


Energy magazine

Sharing Energy - Transforming the World

Nov/Dec 2016 - Issue Eighty-Eight



There is a profound
energetic connection
between animals,
mother earth and the
human spiritual path.

- Susan Wagner

Letter from the Editor

Dear Readers,

I just completed some extensive traveling that included being in several cities for family gatherings, workshops and conferences. Every time I travel I learn something—from people I meet, chance conversations and speakers.

In discussions during my travels, I realized how easy it is to develop belief systems concerning the modality or modalities we practice and put walls up to defend them. I know this to be true for myself. We become identified with being a practitioner of that particular modality and are quick to tell others about the benefits and the wonderful experiences we have had ourselves or with our clients. Sharing this information can be very beneficial.

The flip side of the coin is being open to other modalities and what they might offer. It is easy to begin to believe that “we have found the way, the one true path” to health and healing. In my travels, I heard “emotions are at the root of all illness,” “diet is the root cause of all health issues,” “one cannot heal without addressing energy blockages,” and “one must be spiritual in order to heal.” In each case, the particular modality being addressed was being touted as the

one to use to “fix” health issues. These maxims were being touted with no real knowledge of the individual in need of healing.

Each individual is unique in every aspect from their genes and cells, to upbringing, family situation, life experiences, spiritual practices and consequently their way of looking at and participating in the world. Yes, there are commonalities that can be found, but individuality and uniqueness abound. If we turn to nature, we find this uniqueness everywhere—we humans are no different. In healing, perhaps “one size does not fit all.” Perhaps each of us comes to healing from different reference points and sometimes multiple ones.

As we study and practice our individual modalities, there is a danger in putting on blinders. To use a business term as a metaphor, the advocacy of our healing modality risks that it becomes a silo. As Energy Medicine practitioners, we endeavor to consider the person as a whole. Perhaps we also need to look at healing modalities in a more holistic framework—one in which we are open to what other avenues offer. Can we put our belief systems aside and listen, learn and explore? Being open can offer us wonderful



information that will help our clients and provide us with the appropriate referral when the need arises.

I liken healing to a multifaceted gemstone. Each facet is an aspect of health and reflects light accordingly. Personally, I tend to view healing modalities, whether Western or Eastern, conventional or complementary, with the same multifaceted image. Each has its place; each offers amazing benefits to the particular need being addressed.

I hope that Energy Magazine and the articles we publish offer a view into the marvelous diversity of beneficial healing approaches.

May your holiday season be blessed in countless ways,

Margaret

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Your Baby Remembers

Parenting with a Deep Heart from the Start

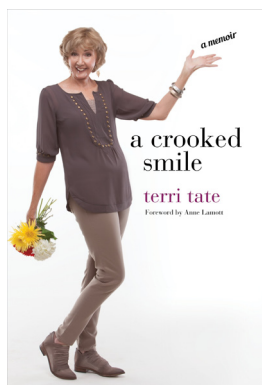


Rita Kluny, RN

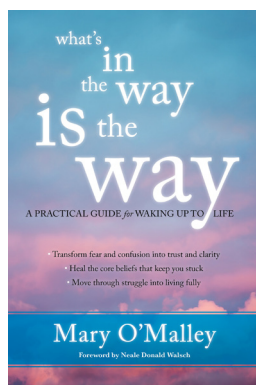
1 | Are you starting a new family?

Are you stressed about how you

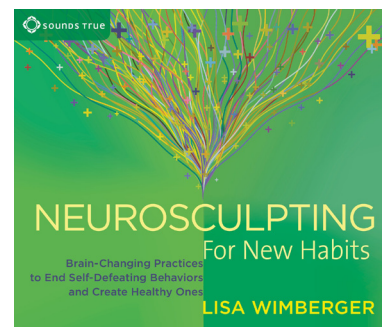
are going to hold it altogether, given our crazy, complicated world? This book will empower you as a mom, and help you to give your baby the best start in life. Through prenatal bonding, you will learn to understand on a very deep heart level, what your baby truly needs. *Your Baby Remembers* cites research not readily available to the mainstream, that proves beyond doubt that babies are more aware than previously thought. They do indeed remember. This book is insightful at any stage of parenting. Give yourself what is necessary to parent with a deep heart from the start. This insightful book will plant seeds of deep connection between you and your family that can have a lifelong effect. You can visit the blog at www.YourBabyRemembers.com which is a membership site for pregnant women and new moms.



2 | *A Crooked Smile* invites you to share Terri's astonishing experiences through cancer diagnosis, multiple surgeries, and the labyrinth of modern health care. Most of all, her physical challenges compelled her to take a spiritual journey she could never have imagined. Writing with a mix of gentle wit and courageous vulnerability, Terri recounts her years of living in a crucible of inner growth—and shares her surprising adventures with unlooked-for helpers, shamanic guides, and unexpected openings to spiritual sources of wisdom and healing.



3 | Imagine for a moment that you had no pressures in your life—no problems to fix, no deadlines to meet, no struggles to overcome. Do you feel that sense of spacious relief? It's not an illusion, it really is possible to live with that profound openness all the time, even while tending to your everyday tasks and obligations. In *What's in the Way Is the Way*, Mary offers practical guidance for meeting all of your experience with an abiding sense of ease, trust, and peace of mind. This accessible book is divided into ten phases, featuring inspiring wisdom and step-by-step exercises to heal the core beliefs that keep you stuck.



4 | What is the number one factor for determining career success and personal fulfillment? The answer isn't genius, willpower, or passion—it's habit. "The human brain is a champion for forming habits," teaches Lisa Wimberger. "Yet that essential quality can also get us stuck in self-sabotaging patterns." *Neurosculpting for New Habits* brings you scientific insights and highly effective practices for rewiring your brain to promote healthy, self-empowering behaviors.

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New 2017 Energy Magazine Calendar Centering Your Heart

A beautiful heart can bring things into your life that all the money in the world couldn't obtain. — Dau Voire

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Essential Energy

Cyndi Dale

The Self-Forgiving Practitioner

I have a fairly blunt friend with whom I was discussing my client work a while ago. I was not actually irritated with my clients. Instead, I was down on myself for a slew of professional imperfections.

The laundry list was long and started with forgetting to email a link to a querying client. Shortly after that anomaly, I blanked out a client's name at a store. A few days later, I received an angry call from a workshop attendee. I had been too exhausted to tend to her needs after leading a weekend workshop and she thought I should have stayed longer. On top of that, my mother fell ill. While bouncing from hospital to home and back again, I had to reschedule several clients. I do not like to do that. Even the dogs were looking at me sideways. You know that you are off your game when your position as the "dogs' best friend" is threatened.

In response to my self-critical litany, my friend said only this: *Sounds like you need to forgive yourself for not being a god.*

She was right.

Many of us were raised to not only "do it all," but to do so perfectly. In my family, there was not a lot of choice in the matter. My parents were inconsistent in their attention yet indubitably demanding. In terms of housekeeping alone, I had to literally pass a "white glove test" after the daily dusting duty

before I could go outside and play. Funny how my mom's gloves appeared snowflake-bright after checking my sisters' work and were iron-worker gray following my evaluation.

But the tasks did not end there. If every weed was not pulled out by the root, I would be assigned double-duty the next gardening day. My parents did not take kindly to my creative protestations, which included insisting that dandelions were really flowers. As for cooking? My approval rating was not even on the scale. I still remember getting grounded for the meatloaf composed of more ketchup than meat and the baked potatoes that were brick hard. Did I mention that I had actually forgotten to put them in the oven?

Needless to say, I have put all of that behind me as an adult. I own exactly one plant, which is grown in water near the sink, and I consider dust devils a mark of intelligence. After all, you have to be doing something important if your house is a little under the weather. As for the science of cooking? I once overheard my kids talking about which of their mother's speed-dial take-out restaurants were their favorites.

Okay, I get it. Avoidance of disliked activities does not exactly indicate that I have recovered from familial perfectionism, but it does show that I kept my wits about me by not turning into June Cleaver, the iconic mother from the "Leave it to Beaver" show, who managed to run a household in heels and pearls. I am sure that you have your own family perfectionism to battle. These days, the true battleground of self-critical perfectionism applies to my healing business, not my housekeeping.

The healing profession is naturally replete with "hyper-expectations." Most people believe that the doctor knows and cures all. Although those of us in the energetic modalities are not usually full-on physicians, the same hopes are frequently projected onto us. Quite simply, our clients want us to make them well, and not just a little better, but "all the way" well. Because we have big hearts, clients might believe that we can also take away all their pain. And those of us who employ our intuition or spiritual principles in our work are often burdened with an additional idealism. Our clients often assume, or at least wish, that we have access to all the answers. These types of hyper-standards can easily conjoin with any predisposition toward perfectionism to formulate an overwhelming set of unrealistic professional expectations.

I am a true advocate of professional excellence. However, my friend's statement pointed out that I do not need to forget that I am a normal human being just because I want



to provide quality client service. I might be a divine spark, but I am also a standard human being, not a “special issue” action figure. I am not Superman or Superwoman, or even a Teenage Mutant Ninja Turtle. It is as important to embrace my humanity as it is to express my divinity.

Because of my friend’s statement, I decided that I needed to forgive myself. I am not saying that I had to forgive myself because I was a “bad care provider” when too tired to help a client when off-duty. What I needed to do was to forgive myself literally.

The word “forgiveness” can be broken into two root words: “for” and “give.” We could also spell the first word in this way: “fore.” The term “fore” means “previous.” “Give” means what it sounds like—to release, give back or give away. What if forgiveness might sometimes involve the need to “give away that which came before?”

When we are able to “give away” or release ourselves from previously-imprinted perfectionistic programs, such as those generated by our family, religion, culture or another group, we create the space needed to arrive at our own essential value system. In my case, this activity has allowed me to better value myself, not only others. By releasing

ourselves from the long-time perfectionism applied to the healing profession, we can ironically, shine even more brightly. We can spend our energy where it counts, using our gifts in the ways that they excel. We can inform clients about what is realistic rather than unrealistic, and through our honesty, invite their own acceptance of human imperfection and the adventure that comes along with it. And we can roll better with the punches, for life certainly comes with those.

This definition of forgiveness is not the only one, but I have found that it is invaluable when used to transform self-criticism into self-acceptance. And who knows, I might find even more household duties I can give up, guilt-free! €



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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Chakra Flags



Energy Medicine Research: A Call to Action, Part 4

In the past three columns,^{1,2,3} Dr. Rolle-Whatley and I have provided a broad-brush look at designing and performing research. We left until last the expansive area of qualitative research with its five major research approaches: narrative, phenomenology, grounded theory, ethnography and case study.

