatment, therapy, energy healing, research study, training program). Consequently, a legally sound Client Informed Consent Agreement that contains Assumption of Risk and Release of Liability Clauses is one of the best risk management tools available for an energy healing practitioner.

Does a Release of Liability Clause work? The answer to this is "yes" and "no." State laws govern the enforce-

ability of Release of Liability Clauses and in most states they are enforceable but not in all. In most states, a well-written, properly drafted Client Informed Consent Agreement which contains a Release of Liability Clause, voluntarily signed by an adult, can provide energy healing practitioners with protection from liability. It is advisable to use a Release of Liability Clause even in states in which the courts have held that they are not enforceable because they may help establish a primary assumption of risk defense.

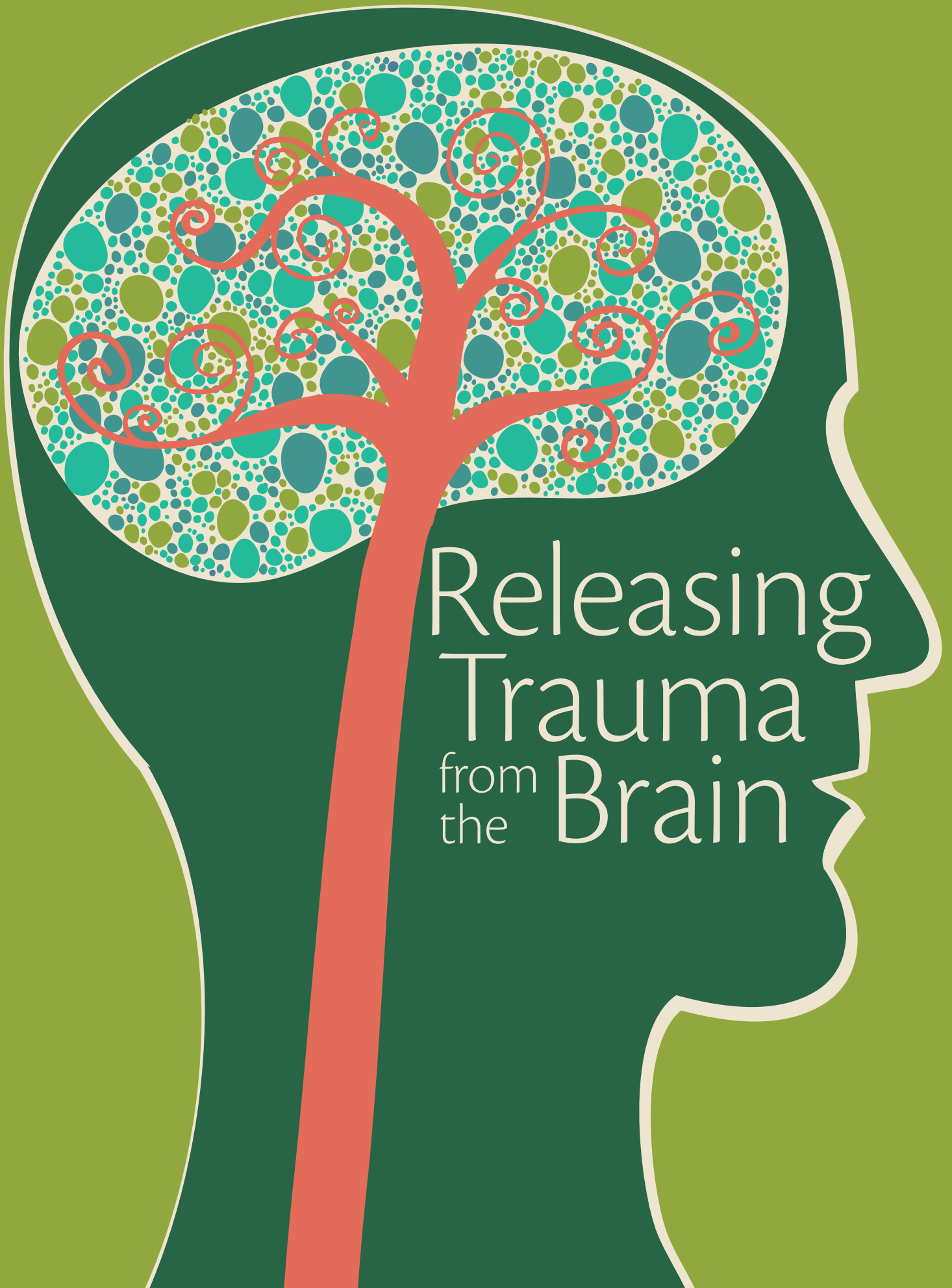
While we love doing our healing work with clients and tend to focus on that aspect of our practices, it is important to remember your practice is a business. Like it or not, we all must operate within the current legal and regulatory system that governs helping professionals in the health care industry. Implementing risk management tools is the best way to protect and empower your practice and honor your clients.

