

# Energy

# magazine

*Sharing Energy - Transforming the World*

May/June 2014 - Issue Seventy-Three

We live in a quantum universe  
in which consciousness directs particles, forces, and  
frequencies to shape and transform concrete reality.

- Cyndi Dale





## IN THIS ISSUE:

- 3 Letter from the Editor
- 4 Contributors
- 6 Good for the Mind
- 8 Essential Energy by Cyndi Dale
- 10 Practitioner Support
- 12 Energy in Pellet Form  
by Anna Collins
- 16 Healing Touch - An Integrative  
Therapy in Outpatient  
Oncology by Debra Reis and  
Tisha Jones
- 22 When They are Ready  
by Kim McCrimmon
- 24 Spiritual Eldering Through  
Healing Touch by Barbara Dahl
- 28 Fear, Your Worst Enemy or  
Your Best Friend?  
by Marie Manuchehri
- 32 Connections
- 34 Energy Marketplace

pg 16





Dear Readers,

Energy medicine encompasses many healing modalities under its umbrella such as Healing Touch, Cranial Sacral work, Acupuncture and Homeopathy, to name a few. In energy medicine modalities,

energy is transmitted utilizing various methods such as the human hand, pills, thought, intention and prayer. I use the word “transmitted” loosely as there is still much we don’t know about what is actually happening. Research is vitally important to help us understand and validate not only the end results we witness, but also to explore what is really happening in this fascinating arena.

In this issue we explore energy being transmitted in the form of a pill or liquid through Homeopathy. We also learn about an outpatient clinic that uses many forms of complimentary medicine, including Healing Touch in their work with oncology patients. Significant results are seen in the utilization of these different modalities. These results encourage expanded usage and continued exploration through research of energy medicine modalities.

As practitioners, our desire is to build successful practices and clinics for our own sake and for that of our clients/patients. The ability to bill insurance companies for energy medicine services would offer a cornerstone for success; benefiting both the client and the practitioner. Healing Touch Professional Association’s Insurance Initiative Committee offers

the second in a valuable series of educational pieces exploring the insurance world. This time we explore the importance of professionally documenting sessions and its impact on the ability to gain insurance recognition.

Also in this issue, Barbara Dahl explores aspects of spiritual eldering. Although she specifically relates this to her experiences within Healing Touch, her message that “spiritual elders function as wisdom-keepers, evolutionary pathfinders and pioneers in consciousness” translates easily to all energy modalities. In addition, Kim McCrimmon articulates that people come to experience energy medicine when they are ready. An open mind is helpful as we express our passion for energy medicine when interacting with others. One never knows when the door opens for someone.

There is much more to explore in this May/June issue and we wish you happy reading while you enjoy Spring sunshine and flowers.

*Margaret*

# Energy Magazine

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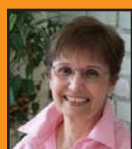
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**Debra Reis, BSW, HTCP, CRM**, is passionate about holistic healing modalities. She has done numerous presentations and works with people diagnosed with cancer who wish to learn more about essential oils and other therapies as part of their healing plan. Debra has co-authored articles on Essential oils for Wound Care and Essential oils for Hypertension which can be found in the Journal of Vascular Nursing. [www.debrareis.com](http://www.debrareis.com)



**Tisha Jones, MSW** is a grant writer for ProMedica and has been supporting the Cancer Institute and Healing Care Program for 10 years. She is an energy healer and Certified Clinical Aromatherapist. Tisha is passionate about helping others achieve their goals and dreams and is an advocate for patients wanting a holistic approach to their healing. She is active in her community, helping raise awareness and money for cancer.



**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](http://www.energyintuitive.com)





**Kim McCrimmon, BA,**  
M.E.des., is a blogger from Canada who writes about becoming Unbusy On Purpose. Kim is an artist, energy healer and Mom. Learning to live on one income, co-parent her stepson, feed a family of five and love in the moment has taken Kim on the most incredible journey. Join her at [www.unbusyonpurpose.com](http://www.unbusyonpurpose.com).



**Barbara Dahl, BSN, HTP/I**  
Emeritus, Blogger Summa cum Latte. Now retired, Barb was in Janet's first instructor's class and taught extensively for a quarter of a century. She is active in her community in Seattle and writes a blog dealing with the Aging Adventure. [www.rosesinjanuary.com](http://www.rosesinjanuary.com)



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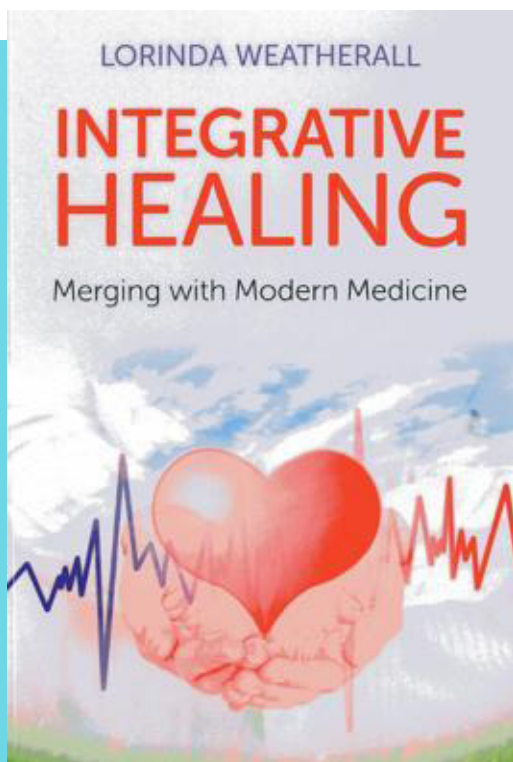
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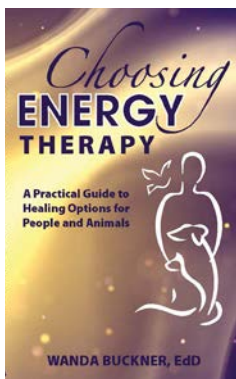
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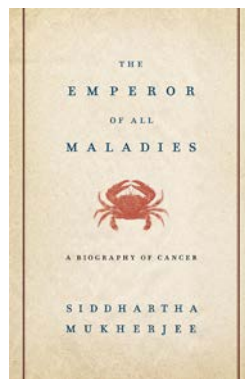


**1 | Integrative Healing is a term used when referring** to the merging of Complementary or Alternative Medicine (CAM) and Modern Medicine. The consumer benefits from taking the best of both health worlds and using those talents to have optimal health. Integrative Healing: Merging with Modern Medicine explains in common language to practitioners what Modern Medicine is looking for - from us - when we engage as a member of the healthcare team. Many CAM practitioners feel and know that their chosen healing path or scope of practice can assist their clients. It is out of this act of compassion that they want to share their skills within the modern medical community. It is a way to re-insert humanness back into our computerized and technical medical care systems.

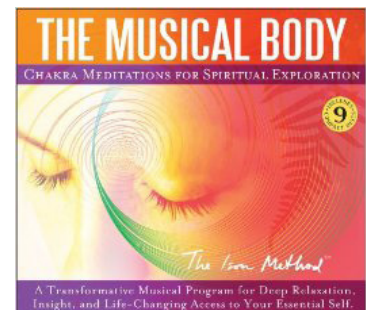


**2 |** In this book you will: Learn how energy therapy works; Understand how people and animal's lives can be changed; Learn how to select the modality and practitioner for you; Learn how you can become an energy healer; Examine your beliefs about energy healing.

*"Energy therapy is a powerful, proven method to heal the body, mind and spirit. Choosing Energy Therapy shows you how to effectively enhance the natural healing abilities in anyone including your animal companions."*  
- Robbie Holz, author of award-winning book *Secrets of Aboriginal Healing*



**3 |** *The Emperor of All Maladies* is a magnificent, profoundly humane "biography" of cancer—from its first documented appearances thousands of years ago through the epic battles in the twentieth century to cure, control, and conquer it to a radical new understanding of its essence. Physician, researcher, and award-winning science writer, Siddhartha Mukherjee examines cancer with a cellular biologist's precision, a historian's perspective, and a biographer's passion. The result is an astonishingly lucid and eloquent chronicle of a disease humans have lived with—and perished from—for more than five thousand years.



