




Energy

magazine

Sharing Energy - Transforming the World

Nov/Dec 2014 - Issue Seventy-Six



“If the only prayer
you said in your whole life
was, ‘thank you’
that would suffice.”

- Meister Eckhart



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photo courtesy of Cathy Andersen



Dear Readers,

Today, as my flight leaves the ground, circling upward, I am struck by the beauty of the earth beneath me and how fortunate I am. The high desert where I live is a place where beauty is found in both the grandeur of red rock cliffs and canyons as well as in almost unnoticeable things, things one might easily pass by.

What might seem exposed, dry, and barren to some, I find stunningly gorgeous.

In this land, I have learned to notice small things, the seemingly insignificant bright lights. Arroyos that have been washed by recent heavy rains expose rocks and gnarled tree roots. Moss clumps plump to fuzzy dark green after rain. Lichen in shades of lime green, yellow and orange dot grey rocks. Fragrances run on soft breezes, lizards scurry for cover, rabbit brush blooms in brilliant yellow, clouds billow in an endless blue sky and ochre-grey lined adobe hills spotted with sage brush line the horizon. All these things I carry with me as I travel and I am grateful.

Regardless of my surroundings or environment, I find the key is to notice, to really see, to take time to listen and appreciate. If I succeed in doing this, how fortunate I find myself to be. My eyes see splendor and my heart is filled with gratitude.

The holiday season is upon us. A special season when we are gifted with the opportunity to give thanks, give to others and receive in a concentrated way. Once again, for me, these opportunities come in small ways - a smile, an act of kindness, a thank you, a responding to a need. In either the giving or receiving, I am blessed. The season becomes one that is less hectic and quieter, yet full to the brim.

This issue is one to savor, perhaps over a cup of tea or a bowl of soup on a rainy/snowy evening. The topics included bring insight in a variety of ways from holistic nursing and Caring Science to bridging traditional western medicine and energy medicine, holiday eating, forgiveness, and gratitude. These pieces, written by amazing authors, have wisdom for all seasons.

We, the Energy Magazine staff, give thanks for you, our readers, our amazing contributors and all those who have supported the magazine this year and in years past.

We wish you a most blessed season!

Margaret

At the recent Healing Touch conference, we created a "gratitude tree." Each of us wrote something we were grateful for on heart shaped sticky notes and placed them on the tree. Regardless of our pasts and current challenges, there was much to be grateful for. By the end of the conference, there were hundreds of heart leaves adorning the tree.



photo courtesy of Cathy Andersen



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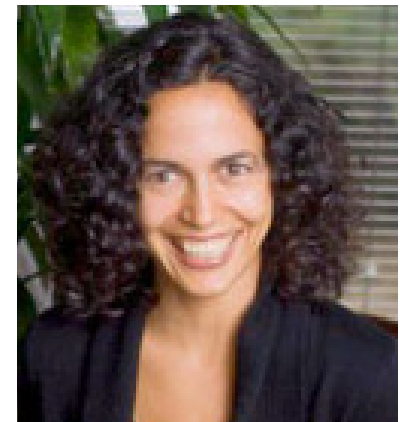
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New 2015 Energy Magazine Calendar

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Each month a mandala is coupled with an affirmation. The word mandala comes from the Sanskrit language and loosely translates to mean "circle." The root of the word affirmation comes from the Latin *affirmare*, meaning "to confirm, restore." Let the energy of your thoughts and words as expressed through these affirmations bring tranquility, vitality and joy to your life.

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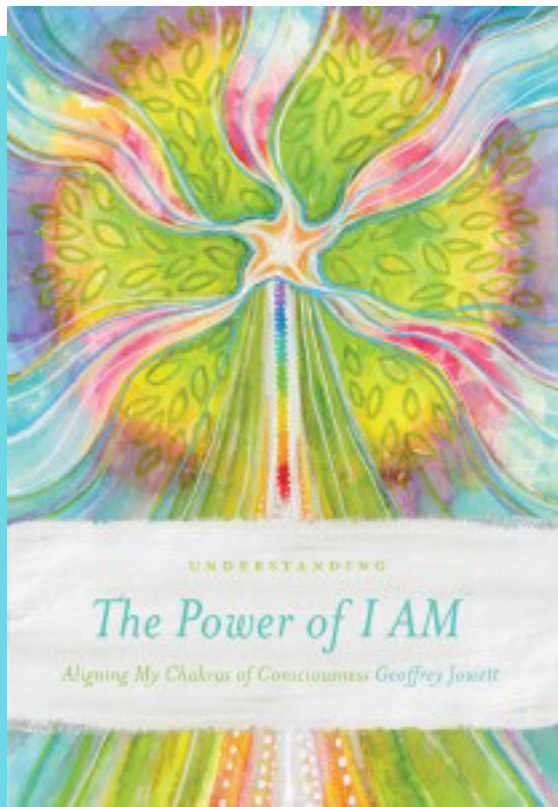
The word mandala comes from the Sanskrit language and loosely translates to mean "circle." The circular designs of a mandala are far more than simple shapes. They represent a wholeness, are a symbol that life is never ending and a cosmic diagram reminding us of our relation to the universe. It may be said that a completed mandala is a living item that has a healing power. One can take a personal journey following the depths and colors of the mandala to experience peace, relaxation and healing. Mandalas may be experienced in all circles of life including nature, our friends, family and community.

Each month a mandala is coupled with an affirmation. The root of the word affirmation comes from the Latin *affirmare*, meaning "to confirm, restore." Let the energy of your thoughts and words as expressed through these affirmations bring tranquility, vitality and joy to your life.

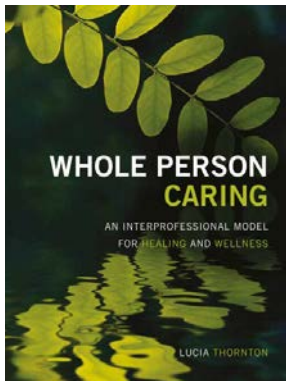


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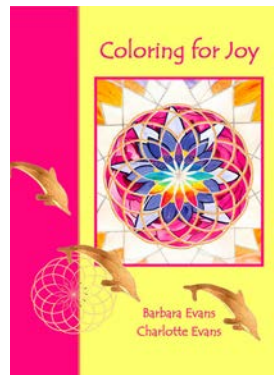




1 | The essence of our being is a fully integrated energy system of consciousness. The Power of I Am shows how we can use this energy and transform and optimize our human energy body by working with the chakras. Through a series of prayers, affirmations, music, crystals, poems, and simple yoga poses, readers learn to maintain a balanced and harmonious continuous flow of energy through each chakra, leading to an increased sense of peace, harmony, and balance. Offering insights about the continuity of life, the laws of nature, and discovering ways to connect to our higher self, The Power of I Am leads to a path of healing and achieving our greatest potential.



2 | The aim of *Whole Person Caring* is to present a new way of looking at who we are and what we do. It is about seeing ourselves and our work in a greater light. It is about bringing heart and soul back into our lives and work and advocating for a health care system that does the same. Focusing on mental - as well as physical - aspects of patient healing and employee care, this book helps health care leaders recognize not only the symptoms of illness but the root causes, providing an integrative approach and holistic model to help hospitals and other health care organizations transform.



3 | *Coloring for Joy* is far more than a coloring book – it is a unique concept which like sunlight bursting through the clouds immerses children of all ages in positive energies of Love and Joy. Coloring for Joy offers a point of connection with the positive emotional states that are so important for healthy growth and development. *Coloring for Joy* is FUN yet the benefits are intended to be profound as it helps children forge a sense of wholeness, support and place within the world.



4 | A follow up to her popular *Songs Of The Spirit I & II*, Karen Drucker's *Songs Of The Spirit III* includes twelve inspirational songs and chants that can be used for healing, expressing gratitude, starting your day, or bringing your day to a close. Karen's songs are affirmations for manifesting your desires and deepening your relationship with yourself and your spirit.

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



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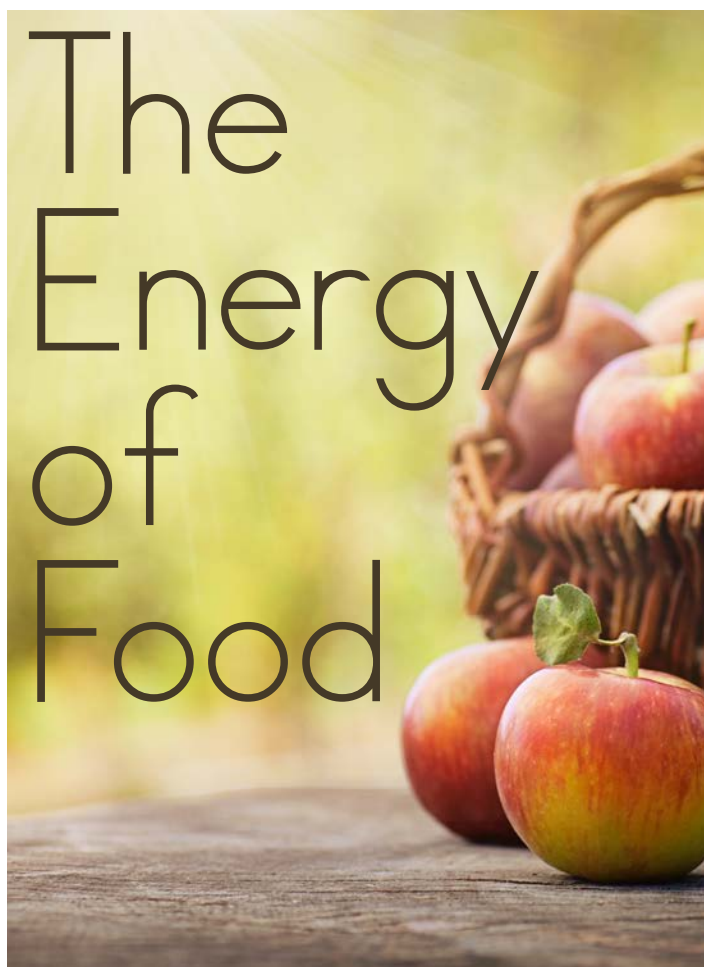
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This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.



Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed

Holiday Eating - A Gift To Yourself

The holiday season is a great time to adopt new eating habits! Many of us fear gaining weight during the holiday season. Yet we neglect to set clear, measurable intentions about what we would like to have happen.

As energy practitioners, we know that intentions are critical to effecting change and creating new patterns. Dietary intentions are not about “eating more fruits and vegetables” and “eating less sugar.” They are about healing the emotional voids, which lead to emotional eating. They are about the deep emotional reasons we want to make changes. Some may say that the root of all change is to feel love and happiness.

The two best ways to **fail** making dietary changes are willpower and discipline. At best, these work temporarily. Usually what happens is that dieters follow willpower and discipline until they cannot take it anymore and then, in a fit of feeling deprived, eat the whole bag of chips or package of

cookies or container of ice cream. Another common response is for a stressful or wonderful situation to arise (both of which are abundant at the holidays) and dieters choose to have “just a little” of something they are “not supposed” to have. They usually eat more than originally intended. Then they feel guilty or shameful about it and punish themselves.

