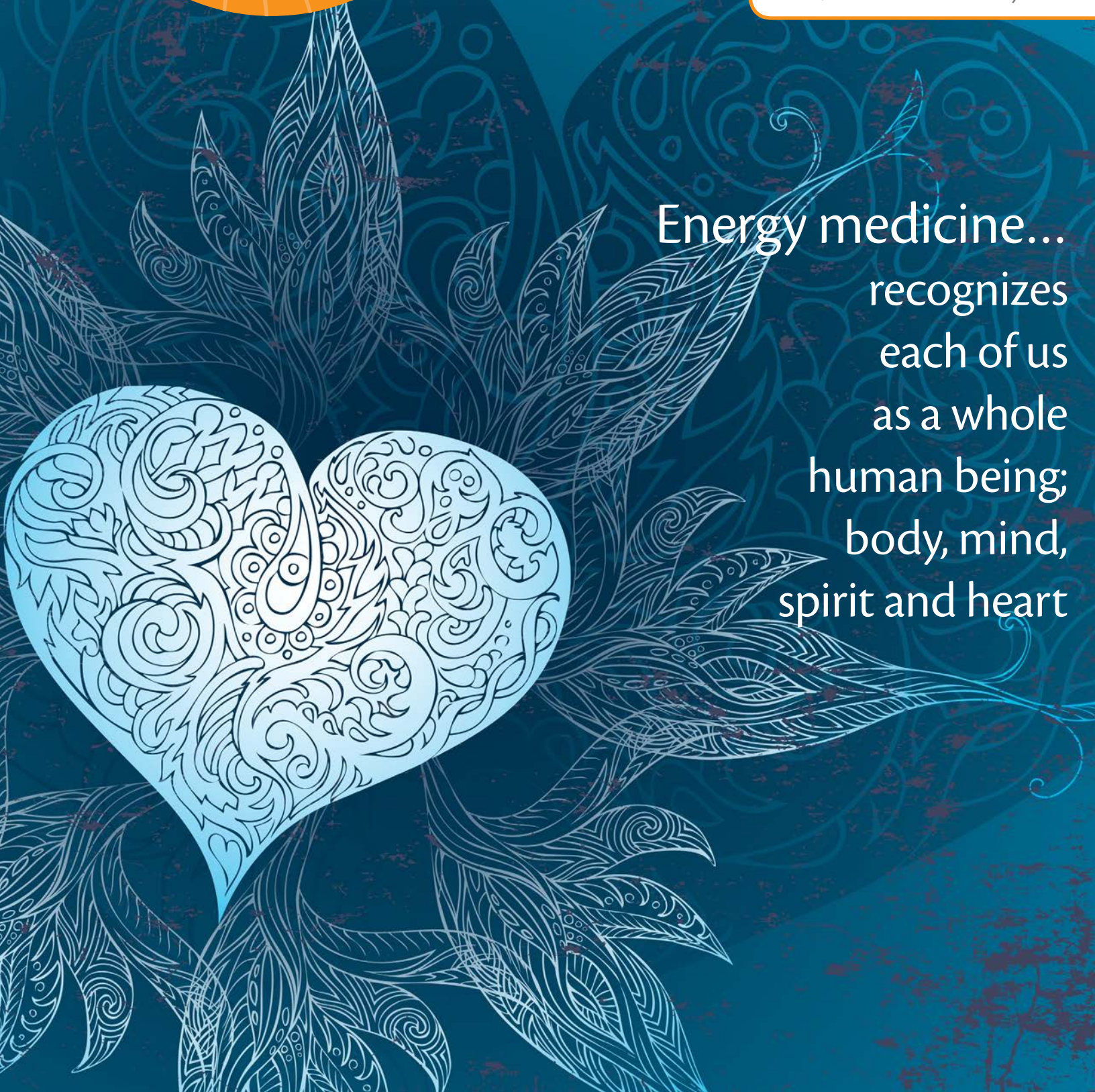


Energy magazine

Sharing Energy - Transforming the World

Nov/Dec 2012 - Issue Sixty-Four

Energy medicine...
recognizes
each of us
as a whole
human being;
body, mind,
spirit and heart





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Dear Readers,

As we launch the last issue of 2012, I look back at the significant changes the magazine has undergone and I am filled with gratefulness for all of those who have contributed to

the magazine as well as our readers. Each issue I learn something wonderful and new from our contributors. Reader feedback on our new format and layout has been overwhelmingly positive. Thank you all for your continued support.

We are sending you a very full issue with plenty of "food" for your mind and practice to read throughout the holidays. There are modalities to explore such as Holographic Memory Resolution, sound considerations and advice for your practice, thoughts about karma and the use of quantum jargon and Cyndi Dale is writing her Essential Energy column for us once again. Take time to cozy up next to the fire as the weather grows cold and read Energy Magazine.

Help spread the word, share Energy Magazine with friends, colleagues, co-workers, family and anyone who is interested in Energy Medicine. Simply forward the email announcing the current issue to others or post it on Facebook. We

have a beautiful, new Energy Magazine bookmark (pictured below) that you can pass out to friends, clients, etc. They are free to anyone through the Healing Touch Program office; we just ask that you pay shipping and handling to help keep our costs down. And don't forget about our 2013 Energy Magazine calendar - A Year of Imagination, it makes a wonderful stocking stuffer.

I send you good wishes and blessings for the Holiday Season and am looking forward to exploring the field of Energy Medicine with you in 2013.

Billy



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Contributors November/December 2012



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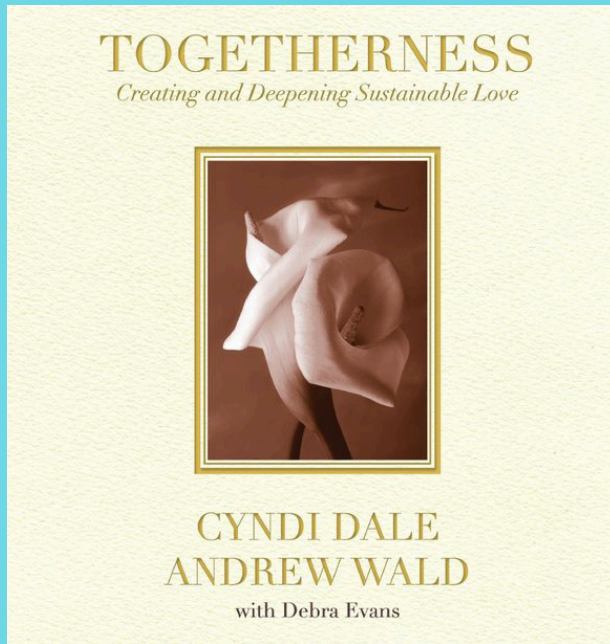
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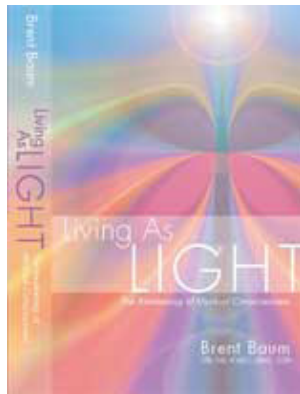
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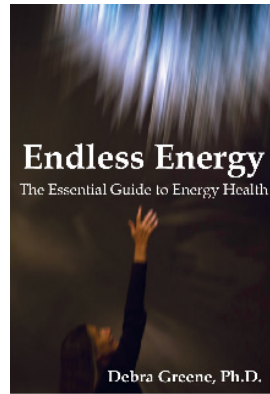
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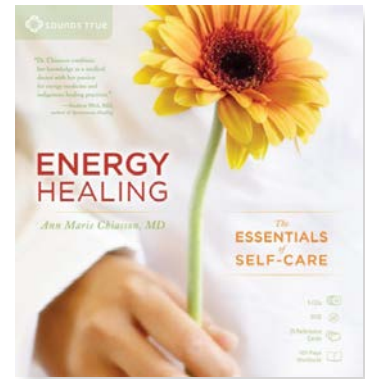