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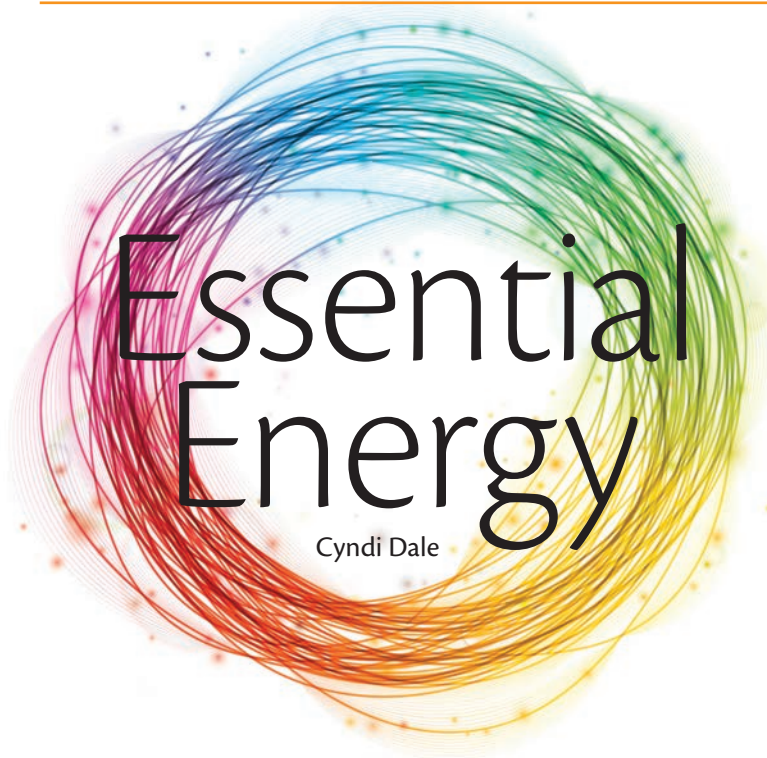
You have the capacity to receive, interpret, and successfully use your senses to heal your body. In this intuitive workshop, learn the skills needed to harness this ability and achieve better health and well-being.

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*Bring a journal.*

Marie Manuchehri, RN, is an internationally known energy intuitive, Reiki master, teacher, and author of *Intuitive Self-Healing*. She is also a medium with the ability to connect with those on the other side. Manuchehri's ability to see, feel, and hear the human energy system enables her to facilitate healing on a quantum level. [energyintuitive.com](http://energyintuitive.com)



# Essential Energy

Cyndi Dale

## That Old Lemonade Trick

A few years ago, my youngest son got tired of my lemonade lecture. You know the one. “If you only have lemons, make lemonade.”

Faced with a near-impossible situation—a booked chewed by the puppy and then plopped in a snow bank in the backyard—Gabe said, “Mom, you know lemons only make lemon juice. You have to add SUGAR to end up with lemonade.”

As much as I’d love to prove that sugar is the critical essence of life, a theory that only works if it is encompassed within chocolate chocolate, that’s not the point. Gabe’s comment forced me to examine how often I try to fix what can’t be fixed in my own life, setting myself up for that all-pervasive complex of codependency. I’ve been guilty of the same with clients.

First I have to add a qualifier. Most of my clients are passionately interested in bettering their lives and are also highly reasonable. They aren’t just standing in line waiting for a “miracle handout.” They are willing to work on issues and change behavior. They also understand the benefits of employing a subtle energy practitioner or using energy medicine techniques on themselves.

We live in a quantum universe in which consciousness directs particles, forces, and frequencies to shape and transform concrete reality. Our intentions count.

Every so often, however, I am asked to participate in an agenda that calls for making lemonade out of only lemons, minus the sweetener. For example, years ago I taught a series of workshops in Russia. Before one of my evening sessions, a woman implored me to “save her marriage.” It turned out that she and her husband had been divorced for years. He had moved on. Not only was he remarried, but he also had two small children with his second wife.

More recently, a male client asked me to convince his wife, who was coming in the following week, that he wasn’t committing adultery. When I asked him why she would think that he was, he said that he hired prostitutes and she had discovered the evidence. “That is only out of town, though, and I’m not in love with them.”

Then there was the client that wanted me to intuitively “tune into” her boyfriend’s X-rated situation, mainly because she wanted to “feel” what he was experiencing.

I’m sure you have your own stories of requests that are asking the impossible, unethical, or distasteful of you. For every one of these, there are hundreds that excite us into providing assistance. Since Gabe’s comment, however, I have learned to stop and make sure that the sweetener, the leavening agent, is available for the formula. If not, this situation is not mine to participate in.

My favorite tool for deciding whether to assist someone or not is my gut. There are over a dozen forms of intuition, most easily organized into clairvoyance or inner sight; clairaudience or hearing messages; and kinesthetic intuition, which involves sensing, feeling, or knowing what’s going on through our bodies.

While seeing images or obtaining guidance are viable forms of receiving intuitive guidance, I can’t always call these forms of messages out of the air. Intuition is like that. It’s accurate but confounding. Our inner knowing, however, is always available—that sense that something is “right” or “wrong,” a “yes” or a “no.”

I used to ignore this internal reaction. Growing up, it wasn’t





safe to say “no” or have my own opinion, much less assert my needs. Listening to myself equated with being punished. I know that sometimes I still have to override these old programs, but it’s always worth it.

After sensing my true reactions, I then use my intuition to figure out the best way to share my response. In the case of the Russian woman, I heard a message in my head to share with her. I suggested that I help her let go, emphasizing the point that she deserved an accessible man—maybe we could figure out why she didn’t believe that? With the other two situations—the man “not” committing adultery and the woman caught in her own “X-files”—my body felt so tired and heavy that I simply said I wasn’t equipped to help them with these situations.

If we don’t follow our intuition I’m afraid we’re doomed to repeat the rather humorous scene, portrayed in the following quote by Emo Philips, an American entertainer.

*At my lemonade stand I used to give the first glass away free and charge five dollars for the second glass. The refill contained the antidote.*

He used to say that he poisoned people with the first glass just so they had to buy the second glass. After all, we don’t want to sell--or buy--“bad” lemonade just so we have to compensate with a second glass. €



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).



**A survey of American family physicians found that 99% are convinced that spiritual beliefs can heal, and 75% believe that prayers of others can help a patient recover.**

A recent survey of over 4,000 nurses found that 80% felt that spirituality should be covered in nurse education as a core aspect of nursing. Why? Because it works, it falls in line with new theories on consciousness. “Our human thoughts are linked to nature by nonlocal connections: what a person chooses to do in one region seems immediately to effect what is true elsewhere in the universe.”

Compelling evidence suggests that those who follow a spiritual path in their life live several years longer than those who do not follow such a path, and that they experience a lower incidence of almost all major diseases.

### **Energy Medicine from Heart Centered Rebalancing**

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### HTPA Insurance Initiative Committee:

The HTPA Insurance Initiative Committee has been exploring the possibility of HTCPs receiving payment through various insurances including Medicare and Medicaid. Insurance reimbursement (3rd party payment) could increase our heart-centered businesses providing services for clients who do not have “out of pocket” money. The new health care laws are opening the doors for care for all citizens, especially the poor. The Center for Disease Control reported in 2013 that about 54.4% of Americans use Complementary/Alternative Medicine. With insurance payment, we can serve this population to a greater degree, fulfilling the requests of the majority of Americans. We are presenting quarterly articles in Energy Magazine to help prepare Practitioners for health insurance billing.

