



Energy

magazine

Sharing Energy - Transforming the World

Nov/Dec 2013 - Issue Seventy





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Dear Readers,

As the Holiday Season approaches life always seems to become busier. There are school functions to attend, friends to visit, shopping, meals to prepare and holiday plans to be made. In the midst of all of the business it is important to take time for oneself and to remember what this season is - a time for

sharing, giving thanks and love. Love of one's self is as important as the love for others and may be the hardest for some of us to administer.

This issue offers pieces of wisdom for slowing down and making each moment better, ways to take care of ourselves, information on providing service to our returning veterans as opportunities for giving thanks and sharing love, and using the spiral as a contemplative journey. These thoughtful pieces will complement our lives during this season.

I've often heard from practitioners that the holiday season brings with it an increased number of clients. There are many at this time who are in need of therapeutic "touch," be it of the mind, body or spirit, and that extra dose of loving consideration. Included in this issue are supportive articles on ethics and the therapeutic use of self that provide useful tools for the practitioner.

Be sure to check the Marketplace section, where you may find that special gift for yourself or a loved one, and Connections to consider classes and events that feed your practice and well-being.

Energy Magazine's November/December issue is the last one of the year and I want to take this opportunity to thank you for your continued interest and support. I wish each of you a peaceful, blessed and love filled Holiday Season.

With Love and Blessings,

Billy



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Contributors November/December 2013



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.



Laura Pennington is a PhD student in Public Policy with research presented at 5 international conferences and published work. Laura has a master's and bachelor's degree in politics, several years of marketing experience working in an insurance brokerage, and experience teaching in inner city Baltimore.



Kim McCrimmon, B.A., M.E.des. is a blogger from Canada who writes about becoming Unbusy On Purpose. She has a Masters degree in Environmental Design, and after a career promoting sustainability, she turned her sights inward. Now 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.



Margaret Nies has a deep love of animals, particularly her big dog Lima, and also for being outdoors in nature. She is an avid hiker and on most every day you will find her on a trail with Lima. With a wide range of professional experience in holistic health and corporate settings, including marketing, sales, customer service, accounting and high level project management, Margaret brings breadth and depth to her position as Project Manager for Healing Touch Program.



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



The Light of Love

- by Daniel Reid

*Nothing can resist
the Light of Love*

*That always shines
from high above.*

*In the deepest depths
of the darkest heart*

*A glimmer remains
of the sacred spark.*

*When the time is right
a friend will come*

*To re-ignite
the Eternal Light.*

*And then you'll know
without a doubt*

*What life's about
and who you are:*

*A Child of Light
sown from stars.*



Healing Warriors Program is a 501(c)3 organization.

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6525 Gunpark Drive, Suite 370-195
Boulder, CO 80301-3346

Visit our website for more information and to sign up for our monthly newsletter.

Providing Mind Body Therapy for Veterans to support health, healing and wellness

Healing Warriors Program Clinic

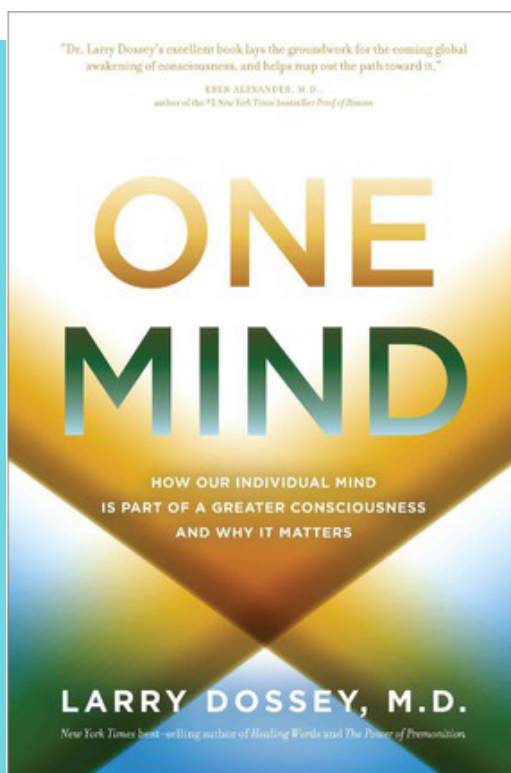
We are a VA Registered Vendor providing Acupuncture, CranioSacral Therapy and Healing Touch to veterans and their families to reduce pain, anxiety and symptoms of Traumatic Brain Injury and Post Traumatic Stress.

Five 60 minute sessions are provided at no cost. Additional sessions are \$30. Lifestyle classes are offered at no cost to educate and empower clients in their healing journey.

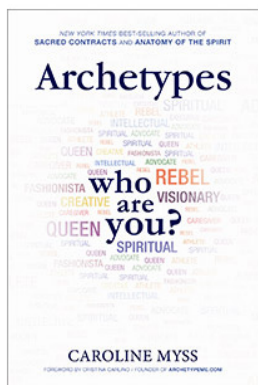
Our initial clinic in Fort Collins serves Northern Colorado and Southeastern Wyoming. The next clinic, planned for early 2014, will serve the Denver metro area.

Our Mission

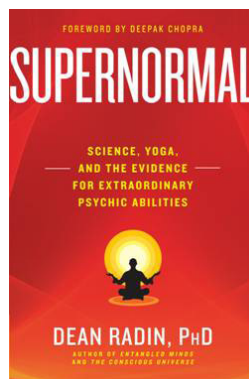
To advance individual well-being for Veterans and their families through complementary care services and



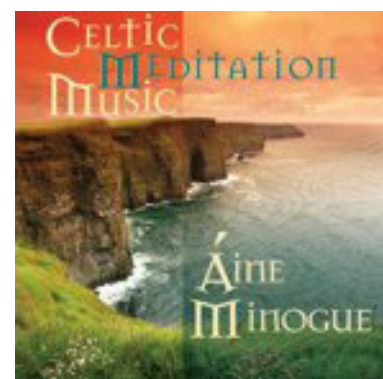
1 Imagine a united consciousness, an awareness of which all of our minds are a part... and a potential way out of the division, greed, and destruction that threaten to engulf our world. In the 20th century, we were introduced to several subdivisions of the mind: the conscious, unconscious, subconscious, preconscious, and so on. But what we didn't know was that there was another level of consciousness, an all-encompassing, infinite dimension of shared intelligence: the One Mind. This universal consciousness connects all of us through space and time.