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Essential Energy

Cyndi Dale

Changing the World, One “Red Cape” At a Time

Every mom knows the power of toys, and if you are a mom of boys—and I am, action figures in particular.

If you are a boy whose height is south of five feet, you have only to hold a plastic Power Ranger, Batman, Spiderman, or Captain America to assume the same super human traits. Girls might add a Wonder Woman, Invisible Girl, or Cat Woman.

All over the world, small boys and girls everywhere aspire to fly around with red capes wearing leotards while defeating evil and performing heroic deeds. And whether their dreams are dreamed in the night or with eyes wide open, these children are convinced that they have in fact, saved the world, but for the hoping to do so.

It is innate to want to transform the world.

Sadly, the world is need of saving, and not only by action figures. It seems every corner of our universe is full of children with hungry eyes, women with wounded spirits, and men with confused identities.

We think of energy medicine as a discipline pertinent to health care alone, but it is much more than that. I believe it represents the path necessary to upgrade our fantasies of saving the world into the reality of doing so. Energy medicine is the answer to actor Kyle Chandler’s question:

What, am I supposed to run around in a little red cape and save the world?

Yes, we are—as long as the cape is emblazoned with the

phrase, “Energy Medicine.”

Energy medicine is so powerful because it is holistic. It recognizes each of us as a whole human being: body, mind, spirit, and heart. It embraces the needs of our bodies, including nourishing food, water, exercise, and sleep, yet it emphasizes the other aspects of life, such as emotion and beliefs. It is not a religion, and yet the foundation resides in the knowledge that we are unified in spirit. It is essentially a path into the heart, for humans and our four-legged companions on this planet as well.

The main cornerstone of energy medicine is interconnectedness. Alone, if wrapped inside the consciousness of isolationism, each of us is frail and ineffective. If our coffee pot fails, we can hardly change the course of a stressful morning, much less an outcome in the world. Because we are linked, however, that which we do with the intention of goodness ripples exponentially.

Energy medicine practitioners are committed to the principles that can lead this world from shadow to light. Perhaps we work on one person at a time, or lead groups, or assist our neighbors, or write long books. The “bigness” of the loving action does not matter. It is the recognition of grace through that activity that guarantees a spiral of transformation near and far.

Of course, sometimes it does take an action figure with a red cape to create a change.

About twenty years ago, I was camping in Venezuela with my oldest son, Michael, who was four at the time. We were near the Pemon Indians, a native tribe. Within a few weeks, Michael had befriended a couple of the youngsters and was running around as buck-naked as they were.

Recognizing that these youngsters had none of the luxuries of American kids, Michael gave one child the only toy he had brought on the trip -- an Ice Man action figure, with cape.

The child broke into a zillion smiles.

I am not sure whose heart or life was changed more that day by Michael’s simple gesture -- the other boy, or Michael. I know only that when we do put on our “red cape” of care and compassion - the one worn every day by energy medicine students and practitioners - the end result touches both the earth and the stars. Where else do the practical and the poet intersect so powerfully? ☺



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

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I Want to Start My Business But Not Sure How . . .

Nine times out of ten, if you ask for business start-up advice, you will be told that the best thing to do is to start with a Business Plan. Even though we know there are many successful private practice businesses that were started without a Business Plan, it is an excellent way to get clear and focused on just what you want your business to be. You can be creative: make it simple or complex and as personal as you wish.

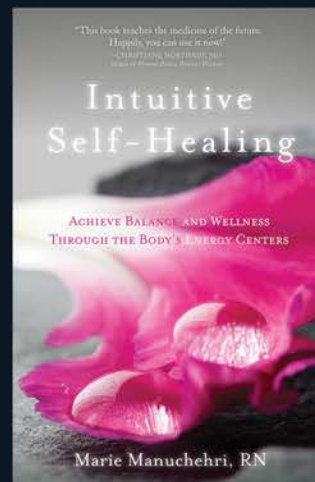
What exactly is a Business Plan? Truthfully, there is NO one way to define or create one. Business Plans are as varied as the personalities of those who produce them. The main reason to produce a Business Plan is to add definition to your Vision. Therefore, you want to be sure that you first have a Vision – see yourself in business doing what it is that you love to do. The *Plan* then becomes the map of how you are going to manifest your Vision and make it into a successful business. An important feature of this map then is that it be a “living document.” That will keep it relevant as you rethink, redesign, expand, contract, go with the flow and/or change direction entirely.

Since most of us start our businesses after some years in a career that we enjoyed at one time but is no longer one in which we want to be engaged, it is also important that we be sure that the business we manifest is one that matches our desires. That’s the beauty of a Business Plan, aka “living document” – you can meditate on it, experience how it feels when you set it aside and come back to review it, share it with your supporters (friends, peers, family), play with it, rework it, even use it to get investors and more. Also, even after years of doing business, your Business Plan can be used to maintain and/or expand your business; help you obtain expansion funding; give you a boost of inspiration and/or motivation when you need it; show you just how much progress you’ve made, help you get around barriers and even boost your confidence. For examples of Business Plans you can search on the internet or go to your neighborhood bookstore and flip through the many business start-up books that are there but then it needs to become personal.

The key component to a successful business, beyond the *Plan*, is TAKING ACTION! Just planning a business does not make a business happen. Yes, there is risk but there is also a very good chance that if you are clear about what you want your business to look like, you will be successful. You can use your *Plan* as a mirror – you will find out a lot about yourself – what makes you comfortable or uncomfortable. As healers, we have an added tool = INTUITION. As you contemplate your Vision and create your *Plan*, be sure to check-in and follow your gut – if it feels right GO FOR IT!! Enjoy the adventure and let it unfold.