These approaches are inter-disciplinary, open-ended, inclusive of client experiences and inductive (i.e., how the world works is inferred from specific experiences) rather than deductive (hypotheses are deduced about how things work). Narrative research originates from the humanities and social sciences, phenomenology from psychology and philosophy, grounded theory from sociology, ethnography from anthropology and sociology, and case study from human and social sciences as well as applied areas such as evaluation research.^{4,5}

When a problem or issue needs to be explored in all its complexity, qualitative research becomes appropriate. It is especially useful when that exploration incorporates study of a group or population along with the desire to identify specific variables (i.e., elements that change over time, like the number of sessions needed to decrease pain) and context (i.e., what the group being studied has in common, like the environment, emotional pain, culture). Qualitative

research allows for flexibility in presentation; that is, writing can incorporate prose and flow non-academically. Qualitative research is also used to:

1. follow up quantitative study findings to help explain mechanisms or linkages deduced by cause-and-effect experiments and
2. promote quantitative studies by identifying basic psychosocial behavioral processes that would benefit from quantitative investigation.

Narrative research represents an account of event(s) and/or action(s) spoken or written by a single person in chronological order (e.g., the long-term Energy Medicine experiences of a chronic pain sufferer).

Phenomenology research describes and interprets the lived experiences that a group has in common around a certain concept or phenomenon (e.g., the lived experiences of breast cancer clients using Energy Medicine).

Grounded theory moves beyond description to formulate a general explanation (a theory) of a basic social psychological process, action or condition (e.g., the process of developing resilience in a foster-care system). Actual participant experiences are the field data that ground the theory in reality. Ultimately, grounded theories explain behavior, interpret and predict a field-tested pathway for change.

Ethnographic research studies an entire culture to explore shared patterns of belief, behavior and language. Through cultural immersion, the researcher studies the meaning of lived experience within the culture (e.g., a veterans' club or a neighborhood gang).

Case study research involves investigation of an issue over time and through detailed, in-depth data collection of multiple sources of information (e.g., interviews, documents, reports, etc.) around a particular case (i.e., a setting, a context). Case study research results in a detailed description with resultant produced themes.

In a previous article,² I mentioned how quantitative research follows a prescribed scientific structure: abstract, introduction, methods, results, discussion and references. Qualitative research modifies this scientific method somewhat because of its inductive (i.e., bottom up) orientation. You begin by asking questions that generate thoughts and reflections, and collecting these as data directly from participants rather than with a statement of the research gap and your



hypothesis. An iterative data analysis process follows during which you identify core concepts and finally, findings.

Here are a few key differences between quantitative and qualitative research.

1. Quantitative research produces results from objective, deductive reasoning that tests theory and uses numbers and statistical analysis as a basis of knowing the relationship between cause and effect.
2. Qualitative research produces findings from subjective, inductive reasoning that develops theory and uses words and narrative as a basis of knowing meaning and discovery.
3. Quantitative research generally costs more money since there are usually lab tests, equipment and statistical analysis involved in the study.
4. Qualitative research requires more time than money.

As long as your participants have provided informed consent and you have a way to record their interviews, you can start taking data.

Ultimately, choosing a research methodology will depend upon your own skills, time and interests. Whatever choice you make, the learning curve will be exciting if you pick a topic that intrigues you and brings with it a sense of satisfaction in the work.

Since January, Dr. Rolle-Whatley and I have discussed research methodology because research is critical for taking Energy Medicine forward into partnership with other medical professionals and gaining a consistent place on the client's health care team.

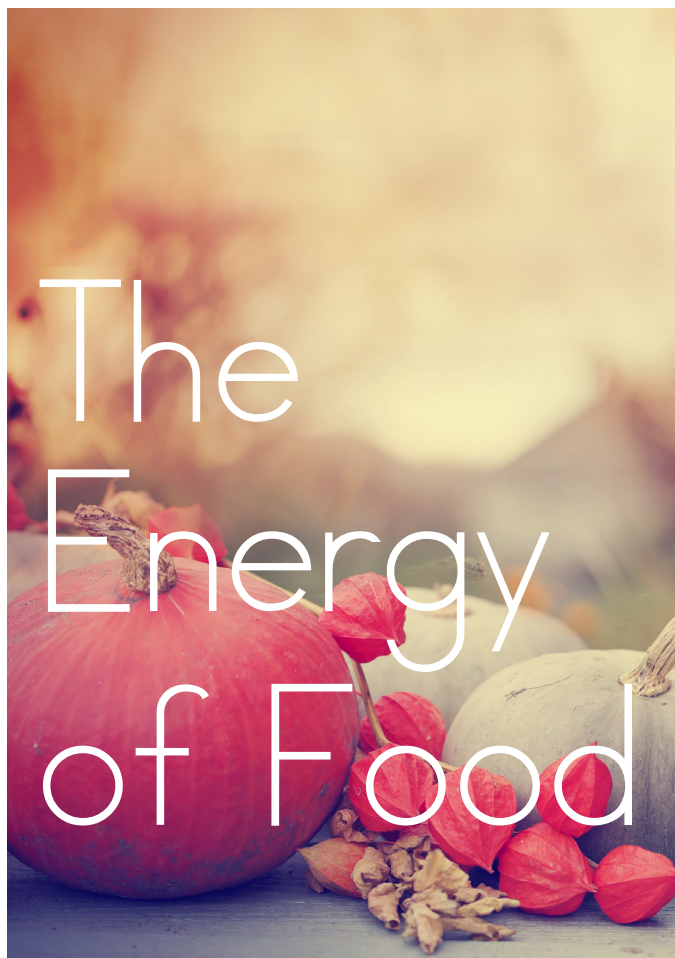
All of us should examine our interests and abilities with an eye towards conducting research involving Energy Medicine. If you happen to be a Healing Touch practitioner, consider contacting the Co-chair of the Healing Touch Research Advisory Council (www.healingtouchresearch.com/contact) to help you with your research questions or proposals. If you are a member of the American Holistic Nurses Association, you may wish to use the AHNA One-on-One Research Consultation Service (www.AHNA.org/research). The more you read research, the more ideas you will generate, building scientific evidence in support of Energy Medicine techniques and modalities. €

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Leave Your Diet to FATE

As the holiday season approaches, many people look for strategies to avoid gaining weight. They eat at home before going to a party. They drink lots of water. They resolve to eat only healthy foods. This year, I want to suggest you leave your diet to FATE: Feelings, Actions, Thoughts, Energy. When these four are aligned, your weight takes care of itself and you are free to enjoy parties and socializing.

It really does start with feelings. Deep, authentic feelings. It takes learning and practice to identify our true feelings. After identifying them, we can sometimes dig deeper and learn what lies underneath them. If we are willing to face our deep dark truths, we can learn to process them and transform them into something else. That is where the real life-altering juicy parts lie.

For example, sometimes you might think “that candy bar makes me feel happy.” While it is true that the chocolate chemically ignites feelings of happiness and sugar will

provide a rush, the happiness is superficial and momentary (even if it is gluten-free, no processed sugar, fair trade, blessed-by-a-Shaman chocolate). *What lies beneath the desire for happiness?*

Over the years what I have observed is that sugar often relates to loneliness or boredom. Maybe you are at a holiday party. You indulge in some small talk, smile at the right people, obligingly explain to your relatives why you are still single or have not yet had children. You have a cookie. One cookie. A few minutes later that becomes a piece of cake and glass of eggnog. This distracts you from your feelings. What often happens next is a trifold effect: you feel physical effects from eating more fat and sugar than usual, shame or self-judgement, and the loneliness or boredom which was originally present. Freud called this the “return of the repressed.” Einstein tells us (and as energy workers we know) that energy is neither created nor destroyed, it just changes form. In this case, you have not created happiness, you simply changed the energy from loneliness to distraction to shame.

If, instead, you decipher these really deep feelings, you may begin to take action which addresses loneliness. Deciphering deep feelings is not something to be done in a moment. It is not as simple as ducking into the bathroom and taking a deep breath. It takes deep trust and often working with guidance to help you face what is truly underneath or to observe what you cannot see due to your vantage point. Just as a medical intuitive can often see what allopathic tests cannot yet detect, an appropriately trained person can often detect what is happening on another level. Once deep feelings are named, re-patterning and creating new habits can begin.

From this new place you are able to act with integrity. Actions arise from a commitment so deep that it feels completely natural. Intrinsic motivation takes over. Resolve, rules, external motivation, distractions and counting calories, carbs or anything else is unnecessary. Those are all temporary and untrue patterns anyway. When we operate with restriction or constriction, well, it only lasts as long as it does. For example, I have seen people declare they will not have ice cream in November or December. They are strong-willed. They are committed. They may even keep that goal! And then January 1, they dive head-first into a pint of their favorite flavor and eat the whole thing in one sitting.

Deprivation and moderation are not sustainable. Food rules invoke the judgment of “good” and “bad” food. This often gets translated to self-judgment (I ate ice cream = I am



bad). This leads to the self-destructive pattern described at the beginning of this article: bad feelings lead to eating which equals distraction and avoidance which leads to bad feelings and shame.

Deciphering feelings, interrupting the pattern and beginning to re-pattern leads to new possible actions which arise from a different set of feelings. As you begin to take new actions, you begin to have new thoughts. As these changes happen, your energy patterns shift and thus begins a cycle of healing. No longer do you reach for a distraction from your feelings. You allow the feelings to arise, process them, release them and transform the energy into something better.

Continuing our example, if loneliness is part of the underlying desire for happiness and this pattern is transformed, there might be new actions which effortlessly align you with connecting to people. Or you may begin to see connections where you did not before. Maybe you become interested in your uncle's stories about his childhood and learn more about him as a person. Maybe you discover your "boring" cousin shares a love of sci-fi that you never knew about. Maybe you see yourself differently, begin to see others differently and begin to feel differently around them.

Aligning feelings, actions, thoughts and energy fills your life with satisfaction and joy. Joy is distinguished from happiness in that joy is a state of mind, a long lasting experience rather than the result of an event, which better defines happiness. So while the cookie might make you happy in that moment from a chemical perspective, connecting with people from a heart-space brings joy. €



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The Care and Feeding of the Intuitive Mind

Niki Elliott, PhD

Those of us who work in the fields of energy healing and consciousness development acknowledge the direct connection between the chakras, the nervous system, the endocrine glands and the human brain. We understand that these systems not only play a critical role in our physical and mental health, but also are directly involved in our process of spiritual evolution. In the yogic tradition, a healthy central nervous system is critical for allowing Kundalini energy to travel safely from the base of the spine into the brain to initiate a person's full spiritual awakening.