2 Have you ever wondered why you are drawn to certain people, ideas, or products and turned off by others? Are you constantly searching for something you can't put your finger on, or wondering whether you are living a life that truly fits? *Archetypes: Who Are You* delves into the world of archetypes. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life.



3 *Supernormal* asks a simple question: *Was Buddha just a nice guy?* Did Buddha's teachings thrive because he was a great teacher and a tireless advocate of the poor? Or - and here's the core question we'll explore in detail - was it also because he was an enlightened being with profound insights into the nature of Reality, and because he possessed supernormal abilities? We might ask the same questions about Jesus, Moses, Mohammed, Milarepa, or a host of other historically prominent figures associated with special illumination, wisdom, or grace.



4 If prayers were music, what would they sound like? Irish harpist Áine Minogue offers her artful answer on *Celtic Meditation Music*, a collection of original songs based on ancient Celtic prayers, specifically composed for meditation and relaxation. The Irish harp has always been associated with spirituality, says Minogue, and this is especially evident on her newest album

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



The Little Trick to Make Any Moment Better

Leo Babauta

I learned a little trick while practicing meditation that helped me, not only with meditation, but with just about everything I do.

I noticed I was reluctant to start the meditation, and paused to wonder why that is. What I noticed was a kind of tightness, in my chest and shoulders and neck, but also in my mind. Something about the meditation was causing me to tighten up, and that made me not want to do it each morning.

Well, there are a few choices here: 1) I could stop doing the meditation because I wasn't enjoying it; 2) I could push myself through it even though I disliked it, or 3) **I could let go of the tightness.**

I chose to let go of the tightness.

It was amazing. I just noticed where the tightness was, and let it dissipate into the air. What was left was a more relaxed body, a relaxed mindset. And actually it was the relaxed mindset that ended up being most important. I could now approach the meditation with a looseness, a sense of exploration and happiness, that I couldn't do when I was tight. And then I smiled, and things got even better.

Then I started applying that to everything I did: if I was writing and noticed tightness, I let go of the tightness and smiled — and the writing became instantly more enjoyable. Same for running, for meeting someone new, for cooking and washing and going to the store.

Every moment became instantly better.

The brilliant Lissa Rankin tells us that our mental and spiritual health are just as important as, if not more important than, our body health. She told me that at the root of it is our stress response and relaxation response to everything — work, relationships, day-to-day activities, sex and so on.


There are lots of ways to relax when we are stressed: meditation, yoga, tea, massage, exercise, talking with a friend, taking a hot bath or shower, sex. And I highly recommend all these.

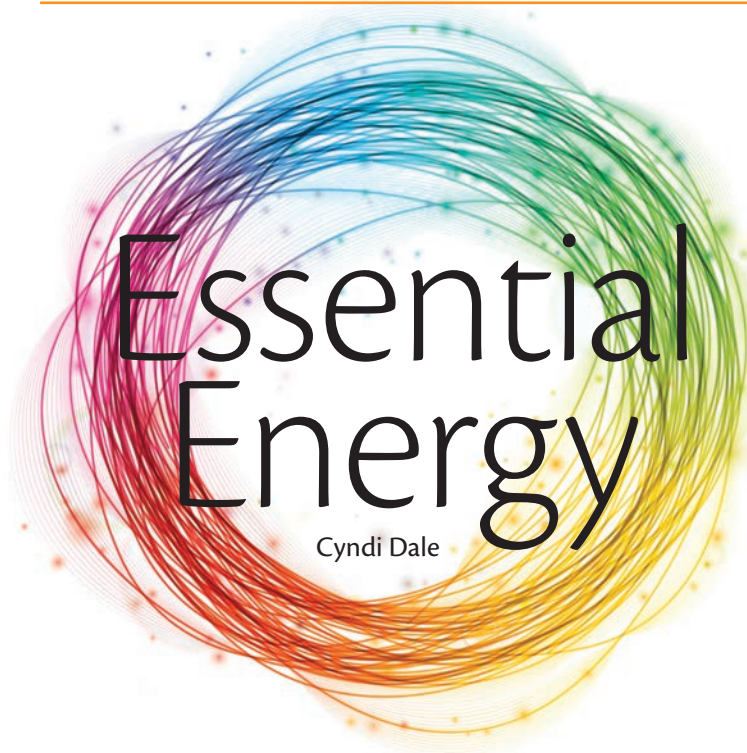
But *none of these actually relax you* unless your mind approaches them with a relaxed attitude, and lets go of tightness. These things happen to trigger the release of tightness for most of us, but in truth, you can let go of tightness without any of these relaxing activities, no matter what you're doing.

Here's how to let go of tightness:

1. **Notice the tightness.** Pay attention to your body and mindset as you do any activity: work, meetings, driving, walking, reading, cleaning, talking with a loved one. If you notice tightness, that's your cue.
2. **Visualize it dissipating.** Just imagine the tightness floating out of you and into the air, dissolving into little bits and then being blown away by the breeze. The simple act of this visualization can often work.
3. **Go from tight to loose.** You can practice this right now. Pause for a second and clench your fists. Now relax them. It's that easy. Do it with your jaw. Now your abs. Now your shoulders. You can let go of tightness just by softening, letting go of the tightening that you're creating yourself. It works for the mind too.
4. **Breathe.** Take in a deep, slow breath. Let your attention stay on this breath. Hold the breath in for 5 seconds, then slowly exhale and pause for another 5 seconds at the end of the exhale. Repeat a few times if you like. This can help loosen you up if you need it. If you don't need it after Step 2 or 3, you can skip it.
5. **Smile.** This transforms everything. You can now approach any activity, any moment, with an attitude of relaxed enjoyment.

Honestly, once you're good at it, you really only need to do one of the three middle steps (2-4). But steps 1 and 5 are crucial.

Notice the tightness, let it go, and smile. This moment, and every moment after, can become instantly better. 



Essential Energy

Cyndi Dale

Wholeness Through the Holidays: Or, How To Not Overdo It

A few years ago, I learned a great holiday lesson, although the hard way. My youngest son broke his hand a few days before Christmas Eve and had surgery the day before. But I, of course, forged ahead with my dinner plans.

Norwegian Lutherans, if you don't know, are fairly set in their ways. I confess I've inherited most of my ancestor's traits—minus the Viking's lack of certain inhibitions, I assure you. Christmas Eve, like all holidays, is a very established affair, with polished silver and china, appropriate linens, and three courses all perfectly timed.