Healing Touch Professional Association is dedicated to supporting all who desire to create a business and “make a living” at it. There are monthly “Live” Business Support Interviews and an extensive archive of those Interview recordings, past business articles in Energy Magazine’s archives and an active Forum Board for Members to share their business experiences. Members also have the entire HTPA Database with which to network. We also have established and continue to develop a nearly unlimited avenue for Volunteer Service through our *Community Connections*. Be sure to visit our website www.HTProfessionalAssociation.com to learn more and if you have questions about starting your business e-mail them to info@HTProfessionalAssociation.com We will be happy to help you. €

Marie Manuchehri



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Holographic Memory Resolution: *Removing Past Emotional Blocks That Limit Our Lives Now*

Bernadette Doran, BS, RMT

Being fully in the present gives us absolute personal freedom and power, but the challenge is getting there. The mind so often enslaves us, dragging us back to the past in an emotional undertow. As a result, without our conscious awareness, we create judgments based on old memories rather than having clarity about what is actually happening – so we are not really here now.

How can we release those subconscious emotions that trap us? How can we stop coloring the present with old hurts and fears that hold us back from the choices we really want to make right now?

The answer may be Holographic Memory Resolution (HMR)[®], a remarkable energy psychology modality developed by trauma resolution specialist Brent Baum. In developing this leading edge therapy, Brent spent 15 years working with more than 14,000 trauma survivors from the Oklahoma City bombing, the terrorist attack on 9/11, victims of sexual abuse, torture and more. His work with these severely traumatized people showed that HMR can efficiently, painlessly resolve emotional blocks that may be preventing the full enjoyment of a healthy, fulfilling life, even with victims of severe post-traumatic stress disorder.

Any event that completely overwhelms our ability to cope or integrate the ideas and emotions involved with that experience is a trauma. So we do not need to suffer through a horrific event like 9/11 or an earthquake to re-experience it. Often our greatest trauma comes from childhood events that set us on a lifelong trajectory without our ever realizing why.

When viewed – or re-viewed – through adult eyes, a wounding event may seem insignificant. But it not insignificant in the perception of the child, and that child-perception is what is stored in the subconscious mind.

A trauma can involve a single experience, like not being held as a child during a terrifying thunderstorm. It can be an enduring or repeating event or events, like never knowing when your father will come home drunk and hit you or your mother, or suffering repeated incest.

Our bodies have natural protective mechanisms that create an altered state of consciousness when we suffer stress and trauma, “capturing” and preserving the pain is a protective action so that we can continue to function. Painful experiences are stored in our subconscious and our body until we feel safe and ready to deal with them. But the longer we let them go, the more likely they are to create emotionally distorted ways of viewing and acting in the world, perceptions of which we are not even aware that control us and hold us back from living authentically.

In other words, our chronological age may be 48. But if we were traumatized when we were 5 years old, and those wounds were never healed, that 5-year-old is still driving the bus, controlling our choices and actions today without our knowledge or awareness. At whatever age it happens, unresolved trauma will launch us on a trajectory about which we are not at all conscious, and which limits our lives for years until



we uncover and release it.

A good example of this is my client George (not his real name), a brilliant man in his late 40s who was born with a very apparent physical deformity. He had worked as a computer systems analyst at the same company for 18 years, but when the company was bought by a larger corporation, he and many others were let go.

In other words, our chronological age may be 48. But if we were traumatized when we were 5 years old, and those wounds were never healed, that 5-year-old is still driving the bus, controlling our choices and actions today without our knowledge or awareness.

He was referred to me for therapy, and came in with a bad stutter and trembling hands. George said that those physical symptoms began once he started just thinking about looking for a new job. He would try and try to push himself to find work, but he became so anxious, fearful and nauseated, he could not bring himself to even send out a resume to anyone.

I explained that his fears were probably related to painful events that happened in the past, and through the HMR protocol, his body would lead us to the place traumatic memories were stored. We would discover what was specifically creating his anxiety and panic, and then he would have a chance to “rewrite history.”

In addition to the use of energy work and vibrational shifting through color, I explained that one of the key components of HMR is visualization. We cannot change history with HMR, but we can give our subconscious mind a different ending to any situation. When we give the subconscious mind a new picture, the subconscious mind will believe it to be real. Seeing is believing for the subconscious mind. And when the old “story” is not there anymore, the emotional pain or obsession automatically detaches.

I began the HMR protocol by placing my hand at the back of George’s neck. During HMR, clients are not hypnotized or in a trance, but the therapist runs energy into the client at the C-7 point, which Brent Baum has found to be the “gateway to the subconscious.” The client becomes deeply relaxed, allowing subconscious memories to come up easily.

Then I asked George to close his eyes and visualize a place in nature, real or imaginary, that was beautiful

and that made him feel very safe. He chose a meadow surrounded by leafy trees, and I asked what color appealed to him most in that scene. He said bright spring green.

I instructed George to move that green in through the top of his head and allow it to slowly move down through him until it stopped, and to let me know when it did. The green stopped at his stomach. I asked him to describe that place where it stopped as having a size, shape, color, texture, temperature, weight, and he said it was a huge, hot, sticky black ball.

“How old might you be the first time you feel that hot, heavy black ball in your stomach?” I asked George.

The memory immediately came up, as it always does with HMR: It was George’s first day in kindergarten, meeting all his classmates for the first time, and many of them started pointing at his deformity and laughing. I asked how that made him feel, and he said embarrassed, ashamed, wanting to run away.

“If the adult you could go back and change that situ-



ation, what would you like to see happen instead?" I asked George.

"That they did not even notice my body, or if they did, not say anything and just get to know me and like me for who I am," he said.

I asked him to visualize that in all the detail he could. "What color frame would you like to put around that much happier picture?" I asked him.

"Brown," George said, which is the color of safety in the HMR lexicon, and I asked him to move that brown through his body, especially saturating his stomach.

"Let's check in with your stomach," I said, "is that black ball the same or different?"

"It is still there, but it is smaller and not as hot," George said, and we continued this primary protocol and other HMR techniques to the end of the session. His hands had stopped trembling, his stuttering was minimal, and he said he felt much lighter.

In the following two sessions with George, all the memories that came up were about rejection and shame in new circumstances – moving to another grade school, starting high school, asking a girl on a date for the first time. He cleared "piles" of shame that had accumulated from these events – the size of the Himalayas, George said – as well as visioning different, specific outcomes for more than two dozen events that had deeply wounded him. These cumulative traumas had created a deep foundation of fear about putting himself into new circumstances – which is, of course, what job interviewing is all about, and why he was paralyzed into inaction.

After the third session, George's stutter was completely gone, he was much more composed, and said he felt much lighter and more confident, but he was still nervous about job hunting.


"Then just be gentle with yourself," I told him, "and let me know if you want to come back. Maybe we need another session."