During my early training in various energy and spiritual healing modalities, my mentors consistently stressed the importance of maintaining the health of my brain, nervous system and digestive system while working in states of higher consciousness. The need for trace mineral supplements (including magnesium, sulfur, zinc, selenium, calcium and silica) was constantly stressed. We were encouraged to ensure an above average intake of Omega oils to support the brain. Caffeine and refined sugar intake were limited or eliminated to reduce stress on the nervous system and increase the clarity of our intuitive connection. Probiotics and fermented foods were recommended to help maintain a healthy gut, where 90% of our body's serotonin is stored.

Approximately one to two weeks prior to vision quests or weekend meditation sessions, my spiritual teacher sent a list of foods known to support serotonin and dopamine production to help us prepare our bodies and strengthen our minds for the experience. These critical neurotransmitters impact our brain chemistry and are directly related to sleep, mood, impulsivity, memory and learning. They are critical components in the treatment of depression, hyperactivity and inattention. It is interesting to note that many of the conditions associated with low serotonin and low dopamine appear to be common among people with intuitive and creative minds.

What I came to understand through my training is that the intuitive mind burns trace minerals and neurotransmitters for fuel the same way runners burn carbohydrates for fuel. Strengthening the body with foods and supplements that enhance our trace minerals, neurotransmitters and hormones support the brain and nervous system for optimal intuitive energy work. In a similar fashion, preloading carbohydrates before a marathon helps runners have the physical energy and strength to finish their race. I find that when I consistently take my supplements and eat a diet that supports my work as an intuitive energy worker, I am able to teach large classes or work with a larger number of clients without physical or mental exhaustion. I feel grounded and mentally at peace,



even in the midst of challenging situations at work or with my family. I am able to access deep spiritual insights and put them into action in the physical realm. If I fall from my routine, I can literally feel my nervous system on edge and a weakening of my energetic boundaries when working intuitively or addressing large groups. Mental exhaustion and fatigue set in and I find it more difficult to concentrate.

I used to think the advice I received from my teachers and mentors was only relevant to those of us who work professionally as intuitives, energy therapists or

as an energy practitioner and in the way I raise my own highly intuitive children. It also informs what I share with parents who seek holistic ways to support children who struggle with anxiety, ADHD and other behavior or learning challenges. Since I am not a licensed medical professional, I never tell parents to avoid medication management for ADHD or any other condition. I encourage them, as I encourage you, to work with a holistic medical care provider to check their levels and find what works best on an individual basis.

The intuitive mind burns trace minerals and neurotransmitters for fuel the same way runners burn carbohydrates for fuel.

spiritual healers. That was until I came across brain research¹ that suggests that children with ADHD show excessive rates of slower theta brain wave activity linked to intuition, creativity, spontaneous healing and meditation instead of the faster beta brain wave activity associated with alert awareness, focus and learning. Since I have been trained by my teachers to move intentionally into theta brain waves during meditation or to prepare for intuitive work, I found it amazing that children with ADHD were shown to naturally exist in this intuitive, creative state of mind most of the time. This led me to wonder if, since their intuitive mind motors are running more frequently than usual, would they also have a higher rate of known deficiencies in the trace minerals and neurotransmitters that intuitive workers are encouraged to take? A bit more research² revealed that indeed, children with ADHD show imbalances in serotonin, dopamine and magnesium levels which directly affect their focus, attention, memory and impulse control among other things.

Gaining an expanded understanding of what the intuitive mind needs to function optimally has made an important contribution to the way I care for myself

Following are the top three strategies I follow personally and recommend to clients who are seeking holistic ways to support children who are empathic, intuitive, highly sensitive or creative right brained learners. I have found these to be three of the essential practices that allow me, and many of the clients I serve, to have a more grounded spiritual experience in an energetically balanced physical body. Each of these suggestions can be easily incorporated in a busy lifestyle to support a healthy intuitive mind.

Top Three Tips for Supporting the Intuitive Mind

1. Take baths or foot soaks to increase trace mineral absorption.

Epsom salt baths are an easy and affordable way for children and adults to access higher amounts of magnesium through transdermal absorption. Many of my clients tell me their children refuse to take liquid trace minerals due to the strong taste, but love soaking in a tub filled with salts. They find the salt baths relaxing, helping their children fall asleep more easily at night. In addition to Epsom salt baths, I enjoy soaking in Redmond's



Ancient Sea Mineral Salts which include magnesium along with 60 other essential trace minerals. These soaks are essential after leading a seminar or working with a large number of private clients in one day. 1-2 cups of salts in a foot bath, or 1-2 pounds of salt in a regular bath tub. Pour salts into the warmest water you can comfortably tolerate and soak for approximately 20 minutes. Do not wash with soap. Simply dry off and continue to allow the mineral salts to absorb through the skin. Take a regular shower a few hours later or the next morning if possible. In an ideal world, soak 2-3 times per week.

2. Eat foods that support serotonin and dopamine production.

I tend to have cravings for chocolate after energy trainings or in between client sessions. I have also noticed that some form of chocolate (mostly commercial grade) is usually offered during breaks at many of the energy trainings I have attended over the years. It took a while for me to make the connection between the chocolate craving and the need to balance neurotransmitters in the brain while doing intuitive work.

Cacao, the bean used to make chocolate, is well known as a “feel good food” due to its ability to help increase levels of serotonin and endorphins in the brain. Anandamide, often referred to as the bliss chemical, has also been identified in raw cacao. Raw cacao is high in magnesium and other trace minerals that support serotonin production and balance the nervous system.

Maca is another superfood included in the following recipe that is known to support the endocrine system (which is directly related to the chakras). It supports stamina, stress management and improves mental and spiritual clarity.

This recipe is one that I now use and recommend in place of commercial chocolates that have high levels of refined sugars and dairy milk. I drink this

beverage instead of coffee on a daily basis. One of my child clients enjoys this beverage in place of regular hot chocolate or chocolate bars. She lovingly refers to it as Chocolate Medicine, so that is what we named the recipe.

Chocolate Medicine

- ¼ cup of organic raw cacao powder
- 1 tbsp of organic maca powder
- 1 cup of almond milk (or other non-dairy milk alternative)
- 1 cup of water
- ¼ tsp of cinnamon
- ¼ tsp of nutmeg
- 2 tsp of vanilla extract
- 2 tbsp of raw local organic honey

Heat (but do not boil) water and almond milk. Add all remaining ingredients and stir until the mixture is smooth. Allow mixture to simmer for approximately 10 minutes on low heat. Remove from stove and add honey to taste. Add more almond milk or water to make a thinner consistency. Makes two 8 oz servings.

3. Listen to music that is designed to help harmonize and integrate brain function.

A number of my child clients are very particular about the kinds of music I play during energy balancing sessions. Some music, even selections I found relaxing, would agitate some of my most sensitive clients. I began to experiment with different kinds of healing music and noticed which types helped them feel calmer and more relaxed during sessions. As I continued my research, I came across a music program that is specifically designed to support brain development. I have enjoyed working with the Sound Health recordings produced by Advanced Brain Technologies (www.AdvancedBrain.com). My clients almost never ask me to turn the music off, and parents who purchase them to use at home say they find it supports focus for homework and more peaceful transitions to sleep.



When I am choosing music for adult client sessions, I find that music selections tuned to Solfeggio frequencies work well for most intuitive and highly sensitive people. I recommend listening to demos online before purchasing this type of music. Some have harsh or almost piercing tones, while others have soft and relaxing nature sounds in the background. I especially enjoy classical music tuned to 528 Hz, also known as the love frequency.

As an intuitive energy practitioner, holistic educator and advocate for intuitive children and adults, I am committed to continuing to explore all of the natural tools we have at our disposal to maintain a healthy and balanced mental state. Intuitive children and adults gift us with insights and inventions that change our world for the better. My hope is that together we can add to this list of tools they can use to have a grounded spiritual experience in a balanced physical body. €

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The Energetic Nature of Animals

Susan Wagner, DVM, MS, DACVIM (Neurology)

There is a profound energetic connection between animals, mother earth and the human spiritual path. Our lives can be deeply enriched by understanding this interplay.

Whether a pet, food animal or wildlife, animals are key to our survival and have much to teach us.

The energy field of an animal is far more expansive than ours. A dog's field is several times that of a human's. A horse's field will encompass a large arena and a cat's will fill an entire property. The energy of wildlife is especially important to earth's survival. They create frequencies that help maintain the vibrational health of the planet and all creatures on it. It is hypothesized that cetaceans are part of the earth's magnetic system, helping to stabilize it throughout our vast oceans. Sensory biologists already understand that many species migrate by utilizing the earth's magnetic field. As scientists gain greater awareness, cetaceans will be valued and protected at a higher level. *Save The Whales* takes on a whole new importance when the energetic survival of the planet is at stake!

Animals have a heightened sense of sight, hearing and smell, and they also have an advanced energetic sense. Their instinctual, integrated fields are quite powerful and keenly sensitive. It is as if they have radar along the edges. This is understandable when

we consider their need for survival in the wild. Moreover, animals do not hold onto negative energy as we humans do.

Despite their advanced nature, animals' energetic foundations are very similar to ours. They have all the major and minor chakras, and these exhibit the same physical and emotional correlations as ours do. Plus, an animal's instinctive energetic nature allows it to respond beautifully to vibrational therapies.

When I lecture about Energy Medicine in the veterinary setting, I recommend Healing Touch for Animals® (HTA) because its founder, Carol Komitor, understands animal (and human) energy at an expert level. She was immersed in the veterinary profession before developing her healing methods. Because animals are so sensitive, human-based modalities can be too forceful, thereby making the animal uncomfortable. If my clients would like to learn something other than HTA, I recommend they take courses specific to animals.

Animals as Healers

We humans are not the only beings on the planet who are capable of providing energy therapy. Many animals are gifted healers. A long-term study of feral cats in England found that when a member of the colony became ill, other cats encircled it and purred.



Purring is vibrational medicine! And it is hard to argue with the power of a dog's love. At the very minimum, a beloved pet opens our hearts, which is a type of energy medicine in and of itself. Nothing heals like unconditional love.

The benefits of Equine Assisted Therapy go way beyond documented effects such as improved muscle control and self-confidence. Horses are skilled energy healers and work at a level completely separate from what we see in the physical plane. A person does not have to be mounted on the horse to benefit from their healing energies. Their powerful energy fields

thing shifted; a vibration altered. My light brightened.