Food, like energy, is not good or bad. It has a vibration and that vibration can enhance our well-being or disturb our well being. It depends on our intention and how we use the energy.

The two best ways to succeed at making dietary changes are removing judgment and eating to fuel our bodies. These are both paradigm changes and shifts in how we think about food. For example, some people eat comfort foods when encountering stressful situations or as the weather becomes colder. Some people reward themselves with food to overcome pain and to celebrate joy. Many families hold a value that food is love. Food is -- food!

If you find yourself reaching for comfort food this holiday season, consider why you need comfort. What is the emotion of discomfort? Is it anger? Sadness? Loss of control? Which chakras or meridians are affected? How might you address this without food?

Think about the next holiday gathering you will attend. What would you like to have happen? Are you eager to connect with a specific person? Are you excited about the venue? If the event is wildly successful for you, what will have taken place?

If you are eager to connect with someone, what will you talk about? What is the intended outcome of your conversation? Do you need to prepare any information or strategy to create that outcome? How will you know if the outcome has been met? Be sure to set a qualitative or quantitative measurement for your goal.

Maybe you are excited to wear a new outfit or one you do not often have an opportunity to wear. Shifting the focus to what is really important to you will guide your actions. Take time to explore your true desires for holiday gatherings.

As you change your perspective on the role of food and begin to work through emotions instead of choosing emotional eating, your food choices will naturally change. You may find yourself no longer seeking comfort in calories. You may find that you enjoy food even more and are satisfied with just a few bites of your favorite treats.



When you make changes, your family and friends will notice. In all my years of private practice, I have yet to fully understand why others become defensive about their food choices when those around them make changes. But I can guarantee they will! Having strategies to gracefully negotiate the situation for a positive outcome is critical for success and a joyful gathering.

People may ask if you are following a diet or why you are not eating a particular dish. There are several great responses. One is to say that you are experimenting with eating differently and notice that when you focus on _____ you have more energy and sleep better. This will intrigue some people and they may ask more questions. Having stated that you are experimenting sets the stage to say "I am not sure" when you do not know the answer.

Another tack is to say that you are challenging yourself. Name your challenge and then ask the person if he or she can help you and describe, in detail, what kind of help you need. People LOVE to help and this is a great way to get someone to champion your change rather than challenge it. For example, let's say you want to stop eating dairy. You might say "I am challenging myself to go dairy-free. Can you help me figure out which foods might have dairy hidden in them? I'm not sure if there are eggs in that casserole or whether toast-spread has butter in it."

If someone becomes defensive and says, "Oh, I couldn't do that," the best response is simply a neutral acknowledgment of their statement. You might say "I hear you" or "It is not for everyone" and then change the subject.

This year, give yourself the gift of healthy eating FOR the holidays. Enjoy gatherings by having clear focus. Create measurable outcomes and then, treat yourself when you attain your goals! The treats are all the good feelings. Notice where in your body you experience them and then enjoy those juicy vibes! ☺



Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and energy medicine. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating depression). She's authored the *Eating Your Way To Health Workbook*, *105 Questions about the Raw Food Lifestyle*, *Wildly Successful Fermenting™*, *Warming Winter Recipes*, *Spring Into Healthy Eating*, *Spirooli recipes* and *Raw and Living Food Basics*. She is a speaker at the Mother Earth News Fair, North American Vegetarian Society Summerfest, and Healing Life Festival. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.

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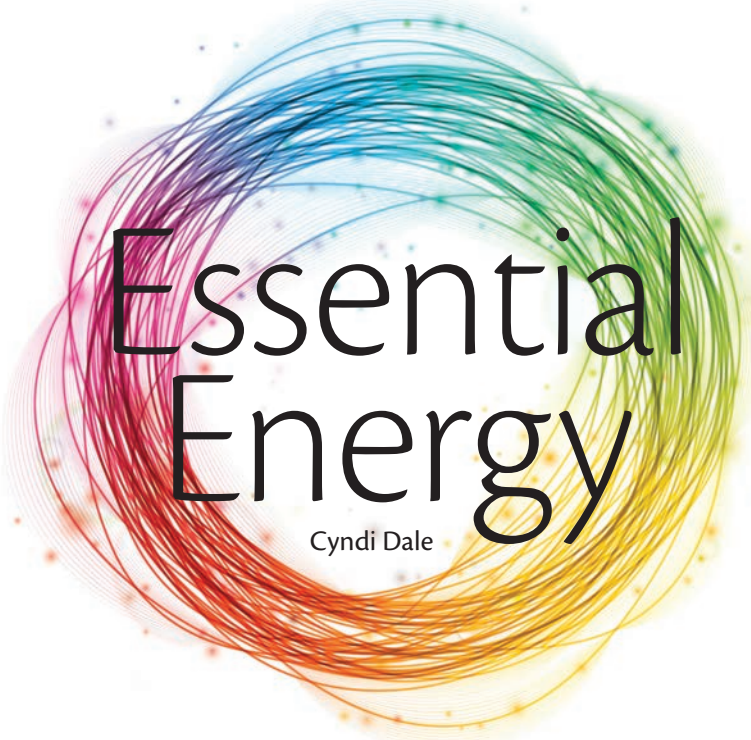
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Essential Energy

Cyndi Dale

Handling Responsibility (Or When a Client Hands You All the Responsibility)

Life hands us continual opportunities to assume responsibility for others' decisions. How do we handle this human tendency when working with clients who often surrender their power to healing professionals of all sorts? Not only does it feel uncomfortable, but there are also certain practical changes that can only be enacted by a client. Plus it is not fun or effective to clean up "messes" that are not our own.

Case in point, only recently I ended up playing "maid" because the parties responsible for a mess—a big one—were more than happy to elevate me to Chief Responsibility Officer. Of course, two of the culprits had tails, but still.

My son, Gabe, had hosted what seemed like an entire team of monster-size boys for an overnight. I ordered late night pizza with the agreement that they would carry the boxes to the outside garbage when done. I then went to bed and rose early to get the crew off to football practice.

Arriving home, I immediately suspected disaster. Usually, two gigantic dogs rush me, each trying to out-bark the other with a full news report. You know the drill. The cat from next door crept under the fence. The speckled dog from the other block marked the front lawn. Someone forgot to leave steaks as payment for guarding the house. However, instead

of greeting me, Lucky and Honey were sitting sheepishly in front of Gabe's room, pretending that they would never set a paw in there.

Dogs are not very good liars. My two bandits had tomato stains all over their faces—and feathers stuck in their fur. The feathers were not there because they had been little angels, either.

The bed sheets were in shreds and the pillows were ripped open from inside out. What was left of the pillows would make mighty fine feather dusters. Whatever extra feathers were not on the dogs were all over the room. As the dogs informed me, it was not their fault they had wrecked the room. No, their tails were pointed right at Gabe and his friends. Apparently there had been pizza slices hidden in the bed.

As Gabe implied later, the disaster was not his fault either. Actually, it was mine. He knew I would get mad if the food and boxes had not been handled as I had requested so he and his friends hid the leftover pizza and boxes in the bed (because they were tired and overslept, may I add). They had been planning to throw everything away when they got home—but I ruined their opportunity by leaving his bedroom door open when I left.

Guess who ended up helping the boys clean up the mess? It sure was not the dogs.

When we do too much for a client, including taking on too much responsibility, it can result in our feeling used. It is hard to be professionally effective if we feel like we are carrying a load that is not ours. As the old saying goes, it does not work to care more about our client's treatment than the client does.

Healers of all types struggle with client pressure. A physician friend was thinking of moving to administration instead of clinical care because he was so tired of being seen as the only healthcare authority in the room. As he pointed out, there is actually very little most healthcare professionals can actually do, except crisis support and assisting with client decisions, if clients will not examine their own internal or external behaviors, from eating healthy foods to wearing their seatbelts to dealing with their emotional needs. In fact, he believed that 80 percent of the patients he saw would not need him except for situational care if they assumed personal responsibility. From his point of view, we are experiencing an epidemic



of perceived patient powerlessness, leading to intense and backbreaking pressure on healthcare providers.

Of course, we want to help our clients. We are being engaged to help and helpers are often responsible people. We want to make a difference; we want our clients to feel better and live more fruitful lives. Just as cannot take credit for our clients' successes, however, we also cannot accept blame for their failures.

We know it does not work to force decisions on a client. Neither can we do our best work if we are overstraining to put up boundaries. I think it is much more productive to gently help a client perceive their choices in a situation. This stance requires understanding why people do not like to accept personal responsibility.

I believe that the main reason people refuse accountability is that they are ashamed of their past or current behaviors. Many of us grew up with parents or in systems that used shame to "guide" us. Shame being the sense that there is something wrong with us, rather than acknowledge that we might have done something wrong—or less right. These systems tend to present in these ways.

1. *"It is all your fault."* The "all your fault" systems are characterized by authority figures who will not accept their own responsibilities. Instead they blame the underlings. In a family situation, these "underlings" are often the children. In institutions, they might be the employees. This type of system leaves individuals stuck in over - or under - responsibility. Over-responsible people have difficulty determining what changes will make a difference because they think they should change everything. Under-responsible people freeze at the thought of accepting responsibility and want others to do everything for them.
2. *"Better be perfect."* Perfectionistic systems force impossible standards on their members. The result is pickiness. Clients with this background might struggle with determining the core issues to face and want to fix them all. They might also hold us to a code of expectations that we cannot meet.

How do we help clients who exhibit these dynamics? First, I avoid providing guarantees. I am careful with my promises. If asked if I can "fix" the situation or "assure" them they will

recover, I state I will do what I can and maybe we can partner. I also use "soft" language, such as, "My sense is this," instead of determined statements. Also, I ask the client a lot of questions such as, "What do you think," or "How might you go about looking at this issue?" In other words, I engage them in their own healing process.

I believe that people seek a hero because they cannot perceive the heroic within themselves. This means it is important to highlight clients' gains and successes and compliment their progress. If I am going to work with a client on a long-term basis, I like to tackle smaller issues first and leave bigger issues for later. Better to make one tiny but significant change than fail at a large and vital one. In addition, I always remember that clients might be afraid I am going to shame them or blame them for their problems. What good is heaping more shame on an already volatile situation? Instead I like to uncover the roots of any shame and more often than not, clients end up more willing to try a new attitude or activity.

Or course there will be a time when we jump into "the mess" with our clients. And that is okay—as long as we are not the only ones cleaning up "their room." Now if boys and dogs would only get that point. ☺



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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NPI Number for Healing Touch

Holli Brown, BSEE, LMP-NCTMB, HTCP
(HTPA HT II Committee Co-Chair)

The Healing Touch Professional Association continues to support and sponsor the Healing Touch Insurance Initiative Committee (HT II). At present, the Committee is taking steps to apply for a Healing Touch National Provider Identifier (NPI) number of its own, as well as, apply for a Current Procedural Terminology (CPT) code. The goal of achieving third party payment will undoubtedly take time to reach but the Committee is optimistic and has the blessing of Healing Touch Program.