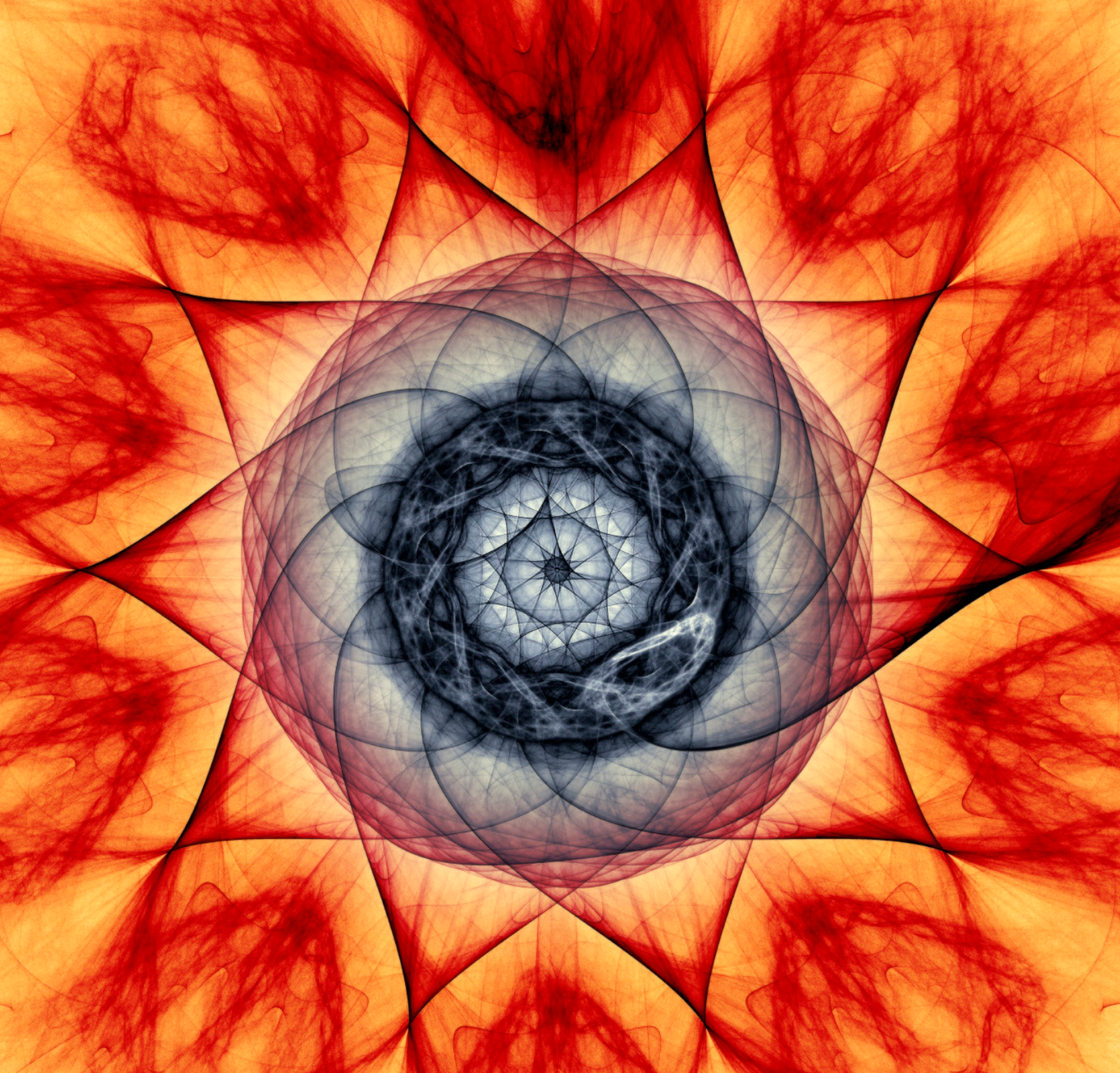
But four days later, he emailed me and said, "Nope, we are done – I just sent 60 resumes!"

George is a typical success story, and his release from the past reveals why HMR is so important. We can do all the affirmations and positive thinking we want, but that all happens at a conscious level. We are unable to move forward in a new direction unless and until we remove the subconscious roadblocks.

Why is the color work a crucial component in HMR? We are vibrational creatures, and according to Brent, when trauma occurs and embeds in our energy field, it blocks one of the frequencies of the color spectrum. During an HMR session, the subconscious mind intuitively seems to know what is missing, and often a client will say something like, "Normally, I hate charreuse, but that is what I feel I want to use." By using the color as a frame for the new ending and by moving it through the energy field, the missing frequency is restored in the client, and the change is effectively "sealed" in.

The implications of healing through HMR are profound. "In coming out of the inhibiting altered states of consciousness induced through trauma," Brent Baum writes in his book *Living as Light: The Awakening of Mystical Consciousness*, "we move into a new era where we are the conscious creators of our lives, our bodies, marriages, occupations and communities, rather than its victims."

Equilibrium Energy + Education is the national training center for Holographic Memory Resolution. For upcoming workshop dates, please go to www.equilibrium-e3.com, click on CLASSES in the upper left hand corner, and a new window will open with class listings. To find a Holographic Memory Resolution practitioner, go to www.healingdimensions.com/welcome.htm and click on Practitioners." 



Uses and Misuses of Quantum Jargon

Robert Jahn and Brenda Dunne

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Many people involved in frontier areas of scientific study display a tendency to invoke the nomenclature of quantum mechanics to bolster their scholarly credibility with both the public and mainstream academia. While such strategies can be effective for clarification of subtle concepts, and may be useful ways of emphasizing the need for alternative perspectives of reality, carried to excess they can easily become counterproductive and should be deployed cautiously. First of all, there is an understandable, if not totally legitimate, recalcitrance of the “exact science” communities to surrender their proprietary quantum conceptualizations and classifications to what they regard as less precise and rigorous sectors, especially when such appropriations are blatantly shallow, if not totally incorrect. In our ongoing struggle for development of a broader conceptual framework capable of accommodating the subjective dimensions of reality, such naïve representations tend to be more offensive than persuasive. But beyond this, they also tend to obscure the important fact that quantum mechanics, like any theoretical structure, is itself an essentially metaphorical technique for formalizing and communicating objective representations of subjective observations and interpretations of experimental data. As Albert Einstein so aptly put it:

Concepts which have proved to be useful in ordering things easily acquire such an authority over us that we forget their human origin and accept them as invariable.¹... The system of concepts is a creation of man together with the rules of syntax, which constitute the structure of the conceptual systems.... All concepts, even those which are closest to experience, are from the point of view of logic freely chosen conventions...²

Early in the course of our Princeton Engineering Anomalies Research program, we too were struck by certain common features appearing both in our empirical observations of consciousness-correlated

anomalous physical phenomena and in various theoretical aspects of quantum science, that lent themselves to useful metaphorical associations. Subsequently we attempted to verbalize these analogies in a sequence of such metaphorical propositions as “consciousness atoms,” “consciousness molecules,” and “consciousness resonant bonds,” along with “consciousness uncertainty, complementarity, exclusion, and indistinguishability principles” that we had unabashedly appropriated from their Bohr/Schrödinger/Heisenberg physical counterparts. Wave/particle complementarities likewise were invoked to help conceptualize certain wave-like features of consciousness experience and behavior that had appeared in our empirical observations. Unfortunately, many readers misconstrued these metaphorical representations as literal descriptions of the activity of consciousness being derived from physical quantum processes, rather than as a set of “concepts which have proved to be useful in ordering things.”