In conclusion, a few key points to remember :

- Seek professional advice in creating your Client Informed Consent Agreement.
- Do not use a generic form, get it out of a book, or borrow a Client Informed Consent Agreement from another practitioner which can increase your legal vulnerabilities. It should be written and designed specifically for your practice. You are unique!
- If you purchase [Professional Liability Insurance](#) make sure you include a Release of Liability Clause in your Client Informed Consent Agreement in order to meet the requirements of the insurance company. Without it you will not have coverage.
- Have solid business practices in place and implement risk management tools to protect and empower your practice. €

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Releasing  
Trauma  
from  
the Brain

# Traumatic experiences are often a part of life and who we are, and all of us see clients that are affected by them. By working energetically we can help our clients release much of the emotional stress.

Sue Hovland, RN, BSN, HTCP/I

**T**raumatic experiences are often a part of life and who we are, and all of us see clients that are affected by them. Several major structures of the brain are involved when there is brain trauma. By working energetically with some of them, we can help our client release much of the emotional stress and become more integrated and functional. The following is a shorter version of a treatment that I use in my practice and teach in my workshop Anatomy for Healers™, Level 3: The Brain and Nervous System. Since it is a more advanced technique, it is directed toward healers with more experience, preferably those who have taken the first 3 Levels of Healing Touch™ or similar energy medicine program.

I was able to create this treatment by first understanding the anatomy and function of involved areas, then seeing how energy work would be effective. Therefore, I will describe the physical structures used before describing the procedure. It is my hope that more people can benefit from this treatment.

## Major Emotional Structures of the Brain

**1. The Amygdalae** (pl.) are two walnut size collections of nerve nuclei deep in the temporal lobes located on both sides of the brain stem and 2 inches in from each eyeball. You can energetically drop in from the side by placing your middle fingers at a small indentation in front of the ears, at the level of the eyes.

The amygdalae are considered the emotional centers of the brain whose purpose is to coordinate behavioral, immunological, neural, and hormonal reactions

to environmental threats. They are storehouses of emotional memory that are “hardwired” to detect a variety of emotions and help with intuition and decisions, as well as, to highlight memories that could be useful in the future to avoid danger. The greater the emotional experience...the more vivid the memory.

Therefore, the amygdalae are involved with conditioned fear responses or Post Traumatic Stress Disorder (PTSD). They have neural connections to the Hypothalamus, Thalamus, Hippocampus, Reticular Alarm System, and the Frontal Cortex.

**2. The Hippocampus** are two longer structures in the temporal lobes just posterior to the amygdalae that store short term memory and decide what becomes long term memory. Stress (cortisol) causes atrophy of neurons in the hippocampus which effects factual memories, but not emotional ones. In addition, they associate smell with memory, are one of the areas that create anxiety, and are quieted by alcohol and opiates. They work with the amygdalae.

**3. The Hypothalamus** is a collection of nerve nuclei in the center of the head behind the brow. It can be energetically found from the sides with the forefingers above and in front of the ear. It is truly a master gland with many functions, including coordinating with the amygdalae. Fear responses stimulate the production of a corticotrophin releasing hormone that causes the hypothalamus to activate the fight and flight sympathetic system via the adrenals.





**4. The RAS—Reticular Alarm System** is a network of cells extending from the top of the brain stem through the spinal cord to the level of the heart. It is a triage center for pain and emotions, normally letting only one in a billion nerve impulses through from below. It connects with the entire nervous and endocrine systems.

The RAS is very eager to be protective and has psychic abilities, intuiting danger and sending out warnings. Sometimes, it gets stuck in a hyperactive, hyper vigilant mode such as in PTSD. You can lower its reactivity by having the client visualize its level on a gauge from 1 to 100, with 15-25 being a ready alert (like a fireman in the station). Point out the safety of the current situation and the benefits of more relaxation. You will feel the body relax as the numbers go down.