One key component necessary in reaching the goal of being covered by insurance/third party payers is obtaining an NPI Number. As the Insurance Initiative is sponsored by the Healing Touch Professional Association, we are working to have Healing Touch become the first Energy Medicine modality with an NPI Number. This experience will pave the way for other modalities to apply for their own numbers.

NPI- National Provider Identifier www.nppes.cms.hhs.gov

A National Provider Identifier or NPI is a unique 10-digit identification number issued to health care providers in the United States by the Centers for Medicare and Medicaid Services (CMS). The NPI has replaced the unique provider identification number (UPIN) as the required identifier for Medicare services, and is used by other payers, including commercial health care insurers. The transition to the NPI was mandated as part of the Administrative Simplifications portion of the Health Insurance Portability and Accountability Act of 1996 (HIPAA), and CMS began issuing NPIs in October 2006.

The Centers for Medicare and Medicaid Services (CMS) has developed the National Plan and Provider Enumeration System (NPPES) to assign these unique identifiers and the taxonomy numbers are made by the National Uniform Claim Committee (NUCC). taxonomy.nucc.org

The Health Care Provider Taxonomy code set maintained by the NUCC is an external, non medical data code set designed for use in an electronic environment, specifically within the ASC X12N Health Care transactions. This includes the transactions mandated under HIPAA and the National Provider Identifier (NPI) application for enumeration. Effective 2001, the NUCC took over the administration of the code set. Ongoing duties, including processing taxonomy code requests and maintenance of the code set, fall under the NUCC Code Subcommittee.


The Health Care Provider Taxonomy code is a unique alphanumeric code, ten characters in length. The code set is structured into three distinct "Levels" including Provider Type, Classification, and Area of Specialization.

Currently, as an Energy Medicine practitioner, there is no way to register for an NPI number unless you already have a license such as nursing, massage, psychotherapy and/or any other license that is in the current set of taxonomy codes. Even if you do have an assigned NPI number, there is no current way to indicate even a specialty such as Healing Touch in your NPI number identifier description. A *Specialist* subcategory exists but you must specify the license and the state in which it was issued.

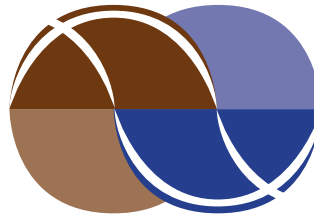
The NPI Taxonomy codes have many categories, one is *Other Service Providers* and under this category are listed



Acupuncturist, Naturopath etc. This could possibly be the category to include Healing Touch Certified Practitioner (or Certified Energy Practitioner). HTPA's Healing Touch Insurance Initiative Committee is working on the NUCC application to request an NPI Taxonomy Code for Healing Touch Certified Practitioners to use. It is required to have a NPI number in order to request third party payment for services.

If you have any information about this process that you could share with us please send an e-mail to Holli Brown at holli.brown@live.com. 

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“If the only prayer you said in your whole life was, ‘thank you,’ that would suffice.” – Meister Eckhart

Practicing Gratitude

Karin Ogren, HTCP

Good food to eat, my kids' laughter, glimpses of blue sky (I live in Seattle), our tight community of neighbors, for all these things, I am truly grateful.

T'is the season to count our blessings. While Thanksgiving encourages us to give thanks on the fourth Thursday of November, being grateful for our blessings throughout the year is a practice that enlivens us and fills us with joy.

Gratitude is Good for You

Gratitude shifts our perspective from what we lack to the abundance we already have. Research demonstrates that gratitude makes us happier. Studies done by Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami found that "gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." Our thoughts and emotions influence our energy systems. Therefore, focusing on the things we are grateful for encourages a healthy energy system.

Thankfulness also connects us to others: the fleeting interaction with a stranger that lightens our day reminds us of humanity's goodness. When we say

"thank you" for the gifts others offer us, we deepen that connection by sharing our gratitude.

A Deeper Gratitude

According to Steve Taylor, Ph.D., there are three kinds of gratitude or appreciation: gratitude through absence, gratitude through comparison and conscious gratitude. The first two are dependent on external experiences. In gratitude through absence, we lose something that was taken for granted only to realize its value after it is gone. With gratitude through comparison, we appreciate our circumstances by comparing ourselves to others in less fortunate situations.

The third kind of gratitude "*is a distinctly different type of appreciation from the two previous types, in that it doesn't come from an external source. Conscious appreciation arises naturally from giving our full attention to our surroundings and our experience. . . It's the sense of natural appreciation we might feel when we feel relaxed and our minds are fairly quiet, and we perceive the world around us freshly and directly. . . These moments of appreciation are so important because they show us a glimpse of reality. After all, in most appreciation experiences, we only become aware of what is already there, what was always there, but which we have stopped paying attention to. Our lives are filled with*



blessings which we forget to count.”¹ This third kind of gratitude, conscious appreciation, is the gratitude we can cultivate through practice.

Practicing Gratitude

The list of methods for practicing gratitude may be familiar. The trick is making gratitude a habit, a way of thinking that flows freely and naturally from our deepest selves. That’s where the *practice* part comes in, meaning we do something over and over until we get better at it. The list below is to get you started. It doesn’t matter so much *what* you do to cultivate gratitude as *how often* you do it.

Gratitude journal - Each week, write down what you were grateful for during the week. Describe the situation, include how you felt and take time periodically to review the abundance from past weeks.

Gratitude list - This can be a quick list written at the end of each day or shared with the people in your household. Every evening at the dinner table, my husband, kids and I share at least one thing we are thankful for. Not only does this cultivate a habit of gratitude in each of us, it also builds our family connections as together we celebrate the good things in our lives.

Gratitude prayer - Start your day with an acknowledgment of all the goodness in your life. Doing so can set the tone for the rest of the day.

Say “thank you” - While a common curtesy, remembering to genuinely express our gratitude to others keeps our perspective aligned with the positive in our lives.

Write thank you notes - In this age of sound bites, email, Facebook and Twitter, who doesn’t love receiving an old-fashioned thank you note in the mail? Holding it in your hands, reading it time and again connects us with others and reminds us of our own

capacity for kindness. However, writing thank you notes is a practice that benefits the writer as well as the recipient by focusing us on the gifts we receive.

This season, as we remember the first Thanksgiving, let us follow the example of Native Americans who have been especially eloquent about voicing gratefulness, as in this Iroquois prayer:

*We give thanks to our mother, the earth,
which sustains us.*

*We give thanks to the rivers and streams,
which supply us with waters.*

*We give thanks to all herbs, which furnish medicine for
the cure of our diseases.*

*We give thanks to the corn, and to her sisters, the beans
and the squashes, which give us life.*

*We give thanks to the wind, which moving the air has
banished diseases.*

*We give thanks to the moon and the stars, which have
given us their light when the sun was gone.*

*We give thanks to the sun, which has looked upon the
earth with a beneficent eye.*

*Lastly, we give thanks to the Great Spirit, in whom is
embodied all goodness, and who directs all things for
the good of earth’s children.*

May you be blessed this season with an awareness of all you have to be grateful for. ☺

1. “In Praise of Gratitude,” Harvard Health Publications, Harvard Medical School, November 2011. Web. 15 Sept. 2014.



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Holistic Nursing: Ushering in a New Paradigm of Healing and Wellness

Dr. Lucia Thornton, ThD, RN, MSN, AHN-BC

How do we reconstruct a healthcare system that is primarily concerned with disease and illness to include a major focus on health and wellness? How can we integrate holistic healing and caring practices into our hospitals and communities? What steps are needed, and what is the role of nurses and other professionals in this process?

We have entered a new era of health care in which leaders, administrators, practitioners and consumers are actively seeking answers to these questions. Implementing holistic models and inviting healing practices and professionals into the healthcare system is a necessary first step. Holistic nurses will play an integral part in creating this new paradigm of healing and wellness.

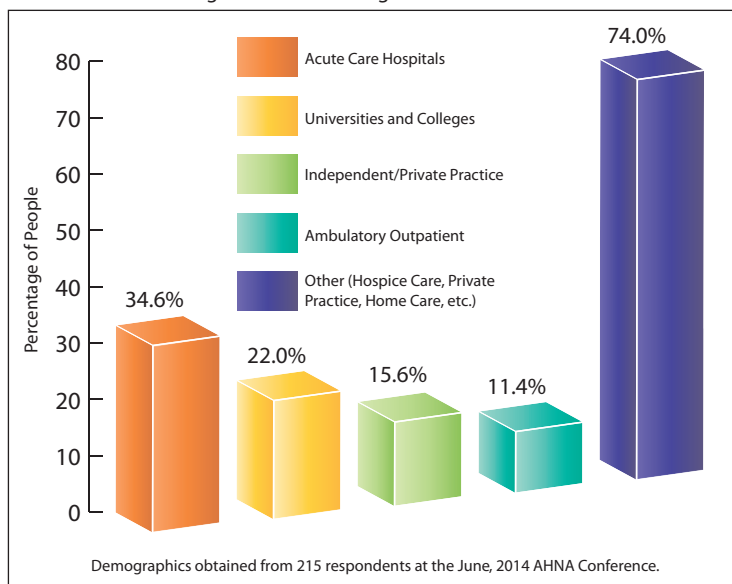
What is Holistic Nursing?

“What do holistic nurses do? Where do they work? Do I need special education and training to become a holistic nurse?”

Holistic nursing is defined as “all nursing practice that has healing the whole person as its goal” (AHNA & ANA, 2013, p.1). Holistic nursing can be practiced in any setting. Demographics obtained from a recent conference of the American Holistic Nurses Association (AHNA) show that approximately 35% of holistic

nurses work in hospitals, 22% in universities and colleges, 16% in private practice, and 12% in ambulatory and outpatient services. (See figure 1).