Over prior and ensuing years, scholars of various other backgrounds and insights also have proposed quantum mechanical treatments of consciousness mechanics, using an assortment of mathematical formalisms and figurative illustrations that have reflected their personal theoretical backgrounds and skills. In fact, many of the patriarchs of early quantum theory themselves had, individually and collectively, pondered the relevance to mind/matter issues, but largely deferred any attempts at resolution thereof pending the acquisition of more comprehensive and reliable empirical data.^{3,4}

More recently, however, the popularity of quantum analogies for modeling all manner of anomalous phenomena has been penetrating much further into the communities currently addressing the assessment, comprehension, and utilization of a much broader range of consciousness-related topics. Not only does this trend further alienate quantum physicists, but it adds the unfortunate effect of promulgating implicit



assumptions that limit the effects under study to strictly physical interpretations, thereby precluding options for more profound ways of thinking. In our view, this proliferation of quantum logic and jargon is now becoming intellectually and pragmatically unproductive, and should be utilized more astutely lest it deteriorate into simplistic mantras and slogans that obfuscate attempts to develop more seaworthy models of the fundamental processes underlying the consciousness dynamics in play.

Fascinating as our consciousness-correlated anomalies may be in their own right, their higher intellectual value lies in the hints they provide regarding the broader experiences of consciousness, per se, and of the inadequacies and outright errors that persist in our prevailing attempts to construct incisive models thereof. Titillating coffee table conversations invoking “quantum leaps” or “collapsing wave functions” do not greatly advance our comprehension of the full sweep of the capabilities of the human mind. To pursue that epistemological challenge, rather than resorting to some metaphorical re-fry of sexy quantum concepts and language, we need rather to develop a fresh lexicon of scientific conceptualization that can capture and advance the deeper essence of our most precious and powerful capacities for information acquisition, processing, and utilization. Most notably, we need to extend the sweep of scientific methodology to embrace the subjective, as well as, the objective dimensions of human experience. This caution by no means needs to exclude the use of aptly selected metaphors, but it does enjoin us to recognize them as such and to realize that even they cannot convey the deeper ontological aspects of reality. Rather, like all other theoretical tools, they are attempting merely to share useful representations of how human consciousness perceives reality, and indeed in some sense, participates in its very creation and organization. This is no playground for naïve or sloppy language or thought; it is very sacred scientific terrain. €

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Releasing the Ties That Bind

Debra Green, Ph.D.

Did you know there is now a karma app for your smart phone? While waiting for my computer to pull up the app's website, my mind was going wild with wonder. Would it track my actions and tell me whether I was creating good or bad karma? Would it post the results on Facebook for all the world to see? Or would it scan my emails and automatically reply with karma warnings to the senders of spam? Maybe it would track my web surfing and suggest ways to counteract the negative karma I had created by ignoring all those pleas for donations to worthy causes? No, it was a big disappointment. It is basically a gift-shopping app. I am left to deal with my karma on my own.

The question arises: What, exactly, is karma? How does it get created? Is there such a thing as bad karma or good karma? If so, is there anything I can do to transform bad karma? Can I escape karma? What does karma affect? To answer these questions we must dive deeply into Eastern philosophies, the esoteric teachings, and the cosmology of subtle energies.

What is Karma?

Karma refers to the universal law of cause and effect. Another way of putting it is that actions have consequences, we reap what we sow, or, as many people are fond of saying, what goes around comes around. These are different ways of describing the Law of Karma. And karma is the law. As long as we are incarnated on planet Earth we are subject to the law of cause and effect.

Probably the most important thing to understand about karma is that it is not fixed -- it is a process. Karma represents a mode of learning. We can understand it by likening it to playing a game of cards. You are dealt a hand of cards, that much is predetermined, but how you play that hand throughout the game is completely up to you. The choices you make in that process have consequences, and by acknowledging the consequences learning can take place.

Karma is sometimes misunderstood and thought to be about punishment, but it has nothing to do with punishment. It has only to do with choices and consequences. If, however, I forget the choices I have made,

or if I do not want to take responsibility for them (think blame or denial), I can perceive karma as punishment even when it is not. For example, if I go out tonight and drink a bottle of wine, I will have a nasty hangover tomorrow morning. The hangover is not a punishment, it is just the natural consequence of my actions. Good actions beget good consequences, bad actions beget bad consequences.

This sounds relatively simple, but things get a bit more complicated when we consider that we have been amassing consequences of our actions on all levels--physical, emotional, mental and spiritual--and that we have been doing this for many lifetimes. This results in three types of karma: latent karma, open karma, and new karma.

Latent Karma

The karma that gets created and accumulated over the course of our many incarnations is called latent karma. It is recorded and stored in our permanent atoms, or Akashic Records, that act as a massive motherboard tracking every minutia of our experience. Every thought we think, every emotion we feel, every action we initiate, all are tracked and stored for the purposes of karma.

Latent karma is like a backpack full of old experiences that we come in with, and that we carry around with us from incarnation to incarnation. When something from that "backpack" gets activated in our current lifetime, the karma moves from a latent phase to that of open karma; it comes out of the "backpack" into the open. This can happen, say, when we encounter a person from a previous incarnation with whom we have issues. Usually this is someone who pushes our buttons. In other words, when we experience an intense emotional reaction to a person this indicates a high probability of a karmic connection, a connection from the past. We can also have karmic connections with groups of people.

Connections from the past can be helpful or hindering. If we meet an ally from the past, the connection can feel exciting and dynamic, with a sense of recognition and instant ease. These people can assist us, and we them, in many ways that are mutually beneficial. Other,



more challenging, connections can take the form of karmic bonds, people who trigger us and with whom we feel bound and stuck in difficult behavior patterns.

Open Karma

Open karma is karma that has been activated or triggered by the events of our current incarnation. Each lifetime our latent karma in our “backpack” acts as an energetic magnet to pull us toward the people with whom we have karmic bonds. We are given

Some of us fear karmic consequences and so we tend not to take action, trying to play it safe. But untold karma has been created by not taking action in those situations that called for action. We create just as much karma through inaction as we do by taking the wrong action. Sometimes inaction may be even more detrimental because it can prolong karmic bonds. There are ways to resolve karma but they involve taking action. Oftentimes the necessary action may consist of changing something inside of us.

Karma refers to the universal law of cause and effect. Another way of putting it is that actions have consequences, we reap what we sow, or, as many people are fond of saying, what goes around comes around.

many opportunities to encounter these people again and again in order to learn the lessons, transform the karma, and break free. When those kinds of encounters take place the latent karma becomes open karma, and the opportunity is ripe for us to deal with the person in an effort to make things right.

Typically, when a karmic bond is involved, it takes considerable effort to make things right. The bond creates an energetic “path of least resistance” that predisposes us to behaving in the same way that created the bond in the first place. When dealing with people who challenge us we need to be on the lookout for these lines of least resistance. We need to consciously make choices that break the bond and resist the energetic pull to stay stuck in predictable behavior patterns. The more we reinforce the difficult dynamic -- the more new karma we create.