It doesn't matter that few partygoers actually like the first course, which consists of Norwegian delicacies. Actually, there is nothing very dainty about the Norwegians, aka the Vikings, but Christmas food is as good as it gets, featuring at first sitting the following: lutefisk (cod soaked in lye), lefse (Norwegian tortillas), mashed potatoes (mine start in a box), and green peas (added only for decoration; all the other food is white.) The weight of the ancestors sat on my shoulders, as this was only the second holiday held at my house. I was certain I could pull it off, despite lack of sleep and an invalid son. To tell you the truth, it didn't go well. Not only didn't the lutefisk, a rather jelly-like substance on the best of days, assume a mostly porridge-like appearance, but also all the food reached disaster-point at the same time. I smashed three courses into a single serving.

I know I'm not the only person guilty of holiday perfectionism. Statistics show that 70 percent of all people reach a near-breaking point in relationship to time, money, and gift giving. The temporary stress can feel overwhelming to most, as indicated in my client schedule, which almost doubles during November and December. People everywhere are concerned not only about how to make their desires fit their budget and calendars, but they are dealing with the deepest of all life issues, the matter of love.

No matter our religion or tradition, the holidays cumulatively represent our inner need for communion, peace, connection, and service. Most of us have stirrings of joy leftover from our childhood, at least moments in which our eagerness resulted in a smile. But many of us, as adults, might say this about the holidays, a quote by a twelve-year old girl from Germany:

"What do the holidays mean to me? I used to know, but I'm not sure anymore."

As energy experts, we are in the unique position to perceive the holidays in a way beneficial for our clients and ourselves. We can see through the lens of energy, not only tradition, memory, and fantasy.

The word "holidays" means "holy days," and that is the energy ascribed to the events at this time of year. It is a time to create wholeness and implicitly, a time to recognize where we believe ourselves lacking the same.

One of the reasons that so many people feel depressed or anxious at the holidays is that their inner selves are calling out, pointing out areas of perceived lack. Sure, the list might start with practical items, like money, time, kind relatives, or Scotch tape—don't you *hate* running out of tape when you're almost done wrapping? Dig a little deeper and more vital needs emerge.

Within is the precious inner child who longs for parenting or understanding, the soul that yearns for expression, the loving mate seeking a partner for the dance of life. In the depths of our psyche, within our essential self, we are already whole. The gaps lie within the "inner selves," as well as between the selves themselves.

We have many names for these aspects of self: body, mind, and soul are the most popular. My esteemed Hawaiian colleague and healer, Ramsay Taum, shares that his tradition labels these aspects higher, middle, and lower selves, or the inner father, mother, and child. Indigenous people the world



over would equate our internal structure to the medicine wheel, a compass-like image representing the interactions that lead to peacefulness. My understanding of the Lakota, with whom I studied for several years, suggest the following inner personality traits: our northern self is our warrior or active element; our eastern self, the visionary or goal-setter; the southern self, the healer or receiver; and the western self, our inner shaman, the self who walks the dimensions and can end what needs to be ended.

During the holidays, it is all too easy to feel only the gaps, not the stitching; the holes, not that which is whole. Our losses are real—as is the yearning for connection and bonding. As an energy practitioner, I know that my role is to serve as a witness to my client's pain—and my own, if it arises during this time period. I listen to the stories, laugh at the jokes, and agonize with the horrors. I've also learned to take yet another step—to encourage clients to uncover that which is already whole.

Might not the "inner father" be able to provide protection for the "inner child" who has never had it? Likewise, maybe the "internal visionary" can embrace the endings wielded by the "inner shaman," and point out the rising of a new dawn?

It is this interconnection within the self that teaches us the most holy lesson of all. It is a spin on the old adage, "Wherever you go, there you are." What if this is a good thing; a simple recognition that all our experiences, the easy and the challenging, are reservoirs for spinning a good life?

The gift to recognize, in-between the glitter and glitches of the holidays, is that there is also a holy presence whose reach far surpasses that which we have been trained to recognize on a day-to-day basis. Call it God, the Divine, Spirit, the Great Spirit, Kali, Ganesh. Call it what the scientists suggest, the Zero Point Field or the Unified Field Theory. Call it what you would, but know it as love, the feeling we deserve to direct toward ourselves—and truth we deserve to receive from that holy presence. When we encourage our clients to feel the love they have from one "part" of themselves to another, they can then open to the highest love of all. It is this love that can take out the needle and thread and weave all parts of together.

It is because of self-love, then, we open to greater love. Somewhere in the middle and merging of these two processes is the place from which to make holiday decisions—is the space to decide what is a truly loving way to act. Does everyone really need five presents? Is it really that important to carry forward every tradition, or to perhaps establish a few of our own? The

answer must start and end with love.

In my own life, I learned this lesson so well a couple of years ago, that last Christmas Eve was strikingly different from any I have ever known. I ordered four different dinners from Whole Foods and had everyone enjoy his or her own favorites. My mother ate ice cream; my friend enjoyed vegan food; I dug into meat; and my son Gabe selected what Gabe kids eat. Then we watched the movie "Elf" and opened presents, all the while, laughing.

I don't think I ever had a more enjoyable holiday.

As Mother Teresa said, "Not all of us can do great things. But we can do small things with great love." Small dinner—big dinner; you tell me! €



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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Healing Service for the Military and Their Families

Offering Healing Service to the Military and their families is one of THE most popular and sought after public service opportunities that Healers request. The questions always seem to be: HOW can we get invited to participate in events; HOW can we organize volunteers to do the Service; HOW do we get invited back and more.

To respond, HTPA has been gathering insights from those who have been participating in Stand Downs, Welcome Homes, clinics, health fairs, etc. One of the longest established Stand Downs is in San Diego, CA (in fact it was the site of the very first Stand Down) and Healing Service, specifically Healing Touch, has been a part of it since its inception. This past year there were nearly 50 Healing Touch Volunteers who participated in that Stand Down. Joan Tweed (HTPA Member) was the first coordinator of Healing Touch Volunteers. She then passed the task on and it has been sustained for over 20

something years - growing consistently each year. Other lead coordinators contributing to its success are Carole Sarian and most recently Lisa Goodman (both are HTPA Members).