## Good Documentation for your Healing Sessions: 4 Points to Consider

Marie Danielle Leblanc, BSN, HTCP/I; Co- Contributors: Holli Brown, BSEE, LMP-NCTMB, HTCP; Dawn Warnaca, HTCP/I, QM;; Sharon, Robbins, RN, HN-BC, HTCP

*“Not everything that can be counted counts and not everything that counts can be counted” - Albert Einstein.*

This statement holds truth for assessing and evaluating the energy medicine outcomes of healing sessions like Healing Touch (HT), which provide more of a subjective qualitative measure than an objective quantitative measure. Here are four points that can be helpful to practitioners in documenting sessions. These foundations of documentation are a component of professional practice and may very well make a difference in getting approved for third party reimbursement such as with health insurance payments or even for inclusion in research.

### 1. Documenting Sessions Provides Consistency of Practice

Using **Healing Touch Standard Documentation Forms** is the start of consistent documentation among practitioners (practitioners of other energy practices can use HT forms also or may have their own forms but they should be forms that are used consistently). The current HT standard documentation offers practitioners the means of documenting each session in a concise format for greater detail, consistency and professionalism. As a certified practitioner, practitioner apprentice, or student, we each have an obligation to maintain our client records for review as a measure of quality assurance for our training and practice. What we document, using the provided formats and forms, depends on the practitioner, the client session and the uniqueness of the practitioner’s interpretation.

There are two forms that practitioners can utilize in their practice. The first form is the **Intake Form**. This form is generally used for the initial session; it can be completed either by the practitioner interviewing the client, or by having the client complete the questions and comments on their own before their first session. Whether using the interviewing method or having the client come with the form filled out, the process of going over the form together with the client is very beneficial. Using this form establishes the client-practitioner relationship, which helps create mutual respect and professionalism before even beginning the healing session.

During the initial intake interview, it is important to listen carefully to what is being shared to understand what your client is presenting. When you document sound bites and quotes from the conversation, they can be useful for future recollection and as a measure of progress. As practitioners, we also use this conversation to understand and assess how clients describe their energetic state. For example, when describing their pain: “it’s like a jagged edge of gnawing pain”, or energy level: “I’m feeling drained all the time” can give the practitioner an explanation of why their energy field may feel or look like what is experienced during the session.

The **Documentation Form** is the second form to be used consistently. This form is used for every session, offering the





format for detailed accounting of all 10 steps of the Healing Touch Sequence, and provides an excellent place to include clients' feedback and practitioner evaluation. Using these two forms consistently is a component of good practice and may make the difference in the future when requesting 3rd party payment e.g. insurance payment.

## **2. The 10 Step Healing Touch Sequence: Capturing the Practitioners' Uniqueness**

Using the Documentation Form for the 10 Step Healing Touch Sequence provides the practitioner with a formal format of addressing the client and outcomes from one session to the next. The use of this sequence gives consistency to practice, but at the same time offers uniqueness of therapy from the practitioner. The practitioner uses vision, touch, sound, and tools such as a pendulum to assess the client's energy centers and energy field. Altogether the practitioner uses client feedback, conversation, a visual assessment, and feeling of the energetic boundaries to identify the aspects of the energy field needing attention. The practitioner addresses all four aspects of the self: Physical, Emotional, Mental, and Spiritual. Using a scale method (e.g. 1-10) can add to the assessment for a quantitative measure, rating the evaluation of pain (if present) and/or emotional status as perceived by the client. Mutual goals and intentions are set by both the practitioner and client. A post assessment of clients and their energetic patterns are documented following the session to qualify the outcome. Lastly, a follow up plan and self-care for the client is agreed upon and the practitioner's final evaluation of the session is documented. All of the interaction of the complete session is easily captured using the Documentation Form. Although direction for use of these forms has been established, energetic outcomes and assessments can be very subjective and difficult to quantify depending on the experience of the practitioner and level of training. Therefore, documentation will definitely vary and be unique but the form itself (if used properly) will provide the format of collection and can be useful if requested to support the application of insurance payments.

## **3. Outcome Measurement Assessed by Multiple Practitioners Becomes Cumulative Data**

The more experienced practitioners become using the 10 Step Sequence in practice along with good documentation of pre and post client assessments, information gathered can provide a record of consistency and frequency of outcomes. Thus, the documentation can provide cumulative data of certain outcomes by multiple practitioners using the same sequence in Healing Touch sessions.

Over time as practitioners gather information regarding the client's energetic state, outcomes are noted following the

pattern of the 10 Step Sequence during sessions. Outcomes of sessions are reviewed by both the practitioner and client at each session. These outcomes become qualitative information of the effects of interventions and will be useful if requested for review by insurance companies.

Even though documentation forms are utilized, a practitioner needs to take time to develop their own method of client assessment and evaluating personal feedback. Interpretations of the findings may differ as awareness of energetic movements and boundaries vary. Having notations by practitioners of a client's pre and post energetic assessments along with the client feedback to review from one session to the next can provide cumulative quality data. This data may be used for personal client/practitioner feedback and development. And, the data could also be offered as a resource to researchers who are conducting various studies in energy medicine as well as for insurance companies if requested.

## **4. Benefits of Consistency in Documentation**

The greatest benefit of good documentation is accurate reflection of each session for the client and practitioner. Beyond that, establishing a consistency in documentation, i.e. using the same format of notation and use of assessment tools, serves as a means for validation of treatment and outcomes. When certain outcomes are seen repeatedly, using the same interventions and assessment methods, they may provide conclusions that can be drawn for potential research purposes. Energy Medicine, which is rapidly growing as a practice in health care, needs good research studies to validate efficacy of treatment. Healing Touch Program Research can offer researchers a collection of research articles relating to the effectiveness of energy based therapies (visit the Healing Touch Research website [www.healingtouchresearch.com](http://www.healingtouchresearch.com)). More research on the use and effectiveness of Healing Touch is needed. By accumulating consistent documentation, we may be able to contribute to the efficacy of energetic practice. We hope this will lead to 3rd party insurance payments and an increase in research studies. €

## **References:**

Healing Touch Program website:  
[www.healingtouchprogram.com](http://www.healingtouchprogram.com)

Healing, Intention and Energy Medicine: Science, Research Methods and Clinical Implications, Wayne B. Jonas MD (Author), Cindy Crawford BS (Author)

Practice-Based Evidence  
Anne K Swisher, PT, PhD, CCS

# Energy in Pellet Form





Anna Collins

**H**omeopathy is energetic medicine in pellet (or liquid) form. The pellets are the carrier of the energy imprint from particular substance to the sick (or injured) person. Take the “right” energetic imprint and your body is stimulated in just the right way to clear the symptoms itself.

Common everyday Arnica montana is often the first experience people have with homeopathy. A friend recommends this remedy for a sprained ankle or a bad fall. You find it works. Maybe you even buy a vial to keep on hand. It feels so familiar to take a few pellets or tablets for pain that you begin to think about Arnica almost like you do aspirin.

In reality, when Arnica works for you, you have had an experience with energetic medicine! How and what it does is so very different from everyday aspirin!

### THE SOURCE

Arnica montana, the remedy, is made from Arnica montana, the plant, and is also known as Wolf's Bane or Leopard's Bane. Belonging to the Compositae plant family (the daisy family), Arnica is very much an alpine plant, occurring at and above 3000 feet altitude and as far north as the Arctic. Arnica loves open landscapes, often growing where trees have fallen and in forest clearings. Its roots go deep and anchor in the level of decayed soil.

Battered by the weather and long winters, it reaches for bright sunlight and bounces back from the ways the harsh environment seeks to injure it. Historically, mountaineers and climbers at high altitudes have turned to the plant for help with exhaustion, climbing accidents and circulatory problems.\*

### REMEDIES AS ENERGETIC MEDICINE

Homeopathic remedies are made by a very specific

process of serial dilution and vibration (succussion). In simplest terms, the 30c potency you pick up at the store is diluted 1 part of ground Arnica plant to 99 parts carrier solution, then 1 part of that solution to another 99 parts of the carrier solution and so on for 30 times. This diluted remedy solution is then placed on the lactose or sucrose pellets you buy.