Animals are an ingenious manifestation of nature's divine energy. An animal's essence does not become diluted with issues of self-worth, guilt or shame. Anger and judgment do not disrupt their connections to Source. I have practiced energy medicine with many anxious, ill or pain-filled pets, yet their heart chakras remain open. The very essence of an animal allows powerful loving energy to come channeling through.

This direct relationship to divine energy can also be experienced as wisdom, and one of the most impor-

If we want to learn more about ourselves, we need only observe our pets.

help ground those around them, and they can also channel healing frequencies.

I have found that providing energy therapy for an animal enhances my own biofield, and I believe it goes beyond being immersed in the energy. Animals are highly spiritual beings and assisting in their healing actually raises us up to a higher level. We become more advanced energy practitioners.

The Spirituality of Animals

Every indigenous culture understands that there is a consciousness and spiritual connection that flows through animals and the earth, just as it does with humans. Humans are not the only ones with a spiritual nature. *Nature* has a spiritual nature. Many of us do not think of our pets as being part of our spiritual path, but I believe they are. They are of a divine essence. If you want to feel divinity, look into the eyes of an animal. Do not just glance—take a long, slow, deep look into its eyes.

I once had the enlightening experience of sitting next to a chimpanzee. I was in awe of this incredible creature and being next to her was a delight. Then I looked into her eyes. I was never the same after that. Some-

tant purposes of the animal kingdom is to mirror humans. Animals are a reflection of who *we* are. Wild and domestic animals show us the best and worst of humanity. They reveal our weaknesses, tragedies and wounds we are too hurt to see. Animals will teach us even if it means their own demise. It is part of who they are.

Wild animals also show humans that we are every bit as playful as otters splashing about in a stream, as magnificent as the most majestic eagle and as powerful as a polar bear guarding her cubs. Our pets have a more intimate connection to us and teach us in many ways. They come into our lives just when we need them, exiting once their spiritual jobs have been realized. Animal companions teach us by putting knowledge right where it counts—in our hearts. Their connection to a higher power can help us do amazing things.

If we want to learn more about ourselves, we need only observe our pets. They will show us the joy we can bring to life and the unconditional love all humans are instinctively capable of. They can also exhibit our weaknesses, so that we may gain clarity and overcome them. If you see an issue with your pet,



look in the mirror. Not with judgment and shame, but with gratitude for the awareness and opportunity to heal.

This is one of the most amazing ways animals are of service to humans. When I use the term *service*, I am not speaking of entitlement or domination. Being of service is *instinctive* to animals and part of their consciousness. And is that not the highest spiritual state a human can aspire to? When one is completely of service to another, he is living a truly spiritual life. People must evolve to this state. Animals are *born* in this state. No matter your belief system surrounding Jesus, I think most would agree that he was a highly evolved being. The story of his birth tells us he was born in a manger because there was no room at the inn. Or was there no room at the inn because he had to be born in a manger—humble yet sacred surroundings.

Let's go back to that memorable day when I was sitting next to the chimp. It was no wonder that something shifted within me. The feeling was beyond description. The energy emanating from her eyes was divine—there is no other word that describes it. We are all part of this force; it is a physical manifestation of our spirituality.

Animals work under the radar, in different forms, yet knowingly leading humanity to wholeness. All we need is to receive their gifts. My hope is that you will consider learning an energy healing modality for animals, and someday each of you will come to know them as I do. €



Author Susan Wagner can be found at www.alllifecommunity.org/providers/susan-wagner-ms-dvm.



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Photo by Cathy Andersen

Supporting Clients Going Through Chemotherapy:

Notes From a Healing Touch Practice

Jeri Lawson, HTCP

Healing Touch makes a huge difference in the lives of people who are going through chemotherapy. In the last 16 years as a Healing Touch Certified Practitioner, I have had people walk into my office suffering from the side effects of chemotherapy—pain, nausea, fatigue, anxiety, neuropathy—and walk out feeling so much better physically and emotionally. As I saw Healing Touch make such a big difference in the quality of life of these clients, I chose to make supporting these clients the focus of my healing practice.

My intention in writing this article is to share what has worked so well in my practice and inspire other Healing Touch Practitioners to reach out and support friends, family and clients who decide to go through chemotherapy.

In speaking with other Healing Touch Practitioners at conferences, lunches and meetings over the years, I discovered that we all use the same general strategy. In sharing this information, I hope to give new Healing Touch Practitioners a solid foundation so they can feel confident when working with their clients who are receiving chemotherapy. This is the beautiful thing about our Healing Touch community—the support, knowledge and inspiration we give and receive. I have found our community to be a powerful resource.

When I started my Healing Touch practice, I already had a full-time massage practice. I remember how apprehensive (really terrified) I was when I first started offering Healing Touch to friends and clients receiving chemotherapy. People with a cancer diagnosis, and their families, are going through one of the most difficult times in their lives. Would Healing Touch really help? How often do they need a session? Which techniques should I use?

To gain experience and confidence, I worked with many clients for free or at a very reduced rate. I hope that by reading this article, new practitioners will feel confident enough to work with clients right away.

Frequency of Sessions

In the beginning, the hardest question my clients asked me was, “How often should I come for a healing session when I start my chemotherapy treatments?”

Right after being certified in Healing Touch, I thought that before and after every infusion would be best. The more healings, the better, and this is still an excellent protocol when working with friends, family and people with whom you live or see often. However, I found that in my healing practice this was not practical.

The first issue I discovered was that clients with a cancer diagnosis are very busy people. Most of them are



still taking care of families and some are still working, as well as adding hospital visits and doctors appointments to their schedules. People receiving chemotherapy are also tired. The fewer appointments they have, the more rest they can get.

I think that if my clients come for a healing session as soon as possible after receiving chemotherapy, that is enough for the healing sessions to greatly benefit them. If clients get chemotherapy once a week, I see them once a week. If their treatments are every 21 days, then I see them every three weeks. Many clients with longer intervals between treatments ask to come

One client, whom I supported energetically through her entire chemotherapy treatment, received chemotherapy in the morning, went home from the hospital to feed her children and get them ready for bed, then came for her Healing Touch session in the evening. That worked out well. She missed one session because I had a cold and that was the only week of all her rounds of chemotherapy that she felt numbness in her hands and feet.

I want to note that I have worked with people in all stages of cancer and have found that even one Healing Touch session can be profoundly beneficial

Healing Touch can make a difference when nothing else can.

every week and that is wonderful. When chemotherapy is given daily, we work out our treatment schedule based on length of treatment, desires of the client and financial considerations.

The second issue was the cost. I charge \$130.00 per session in the Bay Area. This can add up quickly and increase the financial strain of long-term illness. I have frank conversations about money with my clients, as with all the other issues that arise when facing a long-term recovery. If they cannot afford the sessions and I cannot afford to discount them, I send them to Healing Touch Clinics such as the Charlotte Maxwell Clinic, the Haelen Center (www.HillcrestUCC.org/ministries/healing-touch/) or to other Healing Touch practitioners I know who use a sliding fee scale. Stanford Health Care also provides free Healing Touch sessions to people diagnosed with cancer in the Bay Area: www.StanfordHealthCare.org/events/cscp-healing-partners. I work to connect clients to healers and programs so they can get Healing Touch when it would be beneficial to them. In my practice I usually serve at least one client, who is receiving chemotherapy treatments, for free or at a very reduced rate. I do what I can afford to do.

anytime during their healing journey. Even though I am advocating client support through a series of energetic treatments, never underestimate the power of one Healing Touch session.

It is also important to be flexible with appointments when working with clients healing from cancer. Clients with significant medical issues change their schedules more often as their condition and doctors appointments change.

The Sessions: Use Magnetic Clearing

The sessions I do for people going through chemotherapy are as long as most other sessions, about 50 minutes, with time after to integrate the session. Some people jump right off the table as soon as I am finished; others take a while to sit up, especially when they are feeling sick. I book all clients two hours apart, but I will schedule an extra half hour if I know my client cannot be rushed.

I start with Magnetic Clearing and often the whole session is solely this fabulous Healing Touch Level 1 technique. In my opinion, Magnetic Clearing is one of Healing Touch's greatest gifts to the universe. Usually about 20 or 30 minutes into the session, I will do



a short 15 minute Chakra Connection— and then return to Magnetic Clearing.

It is important to note that if you lose focus while doing Magnetic Clearing, your arms suddenly feel like they weigh 100 pounds or you suddenly feel nothing is happening, do not think it is because you are not experienced enough or not grounded enough. It is probably an indication that the client needs a Chakra Connection or Magnetic Passes: Hands in Motion over an unusually “thick” or “blocked” area. Then when you restart the Magnetic Clearing, you will find it so much easier.

Remember to visualize your etheric fingers extending from your hands during Magnetic Clearing. Since you are clearing the back of the client’s aura/biofield as well as the front with this method, it is not necessary for your client to turn over. However, I stay very aware of the back of the client’s biofield.

I have had clients who were afraid that I would remove all the chemo drugs from their bodies and they would not heal from the cancer when I explained that I was doing a clearing technique. I now always say out loud before the session, “We are setting the intention to clear everything from your energy field that is not necessary for you to rebalance and heal, physically emotionally and mentally.”

Sometimes, depending on the client, I tell them how Magnetic Clearing also works on the mental and emotional level. How they are clearing out old beliefs, old emotional patterns, even anxiety and fear. Weekly Healing Touch sessions heal on so many levels. Clients coming for regular Healing Touch treatments to alleviate the effects of chemotherapy have reported a surprising number of non-cancer breakthroughs in their lives. For each healing, I also internally set the intention that the client heal anything and everything on every level, even though the client is getting the session for chemotherapy.

Healing Touch and Neuropathy

When I first started doing Healing Touch, nausea was the most overwhelming side effect of chemotherapy.

Currently, neuropathy is the most common side effect. (Neuropathy is tingling, pain, numbness or weakness in the hands and/or feet.) Speaking from experience in my healing practice, Healing Touch sessions have significantly reduced and often eliminated neuropathy in my clients. I, of course, do not know if they would have experienced neuropathy if they had not had Healing Touch. I do know that several clients who missed even one healing session during their chemotherapy treatments felt numbness, mostly in their hands and feet, when they did not receive Healing Touch following a round of chemotherapy.

I have also found that preventing neuropathy with HT treatments is much easier than clearing it from the physical body once it sets in. That being said, I have witnessed clients completely heal themselves of neuropathy with Healing Touch months after their chemotherapy ended.