Figure 1: Work Settings of Holistic Nurses



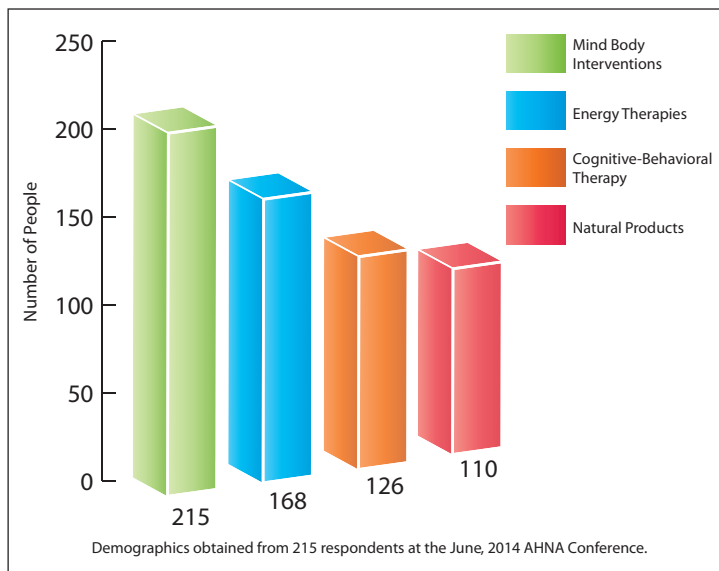
Holistic nurses utilize a variety of approaches and modalities in providing holistic care. Some of the common interventions that holistic nurses incorporate include: subtle energy healing (e.g. Healing Touch, Therapeutic Touch, Reiki, etc.), reflexology, guided imagery, biofeedback, aromatherapy, massage, nutritional counseling, cognitive therapy, life style counseling, breathing and relaxation



techniques, music and sound therapy and acupuncture. (See figure 2)

However, holistic nursing involves more than utilizing healing modalities. Holistic nursing is a way of being and living -- and -- a way of practice!

Figure 2: Practices and Therapies Used by Holistic Nurses



A Way of Being and Living

Being a Caring and Healing Presence:

A primary focus of holistic nursing is to return “caring” and “healing” to our health care system. The first step in this process is for nurses to learn to love and care for themselves. While this may seem a selfish pursuit, it is not. Learning to care deeply for ourselves by taking the time to nurture ourselves physically, emotionally, mentally and spiritually is absolutely essential. When we do so, we begin to realize our wholeness and we actually *become a healing presence* for our patients.

Who you are, how you feel inside, and the attitude that you convey have a profound effect on the people around you. When you are depleted and exhausted you create an unhealthy environment by your presence. If, on the other hand, you are well rested and

feel content and peaceful inside you create a healthy and wholesome environment by your very presence.

Taking good care of yourself is a prerequisite to providing holistic care that is healing. Learning to listen deeply to your own heart and your own truth allows you to connect in a deeply caring way. As Jean Watson says, *We must learn to treat ourselves with love and respect before we are able to treat others that way.* (Watson, 1998). Love and caring are essential in the healing process, both for ourselves and those we serve!

Role Models for Healthy and Wholesome Living:

Holistic nurses strive to be models of wholesome and healthy behavior by creating optimal health in every aspect of their lives – physically, mentally, emotionally, socially and spiritually. This is a lifelong journey that involves valuing who we are, appreciating the preciousness of our existence, and treating ourselves with loving-kindness in all that we do. It is about living consciously; being aware of what we eat, how we care for our bodies, who we bring into our lives, the quality of our relationships, and the meaning and usefulness of our work. (Thornton, 2013, p.151).

Resistance to change, self-doubt, and low self-esteem can block our journey to optimal nurturance. Examining these blocks is crucial for understanding and identifying sources of resistance. Many of these attitudes and beliefs are caused by social conditioning and early life experiences that simply no longer apply to adult life. Being willing to explore what lies beneath the surface is important if we are to create healthy and wholesome patterns of living.

Commitment to Self-Care, Self-Exploration and Awareness:

A commitment to self-care is foundational to holistic nursing and to all healers, for that matter. Taking time to examine and explore the various aspects of your life is the first step in this process. Gaining an awareness of your patterns and habits and bringing



into consciousness that which has been unconscious is important (see Sidebar I). Some of the practices utilized by holistic nurses for self-exploration and awareness include meditation, creating time for reflection and introspection, dream work, mindfulness practice, and journaling (Thornton, 2013).

Commitment to Caring for the Environment:

Holistic nurses advocate and promote healthy environments and the healing of our planet. Just as Florence Nightingale advocated and understood the

importance of fresh air and clean surroundings for her patients, so too, holistic nurses promote practices that help ensure the sustainability of our Earth. Holistic nurses understand that the health of our planet is inextricably linked to the health of every individual.

A Way of Practice

Centering and Intention Setting

Centering and creating an intention for healing are processes in which the holistic nurse engages prior

Sidebar I: Questions for Self-Exploration and Awareness

Take some time each day to reflect on an aspect of your life. Here are some questions to help you explore various aspects of your life:

Physical:

- Is my diet optimal?
- Does my intake consist mainly of whole and natural foods?
- Are my elimination patterns frequent and regular? Do I receive optimal sleep and rest daily?
- Do I engage in beneficial movement and exercise daily?
- Do my breathing patterns promote well-being?

Mental:

- Do I have a problem-solving orientation toward life rather than a victim mentality?
- Do I usually have a positive attitude and positive thoughts toward school and work?
- Do I have a sense of humor?
- Do I possess self-awareness – am I objective about my strengths, limitations and possibilities?
- Am I able to perceive reality with clarity?

Emotional:

- Do I love and accept myself and others?
- Am I able to give and receive love from myself and others?
- Am I able to express my own truth?
- Am I able to have deep feelings of identification, sympathy, and affection for others?

Social/Relational:

- Do I engage in relationships that are wholesome and loving?
- Do I engage in relationships that promote growth in my self and others?
- Am I able to set healthy boundaries with others?
- Do I engage in work that is meaningful?

Spiritual/Energetic:

- Am I able to connect with God/higher self/universe/spirit?
- Do I engage in meditation/prayer/introspective practices regularly?
- Do I know and understand love as the essence of self?
- Do I have a deep respect for all?

Take your time in addressing each of these questions. Remember this is a life long process of deep inner inquiry and growth. As you go through these questions, note when you respond with a powerful “no”. These are the areas that you need to pay attention to. Focus on one area at a time. Create some short term and long term goals for each of the areas that you want to improve. Remember to treat yourself with compassion, love and kindness!

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to any patient interaction. Centering involves setting aside concerns and thoughts, focusing attention on your heart, and connecting with feelings of love and compassion.

Setting an intention is a powerful way for the nurse to create an optimal environment for a caring-healing interaction. Examine the following intention: *I am here for the greater good of this person. I set aside my own concerns and worries and am fully present to the person here and now.* With this intention the nurse is consciously setting aside her own concerns and focusing on the patient; she has set into motion the dynamic that this interaction will be for the greater good of this person; and she is making a conscious decision to be fully present. The nurse, through this intention, creates an environment that promotes and sustains a caring-healing interaction. (See Sidebar II)

Acknowledgment of the Infinite, Sacred, and Energetic Nature of Being

Holistic nursing acknowledges that people are infinite, sacred and energetic beings. Florence Nightingale spoke of human beings as *a reflection of the Divine with physical, metaphysical and intellectual attributes* (McCrae, 1995). Jean Watson teaches that we are sacred Beings (Watson, 1998). Martha Rogers stated that *each person is an irreducible, indivisible, pandimensional energy field* (Rogers, 1992, p.29). The Model of Whole Person Caring combines the key concepts of these nurse theorists and defines a person as: *An energy field that is open, infinite, and spiritual in essence and in continual mutual process with the environment. Each person manifests unique physical, mental, emotional, and social/relational patterns that are interrelated, inseparable, and continually evolving* (Thornton, 2013, p. 42). Thus, from the perspective of holistic nursing theorists and models, people are energy fields that are infinite and sacred in nature. This orientation makes a difference in how we approach each other. It shifts how we speak, how we listen, how we relate and how we interact.

This perspective also creates a foundation in which the practice of subtle energy therapies like Healing Touch makes sense. In the prevailing biomedical paradigm people are perceived to be an amalgamation of molecules and atoms that interact in a predictable fashion based on laws of mathematics, chemistry, and physics (Curtis and Gaylord, 2004). In the biomedical paradigm, the use of subtle energy therapies makes no sense whatsoever. When we redefine who we are and acknowledge our energetic essence then subtle energy practices make perfect sense and can be explained within the context of this new paradigm.

Caring/Healing/Transcendent Presence

Another characteristic of holistic practice is the depth and profound quality of presence that the nurse has with her patients. Jean Watson speaks of the full use of self in the transpersonal caring process. When the nurse becomes heart-centered she has the capacity to resonate with the person at a heart/soul level. At this level, the nurse connects with the person at a deep

Sidebar II: Centering and Intention Setting Technique

- Pause for a moment before engaging with patient or client.
- Set aside any concerns regarding the past or the future. These can be picked up when leaving the room.
- Gently close your eyes.
- Breathe deeply and slowly.
- Repeat to yourself, I am here for the greater good of this patient – I give my full attention to the here and now.
- Direct awareness to the area around your heart, bringing to mind something or someone that evokes your love and compassion.
- When connected with that feeling of love and compassion repeat again, I am present to the moment.
- This entire process should take only between 5 and 10 seconds.

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psychosocial and spiritual level. The nurse must be able to connect with her own heart/soul/transcendent nature before she can establish that connection with others.

Integrative and Collaborative Practice

Holistic nurses understand the importance of collaborating with other healing practitioners in order to provide care that considers the whole-person. This is especially important with the rise in chronic conditions that involve a multitude of social, psychological, and physical problems. The Institute of Medicine reports, *As the delivery of care becomes more complex across a wide range of settings, and the need to coordinate care among multiple providers becomes ever more important, developing well-functioning teams becomes a crucial objective throughout the healthcare system* (Institute of Medicine, 2010, p. 72). Holistic nurses can help coordinate the myriad of professionals (e.g. physicians, physical therapists, social workers, naturopaths, chiropractors, acupuncturists, energy healers, massage therapists, homoeopathists, etc.) into a well functioning team. The holistic nurse's knowledge of both traditional and alternative healing practices and professions helps guide the patient in obtaining the most appropriate, least invasive and cost-effective care possible.

In addition, holistic nurses are skilled in a variety of healing therapies and modalities. Many holistic nurses have taken advanced courses or have received additional certification in areas such as Healing Touch, Reiki, Therapeutic Touch, nurse coaching, integrative practice, reflexology, nutritional counseling, body-mind therapies, homeopathy, music therapy, and aromatherapy to name a few.

Education and Board Certification in Holistic Nursing

There are currently 12 undergraduate programs in the United States (U.S.) endorsed by the American Holistic Nurse Certification Corporation (AHNCC) that

prepare undergraduate students in holistic nursing.

To be eligible for board certification by the AHNCC at the basic holistic nursing level (HN-BC), a nurse is required to have: (1) an active, unrestricted U.S. license; (2) a baccalaureate or higher degree; (3) at least one year of full-time practice or 2,000 hours of part-time practice within the last five years as a holistic nurse or graduation from an AHNCC-endorsed university; and (4) a minimum of 48 contact hours of holistic nursing continuing education within the last 2 years.

After becoming eligible for certification both a qualitative assessment and a quantitative examination must be passed before certification may be obtained.


Board certification is also offered at the advanced practice level (AHN-BC & APHN-BC) for nurses with graduate degrees and nurse practitioners. The eligibility criteria for advanced practice are similar and certification also requires passing a qualitative assessment and a quantitative exam. The AHNCC also offers certification for Nurse Coach, Board Certified (NC-BC); or Health and Wellness Nurse Coach, Board Certified (HWNC-BC). For more information access the AHNCC website at: www.ahncc.org.