**5. The Frontal Cortex** is the area behind the forehead connected with rational thought and intellect. The irrational fear response is calmed when connected to this area.

### Sue Hovland's Trauma Release Technique

Before beginning the *Trauma Release Technique*, do a whole body balancing and relaxing treatment, such as a the Healing Touch™ techniques *Chakra Connection* or *Opening Spiral Meditation*. Then while the client holds an awareness of the trauma (NOT reliving the event), have the client turn over on his/her stomach and do a firm thumb massage (to tolerance) down the back on either side of the spine three times. This starts clearing the trauma from all aspects of the energy system—meridians, chakras, Hara, field, etc.

Have the client return to his/her back and follow with step 2 of the Healing Touch™ *Mind Clearing* technique, holding one hand on the forehead and the other on the occipital area at the back of the head, sending energy throughout the limbic or emotional brain between the hands. Then proceed as follows, holding the awareness of the trauma, and talking to the structures telepathically and intuitively.

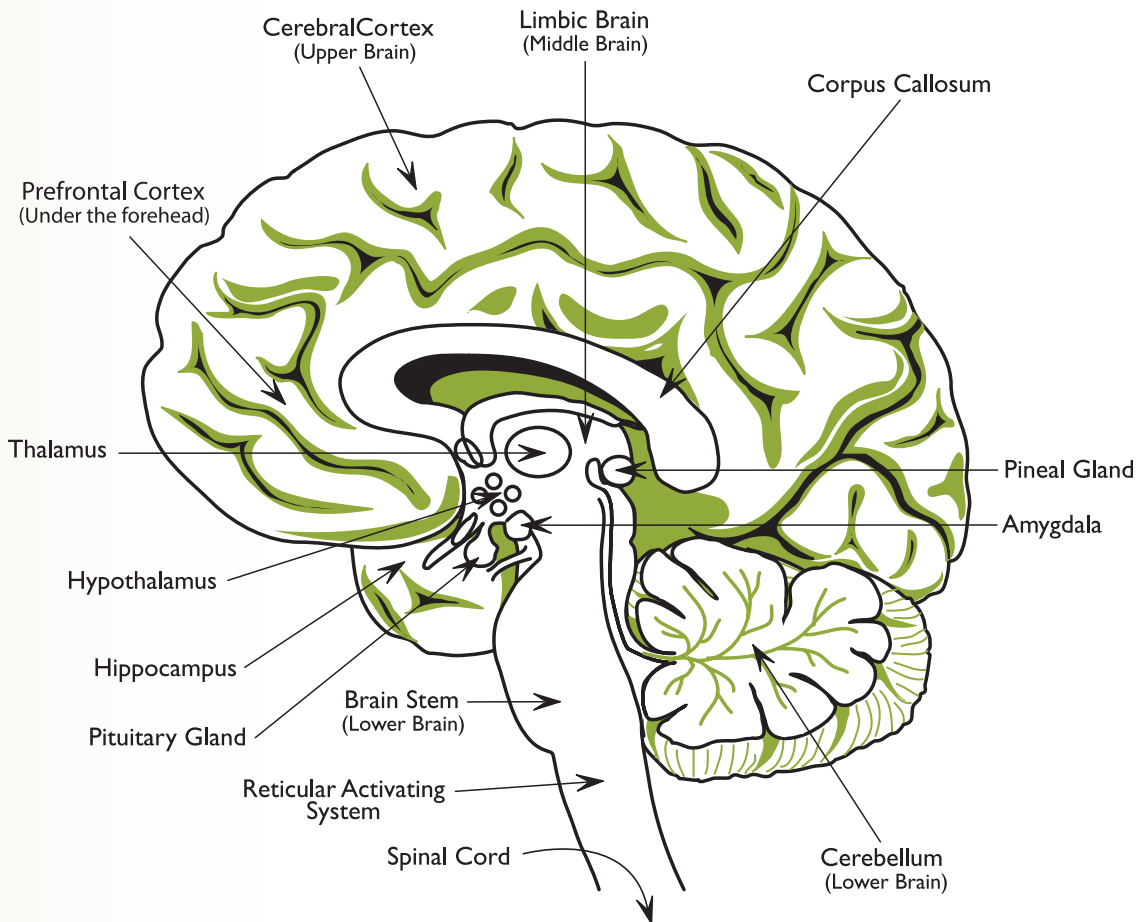
**1. Find the two amygdalae** from the side of the head with your forefingers 1/2" in front of the ears in a small indentation at the level of the eyes. Drop your etheric energy fingers in until they are 2 inches behind each eye). Assess to see if the amygdalae feel "nervous", if so, suggest that they relax (visualize a gauge 1 to 100--see it go down as you talk to the amygdalae and reassure them, 15 to 30 is a nice relaxed level). Each amygdala can react individually. They are the emotional centers of the brain.