New Karma

New karma refers to the karma we potentially create in each and every moment of our current incarnation. How people treat you is their karma; how you react is yours, says Wayne Dyer. Every moment is an opportunity to transform open karma or to create new karma. We do this by the choices we make, by the thoughts we think, the emotions we feel, and the actions we take -- or refuse to take.

How to Transform Karma

The best way to transform karma is to learn the lessons that the challenging karmic experiences are designed to teach us. These lessons are as unique, varied, and complex as life itself. So, no easy answers. We cannot escape our individual karma. But we can accelerate our learning and enact interventions to ease the stress of karmic consequences. Eventually, it is possible to complete karmic lessons by living in accordance with universal laws. These are laws such as the Law of Love, which requires sensitivity and responsiveness to the needs of all Life--including the needs of your own True Self.

Negative karma from the past can be softened, to a certain degree, by acts of goodwill. But there is a catch. Because karma is registered on all levels—physical, emotional, mental and spiritual—we cannot simply go through the motions. In order to have the energetic composition required to soften karma, our good deeds must be whole-hearted and authentic. This is easier said than done. It requires keeping your internal environment clean, so to speak, or doing the inner work necessary to bring all aspects into alignment with your current conscious choice. It requires internal coherence and being as fully present as possible on all levels. This is much of what I facilitate in my Inner Clarity (IC) phone sessions.



Another way to assist in the speedy resolution of karma is by utilizing the Golden Light of Grace. Grace represents a higher order and its golden Light can be invoked as a force to help bring order from higher planes and apply them to current conditions. Grace provides an intervention that can aid in resolving karmic consequences.

When you suspect karma is at play, you can invoke the Golden Light of Grace to assist. To do this, invoke it by name, visualize it, sense it, and bathe in this Light, allowing yourself to be filled with it, and surrounded by it. The golden color is to be visualized as a radiatory light, such as that found in a rainbow, not an opaque color. Also, when you encounter a challenging situation you can visualize the people involved while holding them in the Golden Light of Grace. Then be prepared for a release of the ties that bind as the Law of Grace is an evolutionary force that trumps the Law of Karma and opens possibilities for newfound freedom. €

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One is Enough!

Carol Komitor, CMT, HTCP, HTCI, CHBMT, ESMT
Founder, Healing Touch for Animals



The bright blue sutures along the left side of his face provided a neon sign that shouted, “Look at me!” The cat was dropped off at the shelter with a severe injury to his left eye and damage to his left front leg, after being hit by a car. Unable to save the eye, the shelter veterinarians removed the eye surgically. The cat was ready for adoption.

I adopted this handsome, orange, bulls-eye tabby, after a business meeting with my local shelter. Those very visible sutures opposite his right eye gave indication of his recent enucleation, but his spirit and willingness to connect to a human was remarkable. He engaged with everyone that walked by, but there was an instant bond between us. I was not intimidated by the loss of his eye and could see through the sutures to find his sweet and engaging personality. It seemed as if “Patch”, (named for my love of quilting and the obvious handy-work to his eye) was waiting for me.

I knew my Healing Touch for Animals® (HTA) skills would help Patch through his healing process and allow him to integrate easily into his forever new home. I was delighted to bring him in as a wonderful addition to my family and office environment.

When Patch first arrived home, he spent a couple days in a small room behind closed doors, to get acquainted. The barrier gave him and his new brother, Truman, time to become fast friends and to get used to the noises and activity of my home.

Patch received daily HTA sessions along with the application of essential oils, until he healed. Both provided him physical comfort from the pain at the surgical site and to his left shoulder and elbow, which were also injured during his accident. The enucleation healed quickly and he easily made his way around new surroundings. Patch quickly became a valued member of the household.

I was delighted by Patch’s response to the essential oils during his HTA sessions. I used several essential oils throughout his healing process, but three were the most helpful. The therapeutic grade essential oil, Copaiba, provided comfort from pain as it reduced the inflammation around the eye socket and the muscles and joints of his left leg. His right eye relaxed more, as if it were complaining about discomfort from the missing eye. His limp also became less and less as the days progressed. Then, Peace and Calming® and Basil essential oils allowed Patch emotional comfort to help him find a sense of belonging in his new environment. Each time I stroked him with the essential oils and then balanced his energy system with HTA techniques, he settled and connected with me more deeply. I was ecstatic! He was on the road to recovery.

Traditional veterinary care gave Patch the critical care necessary to establish his survival. Healing Touch for Animals® and the essential oils provided a path for him to thrive. Together, this cooperative model of animal healthcare offered Patch wholeness.

As for his amazing story, Patch’s vision is perfect, confirming that, “One is Enough.” €

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Essential Oils and Your Energy Medicine Practice

Carol Komitor, CMT, HTCP, HTCI, CHBMT, ESMT

Founder, Healing Touch for Animals



I have found essential oils to be a fantastic tool to add to my healing practice and offer the oils to my clients receiving Healing Touch™ or Healing Touch for Animals®. Each essential oil brings its own unique healing properties and can help the body, mind and spirit to reach its own desired healing. Our very effective energy medicine techniques along with the essential oils, often provide the edge needed during the healing process.

Animals require far less application of essential oils due to their expanded energy system. The animal's sensitivity and greater awareness of everything around them provides an avenue for the essential oils to move easily through their physical bodies and energy systems that supports them. They accept the natural healing properties found in the essential oils and allow healing to take place. For example, one to three drops of an essential oil is all that is needed for a large horse suffering from a strained muscle. A human, on the other hand, might need five to ten drops for the same type of injury.

I began using quality essential oils in 1993 and used only one essential oil for more than a year before I tried another. I continued to notice the value of each essential oil I tried and witnessed the healing properties of the essential oils, as they provided comfort for myself and my clients.

The awareness of using quality essential oils became quite apparent when I purchased lesser expensive oils. Soon, I realized the essential oils bought at the local health food store did not offer the therapeutic effects I desired.

I went back to using only Young Living's quality essential oils. The difference was remarkable. The sense of well-being, healing and the enhanced stabilization of the energy system made me a true believer in the use of quality essential oils.

The use of high quality essential oils helped my beloved cat become a vital member of my family. Patch agrees. He and Truman, my other cat (pictured below), come running, asking for a "sniff" or application to their backs, when I use the essential oils for myself. €

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Integrating Your Energy Healing Practice with Modern Medicine

Michael Rocheford, Co-founder Healing Crucible™



I have been working with energy and Angels my whole life. Seven years ago, when I first started openly working with my Angels, they told me that we were going to be working with modern medicine. The picture they showed me was of people around the world looking at energy practices as mainstream. Many of you have received the same message, probably years before me.

Over the years, the Angels have continued to show me that when we work hand in hand with modern medicine we can provide better outcomes for our clients. The explanation is simple. If you look at modern medicine, you will see they have an array of tools to help their patients, including medicines, machines and procedures. They generally know the expected outcome of their methods from their prior experiences dealing with different illnesses. As energy workers, we work in a different way to help. We are seeing that when we mix modern medicine's tools with our energy tools, the outcomes change. Time and again, I have seen that it works for a better result when we work together.