According to Avogadro's law of physics, when the number of dilutions passes 12 there are “no molecules” of the Arnica left. When dilutions pass the mark of Avogadro's law, the healing power of the remedy is on the energetic level alone. In fact, when you dilute even more than 30c, the energetic healing power of the remedy becomes even stronger.\*\*

When you buy the 30c potency of Arnica montana pellets in a health food store, you are getting the “energy imprint” of the Arnica montana plant. The imprint from the Arnica montana plant is for “mountain climber” injuries. When you have a sprain or a fall, your body feels pounded or smacked down as if you have fought to stay upright in wind and snow (like the plant). You may feel wronged or beat up (emotional expressions of those kinds of injuries). Some other sensations of the remedies in the Compositae family include wounded, brutalized, numbed, knocked, and abused: all things you might feel after an injury or accident. The energy of Arnica montana, the plant, matches your energy in that injured state: that's what makes the Arnica homeopathic remedy work for you. That is the “like cures like” of homeopathy.

### BEYOND ARNICA MONTANA

Whether you are choosing remedies for specific acute states such as injuries or common simple illnesses, or a homeopath chooses a remedy for someone with a serious long term chronic condition, a match must be made between the energetic imprint of the remedy (i.e. the substance it's made of) and the energetic



imprint of the “sick” state of your patient (i.e. the symptoms). No result from the homeopathic remedy you took? The match that was made between symptoms and remedy was off the mark. Take homeopathic Arnica for arthritic pain and you get some slight, short term relief but it will not do the trick. Arnica does not carry the imprint for that kind of situation.

### ACUTE HEALTH SITUATIONS

Homeopathic remedies for simple first aid, like Arnica montana, are the easiest to use. The matching that is necessary between symptoms and energetic pattern from the source of the remedy is very simple, clear and reliable. Ruta grav for tendon and ligament injury, Ledum for reactions to insect stings, and Cantharis for burns are other examples. Some acute conditions such as colds or flu need a bit more detailed matching between remedy and energetic imprint, but it's still uncomplicated enough for you to succeed at home.

### CHRONIC HEALTH SITUATIONS

Homeopaths working with chronic conditions match energetic imprints in a much more complex and detailed way, considering mental, emotional, and physical patterns as well as family patterns. This level of matching is impossible to do for yourself. I recently treated a woman still carrying very old emotional trauma after a brutal illegal abortion over 50 years ago. She described her most basic fear “as if someone else has control of me. I am afraid he or she will take parts of my body.” After many tries to find a remedy to relieve this sensation, I finally realized her energetic experience was like that of an elephant, an animal whose calves are stolen, whose body parts are harvested and sold. One high potency dose of the remedy lac loxodonta African, milk from an African elephant, removed her fear, distrust and grief because the pattern of her experience matched the experience of the elephant. It is all about the energy pattern.


### ENERGY IN PELLETT FORM

Arnica montana pellets are so much more than a “natural version” of aspirin! The next time you take Arnica, think alpine flowers, mountaineers, high dilutions and energetic imprint. Homeopathy is energy in pellet form.

\*Thanks to Frans Vermuelen for his description of Arnica montana, the plant, in his materia medica “Prisma.”

\*\*Studies are now occurring on “nano-particles” and the action they can bring to bear. Some believe these studies will apply to homeopathy.







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**KEYNOTE SPEAKER**  
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**ENDNOTE SPEAKER**  
**Bonnie Wesorick**  
*RN, MSN, FAAN*  
Founder and Chairman Emeritus of the Clinical Practice Model Resource Center (CPMRC)



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Thursday Pre-Conference: (2) 1/2 days = 7 contact hours

AHNA General Conference: Friday = 10 contact hours; Saturday = 5.5 contact hours; Sunday = 3.5 contact hours

Sunday Post-Conference: 1/2 day = 3.5 contact hours

\*# of contact hours is subject to change.

The American Holistic Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



# New Energy Magazine Bookmarks



## Center & Ground for Self-Care

### Center

- Breathe deeply and consciously
- Close your eyes and go inside
- Notice your breathing, allow it to become even, slow, deep and relaxed
- With each exhalation, release tension, worry and thoughts
- With each inhalation, receive calming and replenishing energy
- Continue this pattern until you are fully present and focused

### Ground

- Focus on sensing your feet, or place your feet firmly on the floor
- Become aware of your connection to the floor and the earth

## Energy Magazine bookmarks are a:

- Excellent placeholder for all your books and magazines
- Helpful reminder of self-care principles
- Handy outline of the seven energy centers
- Useful handout for clients
- Thoughtful gift for friends and family
- Great way to spread the word about your favorite magazine

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## Affirmations for a Healthy Life

I enjoy taking time to care for myself.

I say to myself more and more... "I love you. I respect you. I forgive you."

I am unique, creative and worthy of love.

Caring for myself allows me to better care for others.

My life is joyful and filled with wonderful surprises.

I have the courage within me to face my fears and open myself to experiencing new ways of being.

I take time to be quiet and listen within.

I can laugh at myself.

I thrive as I learn to provide more loving care for my body, mind and spirit.



## 7 Principles of Self-Care for Wellness

- 1. Physical Clearing**  
take care of your physical body, your physical existence
- 2. Emotional Clearing**  
express your hurts and pains, your joy and happiness
- 3. Mental Clearing**  
create new habits, new ways of doing things
- 4. Sacred Space**  
create your sacred space at home, create sacred space when you are away
- 5. Experience Silence**  
move into quiet, meditation, Holy Silence
- 6. Holy Leisure**  
bring balance into your life, restore yourself through leisure
- 7. Holy Relationships**  
commit to yourself and others

from Janet Mentgen, Founder, Healing Touch Program



## Core Concepts Expressed in Healing Touch

Health and quality of life are affected by the health of the human energy system.

All life experiences are recorded and stored in the human energy system.

Centering, grounding and attuning are the first steps in facilitating healing.

Healing is a sacred process.

Self-care is empowering and supports health and healing.

Thought is a form of energy and precedes form. The human energy system is influenced by thoughts, emotions and actions.

The energy of love has a wisdom of its own that calms, relaxes the body and promotes its natural ability to heal.

Pure love is life's most powerful healer. Love is understood, felt and demonstrated through human thinking, feeling, and actions.



## 7 Energy Centers

**1. Root - Red**  
Grounding, Abundance, Connection  
Sink deeply into this place of connection

**2. Sacral - Orange**  
Emotions, Feelings, Boundaries  
Honor this source of creation and life

**3. Solar Plexus - Yellow**  
Power, Purpose, Will, Identity  
Step into your own power

**4. Heart - Green**  
Love, Peace, Relationship  
Open your heart

**5. Throat - Blue**  
Speaking One's Truth  
Balance speaking and listening - attune to the truth in each situation

**6. Brow - Indigo**  
Dreaming, Visioning, Intuition  
See, dream and visualize using your intuition

**7. Crown - Violet-White**  
Spiritual Connection, Oneness  
Honor divine inspiration and your intuition





# Healing Touch

## An Integrative Therapy in Outpatient Oncology

Debra Reis, MSN, RN, CNP, Program Coordinator - Healing Care, ProMedica Cancer Institute  
Tisha Jones, MSW, ProMedica

**H**ickman Cancer Center at ProMedica Flower Hospital in Sylvania, Ohio, provides comprehensive outpatient oncology services to patients from prevention through treatment and beyond. As the hub for ProMedica Cancer Institute, Hickman Cancer Center served over 3,800 newly diagnosed cancer patients at ProMedica facilities throughout a 27-county service area in northwest Ohio and southeast Michigan during 2013.