**2. Balance and connect hypothalamus and amygdalae** by keeping your forefingers on the amygdalae and place your middle fingers above the external ears, where you can energetically drop to the hypothalamus. The hypothalamus controls the fight and flight stress response by the adrenals.

**3. Balance and connect the two hippocampus with the two amygdalae** by laying your middle fingers across the ears and energetically dropping into the temporal lobes. The two hippocampus control the memory of the trauma.

**4. Integrate the Amygdalae with the Reticular Alarm or Activating System (RAS).** Cup the head in your hands with your fingers along the back of the neck in the suboccipital area next to the skull. The forefingers will be in the indentations at the side of the trapezius muscle, sending energy superior and anterior to the two amygdalae. Connect them with the RAS in the brain stem and down the spinal cord. The RAS is the psychic and protective center. Suggest to the RAS that it does not have to be all on or all off, that it can relax to a ready alert level of 15-25 out of 100 (visualize gauge), and hold until it lowers as much as it is willing. The body will start to relax.

**5. Integrate the Amygdalae and RAS with the frontal cortex.** Put one hand at the back of the neck (amygdalae and RAS) and the other palm on the forehead. Calm them down with rational energy from the frontal cortex.



**6. Disconnect the amygdalae and RAS from the fight and flight response in the adrenals.** Keep one hand at the back of the neck and put the other on the adrenals from the top of body (solar plexus area). Talk to the adrenals about relaxation and safety. Connect with the root chakra.

**7. Integrate and calm the amygdalae and RAS with wisdom of coherent heart energy.** Keep one hand at the back of the neck and put the other on client's heart. Hold until it feels complete.

To conclude the treatment, you may want to release the trauma from the energy field, especially the outer layers, by doing some of the off the body clearing techniques, such as Magnetic or Etheric Clearing. Sometimes, an earlier source of the trauma will surface to be cleared.

Clients get profoundly relaxed with this technique, and get much benefit from one treatment. When they come back, you can check the arousal numbers again on both the amygdalae and RAS and see how they are holding the relaxation. Repeat the treatment

if it seems appropriate. Sometimes, certain clients will be able to tune into their own amygdalae and RAS, and relax them.

One client with whom I used this technique had severe pain (7 to 8 on a scale of 1-10) in her shoulder for 5 years in spite of several surgeries and physical therapy. It was caused by physical abuse from her ex-husband. I felt that little physical progress could be made unless we released the emotional disturbance from the past event which was creating chaos in her energy field.

I suggested she think of being with her abusive husband while I cleared her with the spinal thumb massage (above), and then did the *Trauma Release Technique*. Once her energy was cleared in relationship to the trauma, I did direct physical and energy work on her shoulder. After three sessions, her pain was down to a 2 to 3, and she was much happier.

I hope you can use this technique successfully with your clients. Like the *Mind Clearing*, it combines well with other techniques you already know. ☺

# Zen Mind

## in the Middle of Chaos and Stress

Leo Babauta





**W**hat do you do when your job or your personal life is a constant source of busy-ness, rushing, nose-to-the-grindstone work and stress?

Or what do you do if your life is simple and relatively stress-free - but something occurs and suddenly you are in the middle of chaos and high stress?

This is when we could use a dose of Zen Mind or the **Art of Letting Go**.

What is Zen Mind? To be honest, I am still learning what it is, but what I have been practicing is a constant letting go. Here is an example:

I have a major deadline approaching. I am totally stressed! But what is the source of the stress? It is not the work, which is just a series of actions. It is not the deadline, which is just a time constraint. It is my reaction to those external events — my fear that I am not going to make it, that I will mess up, that I will look stupid or incompetent. The fear that is causing my stress reaction is rooted in my wanting things to happen a certain way -- wanting to meet the deadline, getting things perfect, and looking good.