One such client I saw for two Healing Touch sessions at the Charlotte Maxwell Clinic in Oakland, California. (The Charlotte Maxwell Clinic supports underserved women in the Bay Area with complementary integrative cancer care free of charge.) This client had just been told by her doctor that the neuropathy she was experiencing after her chemotherapy would never go away. I did not know this at the time of our session, but I am sure I told her that Healing Touch would be very beneficial for chemotherapy symptoms. It turned out that she released all the numbness in her hands and feet after one Healing Touch session with Magnetic Clearing. I did not learn about this until years later, when she found me on the internet and came to my private practice for an entirely different condition.

I would like to say at this point that it is important, very important, to remember that it is not the Healing Touch practitioner who is doing the healing. We are not responsible for our client’s healing. If the client gets numbness, it is not because you are not a good enough healer. I have seen people in a Level 1 Healing Touch class share incredibly powerful healings right after learning the Chakra Connection technique. We know so little about the healing process and why



some people die and some people get well. It is all about trust. Trusting the energy is an important factor in being an effective healer as well as trusting your ability to hold a healing space. It takes an experienced healer to hold space for someone whom you feel is not “healing.” This is trust as a deep knowing. This was the hardest lesson for me to learn. As healers, we do our best and then we let go of the outcome.

If you ever find yourself thinking about a client between visits or find yourself feeling bad that they are not getting “better,” call and talk to another Healing Touch practitioner. Community is a huge resource. Sometimes just talking about boundaries with someone helps and leads to deeper personal insights. Healers are compassionate people and all healers need support at one time or another. If you stay supported, it is so much easier to stay grounded and able to hold space for your client. If there is one takeaway from this article, this is it.

It is also very important that you trust your own intuition. You are the one working with your client. I am writing about all the things that have worked for me to give you the confidence and a practical foundation to support very sick people. If you are guided to do a Pain Drain, change the sequence or frequency of the healing sessions, or lead your client in a meditation, then definitely do what you think will help your client the most. I do highly recommend a lot of Magnetic Clearing somewhere in your session, though.

People often ask, “Don’t you get depressed, working with people going through cancer?”
My answer is, “No, I do not.”

I feel so grateful—deeply, profoundly grateful, to be able to provide relief from suffering when there is nothing more Western medicine can do. Healing Touch can make a difference when nothing else can. €



Author Jeri Lawson can be found at
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Exceptional Experiences of Healers

Margaret Moga, PhD

Exceptional and non-ordinary experiences, also termed anomalous experiences, have long been associated with healing, occurring in both healers and healees. A few vivid examples:

Journalist Tom Harpur (1995) felt a *"surge of an electric-like current into my hands and up my arms"* as healer Kathryn Kuhlman grasped his hands.

Psychotherapist Sean Haldane (2014) states that, *"I began to see sheets and waves of blue light. . . rising from a client's chest as it heaved up and down, then gave, and he broke into sobbing"* as the client experienced an emotional release.

A nurse healer looked at a patient and *"saw all these angels around [the patient's] bed,"* just before the patient went into cardiac arrest. She saw the patient leave her body and was able to telepathically communicate with the patient, encouraging her to re-enter her body during the resuscitation (Helmsley and Glass, 2002).

Such strange and unusual experiences are common among gifted healers, but are largely unstudied by the academic community, in part due to the complexity of the healing process, which bridges the fields of medicine, physics, psychology and parapsychology (Dossey, 2008).

To learn more about the exceptional experiences of healers, I recently conducted an online survey of 183 Healing Touch (HT) practitioners and students. Participants ranged in age from 25 to 80 years-old, and were distributed across eight countries (90% in USA, 6% in Canada) and 37 states. The participants were fairly well divided between HT students (Levels 1-4, 40%) and HT practitioners/instructors (Level 5 and above, 60%). In the survey, healers rated the frequency of their sensory and non-ordinary experiences, with 37 close-ended questions based on a Likert scale (e.g., "how often do you feel heaviness or congestion in the biofield"), with 6 additional, open-ended questions (e.g., "describe any unusual visual experiences").

Touch sensations were the most frequently reported exceptional experiences. As summed up by one healer, I feel *"all kinds of [touch] sensations, all the time. Electrical, static sensations. Bubbles. Effervesce. Like my hand is over the top of a glass of soda. Rolling waves of all amplitudes. Vibrations."*

When clients had areas of physical pain, healers described feeling *"a zap of pain," "pricks," "bumps"* or *"bubbles"* while moving their hands through that area. Another commonly reported sensation was *"cool air leaks," "energy leaks"* or *"leaks where a wound needs to be closed."*



Feelings of heaviness or congestion were noted around “clogged areas” or in areas with energy “blockage.” Dense areas in the biofield were experienced by some healers as “stickiness.” On rare occasions, healers felt sharp objects in the biofield, such as a “feeling of broken glass when passing my hands over a client with advanced lung disease.”

Relatively few healers reported seeing “auras” or “chakras.” Instead, the most common visual exceptional experiences were seeing “different colors,” “lots of images related to the client’s life,” and nonphysical guides. As one healer noted, “I often ‘see’ colors within

share their most exceptional experiences. The most common experience involved smells and odors associated with deceased relatives/pets of the clients. For example, “Once I smelled burning car tires.” (The client’s mother [deceased] had worked at a tire factory.) Unpleasant odors, “the smell of something rotten,” “acrid sour,” “stale” or “smoke” were noted when healers were clearing “very dense energies” from the client’s biofield.

Despite the unpleasantness, one healer reported, “I know I’m done with an intervention when the smell goes away.” Pleasant odors such as flower smells

Touch sensations were the most frequently reported exceptional experience.

a client’s field, sometimes for a short period, sometimes for an extended period. Sometimes the colors change and/or move.” Another healer reported, “Colors and shapes will often appear in areas of energy disturbance.” Some unusual visual experiences were seeing “orbs” or sparkles, “blue light streaming from the fingertips,” “waves” of energy and dark energies/shadows moving off of clients’ bodies.

The most common auditory experience was a telepathic conversation with a guide or other nonphysical being. Some healers seem to actually hear voices, described by one healer as a “disembodied voice.” Other healers say that, “I don’t actually ‘hear’ it. . . It is more like an intuitive thought.” A variety of unusual sounds were heard during healing sessions including, “crackling energy sounds,” humming and buzzing, music, singing, birds, bells/chimes, mumbling/whispers and “tonal frequencies.” Sometimes both healer and client heard the sound. For example, “while holding. . . a client’s heart chakra, I heard a ‘pop’ which sounded like a balloon. . . exploding. The client also heard this and opened her eyes and asked what that was!” Unusual smells and tastes during Healing Touch were reported as rare or infrequent, but the unusual nature of these sensations prompted many healers to

and perfumes were also reported: “I’ve smelled roses many times,” and “I smelled a beautiful scent (indescribable) while working on a client who passed away shortly afterward.”

What can these observations tell us? The unusual sensations felt by healers may be due to:

1. healer sensitivity to actual physical fields surrounding the client’s body (i.e., biofield) and/or in the healing space;
2. synesthesias, where the healer’s nervous system interprets an unknown stimulus in terms of a particular sense sensation, for example, smelling an odor in response to a complex, magnetic field but with no odorant molecules present; and/or
3. hallucinations, which may be meaningful to healer and/or client, but are not based on any external stimulus.

Occam’s razor states that among competing hypotheses, the one with the fewest assumptions should be selected. Healers sensing actual physical fields would be the simplest hypothesis, although



not a popular one, given current research focus on nonlocal, quantum fields.

What sort of physical fields may be involved? One example would be electrostatic forces. The inventor Nickola Tesla observed that electrostatic forces between two bodies can produce sparks, but also “a sensation like the pricking of a needle” and “streams of feeble light” emanating from the body surface (Martin, 1992).

In the present study, HT practitioners described occasionally:

1. a prickle sensation in their hands while working in the biofield of clients,
2. blue light streaming from their fingertips, and
3. a spark-like sensation while touching their clients—these sensations may be due to electrostatic forces.

As further evidence for electrostatic charge buildup during healing sessions, one practitioner who often works with surgical patients during Pre-Op and Post-Op noted, “My energy work often interferes with the electronic monitoring equipment creating artifacts.” Other physical fields that can produce unusual sensations include weak, complex, magnetic fields; low-level radioactivity; ultrasonic vibrations; and radiofrequencies.

The results of my survey clearly show a richness and consistency in what healers experience. Healer observations are invaluable in providing clues as to how energy healing “works.” €



Author Margaret Moga can be found at <http://Go.Iupui.Edu/Moga>.

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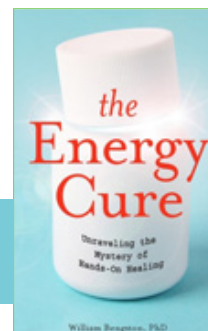
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Managing Risk

Helen Roe

You invest time, money and make sacrifices to bring your dream to reality—with no guarantee of success. A successful entrepreneur is ever the optimist but also aware of the possibility of failure. What are the odds that you can stay the course?

According to Bloomberg, eight of ten small businesses fail within the first 18 months. Forbes says 96% of small businesses fail within ten years. The odds are against us.

How do you become a calculated risk taker, improving the odds? There is a process called “Risk Management” that assesses risk levels and puts procedures in place to mitigate the worst possibilities. It is the process of identifying what could go wrong and implementing strategies to deal with those risks.

Most business risk falls under the categories of strategic (new product failure), compliance (increased industry regulations), financial (increased interest rates), operational (loss of key management), and reputable (negative publicity). Potential threats or weaknesses can be due to internal and/or external forces such as employee theft, data breaches, equipment breakdown, new competition, product recalls, or even natural disasters.

There are significant benefits to mitigating these potential dangers before they develop into a crisis. Those that make Risk Management a central part of their business more effectively manage these hazards. Forewarned is forearmed. If you have a plan, you already have a first line of defense. You may be able to move around, go through, or even jump over some of the obstacles that affect business success.

The benefits to instituting Risk Management include improved business planning, preventing a disaster before it becomes a financial loss, more effective use of resources, avoiding legal action, the ability to grasp new opportunities, fewer equipment or operational breakdowns, improved communication within the organization, and a higher quality product or service which can lead to enhanced reputation. The list goes on. . .

How to Start the Process

- Identify the risks – What are your business activities? Make a list and methodically go through worst-case scenarios for each activity, both internal and external. This is the most crucial aspect of the process. Each risk you identify should be attached to a business function or process. You may even stumble upon some opportunities.
- Prioritize the list – How likely is it that the event will occur?