In addition to high-quality clinical care, multiple supportive services are provided to patients, including Healing Care. The Healing Care Program provides complementary services that support oncology patients and their caregiver(s) throughout treatment and for two years after treatment. These include group classes - such as yoga, Nia and aromatherapy - and - one-on-one sessions that include Healing Touch, Guided Imagery, aromatherapy or a combination of these therapies. In addition, practitioners often integrate prayer, meditation and/or breathing exercises as part of the session. Practitioners assist individuals with physical, mental, emotional and spiritual concerns, such as lack of energy, nausea, discomfort, anxiety, stress, and/or balance.

The Healing Care Program is staffed by two registered nurses and one licensed practical nurse (approximately one full-time position), who have a variety of holistic experience. All three nurses are trained in Healing Touch and two are certified practitioners; all have aromatherapy education with two completing certification; two have specialized education in

guided imagery; one is educated in Qi Gong and one is certified as a Nia (holistic exercise) instructor. Together, they have over 40 years of experience in providing complementary therapies to patients.

Patients are introduced to the Healing Care Program through a brochure they receive at patient orientation. As part of patient-caregiver-nursing interactions, it is common for the nurses to discuss the complementary services available through the Program. Patients and caregivers can self-refer or can be referred by someone from their healthcare team. In 2013, nearly 600 people participated in group classes and 340 received one-on-one sessions. In addition, over 1,000 patients received massage therapy by an oncology-certified therapist during chemotherapy. This service was provided through a collaborative agreement with The Victory Center.

The Victory Center is a local, non-profit organization whose mission is to support and educate cancer patients and those closest to them by providing individual and group services in northwest Ohio and southeast Michigan. Since 1996 The Victory Center has been reaching out to cancer patients and their families - providing love, support, compassion, hope and laughter. Healing Care practitioners provide weekly services, including Healing Touch and group classes, at The Victory Center. This collaboration strengthens services that benefit people with a cancer diagnosis throughout the community and surrounding areas.



The Healing Care Program has also partnered with a local church and senior center to reach cancer survivors in the community through education and hands-on experience of complementary therapies. Through the partnership with another local church, a two-part workshop was held for survivors in a high-need community.<sup>1</sup> The attendees learned how complementary therapies could support their physical, emotional and spiritual needs and had the opportunity to experience specific therapies that included Nia, art expression, meditation, guided imagery, journaling and aromatherapy.

breast cancer. A third study, which is almost completed, is evaluating the effects of home-based journaling on quality of life in breast cancer patients.

At the inception of the Healing Care Program only Guided Imagery was offered. The program expanded in 2006 with the addition of Healing Touch. Later, aromatherapy was introduced as a complement to guided imagery and Healing Touch to enhance relaxation and therapy benefits. Healing Touch soon became a popular modality offered alone or in conjunction with other modalities.

*The Healing Care Program provides complementary services that support oncology patients and their caregiver(s) throughout treatment and for two years after treatment.*

Another partnership, with a local senior center, integrated cancer prevention education with self-awareness and introspective awareness activities. The cancer prevention material and overall well-being education was presented through programs by a registered nurse along with guest speakers who shared their experience as either a survivor or caregiver. To help foster self-awareness and introspective awareness, opportunities to walk a labyrinth and receive laying-on of hands with prayer were offered at each program.

The Healing Care Program is actively engaged in research studies exploring the benefits of Nia and journaling. Nia is a holistic fitness program that blends elements from the dance arts, martial arts and healing arts. The first Nia study found that Nia helped to reduce fatigue in women with breast cancer.<sup>2</sup>

Another Nia study is currently enrolling participants to further explore the benefits of Nia in women with

Currently, over 20 Healing Touch sessions are provided to patients and caregivers per month. In the beginning the numbers were much lower - not because of lack of patient or caregiver need - but because of the clinical staff's lack of awareness. That was resolved by offering *Introduction to Healing Touch* presentations to front desk staff and nurses. Participants were given an overview of Healing Touch and the benefits to cancer patients and included hands-on practice where all participants had the opportunity to give and receive a Healing Touch treatment. After this, the nursing and front desk staff had a better understanding of Healing Touch, and as a result, referrals increased - leading to the current success of the program. Today, the Healing Care practitioners, front desk staff and nurses work together to meet the needs of the patients and caregivers.

Healing Touch sessions take place in an office that has been designed to promote healing and relaxation.





There is a comfortable recliner for the patient, ambient lighting and a soothing décor. Sessions are typically 30 to 40 minutes in length, and begin with the patient identifying a goal for the session. Each session starts with a breathing exercise or general visualization to help with relaxation and is followed by a full body Healing Touch technique, such as a *Chakra Connection*.

Healing Touch has been helpful for many patients and caregivers dealing with the diagnosis of cancer and the cancer journey and can best be described through the following patient and caregiver experiences.\*

Gary's cancer required extensive surgery to his esophagus and stomach. His recovery involved many complications and concerns, leaving him feeling angry and frustrated. Gary was referred to the Healing Care Program by his oncologist who stated he did not know what else to offer him!

Prior to his session, Gary had a very active life that included a deep spiritual practice. He and his wife came into the Healing Care office where the session was explained. Gary identified his goal for peace and calm. The session began with a breathing and visualization exercise for relaxation. Healing Touch was done using the *Chakra Connection* technique. It was noted by the practitioner that there was a lot of heat at his forehead during the technique. After the session, Gary remarked that he noticed a "green light flowing from his brow during the Healing Touch." He further identified that he felt that this represented the anger he had been holding inside. At the end of the session, Gary was visibly more relaxed and calm. The positive experience led to the integration of Healing Touch and self-care practices into his daily lifestyle.

Another patient, Caroline, was recovering from a diagnosis of ovarian cancer and required continued therapy with oral chemotherapy medication. Her oral chemotherapy created anticipatory nausea for her, leading to her inability to take the medication.

She was referred by her primary nurse to see if there were any services that might assist her with medication delivery.

Caroline came for a session and agreed to receive Healing Touch. To promote relaxation, the session started with a breathing exercise and a guided imagery technique that led Caroline to her special place. Healing Touch was done with focus work over her abdomen. After the session, the practitioner taught Caroline how she could hold her hands over her abdomen with intention and send a healing, calm light to the area. At a follow-up appointment, Caroline shared that she was taking her oral chemotherapy without any nausea or other problems.

The program also supports cancer patients' caregivers. Josie was a caregiver for her disabled sister who was dealing with a cancer diagnosis and treatment with chemotherapy and radiation. Josie voiced her stress of dealing with being supportive yet still managing daily activities at home and work. Healing Touch was offered using *Chakra Connection* and *Mind Clearing* techniques. Josie visibly relaxed during the session and later commented how much more energy she had after the session. The practitioner taught Josie how to modify the techniques for herself and recommended relaxation activities to use as coping strategies. She was encouraged to continue practicing these techniques and to make them part of a daily plan of care for herself.

Healing Touch is beneficial to cancer patients and caregivers, and can be successfully offered in an outpatient oncology department. Gary, Caroline and Josie each had different concerns and needs that were helped by Healing Touch. Their experiences correlate with those from other oncology centers using Healing Touch as an integrative modality<sup>3</sup> - as one of the many supportive services that promote relaxation, comfort and healing. Furthermore, individuals are given guidance on how to integrate these practices



into their own lives to promote balance and wellness.

Over the years, the Healing Care Program has grown to what it is today, offering multiple one-on-one services and group classes, as well as, reaching out to the community and conducting research. The growth is a result of educating and engaging the staff at the time when Healing Touch was introduced as a service. Thus, the staff feels comfortable discussing or suggesting a referral to the Healing Care Program. The expansion of services has provided additional support and benefit to cancer patients and caregivers, providing healing and harmony during a time of stress and uncertainty. €

\*Patient names have been changed.