What if I could let go of wanting things to be perfect? This is a fantasy, an ideal, that I am holding onto. It might turn out that way, sure, but it could turn out a dozen other ways. The truth is I do not have complete control over how it will evolve. All I can do is - do the work - but the fantasy, the fear and the stress are getting in the way. If I can let go of this ideal, this fantasy, I can let go of the fear and the stress.

This is the Zen Mind about which I am learning. It is simply letting go, and in doing so, you attain a peace of mind no matter what chaos and seemingly stressful events are going on around you. Although I am still in the process of learning this, I will share what I know.

## The Art of Letting Go

So these are the steps to letting go:

1. **Notice why you are stressed.** What external event is stressing you? Why is it stressing you? What fear do you have?
2. **Notice what you are holding onto.** If your response is fear, it is because you are holding onto something. It is probably a fantasy/ideal, wanting to control something, wanting something to happen a certain way, or wishing things would meet the expectations you have. If you are saying, "*He should do this*" or "*It should be like this*" then you are holding onto an ideal/expectation/outcome.
3. **Realize that it is not real.** This fantasy, this expectation, this wishing you could control things - is just in your mind. To be fair, we all do it. But it is not a real thing — and it can be let go.
4. **See that it is hurting you.** This thing you have created is causing you stress - which is shortening your life and making your life less enjoyable. Be aware of the pain it is causing in your life.
5. **Let go.** If something you have created in your mind is causing pain, why hold onto it? It is not worth it. By letting go you release the pain and are left with you and the work you need to do.

## Zen Mind in the Middle of Chaos

So you work long hours and are stressed to the max. It is work you love, perhaps, but still hard work, and still lots of stressors. Maybe you get to take some good breaks during the day - maybe you take weekends off - maybe you get some great vacations.



## Zen Mind in the Middle of Chaos and Stress

But the fact remains - no matter what kind of breaks and vacations you take, much of your life is spent doing the hard work - leaving you feeling stressed. You need to be able to simultaneously work and be on vacation. This is the practice of Zen Mind about which we are talking — letting go and being able to breathe and smile in the middle of a stressful workday.

It is only stressful, of course, because of the ideas we create in our heads. Therefore, if we can create a constant practice of awareness and letting go, we are empowered to let go of the stress.

Your boss dumps a new project on you with a close deadline. Yikes! You are instantly feeling stressed. Notice - and let go. Breathe. Feel the stress floating away as you let go of an ideal and an expectation. You are now free and can do the first task — after all, that is all you can ever do.

Your co-worker or client may be angry and yell at you. This is highly stressful - until you realize that they are probably yelling for some problem that is not really about you. They are stressed - they are having a bad day - and/or they have problems dealing with stress. You are holding onto the expectation that everyone around you should behave perfectly, which is an absurd fantasy. Let go of that and reach out your heart to this fellow human being who is not happy. How can you make things better for this person? With an open heart - sending them unconditional love.

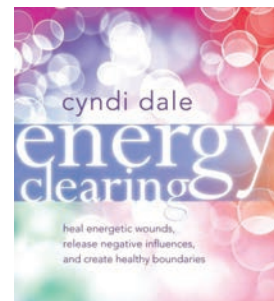
Your son is stressing you because he is not doing what he should be doing. You are angry! Why can't he just do what you ask? Of course, this is a fantasy. Your kids (or friends or spouse) are not going to live up to the expectations you have of how they should behave. These expectations are not anything real - just fantasies. You cannot control their behavior — wanting to do so stresses you. So let go of that expectation and the desire to control and the stress goes away. Instead, open your heart and be open to who they are.

That is all easier said than done. In the real world, it takes a lot of practice. We often forget about this process when things get chaotic and that is okay. Life is a constant practice. Keep practicing and let go of wanting to be perfect. Just in the attempt - you are already perfect. €



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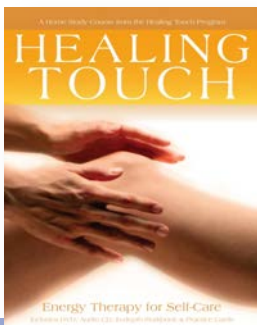
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