Another very active location is Chicago, IL. Although their history is not as long as San Diego's, they have been successful growing their Healing Service to the Military under the lead direction of Lynne O'Donnell (HTPA Member). At their recent Welcome Home event they had over 35 Healing Touch Volunteers participating there alongside Reiki, acupuncture and other practitioners. In addition, we know of Healers participating in smaller events taking place all over the nation.

Based on the popularity of these type of Healing Outreach Service opportunities, plus the positive feedback from the Military persons receiving Services, Susan Russell (a Stand Down lead coordinator of Healing Touch Volunteers at several events throughout Texas and HTPA Member) agreed to help HTPA create an e-Manual for anyone who wants to learn about participating in Healing Services Outreach and answer the "HOW to" questions.



Susan is experienced with many aspects of Military protocol as she was in her words, a "Military Brat" during her childhood, which has come in handy when dealing with introducing Healing Services to Stand Down administrators and interfacing with the Vets who come to receive at the events.

With Susan's experience, we put together step-by-step guidance on getting your Healing Service invited into a Stand Down. The new e-Manual contains specific letter templates; directions for setting up the space; time management suggestions; forms for data collection; even what to wear to the event; etc., etc. With this e-Manual anyone who has a goal of bringing Healing Service into a local Stand Down or other event will likely have success manifesting that goal. We are happy to announce that the e-Manual is now ready and we will introduce everyone to it during a "Live" Interview. HTPA is also willing to support Outreach to the Military in any way possible. If you have wanted to offer Healing Service to our wonderful men and women who serve our country



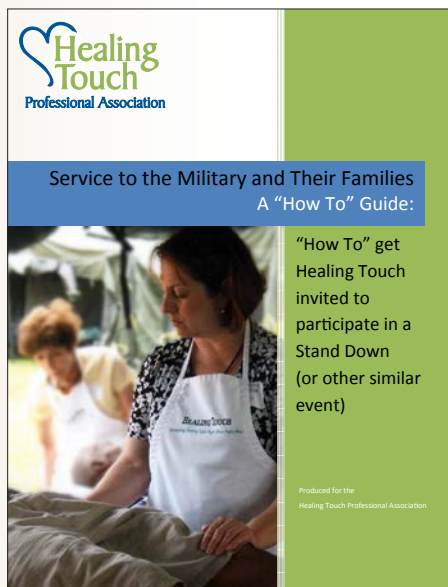
in the Military then you should join us for this special "Live" Interview with Susan Russell, HTCP/I.

Insights into "How to" Bring Healing Service into a Stand Down or Other Event
November 12th, 2013 - 9:00 PM Eastern

You can join the Interview by phone and/or webcast. The advantage of joining on the phone AND webcast is that you can ask questions and participate in discussion while also watching the slides that will be presented. There are local phone numbers offered if you do not have unlimited long distance. We would love to have you join us... If you miss the call it will be recorded and the recording will be available by request to info@HTProfessionalAssociation.com.

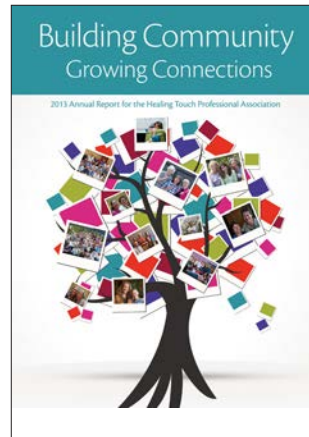
Come to this "Live" Interview call and you will learn what to do to bring Healing Service to the Military, you will get to review the new "How to" e-Manual and you will be able to ask Susan any questions you might have around this topic. €

Register Now!



The e-Manual is available to view at www.HTProfessionalAssociation.com under Resources/Service to the Military.

You Are Invited to Review The HTPA Annual Report



Our focus this year is to Build Community by creating Local HTPA Chapters while Growing Connections as we align with other professional organizations. Join us and help us grow at www.HTProfessionalAssociation.com.

The HTPA Annual Report can be viewed as Digital Booklet (which is really cool!) by [clicking here](#) or as a standard PDF - [click here](#).



HTPA sponsors 2 monthly support calls:

1. "Let's Chat About Healing Touch Stories and Practice Issues"
 - held on the last Monday of the month
 - 9pm EST
2. Monthly Business Support Conference Calls
 - held on the 2nd Tuesday of the month
 - 9-10:15pm EST

[Click here](#) for more information or to register online.

The Importance of Having a Code of Ethics

Laura Pennington



As a professional working with people on a daily basis your word and your approach towards clients is critically important. Your business is built on the principles and values that you wish to present consistently to your clients. Part of establishing your business and continuing to make an impact on your community as an energy healing practitioner should be a code of ethics that is referred to regularly. A code of ethics is about what you do when serving your clients and when no one is looking. Having a code of ethics gets everyone in your business and practice on the same page about what is expected both with clients and behind the scenes.

Why You Need a Code of Ethics

Now more than ever, customers and potential customers seek to feel trust with the businesses they work with. It's of critical importance that you are able to establish relationships built on trust with your clients and community members, and it will be this professional nature that spurs your referrals and encourages clients to keep coming back.

What Does Having a Code of Ethics Say To Clients?

Perhaps understanding the need for a code of ethics can best be understood by thinking about some of the negative discussions surrounding ethics at this time, when fewer and fewer customers feel as though they can trust corporations after scandals and mismanagement demonstrate clear evidence of a lack of ethics. Your own commitment to ethics helps you to stand out amongst the crowd.

Commitment is an essential part of your code of ethics. It signals that you have spent the time to consider critical principles of business and customer service, and a level of dedication to ensuring that all staff and partners are on board with those principles too. You want your business to make its own mark and you can do that by establishing a code of ethics that gives

clarity, common understanding, and a commitment to sound business practices that will benefit you and your clients for years to come.

What Can Happen If You Don't Have a Code of Ethics?

First of all, clients might question your integrity if you haven't taken the time to set up some guidelines. Doing this doesn't take too much time and it's a really beneficial exercise for you to think about how everyone in the practice should act. Not having a code of ethics signals to clients that either you're not concerned enough about ethics or that you don't have the time to take it seriously. Either way, the presumption of impropriety in any way can have negative impacts on your ability to keep the doors open and to manage a successful, long-term business.