- How to respond – If the worst case is realized, what steps will you take? Be specific. You are creating your own risk treatment plan.
- Monitor effectiveness – Are the steps you identified mitigating the risk?

Risk Management is an on-going process. It allows you to put methods and controls in place that provide an approach to minimizing consequences of business risk. Risk assessment helps to improve decision making and planning and can significantly help improve profitability. Risk-management programs provide both the strategic basis and the operational framework for handling crisis within your company.

Strategic risks are looked at on a qualitative level (quality instead of quantity) and as such, have more potential future business impact than other risks. When we start working on a strategic contingency plan, we need to understand the key strategies and objectives of the organization to be able to prioritize the potential risk. What you consider a risk opportunity (moving into a new market) may be another business' adverse risk (opening yourself up to new competition).

Some examples of strategic risk are brand positioning (a business dependence on easily imitated technology), competitors (price wars), economic trends (our

The key is recognizing and managing weaknesses while identifying the risks that lead to innovation and competitive advantage.

There is no one-size-fits-all Risk Management plan. Do not let the process intimidate you. The sooner you start, the easier it will be to stay the course toward business success.

To Accomplish your Goal

- Identify the risks
- Prioritize the list
- Create a risk management plan
- Monitor its effectiveness

Identifying Risks that Lead to Innovation + Competitive Advantage

Analyzing strategic risk is a bit of a challenge. These risks are more about what the organization does not know, for instance, potential changes in the business environment or shifting consumer trends, versus risks that can be measured such as the cost of equipment failure. Strategic risks are also different in that they can potentially be used to identify an organization's next opportunity. These are the high-level goals that support the core of the organization's strategy.

only vendor went out of business) and customer behavior (our product or service is obsolete or consumers have found a replacement). Do you have a plan to adapt? The Risk Management process gives us a tool. As discussed above, we can use this tool to create a risk scorecard and rank the severity of the risk.

You can do the following:

- Identify and list the risk in a table.
- Assign a number to the likelihood that the event will happen—maybe from 1-5, least likely to most likely.
- Estimate the impact on your business—1-5, low impact to catastrophic event.
- Total the numbers.

You now have four columns titled Risk, Probability, Impact and Total. Once you have the risk score, you have a basis to begin mitigation. Create an action plan for the highest score and work your way down.

Action plans for mitigating risk:

- Avoid the risk—Create a new business strategy



to circumvent the problem, usually the most expensive solution.

- Control the risk—Take intermediate steps to try and avoid the issue while accepting that it may occur, but reducing the likelihood of occurrence. This is the most commonly used strategy.
- Accept the risk—To address the risk may outweigh the cost of the risk itself. You accept the risk exists and make no effort to control it. You might consider budgeting monies to address the risk down the road.
- Transfer the risk—Find a willing third party and outsource the risk. As long as this is not a core competency of the business, it may be beneficial to pay a third party. You could also reassign the risk by purchasing insurance to cover a risk possibility.

- Monitor Effectiveness—As always, continue to review the risk environment and your response to it. Remember to touch base with personnel and even external professionals (accountants, attorneys, et al.) to help create and implement your plan.

Risk Management is not always about negative outcomes. Companies prosper by taking risks. The key is recognizing and managing weaknesses while identifying the risks that lead to innovation and competitive advantage. €



Author Helen Roe can be found at www.InertialCombustion.com.

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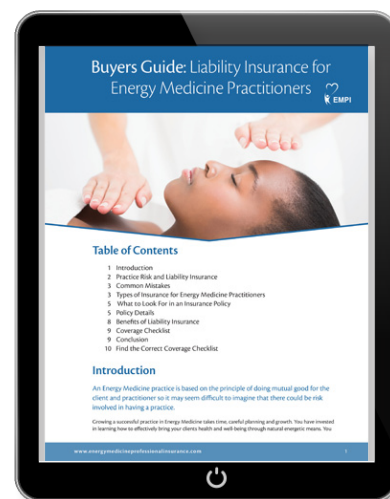
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Spiritual Intelligence

Alice Percy Strauss

Whenever I speak about the concept of spiritual intelligence, people give me a strange look. I completely understand. Those two words combined form a kind of oxymoronic image. Yet pairing the word “spiritual,” which is rather ambiguous and elusive, with the word “intelligence,” which is solidly defined and understood, is the perfect partnership for expressing the intention for its union and usage—balance. Let’s explore the concept.

The word *spiritual* comes from root words in Hebrew, Latin and Greek that mean wind, breath or air—that which gives life. Our present understanding and usage of the word implies the life-affirming esoteric energy that inspires genuine goodness, emotional wholeness, active courage, authentic compassion, truthful yet kind communication, discerning wisdom, presence, acceptance of universal consciousness and humanitarian service to others.

By definition, the word *intelligence* refers to the capacity to learn, comprehend, absorb, remember, reason, investigate, further develop and apply a person’s cerebral aptitude for understanding facts and fulfilling ideas. Human intellect is the faculty of objective reasoning, especially with regard to academic and abstract matters, and is not involved with emotional or subjective experiences.

While both words hold their own in terms of value, meaning, specialized education and benefit to mankind, together they offer a profound synergy that supports the physical brain’s mental abilities and the nonphysical spirit’s experiential acuity. This union elegantly produces what I often refer to as “wholeness in our humanness”—a clear demonstration of an individual’s willingness and ability to understand, improve upon and utilize information in a conscious and heartfelt manner that is not strictly academic and scholarly or ethereal and emotional.

In their groundbreaking book, *SQ: Connecting with our Spiritual Intelligence*, Danah Zohar and Dr. Ian Marshall write that there are three major forms of human intelligence: IQ (intelligence quotient), EQ (emotional-intelligence quotient) and SQ (spiritual intelligence quotient). In my decades of work with students and clients, I have taken it upon myself to add four sub-branches of human intelligence that, I believe, add greater understanding and benefit of the tertiary processes of IQ, EQ and SQ: vibrational intelligence (energy), cellular intelligence (physical), intuitive intelligence (extra-sensory ability) and perceptual intelligence (personal interpretation).

According to Zohar and Marshall, spiritual intelligence is the third neural system. In their research, they discovered that spiritual intelligence is the most



vital to our human intelligences because the need for meaning gives rise to symbolic imagination, the evolution of language and the extraordinary growth of the human brain. The psychotherapist Ernest Rossi wrote in his book *The Psychology of Gene Expression* that every one of our life experiences, sensations, thoughts, images, emotions and behaviors can modulate gene expression and neurogenesis (nerve tissue development) in ways that can actually change the physical structure and functioning of our brain.

Spiritual intelligence is the equalizing agent that balances cerebral and emotional energy oscillations,

available. The main intention and function of the TES is to protect, inform and help us interact within our personal and global environments as smoothly and healthfully as possible. When energy flow is disturbed for a prolonged period of time, a weakening of the immune system occurs, rendering it unable to fight off foreign microbial invaders that produce symptoms, illness, tension and pain. When it comes to maintaining good health, it is important to keep energy moving smoothly throughout the entire mind-body circuitry.

Prolonged energy disturbance provides the perfect

The word spiritual comes from root words in Hebrew, Latin and Greek that mean wind, breath or air—that which gives life.

thereby allowing us to intellectually investigate and spiritually ponder vital questions like who are we, why are we here, how do we live life to its fullest expression and what skills do we have that can serve those in need while simultaneously assisting the elevation of our collective human consciousness?

Spiritual intelligence fuses, integrates and potentially transforms material arising from IQ and EQ by facilitating dialogues between reason and emotion, thinking and experiencing. Conscious and unconscious negative mental patterns and habitual emotional reactivity is tremendously modified by spiritual intelligence, which then opens up possibilities for increased personal growth and transformation. Moreover, spiritual intelligence provides the self with an active, educable, unifying, meaning-giving center from which to design and become our best selves.

Spiritual Intelligence and Energy

With guidance from what I call the TES (Triune Energy System—which is made up of the aura, meridians and chakras), we have within us the greatest energy equivalent of personalized, spiritual coaching

environment and opportunity for the creation of symptoms. Symptoms are like messengers: notifying us when something needs attention, adjustment, fixing or healing. We also experience other kinds of nonphysical “symptoms” that wreak havoc in our relationships, finances, parenting, careers, etc.

The TES is an integral part of spiritual intelligence, communicating via energy signals throughout the mind-body. The three energy systems are in constant communication, and for good reason. Each receives and shares intellectual, emotional and spiritual information in its own unique way, resulting in a healthy working balance between the three. The TES is also integral to our human reality, though science has not yet been able to fully define, understand or prove their origin and intention. Here is a simplified breakdown:

Aura: Information gathering

- An electrical magnetic field of oscillating energy that radiates around the body.
- An energetically activated radar system that warns and protects.
- An invisible cocoon of intuitive information



related to past, present and future.

- **Experiences and Evaluates** incoming and outgoing energy.

Meridians: Emotional energy decoding and distribution

- Fourteen energy transportation pathways, located just under the skin, that move emotional energy to specific areas of the body.
- Like tracks that carry trains to cities and towns, meridians transport energy to certain organs and glands. (For more information, refer to Chinese Medicine, Acupuncture or Acupressure textbooks.)
- Dependent on the kind of energy being transported (positive or negative) to organs and glands, the physiology of that body area will shift accordingly.
- In Chinese Medicine organs and glands are influenced by certain mental and emotional states. For example, the heart is affected by prolonged joylessness, the kidney by fear and the gall bladder by resentment. (For more information on organs, glands and emotions, refer to my book *Yogatsu 101: Introduction to Energy Psychology and Spiritual Rehabilitation*.)
- Thoughts and emotions impact the vibrational frequency and amount of energy distributed to organs and glands, creating either over-activity or under-activity of that body part.
- **Decodes and Transports** emotional energy signals from the auric field to its related organ or gland. The energy transported by the meridian then produces the exact amount of hormone or chemical that produces body posturing and body language, allowing the body to fully display that particular emotion. (Refer to Candace Pert's *Molecules of Emotion*.)

Chakras: Center of information for life-lessons

- The chakras are seven vortexes of spinning energy found deep within the body cavity, vibrationally resonating very close to the spine. (Refer to *Yoga and the Quest for the True Self* by Stephen Cope, a psychotherapist who writes and teaches about

the relationship between contemporary psychology and Eastern contemplative traditions.)