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2. Reis D, Walsh ME, Young-McCaughan S, Jones T. Effects of nia exercise in women receiving radiation therapy for breast cancer. *Oncol Nurs Forum*. Sep 1 2013;40(5):E374-381.
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# HEALING TOUCH PROGRAM ACCREDITATION

## WHAT DID HTC DO TO BE ACCREDITED?

Accrediting organizations create and use specific standards both to assure that programs meet threshold expectations of quality and to assure that they improve over time. In an over two year process, HTP documented that it met the 21 standards required by NCCA.

Key areas addressed:

- Purpose, Governance and Resources
- Responsibilities to Stakeholders
- Assessment Instruments
- Recertification
- Maintaining Accreditation

Contact HTP at:

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www.healingtouchprogram.com  
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## WHY?

To increase the value, credibility and recognition of the HTP certification programs, the HTP CEO, Lisa Gordon formed the Certification Committee in 2011 to guide and strengthen the certification program through an accreditation process. Healing Touch Program and Healing Touch Certification, consultants and many dedicated volunteers participated in the process of achieving the standards for national accreditation of the Healing Touch Certified Practitioner (HTCP) credential.

## WHAT?

Accreditation is the process by which an education or certification program is evaluated against defined standards, and when in compliance with these standards, is awarded recognition by a third party. Accreditation demonstrates the program has been reviewed by a panel of impartial experts and it has been determined the program has met the stringent standards set by the credentialing community. It is a way of demonstrating that a program has achieved a standard of excellence.

## VALUE to stakeholders

**Certificants** – Provides confidence that the credential has value and the program is a quality program. Enhances the reputation of the credential.

**Employers** – Offers a seal of approval and increased confidence that potential employees meet a widely accepted standard of knowledge and skill.

**Public** – Shows accountability in maintaining standards in the field of Energy Medicine.

## WHO ACCREDITS CERTIFICATION PROGRAMS?



Established in 1977, the Institute for Credentialing Excellence (ICE) is the leading international membership organization representing the credentialing community. ICE fulfills its mission through the delivery of education and training programs, in setting quality standards for credentialing and by providing accreditation services through its accreditation division, the National Commission for Certifying Agencies (NCCA). Healing Touch Program credentials are the first Energy Medicine certifications to receive NCCA accreditation. For further information, please visit [www.credentialingexcellence.org](http://www.credentialingexcellence.org).

## HEALING TOUCH CERTIFICATION (HTC)

A Healing Touch Practitioner that attains the credential of Healing Touch Certified Practitioner (HTCP) is dedicated to providing exceptional client care and her/his own self care through a commitment to constant lifelong learning and maintenance of the Certification credential. The certification process includes submission of a packet which reflects the applicant's knowledge base, professionalism and ability to safely, ethically and competently practice Healing Touch, and successful completion of the Healing Touch Certified Practitioner Entry Level Proficiency Exam. The process of Certification is to keep practitioners and instructors engaged in the current best practice within the field of Energy Medicine.

HTCP certification involves a rigorous process of study, testing, and peer-reviewed evaluation that is designed and administered by specialists in the area of Healing Touch as an Energy modality. Those being certified include nurses, healthcare professionals, and interested laypeople that have a desire to provide Healing Touch in a private practice, hospitals and healthcare settings.





# When They are Ready

Kim McCrimmon

Two years ago I was guided to explore energy medicine in a more focused way after traditional medicine was unable to treat the excruciating pain in my right leg. My discovery of this non-invasive, relaxing, healing approach thrilled me, as I could feel dramatic changes with each session. My passion and enthusiasm were equivalent to a tsunami, as I felt as if I had discovered the lost scrolls of healing. Naturally, I wanted to practice on anyone who would let me. I also extolled the virtues of energy medicine to my children's school community, to Moms who stood idle after dropping off their kids, to neighbors and friends. Any woe that they shared, was met with an eager suggestion directing them to try energy medicine as well.

My family of origin, recoiled at my new found passion, even though dramatic healing was taking place in me. They thought for sure I had gone off the deep end. Then there was my patient husband, ever supportive of me, but sternly committed to his own traditional views. I could see him in pain as he toiled from the challenges of his physically demanding profession. I cajoled, taunted and tried in vain to educate him. He always reminded me it was my path not his.

I then began to surrender and restore any power I had attempted to manipulate. It was my path and this form of healing spoke deeply to me. I began to focus on my own healing and living the truths I had discovered that worked for me. I now had become the message. I was living proof and I did not need to save the world anymore. Those who resonated began to appear.

My husband surprisingly was one of those people. I had left him to find his own way and he did, in his own time. It was a quiet Sunday afternoon at our cabin in the Canadian Rockies where he first asked me to help him bring relief to his incessant back pain. I was more ready to help than excited by his request. I felt myself entering my healing space and was welcomed by his receptivity to the gift being offered. Besides feeling very relaxed, he noticed a significant shift in the pain he had long endured.

He still likes to assert his more traditional beliefs out loud, but has begun referring others to me, who are troubled by similar pains that traditional medicine has not remedied in them. I think we both know his scepticism has begun to be replaced with a new found belief in something he cannot totally explain, but of which he would like more. He, like many, had to experience energy medicine to know how much of a difference it can make.

I often laugh to myself when I think of how I, too, was once one of those people. What a joy it has been to embrace energy medicine as one of the tools for my family's health and well-being. When others see the changes energy medicine can make, they cannot help but be curious and willing to receive themselves. €





# Spiritual Eldering Through Healing Touch

Barbara Dahl, BSN, HTP/I Emeritus, Blogger Summa cum Latte

**H**ealing Touch is a program of self-development and self-care. A curriculum of healing arts concepts includes techniques to modulate the energy field, meditation, journaling, mentoring, and books about energy science. Universal spiritual principles of compassion, non-judgment, non-attachment to outcome, unconditional love and acceptance, and power of intention underlie all, enriching beliefs already in place in some instances, or raising questions about the nature of spiritual beliefs. It is a journey; a journey of transformation. Healing Touch changes lives. It is a spiritual journey in a world of potential and possibilities. Students of Healing Touch move through progressive levels of instruction, work towards certification and, most important of all, they do “the work.” In the process, they grow and many become Spiritual Elders.

According to Rabbi Zalman Schachter-Shalomi, founder of the non-denominational Spiritual Eldering Institute and author of *From Age-ing to Sage-ing*, Spiritual Elders function as wisdomkeepers, evolutionary pathfinders, and pioneers in consciousness. Eldering is a process of transmitting that wisdom to younger people. He sees the difference between elders and elderly as one of growth versus stagnation and decay. Culturally and sociologically, we are experiencing a paradigm shift from geriatrics to gerotranscendence, a developmental stage that occurs when individuals living into old age shift their perspective from a materialistic and rational view of the world to a more

cosmic and transcendent one; from Newtonian to Quantum physics in scientific terms. This is usually accompanied by an increase in life satisfaction.

Physiotherapist, Rochelle Graham, was one of the first instructors of Healing Touch in Canada. During that time, she introduced Healing Touch into the United Churches of Canada and co-authored the book, *Healing From the Heart; A Guide to Christian Healing for Individuals and Groups*. Rochelle relates that through the Healing Touch coursework, “I was profoundly introduced to the wisdom of the Universe, however your heart names that. The spiritual journey continues and the love pouring through me just grows bigger and deeper.” She is now studying for a Masters of Divinity at the University of British Columbia.

Gerotranscendent elders remove their “masks” as they grow into their authentic selves. They accept the mysteries of life and delete, as the late Brugh Joy put it, “the need to understand” everything. What constitutes old age is not defined: 70’s, 80’s, 90’s? A practitioner of Healing Touch, for example, has the potential to transcend spiritually before others in their age bracket because of their practice of service. Service occupies the highest place in most religious traditions.