Second, a code of ethics is a matter of protection and responsibility for the owner and manager of the practice. It creates an image of utmost professionalism, attracting high quality professionals and clients to work with you. Just like having professional liability insurance, having a code of ethics demonstrates that you've fully evaluated the needs of your business and the concerns of your clients to generate a comprehensive code of expectations. Skipping over the process of putting in place a code of ethics can have consequences down the road should a situation arise regarding a potential ethical breach.

Third, partner practitioners must be clear on the existence and enforcement of a code of ethics too. Working together in your practice is working as a team, and that team should be clear about their responsibilities and the image they are presenting as your business grows. Your business is defined more by the staff who make the day to day tasks happen than by your logo, website, or marketing materials. The people make your business come alive and the best customer service and adherence to ethical guidelines is what will keep the clients coming back.



The Importance of Having a Code of Ethics

Finally, creating and implementing a code of ethics gives you a clear resource to return to if some kind of ethical breach is made. If a practitioner crosses the line and you don't have an existing code of ethics, the practitioner may argue that it was never made clear that such behavior was intolerable. In short, using your code of ethics can help you prevent unethical behavior and also take a responsible stand when you identify breaches of that protocol. Eliminating confusion about behavior and ethics is essential for your practice and business.

Developing Your Code of Ethics

If you are practicing a modality you can easily refer to your specific modality for a code of ethics. It should be readily available on their website for easy access to all practitioners. This will take the work, and uncertainty, out of forming a code of ethics yourself. It also helps all practitioners within the modality to adhere to the same overall standards set forth by the modality founder.

What It Says To Others If You Don't Have a Code of Ethics

It's not enough to just have a yearly discussion among your team about ethics. Your code of ethics is a foundational part of your business, and without it you can invite criticism or questions about your credibility.

As a practitioner, business owner, and/or manager, you have enough on your plate attempting to grow that business as it is. Your clients are vital for your success and that means you have to make it clear from the moment they enter the door that you have made a commitment to professionalism for your entire practice. Without establishing the guidelines for your code of ethics you invite a host of problems.

You also open yourself to some awkward conversations about ethics with clients. Without an established set of standards, what would you say if a client

asked to see your code of ethics? Would all practitioners be able to respond in a concise and appropriate manner? Avoiding the subject means that you could have multiple understandings of professionalism in the practice, some of which may be shared with clients. You're much better off spending the time to develop a comprehensive code of ethics. €



Liability Insurance for Energy Medicine Practitioners



The perfect fit for your Practice

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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Are you Overwhelmed?

Kim McCrimmon

Life sometimes comes at us like a speeding bullet. One thing, then the next, then six others until we start to wonder what to do and if that even would matter. When we are so far away from where we want to be and on life's treadmill, our lovely mind starts to chime in. Oh goody. . . another problem for me to solve. I am good at that. Let's get out the continuing education calendar and the kids camps list and head to the hobby shop. Time to cut the budget, renovate and leave town. This part of our brain loves problems and wants to solve them. In the past, our brain did a heck of a job. But when life feels overwhelming, one more new direction may not be what the doctor ordered.

Instead, consider how life might be simpler if in this moment of anguish you did nothing. You stopped, sat in your chair and held on for life, resisting all temptation to solve the problem, to release the idea that there is even a problem. To let go of the story that you are in a mess and that perhaps instead you are at the most magical moment of your life. For when you

stop for a moment, you can begin to feel. To feel is to open the door to the mystery and let this moment, like so many, just pass. To not react, or get your hackles up. To respond to life in a way you would welcome a guest to your home, with grace, ease and peace. To say "hello", take a breath, visit for awhile and then say "good-bye."

Your life does not have to be at the mercy of these guests. These experiences in your life do not need to own how you feel. You get to do that. So before you decide to quit your job or sell your house and leave the country, just sit for awhile. Let yourself get quiet and start to tell yourself that everything will be okay. To breathe and let go of the grip that this situation has on your life. You are safe where you are and life will open up to you as you make space for the new to come. 

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Symbolically the spiral has been associated with the seasons, the cycle of life, learning and growing, and the cosmic force. Some consider the spiral a symbol of the spiritual journey, passing over the same point over and over again but with a different awareness each time. As such, we learn, grow and change as we progress on our spiritual path. Each month in this calendar includes a striking image as a reminder of this path along with a core concept expressed in Healing Touch.

2014

The spiral is one of the most compelling shapes found in nature and the universe. It has inspired artists in cultures throughout the ages. In mathematics, a spiral is a curve, which emanates from a central point getting progressively farther away as it revolves around this point. Symbolically the spiral has been associated with the seasons, the cycle of life, learning and growing, and the cosmic force. Some consider the spiral a symbol of the spiritual journey, passing over the same point over and over again but with a different awareness each time. As such, we learn, grow and change as we progress on our spiritual path. Each month in this calendar includes a striking image as a reminder of this path along with a core concept expressed in Healing Touch.



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“You” As a Sacred Medicine Bundle: *The Therapeutic Use of Self and Boundaries in Energy Healing*

Cyndi Dale

As an energy healer, you are devoted to healing others' wounds. Another's injuries might be great or small, obvious or hidden, made of tears or fears, but you know your task is to bring Light into the places causing pain and suffering.

Toward this end, a healer assembles a medicine bag. Contents include education, effective skills, and the starry kind of hope that empowers the work. These and other tools are contained within a leathery type of Love, one that provides protection for the self and clients, yet allows through grace and Spirit, the latter the “Higher Power” or “universal healing energy” often called upon in energy medicine.

Two of the most important prescriptions for effective energy healing are the ability to use both the self and boundaries. These are frequently overlooked or understated, even though they are powerful medicines indeed, especially when married. It is these we are going to examine both conceptually and practically, so that you can use them for your clients' and your own well-being.

A heart-centered energy medicine practice requires the ability to use both the self and boundaries as healing tools. The “self” is comprised of two main components—personality and professional standards—and there are three main types of boundaries to consider and manage: physical, verbal, and energetic. Both yourself and your boundaries can be beneficially shifted through the adaption of four main “personal styles,” or ways of interacting. Following is a list of these four styles:

- Strong and clear
- Rigid
- Distant
- Fused or merging

How can you best apply these four personal styles to yourself and your boundaries for healing purposes? It's first important to recognize yourself as a therapeutic tool; many of us don't. Frequently, medical professions emphasize instruments, prescriptions, and facilities, but fail to acknowledge the fact that the healing process is highly contingent on the training, style, skills, ethics, and care of the healer. In indigenous communities, a shaman's sacred bundle might include rocks, crystals, tobacco, beads, or arrows, but a native community never forgets that the ultimate medicinal authority lies within the healer.