- While chakras have their own cerebral function, they are also the entry point for spiritual concepts intended to guide humans through the different educational stages of life.
- Chakras are internalized sectors where electromagnetic activity intersects with major nerve ganglia, and thus influence physiologic functions. For example, stomach problems are associated with the third (solar plexus) chakra and feeling unable to “digest” the events of life that feel threatening to the status quo. (Refer to *Wheels of Life: A Users Guide to the Chakra System* by Anodea Judith.)
- Each of the seven chakras is associated with the state of health within the radius of each chakra's energy vortex. (Refer to *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss.)
- Chakras are like educational headquarters that support concepts dealing with the use of cerebral functioning and increased spiritual advancement in all of the varied life-lessons which each of us must learn to navigate throughout our lives.
- **Evaluates** our progress in accepting, expediting and cleaning up the realities of our lives that we may have overlooked or deliberately ignored.

By engaging daily with the intellectual, conceptual and wisdom qualities energetically vibrating within the TES, we can sense and intuit the life-skills guidance that each offers. Somehow we know we can meet the challenges of life head-on with little or no hesitation. We sense an inspired strength that keeps us putting one foot in front of the other no matter how difficult the journey.

In addition, perhaps more importantly, we quickly become disengaged from previous behaviors of “spiritual bypassing” (a term first coined by psychologist John Welwood in 1984, which means using spiritual practices and beliefs to avoid dealing with our painful feelings, unresolved wounds and developmental needs). Instead of bypassing, we begin seriously inves-



tigating life's problems from a different perspective. As we move our attention inward, we grant ourselves the time and space needed to explore emotional reactions, investigate options and choices, find hidden meaning and benefit within problems, muster up our inherent courage to do the right thing and ultimately give gratitude for surviving—and thriving.

Spiritual Intelligence and Relationships


Relationships help us understand the natural inclination we all have for human bonding, safety, kindness, sincere caring and support. They also help us see the unchallenged fears we bring into our relationships, and how we long for those with whom we share our lives to remove those fears from our reality. This behavior, by the way, is one of many ways we bypass our own spiritual, psychological and emotional work. When spiritual energy and intellectual energy are congruent, human relationships become less needy, toxic and damaging. Relationships that share a high spiritual intelligence quotient, with each person responsible for his/her own continued progress and growth, have a far greater chance of surviving differences in personality and perspective.

According to some sources, the term spiritual intelligence is described as both a noun (concept) and a verb (activity). As a noun, spiritual intelligence refers to qualities of being that are expressed through sacred human emotions like compassion, courage, connection, presence and authenticity. As a verb,

Relationships that share a high spiritual intelligence quotient . . . have a far greater chance of surviving differences in personality and perspective.

spiritual intelligence is described as active doing related to rational, coherent and secular matters. Melding sacredness with brainpower, we move closer to creating a world of peace and harmony—with the understanding that this can only come about one mind, brain, heart and spirit at a time. With the practices relevant to spiritual intelligence—meditation, conscious living, mindfulness, deep thinking and listening skills, journaling, creative brainstorming, determined action and responsible productivity—we learn to navigate through tough times as well as clean up and prop up our relationship skills.

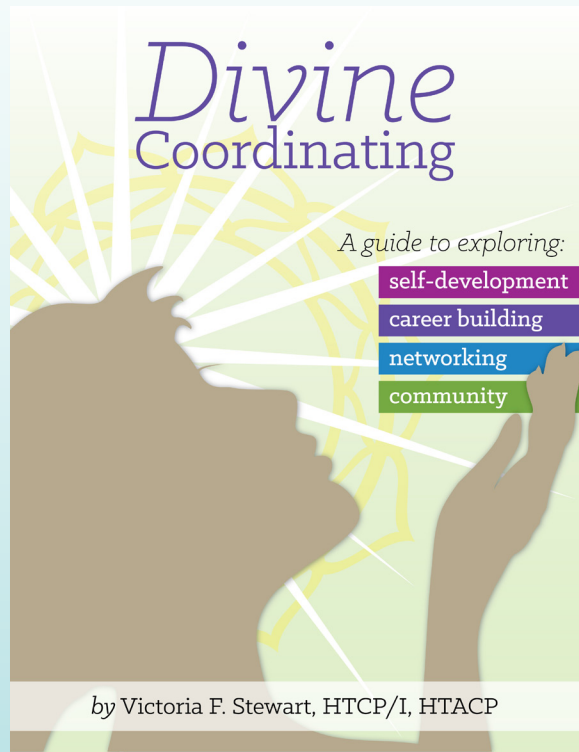
Spiritual intelligence assists our intrapersonal and interpersonal relationships in every way. The ability of spiritual intelligence to remove the false masks we use to hide our true selves, true feelings and true desires is one of its most remarkable features. Spiritual intelligence adds to our innate happiness and supports our desire to create and maintain a life well lived. I will end with an ancient Tibetan blessing:

*May you be happy
May you be healthy
May you be safe
May you be at ease with life* 



Author Alice Strauss can be found at www.YogatsulInstitute.com.

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Moving with the Seasons of Life

Part 2

Titanya Monique Dahlin

Movement never lies. It is a barometer telling the state of the soul's weather to all who can read it.

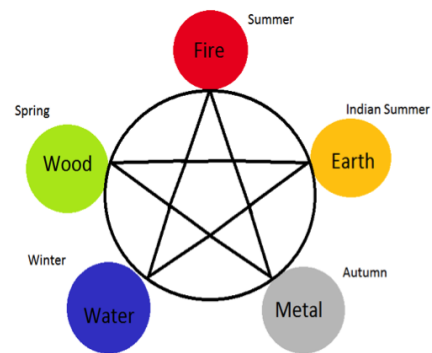
– Martha Graham

Movement can be medicine for the body, mind and spirit. It helps to move stuck energy from the body, and therefore, also clears energetic pathways in the mind. When we move, we bring water, oxygen and nutrients to our brains, all of which helps us think clearer and supports the circulation throughout our bodies.

Movement and sound have always been known in ancient cultures as forms of healing. Through the creative expression of movement, we can work through blocks of pain caused by our own soul's journey. I have witnessed time and time again the powerful healing that can come when one opens to a moving consciousness and listens to the energetic language of the body.

In my article, "Moving with the Seasons of Life," found in the Sept/Oct issue of Energy Magazine, we identified the five ancient elements that were discovered over 5,000 years ago in different parts of the Orient. These elements are Water, Wood, Fire, Earth and Metal. In this article, we will look closer at the Five Element wheel and explore creative movements that may help you heal your body and evolve your mind. You may not initially love these movements as they may be different from the natural rhythms of your primary element, but they can help to transform and

balance physical and emotional blockages, allowing you to have a healthier lifestyle.



Let us revisit the element wheel, shown above. To review, we all have each of the Five Elements within us, but one or two elements may be more dominant than others in times of calm or stress. The elements flow naturally into each other in an organic, clockwise fashion from Water to Wood to Fire and so on. Water feeds Wood to help it grow, as Wood stokes the Fire. Fire creates ash to replenish the soil of Earth, whereas Earth contains minerals, where Metal is mined. When Metal is heated and cooled, it forms drops of Water in condensation and the cycle begins again.

In Chinese Medicine, this clockwise flow is called "The



Mother-Child Cycle,” whereby each element is fed by the element before it. Working with the wheel, energy healers and acupuncturists can see that when an element gets too imbalanced, it may be brought into balance by the “Mother Element,” found just before it on the wheel. When an element has too much or too little energy, stressful issues arise. We call this “being imbalanced.” Continued imbalance can cause health or mental problems. Utilizing the strengths of the “Mother Element,” we support or nourish the “Child Element” on the wheel, bringing it back into harmony.

Woods need to learn to bend and flow with their emotions and in their bodies. My mother, holistic health pioneer Donna Eden, always teaches that Woods are to become like a willow tree, learning to bend (letting emotions roll from them), rather than like an old rigid redwood.

The answer to their health challenges may lie within their “Mother,” which is the element of Water. Woods need to learn to flow more in life. If Woods were to practice the watery movements of Tai Chi, they may

Movement and sound have always been known in ancient cultures as forms of healing.

One can go to a health practitioner for help, but I suggest the use of creative movement and sound, which may be equally beneficial to bring more stability to your body, mind and soul. In this way, we help ourselves heal through movement, bringing harmony within. Movement acts as a form of self-therapy. In this next section, I describe each of the Five Elements again and share some Energy Medicine Dance exercises to help you balance your own rhythm and body.

The Wood Element

Let us start with the Wood Element. People who hold the Wood Element are strong and can create boundaries in their lives easily. They are visionaries, can fight for their goals and will not bend until they win. Yes, they are great role models for other elements to follow, but when they are imbalanced, they can plow their way to the top in order to be the best, not realizing they may have stepped on others to get there.

An imbalanced Wood person can be stubborn in his/her attitudes and may very well feel stiff and rigid in his/her body. They get stuck in their views about life and later on, it may be this stubborn quality that can get in the way of them finding a partner. As well, they can experience joint pain and arthritis when they are elderly.

find more patience and a calmer demeanor when speaking. If Woods can regularly get in the water, like an ocean, river or pool, it would feed their roots and make them softer people.

Water Exercise for Wood Element



Bend your knees and sway from side to side. Take your hands in front of you and begin to make big figure eight movements from the right to the left, turning your hands organically as you move from side to side. Breathe and feel your roots strong and firm in the ground, while your body sways like a willow above. Make

the slow sounds of “Shhhh”—as if calming a baby. Imagine this water quality moving into your joints and feeding your mind more open views and visions.

The Water Element

People who exhibit the archetype of Water are creative artists, diving into their soul’s journey to bring out poetry and art from their own expressions. They can be playful or philosophical. Yet most Water people tend to be shy and retreat into their own world where they cannot be reached. Imbalanced, they may have difficulty finding words to express their feelings



and depression can develop, leaving them feeling as if no one understands them.

Metaphorically, when they are drowning in the watery depths of their own experiences, Waters feel as if they cannot breathe or see a way out of their difficulties. Alone, they create illusions in their world, like ripples forming in the water. Fear creeps in causing them to freeze and they can literally stop moving forward in their lives. Movement with breath-work would be beneficial for a Water. Bringing more oxygen into the body can literally move energy, allowing for more space both in the mind and body to re-examine thoughts and feelings in a more positive light.

The Water lesson is to realize that there is a way out of their dark ocean and that they need only to swim to the surface in order to see the light. Looking to the wheel, the element before Water is Metal. Mama Metal energy comes in to help make the Water energy crystallize so that it is pliable enough to see and move towards. Metal energy brings in the emotions of hope and inspiration during a dark, challenging time.

In addition, Waters tend to hold a lot of water in their skin, almost to the point of edema. The archetypal movement of Metal is yoga, which is all about stretching the muscles and limbs, good for helping move the water (edema) out. The meditation and breath work of yoga is also effective for it brings Waters out of their inner depths to see the light.