The American Holistic Nurses Association (AHNA) endorses and sponsors a variety of educational programs related to holistic nursing practice. For more information access the AHNA website at: www.ahna.org.

A New Vision

A new vision for health care is emerging. It is a vision that brings health, healing, compassion, and wellness into the conversation. It is a vision that invites professionals to work together to create a healthy and sustainable society. It puts people, their needs, their dreams, and their lives at the core of its efforts. It holds promise and sets us on a course toward a vital and healthy nation (Thornton, 2013, p.4).



Changing paradigms—especially when it causes us to transform the way we view ourselves and how the world around us functions—does not come easily. This type of cultural shift takes innovation, creativity and wise leadership. Holistic nurses are in a unique position to help guide the change and step to the plate as transformational leaders in this new era of health care (Thornton, 2014, p. 31). 

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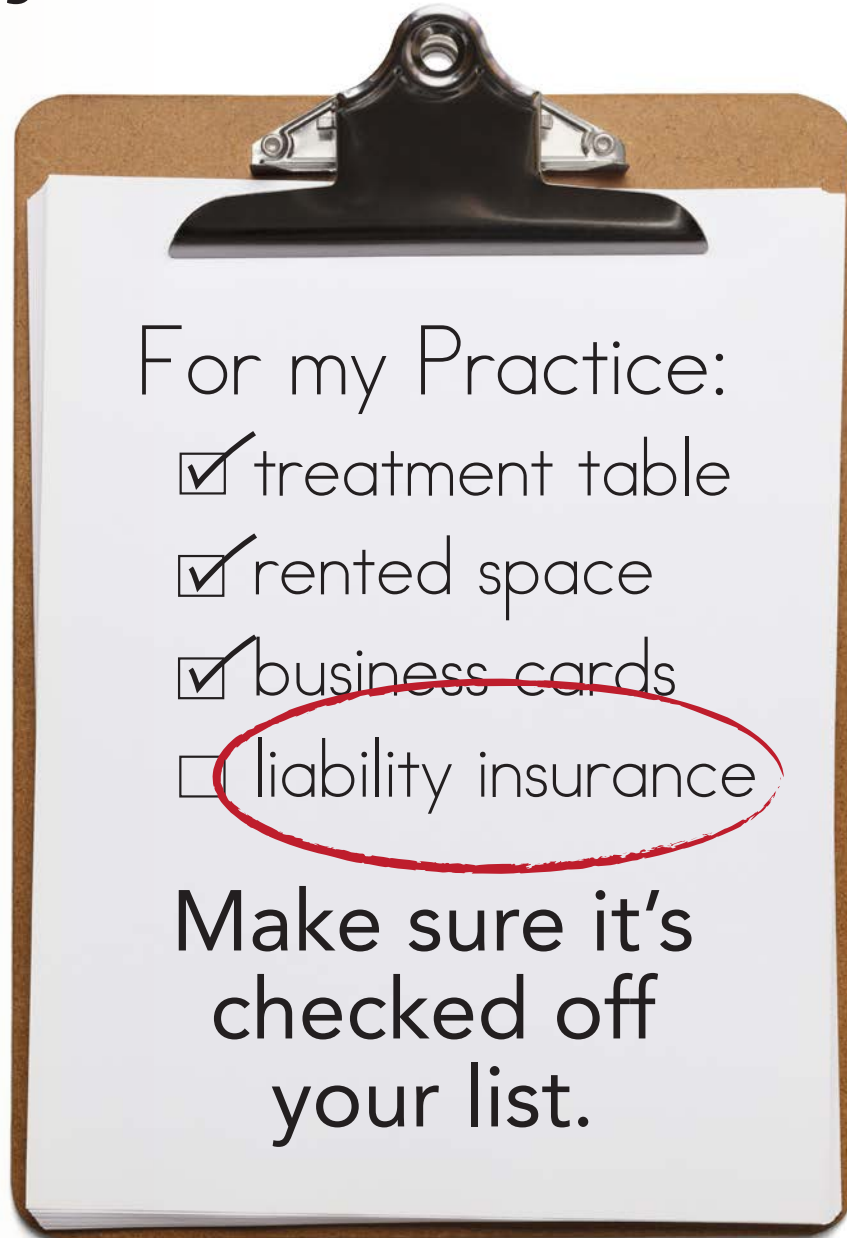
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Discover Your
ExtraOrdinary Life Through
the Akashic Records

Linda Howe



Over the past few years, I have had the great privilege of witnessing remarkable personal healing in individuals from every walk of life, religious affiliation, economic category and racial group. In the 21st century, powerful, permanent, energetic-spiritual healing is fast becoming the new norm, awakening humans and benefiting the collective consciousness.

Pioneers in the field of consciousness development are enjoying the well-deserved fruits of their labors. This level of healing has been hard won after centuries of effortful exploration not to mention blood, sweat and tears. We all reap the rewards of their efforts. Yet, as any one consciously navigating dimensions of awareness knows, there is plenty more to come - more to explore, discover, reveal and relish. It is up to the individuals experiencing transformation to discover the next step, as it is being revealed on a moment-by-moment basis.

The primary concerns of our post-2012 world are:

- *How do we maintain our emotional-spiritual sensitivities while effectively participating in the world?*
- *How do we shift into ExtraOrdinary Living while engaging with the world as it is – without sacrificing our hard won awakening and awareness?*
- *How do we bring our soul's purposes to life?*

Our personal transformation provides not only joyful relief but also significance for mass consciousness. We individually matter - more than we know! Personal healing is the first step. Doing our part in the transformation of the common good inspires and uplifts the whole of humanity, provided we maintain our personal equilibrium at this new altitude of awareness while engaging in ordinary life.

For the past 20 years, I have been both student and teacher of the Akashic Records, using the Pathway Prayer Process to Access the Heart of the Records. My specialty is using the Akashic Field for personal transformation. What a wonderful journey it has been! I describe my method in *How to Read the Akashic Records*, and requisite foundational elements based on the Akashic Absolutes. These three Absolutes - *Fear Not, Judge Not and Resist Not* - together establish and maintain a sacred sanctuary for identifying and embracing one's inner truth from the perspective of the soul.

In *Healing Through the Akashic Records*, I address issues of personal healing using Akashic Light to accelerate personal transformation. From an Akashic perspective, we see human wounds as spiritual opportunities to encounter the Divine Reality and experience our soul's perfection. Spiritual practices such as unconditional love for self and applying the sentiment "*Of course!*" can resolve lifetimes of self-rejection and abandonment. Bringing



this consciousness to others through extending the “Benefit of the Doubt” at the level of motive, frees us from long-standing resentments so we can become the people we are meant to be. Allowing ourselves to identify the safe and positive impact of freedom facilitates a propulsion into more and more expanded states of freedom -- freedom from old limiting patterns and the freedom to authentically self express.

This is a succinct description of a deep process. These practices can take many lifetimes to complete; all of which deliver us to this moment when we have the opportunity to live in this unique era. Here at the shore of *Discovering Your ExtraOrdinary Life*, I intro-

such, we are challenged to recognize that other humans may have access to greater power than we do, at times. Likewise, we may experience occasions of being more adept than others. This is the Circle of Life and our challenge is to accept it all - without judgment. As we accept that there is a power greater than ourselves, we take our place in the Circle. As we relinquish negative judgments about Authority, we are able to receive even more. Having received, we have more to give – because - giving is the heartfelt desire of all human beings. This precept is both simple and profound. We are the authors of our lives - and - our destinies.

We are our soul's first and best choice for achieving our destinies. In fact, it is through our very humanity that our soul's purpose is best demonstrated.

duce five concepts essential for living powerfully in the world -- Incarnation, Authority, Discipline, Responsibility and Commitment. Mastering these five pillars of consciousness allows infinite inner light to shine greater than ever before. We awaken full of purpose and are able to release outdated notions through acceptance and by making conscious choices.

We are infinite spiritual beings and also mere mortals. So we must accept our Incarnation without reservation in order to manifest our soul's intentions. Yes, we are human with all its innate imperfections and limitations. *In addition*, we are our soul's first and best choice for achieving our destinies. In fact, it is through our very humanity that our soul's purpose is best demonstrated. We are the right person, from the right family, on the right continent at the right time to reveal the magnificence of our soul. How wonderful!

While we may certainly be “god” in our own universe, none of us is THE God of the Universe. As

Standing in the flow of this incredible power, we discover a need for Discipline. Without it, we are unable to make good use of the Life force. Discipline is composed of repeated thoughts and behaviors weaving energetic structures; it supports the best use of this type of power. With appropriate disciplines in place, it is easier to listen to the inner promptings of our soul, which always leads us to our Destiny. Accepting Discipline without resistance enhances our effectiveness as we make our Earthly walk. Responsibility follows.

Soul-level responsibilities are obligations we have for ourselves and others; they structure our path. Responsibilities form a crucible through which our personalities transform. Conscious responsibility alters our relationships. For example, caring for others can be either enabling (in its lower form) or caregiving (in its highest expression). Through Responsibility, our human selves become more sensitive and refined. Thus, we are a powerful presence in our world.




How do we ride the wave when Life gets stormy? This is when the pillar of fierce, fixed, quiet Commitment enters the scene - empowering us to stay the course! Commitment attaches us to our path, so that the energy of the path is returned to us, gifting us with a sustaining, nurturing energy. We literally become turbo-charged to live our life and achieve our life's missions!

Take a few moments to consider your present understanding for each of these five concepts: Incarnation, Authority, Discipline, Responsibility and Commitment. Perhaps your relationship to one is stronger than the others. This is natural. Take time to give yourself a chance to make peace with the reality of your old ideas and the impact they have had on your well-being. Know that you are always doing your very best, so be kind to yourself. What would it be like to open to this truth? It is yours to hold! At this time,

you are entitled to consciously select new, supportive ideas to empower your flourishing. You are here to succeed. All of Life is rooting for your success! You matter and you are needed, now.

As you become aware of and master these five concepts, you may begin to see them standing as pillars of light surrounding a center core of light which is your inner being. Were we to glimpse this arrangement from above, we would see a five pointed star radiating infinite, eternal Light from the core of our being! This essential internal structure supports us to engage effectively in the world without sacrificing our spiritual sensitivities, awareness or Light.