The first time I was introduced to the concept of the self as a determining factor in healing was via a shaman in Costa Rica. With friends, I journeyed through the rain forest. I was determined to meet a particular renowned shaman who practiced in the Bribri Reservation, the last site hosting the local native people. While trudging through miles of vegetation, I struggled with my imagination. I was sure that each twisting vine was a snake.

He was “busy.” We had to wait to meet him in the morning. We set up camp.

After tossing and turning inside a very small tent in a very loud jungle all night, we were finally ushered into the healer's presence at dawn. One of the questions I asked the shaman was this:

“What is the most important skill you use in your practice?”

The shaman smiled and tapped on his chest. He didn't need to say any more.

How does “the self” influence the process and outcome of a healing session? Your personality is front



and center. Personality is “how we come off” and is based on how others perceive us. A client often decides to trust or mistrust us based on their perceptions of our personality. We might assume we need a “likable” personality to be effective, but the truth is, we must be able to adopt any of the four personal styles—strong and clear, rigid, distant, and fusing—in order to be effective.

For the most part, we are most successful when emanating a strong and clear personality. We speak truth in a kind way. We say what we mean and mean what we say. We don’t tolerate manipulation, yet we are compassionate and fair. When we are clear and strong, our clients feel directed and safe. Sometimes being strong and clear isn’t useful, however. Sometimes we must portray ourselves as rigid or distant or soft.

Rigid characteristics include inflexibility, intractability, and correctness. A rigid person might as well greet you with a phrase my dad would say when I was growing up.

“It’s my way or the highway.”

Most people shrink into a ball or become angry when confronting a rigid personality. Some clients, however, require a dose of inflexibility. I once worked with a male client who was a sexual addict. I displayed extremely rigid personality traits with this client. I never touched him. I also insisted that he couldn’t act his addiction out while we were working together. Eventually he “broke” emotionally and began to deal with the underlying issues, those resulting from having been sexually abused as a child.

We tend to feel unheard or discounted when with a distancing person; however, distance can serve as a highly operative tool if used appropriately. Sometimes I separate myself from a client, perhaps gazing out the window, if I need to tap into my intuition. As an energy medicine specialist, you might often feel led to see, hear, or sense energetic information. It can be helpful to separate from the client’s perceptions in order to gain this additional insight.

Yet other times, distance provides you time and

space to assess the truth of a client’s statements. I have sometimes sensed that a client is not telling me everything I need to know to help them; stillness and quiet can encourage more truth telling.

Many therapeutic journals caution against the fourth personal style, which is fusion. This fluid style involves relating to the client to the point of merging with their feelings or experiences. The truth is that energy healing is sometimes most effective when performed with compassionate empathy. How else are we to fully understand what a client is going through? How else might they feel loved, assuaged, or open enough to allow in healing energy?

Of course, merging can be a dangerous tool if not used cautiously. As a healer, you can become “stuck” with a client’s disorders or energies, which can perpetuate problems in your own life. A client can become dependent or too reliant on your insight. You can also inaccurately receive or interpret what you are sensing and steer the client wrongly.

One way to customize our personality to assist clients is to make sure we establish and maintain professional standards, another extension of the self as a therapeutic tool. In general, we want to formulate our professional rules and communicate them so clearly that by the time a client is in our office, they are already clear about our professional expectations.

The short list of professional standards to create include the following:

- Training and credentials. We must have them and display them, as well as commit to ongoing education.
- Use of touch. As an Energy Medicine professional, you will most likely use touch. Decide how often and under what conditions you will—and won’t. Always ask before you touch a client. You must clearly state that you will never participate in sexual touch.
- Services and fees. This category includes a listing of services, the deliver process, hours worked, length of sessions, fees, cancellation policies, and means for setting up or cancelling an appointment.



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- Legal notifications. Research what legal documentation you need to—or should—provide. In many states, a healer is considered an unlicensed therapist. Must you state this or show documentation in your office? Use HIPPA forms? Is it in your best interest to have an informed consent form?

As strict as our policies might be, we must sometimes shift from one personal style to another in matters of professional standards. For instance, we must rigidly guarantee we will not use sexual touch but sometimes we might feel it appropriate to hug a client good-bye after a session. We might rigidly insist a client pay for a missed session—but what if a client gets stuck in a snowstorm on the way to the session? When establishing or enforcing professional guidelines, it's important to consider the therapeutic value of our standards. In general, strong and even rigid

be used as a therapeutic tool are also the same keys to applying boundaries medicinally. In fact, establishing appropriate boundaries enables the self to be an even more effective healer.

Boundaries enable you to hold uppermost a client's healing goals, maintain protocol and structure, secure a sacred space, and assure continual improvement. They help you objectively and intuitively read a situation; determine a diagnosis based on signs, symptoms, knowledge, experience, research, and intuition; clear negative energy; open healthy energy, and switch from one personal style to another. In fact, the best way to change from one personal style to another is by thinning, thickening, bolstering, or otherwise maneuvering the three main types of boundaries we will be considering: physical, verbal, and energetic. Fundamentally, a boundary is a tool to separate per-

The same four personal styles that enable the self to be used as a therapeutic tool are also the same keys to applying boundaries medicinally.

professional standards invite client responsibility. At first blush, this might not seem like an important therapeutic factor. Consider the client who suffers from an addiction. Our professional rules teach responsible behavior. In fact, to treat our clients as less than responsible adults is to infantilize them, which doesn't serve them or us.

As well, strong policies are self and other caring. Caring for the self encourages clients to care for themselves. Because we count, so do they.

Of course, as willing as we are to be strong, we must also be willing to be fluid. I once worked with a perfectionistic client who was almost obsessive compulsive about being on time. She paid for her sessions well in advance. When she got stuck in traffic, I gifted her the session. She said being "let off the hook" changed her life; she had never before experienced grace.

The same four personal styles that enable the self to

ceptions of reality. Depending on where and how we set our boundaries, we can tune out certain stimulation so we can better focus on important information or activity. All types of boundaries, however—physical, verbal, and energetic—perform one or more of the same four basic functions:

- Keep healthy energy in
- Keep unhealthy energy, as well as distractions and interference, out
- Free unhealthy energy
- Open to life-enhancing and healthy new energy

Physical boundaries are achieved through the movement or non-movement of your physical body, such as body language, as well as the use of space between you and your client. They are also a result of the working environment. In the universe of an energy healer, physical boundaries also encompass choices about touch and non-touch.