Metal Exercise for Water Element



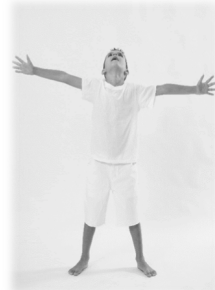
With your back on the floor, reach your arm to your opposite leg, then again reach to the other side. Imagine that you are a piece of seaweed at the bottom of the ocean, stretching for the light above you. Become

a bit more organic with this motion, stretching opposite arm and leg as you twist your body from side-to-side. Breathe as you move and bring in the sound of “Whoooo” -- the sound of wind through a cave.

The Metal Element

People who show strong Metal element aspects aspire to higher standards. They are perfectionists, who wrestle issues to bring out the best from themselves. Metals are on such a spiritual journey that sometimes they block the realities of life. They live in their heads and therefore can disconnect from their bodies, as well. Metals can appear as if they have a “greater-than-thou” attitude with their heads held high, as they glide proudly into a room. They will never show their emotions outwardly and can form a hard exterior, like armor. This protects them from being hurt, but it also does not let anyone in. Metals can stuff the emotion of grief within them, which can lead to skin issues, digestive problems and constipation. Imbalanced, the Metal person can detach from people at a moment’s notice, even from their best friends if they feel impeded on their spiritual paths. Metal’s lesson is to learn to work with their feelings and relationship connections. Who best to teach them this than their “Mother,” the Earth? Metals need a movement that brings them out of their heads and connects them back to their bodies and other people. Community dancing and natural dances such as belly dancing, Hawaiian, African, and reggae dancing can bring them back to this compassionate connection. These grounded dances are perfect for getting us out of our heads and into our bodies. Being in a movement class where there is a connection to others will be hard for the solo Metal, but this is what they need for better balance.

Earth Exercise for Metal Element



With your bare feet on the soil or grass, stand and feel your connection to the earth. Widely stretch open your arms, as you also open your chest. Meet your hands in front of you, as if you are holding a big beach ball and round your back. Go back and forth, breathing in

as you grasp your world and as you let go, move your arms back and make the sound “Ssssss”—as if you are letting go of everything you hold dear. Breathe in and out as you continue this motion.



The Earth Element

Earth personalities are very compassionate. Like a tending mother, they take care of everyone, leaving very little time or energy for themselves. Their lessons are to give back to themselves. Imbalanced, they can be like an over protective and meddling mother. It is more difficult for an Earth to metabolize food or situations, so they tend to be very curvy or round, holding onto a lot more fat in their bodies than other elements would. When energy gets stuck in an Earth element body, they tend to have circulation problems, leading to possible blood clots and tumors.

The Fire Element

Let us look at the last element on our wheel—Fire. People with the strength of the Fire element are dramatic. They are the life of the party, bringing joyous laughter and positive outlooks on life. Like happy-go-lucky optimists, Fires can have a sense of being ungrounded. Therefore, they can seem very scattered and disorganized in their lives, in their emotions and sometimes even in their relationships. The “Mother” of Fire is Wood.

The Wood movement brings focus for better grounding to make necessary decisions in life. It is helpful for

Movement may be a medicine for your own healing within your explorative journey.

Earth’s “Mother” is Fire. The Fire element is all about blood and circulation. Earths love when things are in harmony, so quick stressful change can be hard on them. Fires metabolize situations quickly, and they usually have quick metabolisms as well. Earths need a form of activity that helps them speed up their metabolism to allow their bodies to absorb fat efficiently. Fast African dance, salsa, zumba or aerobic dancing would be great for their unique body types. Leaving the house and family once a week to do something for themselves, like a dance class, would be a healthy balance for the Earth person who tends to everyone else’s needs.

Fire Exercise for Earth Element



A few times a week, put on your favorite fast paced rock ‘n roll, pop or world music and dance for about 20 minutes. Just dance, joyously and wildly like no one is watching! You can even do this while cleaning the house. As you cool down, sit comfortably and hold your heart chakra (located in the center of your chest) and bring in feelings of self-love with the

humming sound of “Mmmm.”

a Fire to go towards a wood movement like martial arts, which is organized and disciplined. Decisions and commitments are also hard for Fires to make and keep; this is part of the Fire’s lesson. Fires tend to wear happy masks that make everything seem as if all is fine, but then they experience shocking bursts of anger that rage out of control, burning down everyone in their path. Martial arts carry a certain quality of aggression that is expressed outwardly and directly, still maintaining a sense of boundary and discipline. Drumming too, can help maintain a structure where a Fire can keep a steady rhythm and therefore help balance their own fiery natures.

Wood Exercise for Fire Element



Put on some drumming music and begin to make movements of stomping, kicking, blocking and chopping with your arms and legs, as if you are releasing aggression and moving obstacles away from your body. Use the quick sound “Shhhh”—to express your stuck emotions. After the music has stopped, sit down to calm and ground yourself, placing both hands on the floor in



front of you. Breathe and feel your heart beat alive and steady as it comes to a rest.

Experiment with the Five Elements for yourself and find which element you connect with the most. Movement may be a medicine for your own healing within your explorative journey. When we learn the qualities of each of the Five Elements, we begin to find compassion for those around us, knowing that we are all on a path of discovery and evolution. Our relationships become easier as we learn to relate to each other's rhythms. We can better understand the ways each element flows into the next and we can begin to recognize that by shifting and stretching our own lives, we can meet each other's needs as well as our own.

In the Orient, they say that the Sixth Element is *"Sympathy for the Self."* Learning the language of our body's unique energy, we create an inner language as a way to listen and connect to ourselves through movement. In this way, we become our own therapists, shedding our inner obstacles in order to really love our whole being. Bringing sympathy to ourselves and to our path's lessons, we dance and let go of the mistakes we have made, and eventually stand in complete and utter Self-love, ready to learn new dance steps on our evolving adventure. €

 Author Titanya Monique Dahlin can be found at www.EnergyMedicineWoman.com.





Love in the Kitchen

Margaret Nies

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From the time I was five, I loved the aromas of baking in my mother's kitchen. There was the smell of yeasty bread rising, of molasses cookies baking, and sometimes there were fruit pies hot out of the oven or warm gingerbread waiting to be cut. The days leading up to both Thanksgiving and Christmas were filled with all my siblings sitting around the kitchen table, dipping our fingers into cookie batter, rolling dough and cutting out cookies, or slicing apples and filling piecrusts.

These were lovely days spent learning from my mother. We sat around our kitchen table, my sisters, brothers and I with rolling pins, cookie cutters and decorations, sometimes covering ourselves in flour from head to toe. We used Redhots for buttons on the gingerbread men. And when they came out of the oven we clamored to be the first to taste one. I remember my mother as patient and calm while we happily made a huge mess.

It was in this kitchen that I learned the impact that love has on food. This awareness was strengthened during my time spent in other kitchens through the years. Some kitchens were large, feeding more than a hundred and many were small and intimate. But in each, when thankfulness, respect and caring were

expressed, both the ingredients and those doing the cooking glowed with the outward manifestations of this love.

I believe that food prepared with love has a different flavor. The simplest of meals turns into a nutritious feast when a loving mind and hand prepares it and brings it to the table. Our health begins with the intimate, considerate preparing of our food. A peanut butter and jelly sandwich made with thankfulness and kindness, or a five-course meal caringly created for friends and family, expresses love in the kitchen and spreads like a flame from our own hands and heart outward to our bodies and to others.

Love in the kitchen creates an energetic atmosphere that is palpable when a friend enters our home to share tea or a meal. It changes the songs of the pots and pans as they simmer on the stove. It allows our utensils and dishes to become old favorite friends that share our lives. It changes the breath of the apple pie as we remove it from the oven. Love in the kitchen changes the energy in which we knead, bake, make soup and share with those around us. It changes our lives.

This year as the holiday season approaches I look



forward to hauling out my apron and rolling pin, to accepting invitations, taking treats to share and to filling the kitchen with love.

The gingerbread men recipe from my childhood is below. I still have the recipe my mother typed on an index card using a manual typewriter that you had to push hard on the keys to make them strike properly.

Gingerbread Men

Sift together

2 cup flour
1 tsp. double-acting baking pdr.
¼ tsp. soda
1/3 cup sugar
1 tsp. cinnamon
1 tsp. ginger

Heat – ½ c. butter and ½ c. molasses in large saucepan over low heat just until butter melts

Add – the dry ingredients plus 2 Tbls. hot tap water
Stir until blended. Chill thoroughly, at least 1 hour

Knead – or “work” chilled dough into a ball on lightly floured board. Roll out to about 1/8” thickness. Cut as desired.

Add if desired – Redhots for eyes and buttons

Bake in moderately hot oven (400°) 8 to 10 min.
– maybe less time and lower temperature in your locality.

(Yields 1 dozen 6” gingerbread men or 3 ½ dozen 2” cookies.) €



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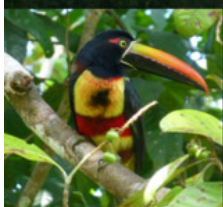
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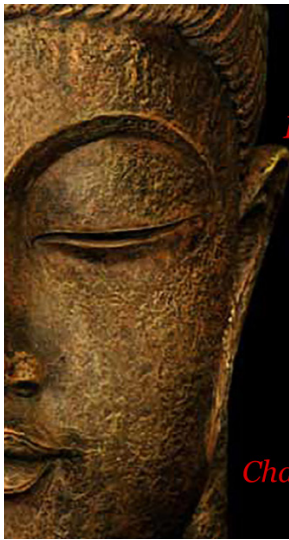
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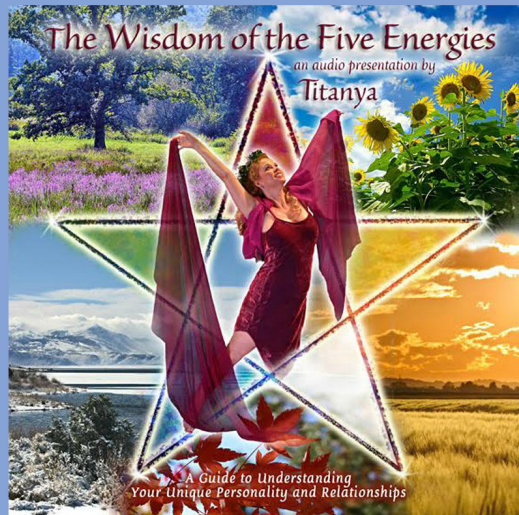
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