Bernie Clarke, Healing Touch Instructor emeritus, has actively served her retirement community with Healing Touch since she and husband, John, moved there in 1996. She was highly influenced by the work



of Eric H. Erickson and his wife, Joan M. Erickson, a nurse educator who began her career in 1950. Now in her mid-eighties, Bernie is pursuing Gerotranscendence, the 9th stage of the expanded version of the Erickson's Life Cycles, as well as Wisdom and Peace of Mind, the 8th stage. "Joan Erickson," Bernie writes, "speaks of not limiting ourselves to withdrawal related to transcendence but for gerotranscendence, to rise above, regain 'lost skills, including play, activity, joy, and song and, above all, a major leap above and beyond the fear of death.'"

comes to help with my anatomy classes with his wisdom and humor, as does my school teacher mother, and my daughter. And sometimes it even feels like Janet Mentgen, the founder of Healing Touch Program, comes." Sue says that Healing Touch really helped her with prayer and afterlife considerations. "After a lifetime of being active in Protestant churches, it was through Healing Touch that I finally and truly learned how to pray and connect with the Divine. Every time I work with clients I ground, center, set the intention for the highest good (as we are taught), connecting

### *Spiritual Elders function as wisdomkeepers, evolutionary pathfinders, and pioneers in consciousness.*

Rabbi Schachter-Shalomi writes that "A major task in Spiritual Eldering involves acknowledging our fear of dying." Sharon Robbins, Executive Director of the Healing Touch Professional Association, found that the "intimate heart to heart connection was a tremendous help" during her husband's transition. "We both benefitted on many levels. I was not prepared for the depth of loss I subsequently experienced after his passing. If it had not been for my Healing Touch peers and friends who sent me long distance healings and others who gave in-person healings, I am sure that I would have sunk into the black hole of depression." She heard from many practitioners regarding their own losses and need to share their own grieving process. While many practitioners provide comfort and end of life care to others, the work on their own mortality issues often needs support. As healers, we can Spiritually Elder one another through our grief.

Sue Hovland, Founder and Director of the Anatomy for Healers Program, HTCP/I, shares that she has met several healers that have had a near death experience including the tunnel of light and this "helped me connect with family that have passed. My surgeon father

to Spirit or the Divine in a profound prayer. I get a feeling of Spirit working with me, even sometimes angels or guides." Sue believes that her experience is a common experience for most people in Healing Touch work.

People become sages, according to Schachter-Shalomi, by "undertaking the inner work that leads in stages to expanded consciousness." Those who knew her personally knew that Janet Mentgen did her inner work. Janet fit the description of a sage. She built the framework of Healing Touch into stages so that by Level 4 most participants were introducing themselves saying, "Healing Touch changed my life."

In our ego-driven Western culture, we need look no farther than the Healing Touch Program for a psycho-spiritual model of development that enables us to complete our life journey, harvest the wisdom of our years, and transmit a legacy to future generations. €





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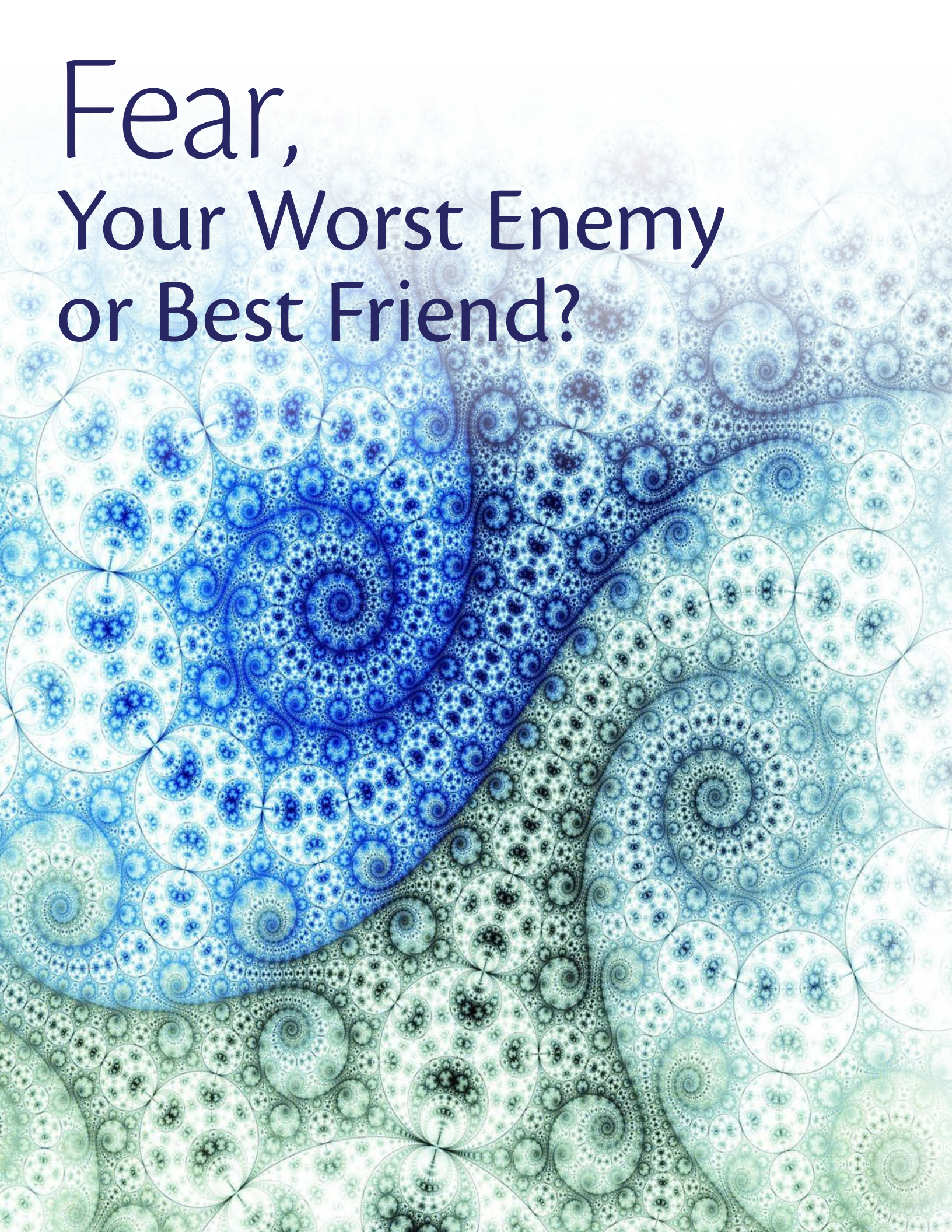


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This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.



# Fear, Your Worst Enemy or Best Friend?





Marie Manuchehri

**M**any years ago, fear was an emotion needed to navigate life's adventures. Especially when we used to hunt for prey up close and personal, armed only with a big stick. Our true comrade during these situations—the adrenal glands—released life-saving hormones that would caution us when exceptionally dangerous circumstances arose. In modern times and in a world where we now have the convenience of grocery stores, this dependence on fear has become enemy number one.

The adrenal glands house primary hormones that release little messengers into your body when you need to run like hell, dodge a bullet, etc. These literally life-saving glands sit on top of the kidneys and produce the following essential hormones: epinephrine, norepinephrine, and cortisol.

In the United States, the increasing incidence of adrenal fatigue is puzzling, in part due to our current non-threatening life style. Most of us don't need to search for nourishment, or worry about securing a partner to procreate in order to maintain the family farm. So the big question becomes: why are we so stressed and paralyzed by fear?

Maybe we're addicted to the adrenalin rush of fright? Certainly the average American's taste in television and movies would suggest so.

Or perhaps we're too comfortable, unwilling to make a healthy change when our wise inner voice provides direction? Could avoidance build stress in the body and ultimately lead to the over production of epinephrine?

Personally I feel the main culprit is the mind, and its out of control fearful thinking—mostly worse case scenarios that rarely manifest.

Whatever the reason, the adrenal glands have received a memo that modern day life is dangerous and consequently, caused debilitating immune disorders and sky rocketing obesity. For example, cortisol, a hormone also released from the adrenal glands, tells the body to hold onto fat.

The perpetual process of fear holds us back from our greatest talents and personal evolution. Most spiritualists believe fear is simply an illusion, and what we truly fear most is happiness, success, and wellness.