Making peace with who we have been, accepting ourselves and others exactly "as is" relieves us of lifetimes of crippling confusing ideas and frees us to walk in the world and *Shine! Shine! Shine!* 

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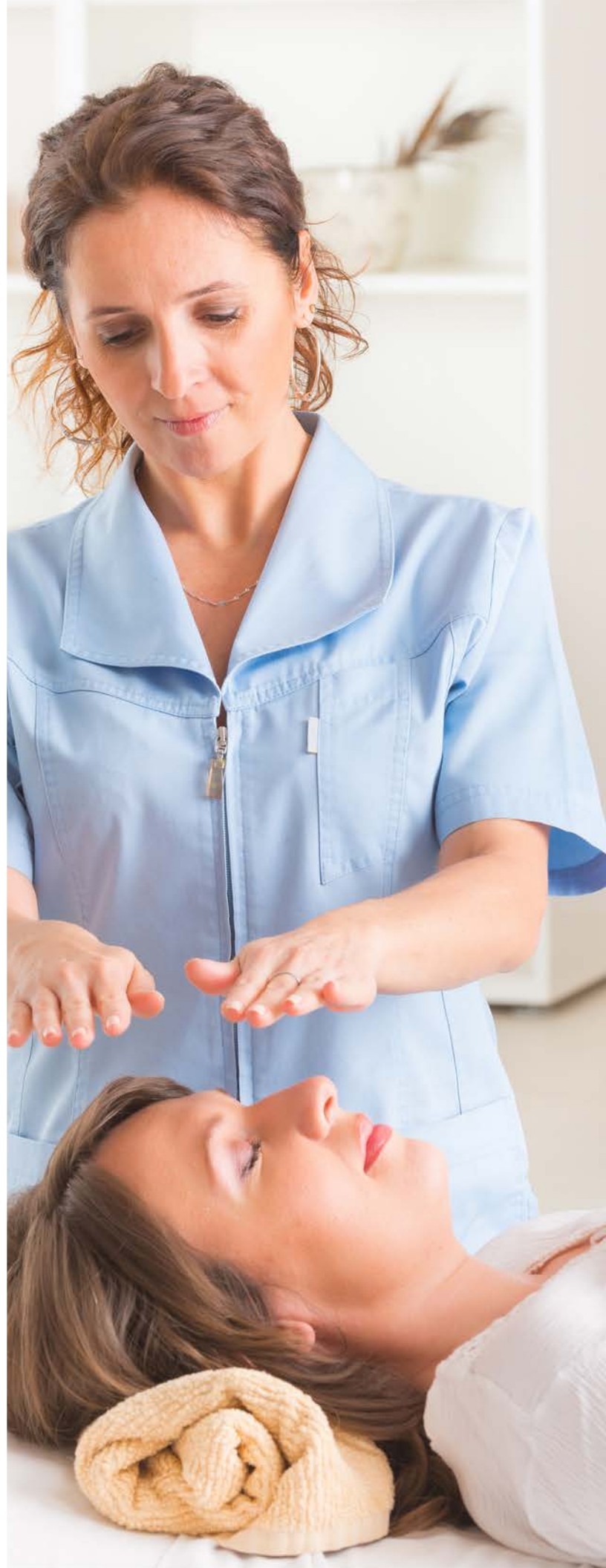
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Four Key Tips to Help You Bridge the Chasm between Traditional Western Medicine and Energy Medicine

Astrid Pujari, MD

Medical students are not known for being adventurous. I remember, for example, how many people would stop and stare every time I brought my breakfast, a fruit smoothie which included a carrot, to class during my first year of medical school. Occasionally a brave soul would exclaim, “*What is **that**?*”?! It took a few years for my “strange” eating habits to become a lovingly tolerated eccentricity and probably at least a decade for long lost doctor friends to reach out and actually ask me for advice on how to eat in a healthier way.

I say this because, now, an orange colored smoothie probably would not shock many doctors -- but energy medicine still does. As much as we want to pride ourselves on being scientists with an open-mind -- ready to explore new horizons in healing -- the fact is that adventure in medicine is not well rewarded. The exception is in very specific, regulated contexts - such as research studies. For the average healthcare provider, most are expected, paid, taught, and asked by those who oversee them to play within the rules. Too much creativity is not usually considered safe.

As a result, it makes sense that healthcare providers practicing in the traditional Western model are often cautious and skeptical when it comes to energy medicine. As a physician who is board certified in both

internal medicine and integrative medicine, and who has been teaching energy medicine for many years, I can say that I have considerable experience bridging the gap between Western and holistic medicine.

I would like to share four key tips that have worked for me along the way:

1. Start with compassion.

This is probably the most important tip. You can bridge any gap -- whether it is between you and a client, you and a healthcare provider, or the client and their higher healing potential -- by starting with compassion. This also applies to someone who elicits fear or antagonism. This includes subconscious fears, because that energy will be projected and felt by others, even if you do not say anything. So for me, the first step to create harmony between myself and any other provider or institution, is to start by visualizing peace between us, and by changing any subconscious beliefs in myself that sabotage that truth. I do this until I can hold that visualization firmly in my mind and body with ease.

2. Consider volunteering, even in a capacity unrelated to Energy Medicine, in Western Medicine settings.



Working in a Western Medicine setting, and even volunteering, can give you a considerable advantage in two ways. First, it gives you a better understanding of how Western medical institutions operate, and what avenues may be open for you to share your Energy Medicine skills within the institution. Secondly, it increases your ability to meet people in the medical field, and to develop the personal connections that can be helpful in building a practice.


3. Personal relationships are key.

To bridge the gap between Western Medicine and Energy Medicine, start by developing relationships with those who work in healthcare. Ultimately, although you may have different roles, I have found it is important to focus on what we have in common as people. We all appreciate it when someone genuinely cares about us. Do not just focus on meeting others to build business, but rather, practice genuine caring and interest in others and this will naturally lead to trust.

4. Consider offering a free energy session for open-minded staff.

In my experience, it really helps to focus on developing trust and personal connections using the steps above if you want people to accept your offer of a free session. Although there are always exceptions, most people need to know you to some extent before they will take the next step, particularly if it involves driving somewhere or calling to make an appointment. Free sessions can help interested Western medical staff to develop more personal experience with your work which can help increase your credibility. If you do offer free sessions, I would recommend doing what you can to make it easier for the potential client to follow through - such as offering to come to their workplace to offer the session, and making sure the time works well with their schedule.

In general, all of these tips have one point in common -- they require respect. Respect for yourself and respect for others. As you know, in order for someone to have faith in what you are doing, you have to have faith in what you offer. If you do not have a real, and deep knowing that what you offer has value, then you are not practicing in integrity. Why? Because you are effectively asking people to invest their time, energy and possibly money to receive something about which you are only partially self-assured. Lack of integrity can also translate as a lack of credibility with others - making it harder for you to attract clients or build a practice.

As we all know, the four tips above are helpful tools, but what distinguishes a master from a beginner is not the tool, but the person using them. Functioning from this place of deep knowing and integrity gives Energy Medicine practitioners an advantage. As someone who understands energy, you know when you are in alignment - not just on a superficial level but from a place deep within. This gives you the ability to consciously work from that place, in order to serve others from the greatest place of goodness, truth and compassion. 



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New Energy Bodies and Energetic Diagrams Cards

Front Side: Depicts the Seven Energy Bodies Interpenetrated within the Human Energy System along with descriptive text that can be used to enhance your healing work.

Back side: Energetic Diagrams offer a visual suggestion of how a human energy field can dynamically change based on feelings, thoughts, beliefs, intentions and actions at a particular moment in time.

Seven Energy Bodies Interpenetrated within the Human Energy System

The levels of the auric bodies (fields) interpenetrate the physical body and each other. Radiation and spinning of each chakra creates a corresponding field. **Root** chakra creates the etheric field. **Sacral** creates the emotional field. **Solar plexus**, the mental field. **Heart**, the astral field. **Throat**, the ethereal template field. **Brow**, the colorial field. and **Crown**, the ketheric template field. The field(s) expands, contracts and changes shape based on the person's body-mind-spirit health.

- Ketheric Field (7th Body)**
Golden egg shaped shell creates an energetic boundary between the Universal Energy Field and the Individual Energy Field. Highest sense of "I am". Largest and most subtle of the seven fields. Correlates with crown chakra.
- Celestial Field (6th Body)**
Stands of rainbow-gold silver light radiating from center. Highest sense of compassion. Correlates with brow chakra.
- Ethereal Template Field (5th Body)**
Blue-grey matrix of gridwork which holds the blueprint for physical health and vitality. Highest sense of will and creative potential. Correlates with throat chakra.
- Astral Field (4th Body)**
Amorphous rainbow of colors which emanate from heart center. The heart chakra is the bridge between the upper and lower centers, between abstract and self-consciousness. Correlates with heart chakra.
- Mental Field (3rd Body)**
Yellow-gold structured gridwork which holds mental processes and problem solving. Correlates with solar plexus chakra.
- Emotional Field (2nd Body)**
Amorphous rainbow of colors more dense than the astral body which radiates a predominant color based on emotional state. Reactive feelings. Correlates with heart chakra.
- Etheric Field (1st Body)**
Blue-grey structured gridwork which reflects current state of physical health. This field slightly extends beyond physical body and is the densest of the bodies. Correlates with root chakra.

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Energetic Diagrams

These diagrams offer a visual suggestion of how a human energy field can dynamically change based on feelings, thoughts, beliefs, intentions, actions and interactions at a particular moment in time. The drawings depict possible variations and are not meant to be presented as fact or dogma. They are offered as examples of how the aura may change.

- Suffered Trauma
- In Her Head
- Seeking Attention
- Verbal Attack
- Scattered
- Boundary Containment
- Depleted
- Beside Himself
- Energy Leak

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Caring Science

and The Intersection With
Healing Touch

Dr. Jean Watson, Founder–Director Watson Caring Science Institute

ABSTRACT: This article outlines the core aspects of Caring Science, and the intersection with Healing Touch, the core energetic integrative modality of caring-healing practices. It captures the essence of ‘Transpersonal Caring Moment’, which draws upon an ethic of ‘Belonging to Source’ - the infinite field of universal Cosmic Love, the foundation for all healing.

A

s nursing and health care practices evolve beyond medical cure and treatment of pathology at all costs, the public and professionals alike are entering a new scientific understanding of healing and health. This new era goes beyond material mind-body physical medicine and ushers in evolved energetic integrative models for healing (restoring wholeness in the midst of inner and outer fragmentation of life forces) - helping one energetically to align inner and outer ‘self for right-relation -- right-alignment’ with Source – universal Love). Such a shift is related to an evolving human consciousness which unites humanity-environment and the universe across time, space and physicality into a unitary field model of Caring Science. This evolved view is consistent with the latest thinking in integrative medicine/nursing (Watson, 2014b).

Caring Science offers an expanded ethical and philosophical foundation and a unitary worldview for

healing, which differs from Medical Science’s focus on treatment and disease centered cure and holds an ethical and scientific foundation for integrative energetic principles and practices. This integrative thinking unites indigenous practices across time with the latest scientific views of wholeness.

As Caring Science becomes more universal across cultures and traditions, it is a hopeful paradigm for nursing and health care to establish a new role in serving the global human caring – healing and health needs of the public, now and into the future.

Caring Science: Integrative Healing Touch (HT) Principles Converge

What is distinctive about Caring Science and Integrative HT principles? Intentional practice of human caring is an emergent quality of unitary whole systems thinking, making new connections between the unitary energetic patterns of worldwide human caring practices and healing in our world. This relationship between human caring and healing represents a fundamental path of consciously attending to the energetic pattern of unity and the human-environmental global-universal field of oneness - connecting one to an infinite field of universal cosmic love, the source of all energy healing.