Strong physical boundaries assure safety and call for openness. They start with the arrangement of your

furniture. For instance, putting a coffee table or physical separation between you and a seated client tells a client it is “talk time” and that you are the leader. Establishing your healing table in a different space, perhaps surrounded by a curtain, invites “healing time.” If needed, you can switch personality traits between talk and healing time, perhaps moving from strong to fluid, in order to better meet a client’s needs.

It’s important to figure out if you want your environment to reveal details about you or not. Some practitioners want their sessions totally client-focused and use rigid or distancing methods to do so. They display no personal effects or pictures and most likely use neutral decorating. They either have an office outside of the home or make sure the client never enters their home private space. On the other hand, the more flexible healer might exhibit items that promote their own humanity and interests, but don’t interfere with the client’s process. Yet other healers, for instance, those who work with clients’ inner child issues, might stuff an office full of soft and plush objects, those that warm the client’s heart.

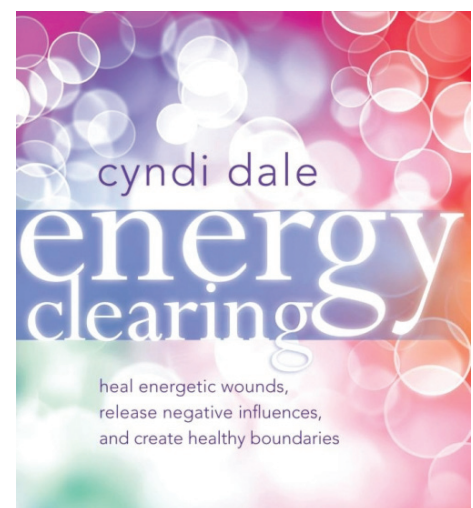
Body language is another ideal way to implement physical boundaries. A strong and clear personality leans forward to make a point and then away in order to give a client space for processing. Clear personalities always ask before touching and also refuse to touch a client if doing so would compromise their own boundaries. For instance, it’s not uncommon to trigger our own issues when working with a client. It’s better to not touch a client than to expose them to your own problems. Keeping distance between you and a client, maybe holding your hands over them instead of touching them, can allow a client their own private experience. Then again, sometimes we might fuse with a client to get the job done. I know one healer who works with children and often hugs and strokes them to create security inside a womb-like environment.

Verbal boundaries present an excellent way to create healthy healing protocol. It’s important to know that verbal boundaries are created by what is said as well as what is not said. While this caveat applies across the board to all healing professionals, energy healers



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have an additional challenge—and advantage—in this arena. After all, much of our healing information and power comes from “beyond,” and cannot always be heard by all.

It is extremely useful to switch between personal styles in regard to verbalism in order to promote the healthiest result, sometimes maintaining strict boundaries in regard to offering feedback, sharing intuitive information, performing self-disclosure, and sometimes softening the edges. The primary rule of thumb is that verbal sharing must center on the client’s welfare. For instance, telling bits of your own story should not burden your client or put them in the position of acting like your therapist. Nor should you share anything that would endanger yourself.

not. These messages, which might come bidden and unbidden, do not always need to be shared. Some of them are presented to you to guide your work. Instead of setting a hard and fast rule, learn how to recognize the symptoms that tell you how to respond to your intuition. For instance, I only share information if I feel a nudge from behind. If I sense a twist in my stomach, I know that I can use the intuitive information but cannot comment on it.

Our discussion of intuition edges us toward our final discussion, that of establishing pertinent and healthy energetic boundaries. The setting, maintenance, and shifting of energetic boundaries actually helps us shift between personal styles and aptly use our personal self and our physical and verbal boundaries to our

There are four basic types of energetic boundaries, which are invisible yet real fields of energy that surround our body.

Do not talk about your own difficult divorce, even though the experience might benefit your client, if you might trigger yourself emotionally or potentially damage your own reputation.

Most commonly, healers offer verbal comments from one or several of the following categories, which range from very open to less open disclosures. Being acquainted with these categories can help you switch styles during a session and remain safe at the same time.

- Intimate interaction: Verbal and non-verbal (leaning forward, touching heart) openness; sharing of a detail from your life.
- Reactive response: Connecting emotionally without revealing personal information. For instance, you can cry if a client is sad.
- Controlled response: Sharing of literary details, spiritual quotes, and other related data.
- Reflective feedback: Feeding back what the client is saying. “I hear you are going through this.”

As an energy healer, you must also sift and weigh the benefits of sharing intuitively gained information or

own and our client’s advantage.

As I explain in my book, *Energetic Boundaries*, there are four basic types of energetic boundaries, which are invisible yet real fields of energy that surround our body. These four categories are physical, emotional, relational, and spiritual, each of which contains several auric fields as well as hundreds of magnetic fields. Taken together, these electromagnetic or biofields, which emanate from the physical body, are programmed with our internal thoughts, feelings, and beliefs.

The information disseminated by these fields interacts with our external environment, including others’ energetic fields, to access intuitive information, receive and send healing energy, and provide us the clues needed to decide how to operate within a client session. Our energetic boundaries also inform our clients about what we’re really feeling, thinking, and wanting to do. In a way, the self IS a projection of our energetic boundaries, for these fields of energy reach a client way before our actions or words do. They also collect information about our clients before they can open their mouths.



It takes a lifetime of experience to gain control of our boundaries. In general, however, the best way to work with them is through conscious intent.

Consciousness is awareness. By making a decision—setting an intention—in regard to our energetic boundaries, we can formulate them as strong, rigid, distant, or fused. By shifting our energetic boundaries, our personality automatically shifts and we are able to make decisions about our professional standards with clarity.

For instance, let’s imagine that you are working with a client who uses manipulation to avoid feeling her feelings. By paying attention to the sensation of being manipulated, you can decide that you need rigid boundaries in order to avoid buying into a client’s avoidance mechanisms. Sensing that she is not able to coerce you, the client might get mad—but might also break down and dig into her deeper issues.

I recommend that you consciously program your energetic boundaries to automatically respond to a situation and transition you into the most helpful personal style. To accomplish this goal, bring yourself into a meditative state and enter your heart space. Now embrace the fact that these are your boundaries and that you can auto-program them for your own and others’ well-being.