A few hours after my first daughter was born, I recognized that anxiety and dread had replaced exhaustion and the euphoric feelings following my healthy birth. My mind quickly began to fret about her every need. Did the nurses turn her on her side when they returned her to the nursery? Did she get enough breast milk during her last feeding? Is she crying right now? The worry took over my whole body and prevented





## Fear, Your Worst Enemy or Best Friend?

me from enjoying my family visiting and witnessing our family growing with the birth of its first grandchild. I could no longer smell the beautiful flowers filling my hospital room or feel the presence of my sister who traveled from Seattle to be at my side in Klamath Falls, Oregon. I was completely distracted. Not with joy and gratitude, but with horror that something was going to go terribly wrong with this new life I had prayed for.

A few months later, battling lethargy from sleep deprivation, coupled with the constant worry of my first child's health and wellbeing, I sat down and begged the universe to help me enjoy my life and the new beautiful being I adored. The answer to my distressed question came quickly, and calmed my nervous system like a warm shower on a freezing cold day. *This being doesn't belong to you. Although her physical body is small, her soul is vast, mature and capable of making perfect decisions for this lifetime. Your job is to simply love her, so she may freely teach you, and learn whatever she desires. You cannot harm this child. Her soul is powerful beyond anything you could imagine.*

As we reach outside of our limited perception of the universe we recognize, almost immediately, that fear remains a constant, regardless of one's circumstances. The good news is that if you can identify fearful thoughts and instead of letting them possess your every move, you can use them to guide you in a new and exciting direction. €

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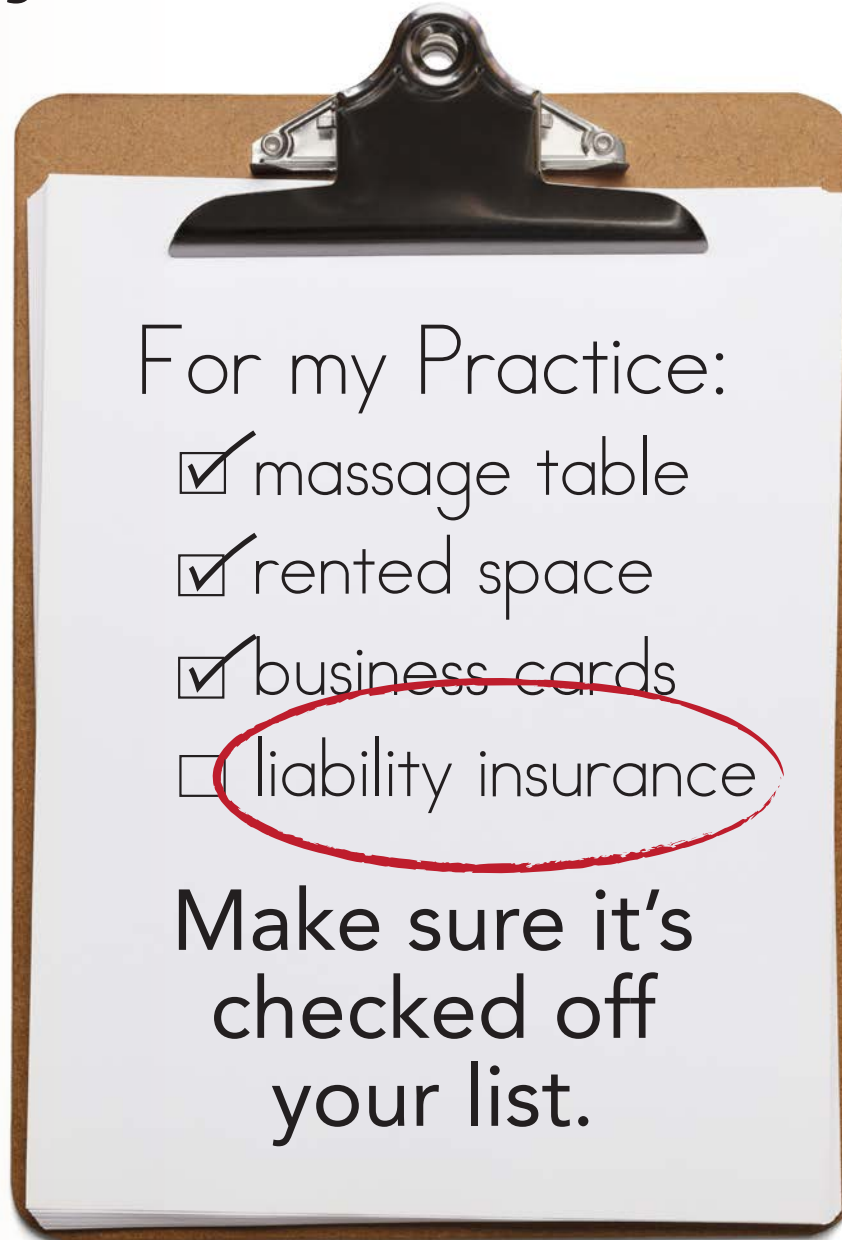
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# Liability Insurance for Energy Medicine Practitioners



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

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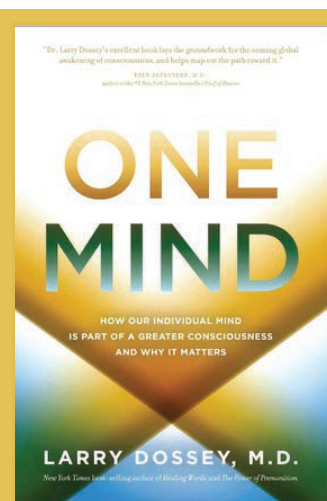
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Express your fears and pains, your joy and happiness
- 3. Mental Clearing**  
Create new habits, new ways of doing things
- 4. Sacred Space**  
Create your sacred space at home, create sacred space when you are away
- 5. Experience Silence**  
Move into quiet, meditation, Holy Silence
- 6. Holy Leisure**  
Bring balance into your life, restore yourself through leisure
- 7. Holy Relationships**  
Commit to yourself and others

from Janet Mertgens, Founder, Healing Touch Program



**7 Energy Centers**

- 1. Root - Red**  
Grounding, Abundance, Connection  
Sink deeply into this place of connection
- 2. Sacral - Orange**  
Emotions, Feelings, Boundaries  
Honor the source of emotion and life
- 3. Solar Plexus - Yellow**  
Power, Purpose, Will, Identity  
Sink into your own power
- 4. Heart - Green**  
Love, Peace, Relationship  
Open your heart
- 5. Throat - Blue**  
Speaking One's Truth  
Balance speaking and listening, aware to the truth in each situation
- 6. Brow - Indigo**  
Dreaming, Visioning, Intuition  
See, dream and visualize using your intuition
- 7. Crown - Violet White**  
Spiritual Connection, Oneness  
Honor divine inspiration and your intuition

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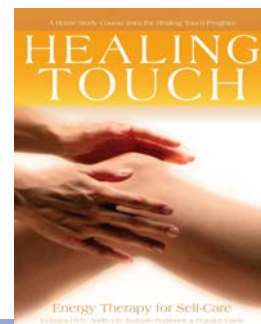
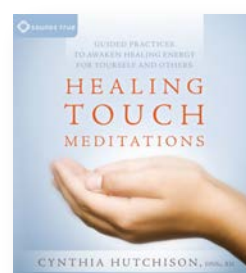
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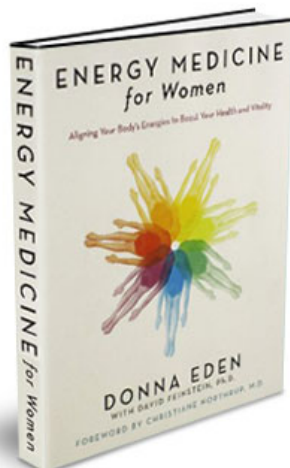
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