Unitary caring science is consistent with integrative energy medicine principles and what may be referred to as a quantum world, or even a quantum



cosmology. That is, we now know from science and quantum thinking that the mere act of participating in or observing a system causes that system to change its behavior. *“Some physicists have postulated that there is something special about consciousness that causes the abstract quantum potentials, described by quantum theory, to ‘collapse’ into hard physical reality observed in the everyday world”* (Vieten, 2012, p. 6). In the world of quantum physics, it is acknowledged that everything is connected with everything else and

view is one in which humans seek control certainty, and domination over all aspects of life, death, the environment, and our world. This worldview is pervasive in our Westernized world and is motivated largely by Ego and Fear. Thus, it keeps humans and nations and countries separate, insecure, easily threatened, distrustful, and disconnected from each other, from our own sense of belonging, whereby someone different from us, may be perceived as threatening and/or considered an enemy.

... the ethic of belonging helps us understand that a practitioner’s conscious acts of human caring and practice of Healing Touch, have an individual and global effect at the same time.

there is one wholeness of all. The writings of David Bohm address this as well (1980a, 1980b, Bohm & Peat, 1987).

Caring science, as an emerging area of nursing and trans-disciplinary study, grounds this expanded, quantum worldview related to integrative principles and acknowledges a deeper ethic of “belonging” (Levinas, 1969; Watson, 2008), making it explicit that we all belong to the infinity and universal cosmic energetic (quantum) field of the whole. This core integrative principle becomes a fundamental worldview, or even more encompassing, a cosmology, as a starting point for science, integrative energetic principles, and our global society from which we cannot escape. Thus, the ethic of belonging helps us understand that a practitioner’s conscious acts of human caring and practice of Healing Touch, have an individual and global effect at the same time.

Worldview-Ontology

In contrast to unitary caring science and integrative thinking, the Western separatist ontological world-

This separatist worldview of conventional Western science society, does not serve human needs and our shared humanity. In spite of major advances in health and healing and medical science, our western system of health care is dominated by outdated world views of material physical plane of existence, in contrast to a unitary oneness of all – whereby energetically everything is connected to everything else.

The shift occurring is related to an evolved consciousness for humanity.

For example: What is the highest level of consciousness? My answer is love, which allows for evolution of higher consciousness to what Teilhard de Chardin referred to as the “Omega point”—humans becoming more Godlike, connecting with the “infinite field” (de Chardin, 1959, 1964). De Chardin posited that our consciousness becomes co-extensive with the universe toward unification (de Chardin, 1964, p. 310, Watson, 2014a p.104).

Thus, the starting point for Caring Science as Infinity of Love and evolved consciousness, perhaps also can



be the ethical, philosophical starting point for HT.

That is: the 'Ethic of Belonging' begins with the belief and perennial wisdom that our human experiences and journey through life and death are shared with all of humanity - across the globe. We are all ultimately, one- world-one-heart, united with infinite energy of love, across time and space belonging to the great sea of humanity.

Watson (2014a) explored this unitary view through the writings of David Hawkins, *Power vs. Force* (2002).

"Hawkins addressed the evolution of consciousness and notion of shared consciousness; his views are consistent with a caring science ethic of belonging and an integrative principle underlying HT. This view indicates the power of oneness of the human spirit and its relationship to the evolution of consciousness. That is, integrative principles are related to a pure consciousness in the universe, to which we all belong. This points toward options for how to access and manifest caring patterns that affect the whole. This evolution of caring is thought by Hawkins to be a higher consciousness that connects one with a universal life force, the infinite field of cosmic love. There is a connection between caring and love. In the caring science model, everything is connected energetically; thus, the person caring and offering HT is manifesting universal love, affecting the whole of humanity and contributing to the healing of humanity.

This unity of consciousness, an evolving consciousness framework, guides human-environmental energetic healing practices, such as Reiki and Healing Touch. These practices are based upon the subtle energy of love, as a high level of consciousness, if not the highest level of cosmic consciousness. The subtle and not-so-subtle connections between caring consciousness and energetic healing practices of love ultimately lead to connections between caring, evolved human consciousness and peace. (Watson, 2014:102)

That is, if one is manifesting an authentically caring consciousness during HT, then one is radiating the energy of love and peace into the integrative field of the whole. As Hawkins (2002) noted, *If we really understood this basic knowledge, the world as we know it would be irrevocably changed, requiring all practices of politics, war, communications, media, economics, and medicine to transform their patterns of practice. (Watson, 2014:103)*

So, in caring science and HT, everything is connected with the infinite, universal, energetic field of cosmic love. Basic human values of loving-kindness, equanimity, compassion, forgiveness, and tolerance, all messages from wisdom and spiritual teachers across time, are embedded in the "faces" of our global community and in the human caring practices throughout the history and tradition of nursing and other health and human service professions" (Watson, 2014:103).

Within the context of Caring Science, the formal theory of human caring and transpersonal caring has evolved through the writings of Jean Watson (1979; 1985; 1988; 1999; 2008; 2011; 2012; 2014). The framework for identifying, naming and implementing a professional practice model grounded in Caring Science, adheres to ethical-philosophical and scientific professional practices, named the 10 Caritas Processes. The Caritas Processes name the phenomenon of human caring that nurses and other healing practitioners around the world, are offering to humanity; but these named daily healing practices have been unnamed, unseen and thus largely invisible – until very recently.

Ten Caritas Processes of Theory of Human Caring (Watson, 2008, 2012)

The named and researched Human Caring Phenomenon guide caring-healing practitioners to validate what they are practicing in caring for patients, families and communities, for health and healing, beyond medical technical interventions. These Caritas



Processes contribute to whole person/whole system Health care.

The 10 Caritas Processes™ are as follows:

1. Sustaining Humanistic-altruistic value system by the practice of loving-kindness and equanimity with self/others.
2. Being authentically present, enabling faith/hope/belief system – honoring the inner, life-world of self/others.
3. Being Sensitive to self and others by cultivating one's own spiritual practices; beyond ego-self to transpersonal self.
4. Developing and sustaining loving, trusting-caring relationships.
5. Allowing for expression of positive and negative feelings - authentically listening to another person's story.
6. Creatively problem-solving, 'solution-seeking' through the caring process; full use of self and the artistry of caring-healing practices via use of all ways of knowing/Being/Doing/Becoming.
7. Engaging in transpersonal teaching-learning within the context of caring relationships; staying within other's frame of reference – shifting toward a coaching model for expanded health/wellness.
8. Creating a healing environment at all levels; subtle environment for an energetic authentic caring process.
9. Reverentially assisting with basic needs as sacred acts; touching mindbodyspirit of others; sustaining human dignity.
10. Opening to spiritual, mystery, and unknowns - allowing for miracles.

These Caritas processes become the guide to systematically engage in theory-guided practice, informed by the deeper philosophy, values, ethics, language and worldview of Caring Science. In this postmodern world, if we do not have our own language for caring, we do not exist and thus remain invisible to the dominant external world. Therefore, the language of

the phenomenon of human caring-healing becomes critical to nursing's advancement and future caring-healing-health practices to serve humanity. Also, in this era of evidence based practice, it is impossible to explore outcomes of caring if the phenomenon of caring is not named, documented and assessed as part of patient care standards.

Caring Science – Caritas Processes, A Transpersonal Caring Moment

As Healing Touch practitioners enter into a theory guided professional practice model of Caring Science, they become more intentional and conscious of the importance of a Caring Moment. In that a Caring Moment is where the theory of human caring and the unitary worldview of caring science are lived out. It is through the Caring Moment that the 10 Caritas Processes personally/professionally come alive for each person, connecting both to the universal field.

A Caring Moment is transpersonal, meaning the moment is larger than just the two people in the moment. Transpersonal conveys the authentic energetic human to human connection in that moment, connecting with the infinity field of Love/Source and is greater than the moment and lives on in the experience of both. It also implies that the connection is not ego centered but open to creative emergence and unknowns; energetically this caring-healing moment is affecting the whole field of human consciousness. (Watson, 2012).

The Caring Moment invites authentic presence, skill, rituals and intentional preparation. The Caring Moment, within the context of Caring Science transcends time, space, and physicality. That is, the experience in the moment is larger than just two people coming together. The whole caring consciousness of the nurse is contained within a single caring moment and extends into the universe beyond that actual physical moment. That moment can be an existential, spiritual turning point for the nurse and



the patient, opening up new possibilities to connect with Source. What is experienced in a Caring Moment becomes part of the life pattern and greater life context for both participants. All we have are moments in our life; each moment informs the nature of the next moment.

Watson explored these connections within the field of nursing in her chapter on Caring Science and Integrative Nursing. (Watson, 2014:103)

Unitary, integrative Caring Science Healing Touch principles and practices are related to the higher-consciousness energetic field approaches for health and healing. These principles are associated with non-physical domains, such as attitude, intentionality, and consciousness of positive emotions and mental thoughts. They address experiences of gratitude, forgiveness, grace, caring, compassion, and love, including mindful practices of rituals, prayer, and spiritual beliefs of hope and faith.


The Caring Moment invites authentic presence, skill, rituals and intentional preparation.

These global and universal messages and values also are embedded in existing theories, contemporary science, and philosophies guiding human caring and healing for ourselves, others, and our world. For example, the writings of contemporary nursing theorists, such as Martha Rogers, Margaret Newman, Rosemary Parse, Barbara Dossey, and Jean Watson all converge around the same core ontological and epistemological integrative unitary principles. They include:

- A Unity worldview—that is, the view that everything is connected.
- There is one energetic field of human-environment-cosmos oneness.
- Transcendent possibilities for human experiences, while acknowledging we are fully embodied; patterns and processes of relativity of time, space and physicality can be transcended.
- Unitary worldview acknowledges that, energetically, one's intentional Loving consciousness transcends time and space, and exists beyond the moment, affecting the whole field.
- Evolving consciousness—evolving toward universal cosmic consciousness of love.

Conventional medicine does not systematically incorporate non-physical methods of energetic healing. Hawkins (2002) reported that conventional medicine, associated with physical pathology and disease, resides in a lower vibrational field and does not allow for evolution of human consciousness to a higher energetic field. (Watson, 2014:103)

The next turn in caring science and caring-healing HT principles and medical science is to go beyond exclusive physicality and systematically include consciousness, intentionality, and spirituality for whole-person health, healing, caring, and peace. Integrative nursing principles thus incorporate caring for the individual, the environment and ecosystem, the community, and beyond, as a way of honoring all living things.

In summary, Caring Science and the integrative principles and energetic consciousness practices of HT invite nurses and all HT practitioners to evolve even further, and consciously mature within the unitary quantum field healing model of the future - with attention to whole person/whole system transformation toward health and well-being of humans and communities. 