When I began to meet other energy practitioners, I realized that not all of them looked at it the same way. There has been a fear of crossing some imaginary boundary where we were on one side and the doctors and modern medicine were on the other. It is as if working together will take something away from either "side." I have a friend who is a doctor and I tell him about what we are doing and what I have been shown. Then he tells me how he sees it fitting into his world which has helped me understand a lot. I have found more joy in building bridges than in trying to build walls.

When we started to work with fibromyalgia clients at our Wellness Center using Cleansing Flow™, our cellular based energy therapy, we realized some of them

needed help dealing with deeply-ingrained emotions. We decided to partner with therapists who could help our clients. At first the therapists did not know what to expect from us. After a while they understood how much we helped clients with their physical pain - how we added value to their lives. As we developed trust and a good working relationship, the therapists noticed that our work was somehow helping them with their work with these clients. One of the ways we help them is by energetically "opening" clients so they can talk about their issues more freely. When we do a Cleansing Flow™ session before a client's therapy session it seems to bring issues to the surface more rapidly, so the therapists can start working on real issues much sooner. By working together and being open to how we could help each other, we found common ground. That is how it starts, by one side reaching out.

We have also had it happen the other way – someone from the medical side reached out to us. We had been helping clients deal with the side effects of chemotherapy. We found that when we adapted our basic Cleansing Flow™ session to add other techniques shown to us by the Angels, it really helped cancer clients with nausea, pain and other side effects. This was a really big deal for our clients because it allowed them to attend to their normal activities - working, shopping, playing with the grandchildren – instead of feeling sick and out of energy. One day, one of our clients told us her oncologist would like to have some of our business cards. When we asked why, we were told that he and his office had seen the way we helped with pain and nausea issues and they wanted to know more. We had not consciously set out to partner with oncologists. We were just doing our work, helping clients with their health. When we got in touch with the doctor's office, we did not need to do anything more than listen to how they saw us working together. It started a dialogue



between us that we are now building upon. Just by keeping the doors open, in walked another opportunity for working together.

As these doors of opportunity have opened, the Angels have shown us new ways to expand our knowledge. They are showing us how to put our toolbox or “crucible” of techniques together in ways that are more specific for certain diseases. Revealing to us how to approach things like autoimmune diseases and

I tell my students, “Do not worry about how other people look at what you do, just do your job and have confidence in the fact that you are part of the change.”


cancer as a complete program, from start to finish. They are helping us not only in the context of energy healing techniques, but also in how to integrate with modern medicine. As we learn new ways to use these energy techniques in specific client wellness programs, we are teaching them in Cleansing Flow™ workshops for experienced energy practitioners. We are expanding our reach by teaching our techniques – and collaboration.

I tell my students, “Do not worry about how other people look at what you do, just do your job and have confidence in the fact that you are part of the change.” I can see the effect that it is having in my small part of the world. My vision is that if we all do our part and work together we can *transform the world through energy healing.* ☺

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Legal Issues in the Practice of Energy Therapies

Reduce Your Potential Liability & Empower Your Practice with Essential Risk Management Strategies

Midge Murphy, JD, PhD (energy medicine)
Professional Liability Risk Management Consultant - Ethics & Legal Principles in Energy Therapies
Energy Healing Practitioner

Healing Touch Professional Association brings you this practice and business support article written by Midge Murphy. As we continue to bring Healing Touch and other Energy Therapies into “main-stream,” we also increase our exposure to main-stream legal regulations. Our intention is to keep you informed. We hope you will agree with how Midge puts it: *“Many energy healing practitioners do not want to deal with the legal aspects of their practices. What I’ve experienced is that once legal issues are addressed and appropriate risk management tools are put into place, the practitioner moves from a place of resistance and fear to one of empowerment.”*

The purpose of this article is to identify the legal issues that affect both licensed and non-licensed practitioners who use energy therapies or techniques (ET) with clients and to provide risk management strategies that can be implemented to reduce the legal vulnerabilities inherent in using innovative energy healing methods with clients. I’ll cover 3 basic areas: licensure and scope of practice; informed consent agreements & liability insurance; marketing your ET practice.

Since ET methods are still considered experimental by the mainstream health care industry, the legal system, licensing boards, and regulatory agencies, all practitioners who incorporate ET methods face significant

legal risks. Like it or not...we all must operate within the current legal and regulatory framework that governs the delivery of health care in this country. ET methods fall under the umbrella of complementary and alternative medicine (CAM) and therefore, are considered complementary or alternative to the healing arts that are licensed in the United States. Please keep in mind the information contained in this article is not intended to create fear but to broaden your knowledge base and empower you as a healing arts practitioner.

Licensure and Scope of Practice

ET methods are multi-disciplinary and are being used by many different types of healing professionals. Traditional licensed health care providers who are licensed in every state, such as psychologists, physicians, social workers, chiropractors, and nurses are now incorporating ET methods into their respective practices. Professionals using ET methods also include practitioners who are licensed in some states but not in others, such as naturopaths, acupuncturists, and massage therapists. There is a third group of practitioners using ET methods that are currently not subject to licensure, which includes shamans, coaches, energy medicine/psychology practitioners, herbalists, Reiki, Healing Touch, and Therapeutic Touch practitioners, medical intuitives, etc.



It's important to know that under the Tenth Amendment to the U.S. Constitution, states have the right to regulate matters of health, safety and welfare affecting citizens, including licensing professions that provide services to the public such as physicians, psychologists, and attorneys. As much as these licensing laws may appear to be unfair, overbearing, and restrictive to some energy oriented practitioners, there is a reasonable basis for why things are the way they are...we can all agree that the safety and welfare of our clients is paramount.

scope of practice as it was taught to them during their training without realizing that scope of practice ultimately is legally defined. So while a practitioner is competently practicing the ET method as it was taught to him/her, the practitioner could still be in violation of the law. Even in those states that have enacted health care freedom legislation which can reduce potential legal liability from practicing a licensed profession, non-licensed practitioners must tread carefully in how they conduct their practices.

To protect your practice know, understand, and be in compliance with the laws and regulations that apply to you and your practice. Each state is different.

Licensed providers must comply with the laws and regulations in their state which regulate their profession. By practicing innovative ET methods, a licensed practitioner may be subject to professional discipline. Also practicing innovative and unsubstantiated therapies can legally be determined to be per se malpractice. A licensing board could take the position that a physician who uses ET methods is practicing below the standards of practice or outside his/her legally defined scope of practice. This is considered unprofessional behavior and could lead to probation, suspension, or revocation of the physician's license. Some states have a law that protects physicians from professional discipline for using CAM methods so long as the physician can demonstrate training and competency in the CAM methods he/she uses and has the client sign an informed consent agreement for the CAM methods offered by the physician.