At this point, your boundaries will become strong, rigid, distant, or fusing as needed. Your job is to pay attention to what your boundaries are doing and to adapt to your boundaries, not the other way around.

For instance, you might suddenly feel like your boundaries are disengaging or distancing you from your client. You feel farther and farther away from them, even though you are not moving. It is now time to ask yourself why your boundaries “decided” that you had to separate from your client. Does your client need personal space for reflection? Is there need for you to become more observational rather than participatory?

As we’ve been exploring, your role as a healer includes commitment to continually developing the medicine in your sacred bundle. Most important is the growth of you. Yes, “you” are a therapeutic tool, but you are also a being of Light. Your personality, professional standards, and boundaries are tools that affect a client’s perception of themselves, their needs, and their process, but these factors also enable you to engage the Light so missing in the world. Switching between personal styles enables you to draw from the wellspring of intuition and love that lies within you, and also assures that your client learns how to do the same. If healing is truly about filling in darkness with Light, then using self and boundaries for this purpose is to draw the Heavens to the Earth. It is to become the Light that the world is seeking. €

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Form for a Contemplative Journey

Margaret Nies

I remember the first time I saw an ammonite fossil. Its spiral ridges immediately captivated me. Hunting for fossils in the rock piles where I grew up was a favorite pastime. At some point, I progressed from seeking fossilized shells to wandering beaches looking for more recent versions with spiral shapes. Each one I found unique, yet similar in its graceful curves.

The spiral is utterly elegant and simple at the same time. It has always drawn me in as though there is an inner resonance to which I cannot help but respond. In its simplicity there seems to be a complexity at the same time; a dichotomy worth exploring. The spiral can be found throughout nature; unfurling ferns, vine tendrils reaching, bowing grass blades, flower buds opening, twisting cedar branches, arching constellations and our own inner ear. We humans imitate nature bringing this pleasing shape to bear in buildings, pathways and gardens. The mathematical proportions of the golden spiral are expressed architecture and find their way into our daily living. The spiral drawn based on the Fibonacci sequence is the most recognized visual of this golden spiral.

The beauty of this simple shape stuns me. I take my finger and follow the outline. As the line expands so does the space between and I ponder the relationship; so simple a form, so much space within - expanding spaciousness. As my eye follows my tracing I feel this expansiveness. It wells up inside of me; a joyful surge in response to the elegance I witness. This spaciousness has openness, yet depth and form at the same time. What in this simple shape elicits these feelings and ponderings? What is this deep at

traction and resonance? Why does nature rampantly flaunt and dance in this design – from tiny seashells to galaxies?

My life seems to imitate this pattern, unfolding from a central point outward. Over and over again, I seem to pass a similar point, looking at it from a different dimension with a different perspective. I continually come back to the same point seeing a deeper truth within. Seemingly my life will move on this way endlessly until I am gone. Each turn of the spiral takes me somewhere different, new and yet perhaps old; as old as the fossilized shell that captured my imagination. Again the dichotomy – at the same point once again, yet it is different.

Some would say this is a spiritual path, this ever-increasing spiral of awareness. Awareness of true self, of an inner life, an inner experience and connection. Perhaps with luck and fortitude, this journey follows with an outer expression of the inner attentiveness. The outward express becoming a mirror of inward awareness. This simple shape symbolically draws me forward, keeps me opening, growing, experiencing. At the same time it keeps me anchored; solid in a place deep inside myself - a dichotomy of anchored openness.

For me, a simple spiral elegantly offers form for a contemplative journey; a journey that will take me a lifetime to unfold. €

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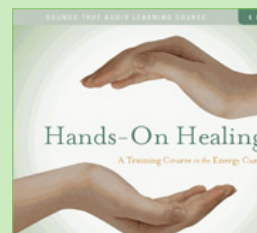
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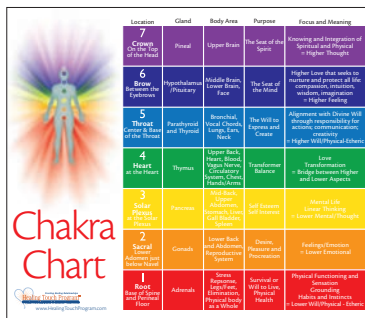


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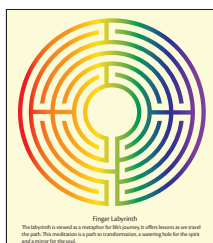
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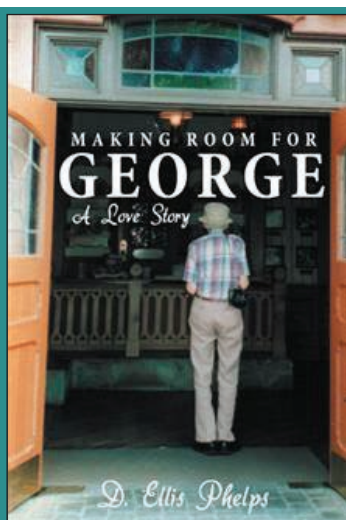


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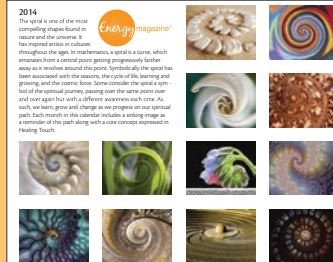
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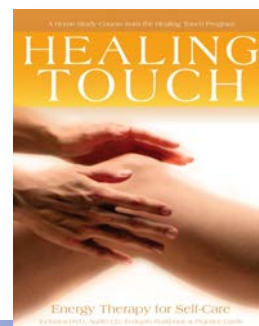
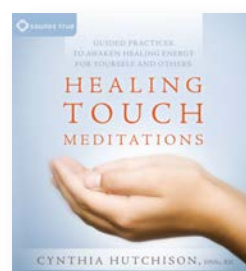


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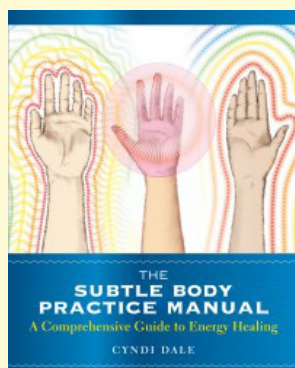
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