More information on Caring Science, Caring Theory and Watson Caring Science Institute can be found at www.watsoncaringscience.org; more information on Integrative Nursing can be found in latest book: Kreitzer, MJ, Koithan, M. (2014) *Integrative Nursing*. NY: Oxford Univ. press.

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Center

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

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- Become aware of your connection to the floor and the earth

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Affirmations for a Healthy Life

I enjoy taking time to care for myself.

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

I am unique, creative and worthy of love.

Caring for myself allows me to better care for others.

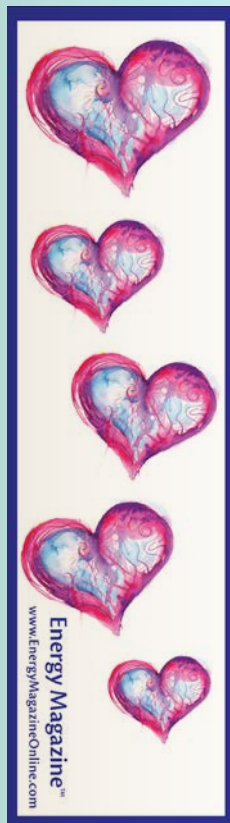
My life is joyful and filled with wonderful surprises.

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

I take time to be quiet and listen within.

I can laugh at myself.

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



7 Principles of Self-Care for Wellness

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

from Janet Mentgen, Founder, Healing Touch Program



Core Concepts Expressed in Healing Touch

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

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

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

Healing is a sacred process.

Self-care is empowering and supports health and healing.

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

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

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



7 Energy Centers

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

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

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

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

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

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

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





Forgive to Save Your Life

Dr. Carmen Harra

We all have a number of people to forgive -- those who caused us pain in our past, made us suffer or took our goodness for granted. Forgiveness comes more easily when we acknowledge its life-saving grace. Forgive comes from an Old English word originally meaning, "to give completely" or "to give up." In that sense when we forgive, we do give up. We forgo the anger, bitterness, and frustration that arise from retaining resentment against a person. We return these feelings to the universe and shun them from our personal energy field. Relinquished are the negative emotions and the brutal impact they have on our being. When we forgive - we detach.

Being unable to forgive is detrimental to our mind, body, and spirit. Emotionally, pent-up feelings increase in force and influence over our state of well-being. We become cynical, distrustful of others, and insecure in our faith. Mentally, clusters of neurons form and begin to dominate our thought patterns. The more we hold onto our anger, the more we become angry. The more we linger on a bitter memory, the more bitterness overtakes our everyday mood. Science has proven that adverse emotions release harmful chemicals into our bloodstream and enter our cells. Physically, harboring the past in our hearts makes our bodies sick. Truly, resentment is toxic on all levels of being.

But you can break free from heavy memories and their burden. First, you must understand the four

truths of forgiveness:

Understand why. To forgive earnestly, you must pinpoint the reasons it is necessary. Are emotions originating from an un-peaceful past affecting your present? Do the effects of a former betrayal, breakup, breakdown or broken heart continue today? Recognize the need to forgive. Identify whom you need to forgive. Then, you can begin the process.

Take time. Forgiving is a process, not a result. You cannot instantly forgive someone, because you must slowly wean yourself from the overwhelming emotions involved. But you can certainly reach forgiveness, step-by-step, day-by-day, through small acts that fortify your intention to absolve another. Forgiveness takes time but once you have pardoned - you are liberated.

Forgive yourself. The way you treat others is a reflection of the way you regard yourself. You must be happy with yourself in order to foster positive relationships that progress. Being happy with yourself begins by excusing your prior mistakes, however costly they may have been. Remember -- there are no mistakes -- only solutions in the making.

Count your blessings. Only when you realize the measure of where you were and where you are can you incorporate forgiveness into your life. Summarize the lessons you have learned. You are not who



you were when you wrongly trusted someone who later hurt you, or when you gave too freely to someone who did not deserve it. Counting your blessings serves to show the long, long way you have come.


Once you have evaluated these elements of forgiveness, you can speak your desire to grant pardon. Practice these affirmations to solidify your resolution to forgive:

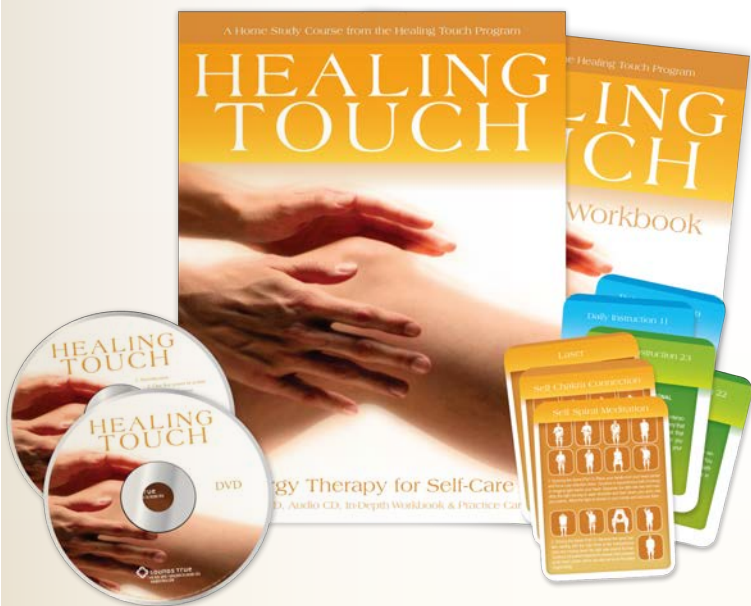
I forgive (name). I break the painful bond between us. Each day, I am learning to forgive those who have hurt me. Their actions are powerless over me. I forgive the mistakes of my past and step into a brilliant future. Forgiveness is a virtue I am mastering as I heal my soul.

In addition to speaking your intentions, you can practice simple exercises of forgiveness, such as this example:

Think of a person who has caused you harm and write his or her name on a piece of paper. This can be anyone from a former friend, lover, or family member -- anyone with whom you share outstanding ill will. Underneath their name, write the words you associate with this person or scribble how you feel about them. Breathe deeply and allow the raw emotion to surface. Do not inhibit yourself. Release what you can onto the paper. At the bottom write, "I forgive you." If necessary, write this phrase more than once. Fold the paper and hold it tightly in your hand. Know that all of the negative emotions within you have been transferred to this object. Continue to breathe deeply as you feel your energy shift. You will feel lighter as the weight of your harmful feelings lift. Say a prayer of forgiveness, asking the divine to empower you as you abandon animosity. Then, dispose of this paper. You can tear it up, discard it, or throw it into the ocean.

What is important is that you let it go to signify letting go of the sentimental attachment to this person.

It is never too late to forgive, nor is any wound too deep to heal through the miracle of clemency. Forgiveness begins through daily introspection, calming affirmations, and small acts that reflect your intent to forget and forge ahead. In time, you will thank yourself for your decision to forgive. Forgive today to save your life. 



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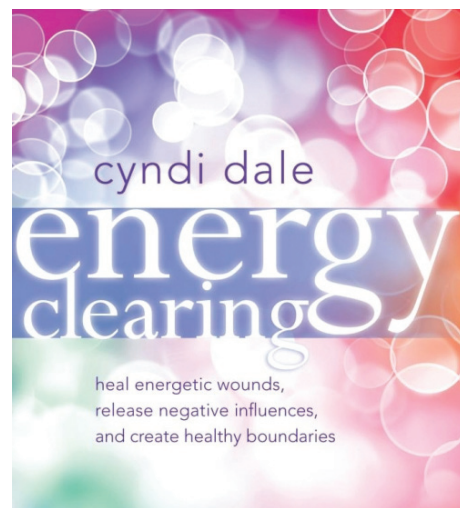
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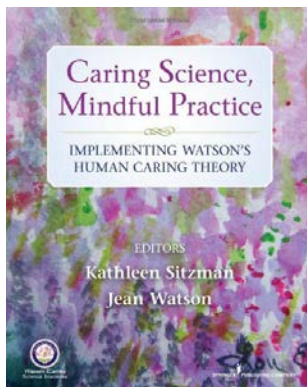
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This is the first text to help students and practicing nurses translate and integrate the philosophy and abstracts of Caring theory into everyday practice. It was developed for use as the primary text for an online caring theory course that will be offered through the Watson Caring Science Institute in October 2013.

Learn more:

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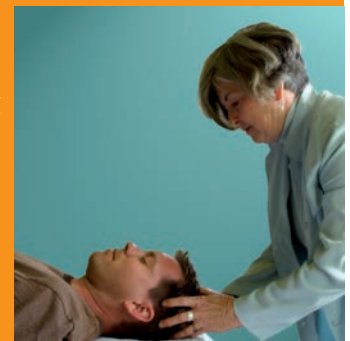


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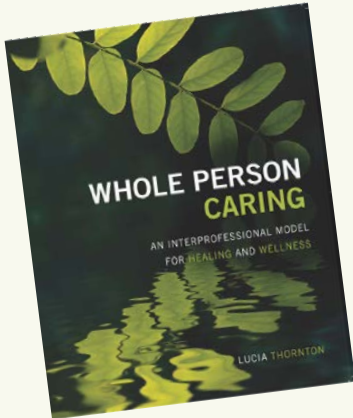
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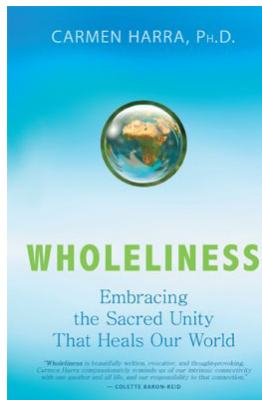
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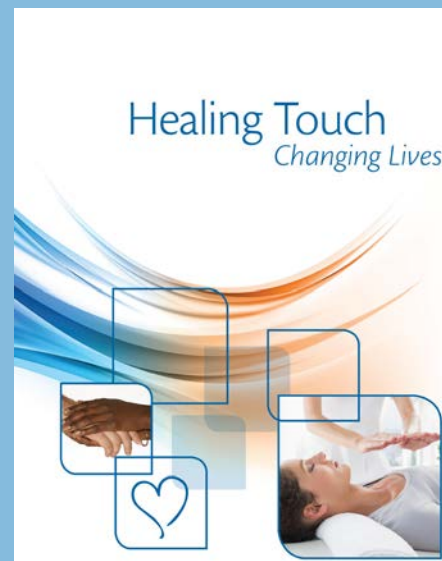
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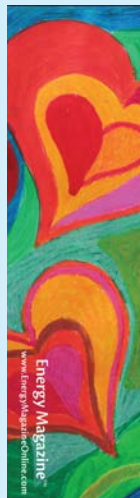
Energy Magazine Bookmarks



7 Principles of Self-Care for Wellness

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

from Janet Merriam, Founder, Healing Touch Program



7 Energy Centers

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

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- Handy outline of the seven energy centers
- Useful handout for clients
- Thoughtful gift for friends and family

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