A non-licensed practitioner is not subject to professional discipline by a licensing board. However, a non-licensed practitioner is exposed to the claim of practicing a profession without a license and could be charged with a crime. Many non-licensed healing practitioners mistakenly believe they are safe from prosecution because they are practicing within their

RISK MANAGEMENT STRATEGIES

- To protect your practice know, understand, and be in compliance with the laws and regulations that apply to you and your practice. Each state is different.
- Seek professional advice from an attorney or risk management consultant.
- Be a member of a national organization which has a certification program, standards of practice, and an ethics code such as Healing Touch Program's Healing Touch Professional Association if you are a Healing Touch practitioner.
- Get training in the ethical and legal principles that govern healing arts practitioners
- If you are a licensed professional make sure you can demonstrate to your licensing board that you have significant training and are competent in the ET methods you use. A weekend workshop or attending a conference will not suffice. Certification or evidence of completion of a comprehensive training program is essential.
- If you are an unlicensed practitioner make sure you can demonstrate that you have had significant training and are competent in the ET methods you use. A weekend workshop or



attending a conference will not suffice.

Certification or evidence of completion of a comprehensive training program is essential.

- Do not get ordained over the internet by filling out a form and paying a nominal fee. It's a myth that being ordained in this manner provides any protection from legal liability!

Informed Consent Agreements & Liability Insurance

A core psychological concept of ethics in the helping professions is that the relationship is always client-centered. An ongoing robust informed consent process is essential for maintaining a client-centered practice. It is also the cornerstone for building rapport and trust with your clients. Informed consent for services is also a legal procedure to ensure that a client is competent and has voluntarily agreed to engage the services of the helping professional. 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.

Some states have laws requiring a practitioner to obtain a signed informed consent agreement from each client which contains specific language. In addition, insurance companies may require a release of liability clause be included in a written informed consent document in order for the practitioner to obtain professional liability insurance. Failure to obtain written client informed consent agreement can lead to claims of malpractice, negligence, misrepresentation, or other legal claims. In addition most ethics codes require informed consent agreements.

As a general rule, all licensed health care professionals are required to purchase liability insurance in order to obtain and maintain their licenses. This type of insurance protects both the caregiver and the client and is an essential risk management tool. Licensed providers are accustomed to budgeting for liability insurance as part of the cost of doing business. Historically insur-

ance companies who offer coverage to health care professionals will not cover ET methods. This lack of coverage resulted in licensed health care providers hesitant to offer ET methods to patients...without liability insurance the risks are too great. In the past it was not possible for non-licensed ET practitioners to purchase professional liability insurance. Fortunately, coverage is now possible for both licensed and non-licensed practitioners of ET methods. Several organizations such as Healing Touch Professional Association (HTPA) and the Association for Comprehensive Energy Psychology (ACEP) offer professional liability insurance to their members at a reasonable cost. Because there are a number of ET methods it's important to make sure the insurance you purchase covers your particular ET method(s).

RISK MANAGEMENT STRATEGIES

- To protect your practice know, understand, and be in compliance with the laws and regulations in your state regarding informed consent agreements
- Seek professional advice in creating your client informed consent agreement. It should be written and designed specifically for your practice. You are unique!
- Do not use a generic form, get it out of a book, or borrow a client informed consent agreement from another practitioner. It will not legally protect you!
- To protect your practice purchase Professional Liability Insurance

Marketing Your ET Practice - Websites

There are a number of ways that both licensed and non-licensed practitioners of energy therapies can find themselves in costly and debilitating legal dilemmas because of the title they use, how they describe their services, and what is published on their websites. Most practitioners using innovative energy-based techniques are not aware of the various legal issues that impact and govern their ability to represent themselves to the public via their websites. There are actual cases where complaints have been filed



by various licensing boards against energy-oriented practitioners not because a formal complaint was received by the board from a client but solely because of the content of their websites. The result was these practitioners had to close their practices after spending thousands of dollars in legal fees to answer the complaint and defend themselves because they were unknowingly in violation of their state's laws applicable to licensed health care providers. Many energy healing practitioners could unknowingly be in violation of their state laws, including their medical and/or psychological practice acts by using a protected title or describing their services which sends up a red flag to a licensing board. Please be aware that state licensing boards are routinely looking at websites and targeting those that are in violation of the law. This applies to both licensed and non-licensed practitioners and covers all professional health care practitioners.

In addition to licensing boards, ET practitioners also could unknowingly be in violation of Federal Trade Commission (FTC) regulations promulgated to prevent fraud, deception, and misleading and unfair business practices in the marketplace. The FTC pays closest attention to ads and websites that make claims about health and safety and has put together a task force to review websites offering health care products or services that make questionable claims of curative ability; are exaggerated, or unproven. The FTC is specifically targeting "newly discovered" therapies that claim to help cure a wide range of ailments. Practitioners can significantly reduce their risk of having a run-in with a licensing board or receiving a complaint from the FTC by conducting a risk management audit of their website and other marketing materials.


RISK MANAGEMENT STRATEGIES

- To protect your practice know, understand, and be in compliance with the laws and regulations in your state regarding use of titles and description of services.
- Conduct a risk management audit of your practice, including your website and other marketing materials.

- Seek professional advice in creating a legal disclaimer for your website. Every website needs one. It should be written specifically for the content of your website.
- Do not use a generic form, get it out of a book, or borrow a disclaimer from another website. It will not legally protect you!
- Follow FTC rules and regulations regarding advertising - especially testimonials

In Conclusion

The good news is that energy-oriented practitioners are helping clients heal and are making a significant contribution to the health care field. ET methods are becoming better known which also means the authorities are beginning to take notice. Along with this success comes the concurrent responsibility to make sure you are conducting yourself in an ethical manner and are in compliance with applicable laws and regulations. While we love doing our healing work with clients and tend to focus on that aspect of our practice, it's important to remember your practice is a business. So the cost of doing business not only includes getting training but also having solid business practices in place and implementing risk management strategies to protect and empower your practice and honor your clients.

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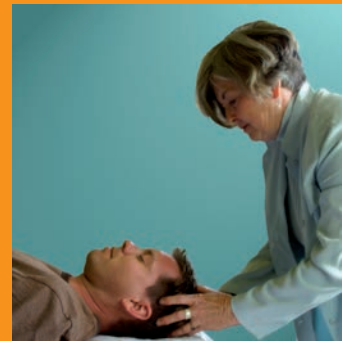
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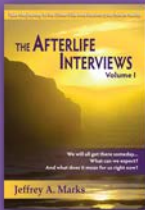
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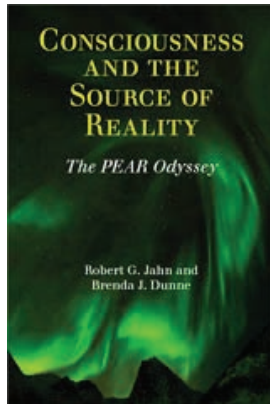
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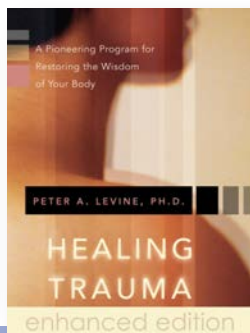
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