



Energy

magazine

Sharing Energy - Transforming the World

Sept/Oct 2012 - Issue Sixty-Three



Adding Aromatherapy Coaching to
your Healing Practice



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Greetings readers and welcome to the September/October issue of Energy Magazine.

As we move into the fall of the year, our bodies begin to change with the season. Our work schedules may

change, school begins again and the holidays approach. All of these factors have an impact on us emotionally, mentally and physically. This issue of Energy Magazine contains practical insights on how to feed our bodies and nourish our immune system. It also includes useful information on building your Energy Medicine practice and the usefulness of informing your clients about Health Savings Accounts and Flexible Spending Accounts.

Increasing your knowledge about other Energy Medicine practices and/or adding them to your repertoire for treating clients is important and can make you a valuable resource. This issue includes an article on Cranial Osteopathy and using Aromatherapy in your practice. Both articles will expand your horizons.

It is our mission to spread the word about Energy Medicine, but we can't do it alone. We need you, our readers, to share Energy with friends, colleagues, co-workers, family and anyone who is interested in what we are doing. It's so easy to share – just forward your email announcing the current issue to others, post it on Facebook, send your clients, friends and colleagues our website www.EnergyMagazineOnline.com so they can sign up. As Hellen Keller said "Alone we can do so little; together we can do so much."

We are pleased to announce our 2013 Energy Magazine calendar - *A Year of Imagination*. Let this inspirational calendar fill your heart throughout the year with it's beautiful quotes and images. Your purchase of the 2013 calendar supports the publication of Energy Magazine and is an excellent gift for yourself and for those who are special to you.

Happy Reading,

Billy

The new 2013
Energy Magazine
Calendar
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Contributors September/October 2012



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Bethlyn Gerard integrates biofield sciences into healthcare. Her energy sessions assist adults, kids, couples, families, teams and companies. She teaches how to promote health during challenges. You can find free resources and contact her at www.5starhealing.com or call the Living Well Dallas Center: 972-930-0260.



Norman Lewark graduated from Creighton University School of Dentistry (D.D.S.) in 1968 and Colorado University at Denver School of Architecture (March) 2001. He practiced general dentistry from 1968 - 1990. Norm took training from the American Academy of Osteopathy (Cranial Academy) in 1978 and has practiced cranial osteopathy and taught since then. Dr. Lewark lives in Western Colorado where he teaches and provides cranial therapy and designs residential architecture.



Marie Manuchehri, RN, a self taught healer, Marie learned to connect conventional medicine's understanding of disease to what she could intuitively understand about how a patient's condition related to his or her energy system. She uses her talents as an energy medicine practitioner and as a medium to help people heal their wounds and expand consciousness. Her website is www.energyintuitive.com



Linda L. Smith is a board certified holistic nurse with certifications in Healing Touch, Healing Touch Spiritual Ministry, and clinical aromatherapy. As president of the Institute of Spiritual Healing and Aromatherapy, she is the creator of two certification programs in energy healing and in aromatherapy. Her website: www.ISHAhealing.com



Barbara Dahl studied with Janet Mentgen (Founder, Healing Touch) in Denver, CO in the 80's and was in the first group of Healing Touch Instructors. She has taught well-over 200 workshops in the USA, Canada, and The Netherlands. Barb is retired now from acute care nursing and lives in Seattle, Washington.



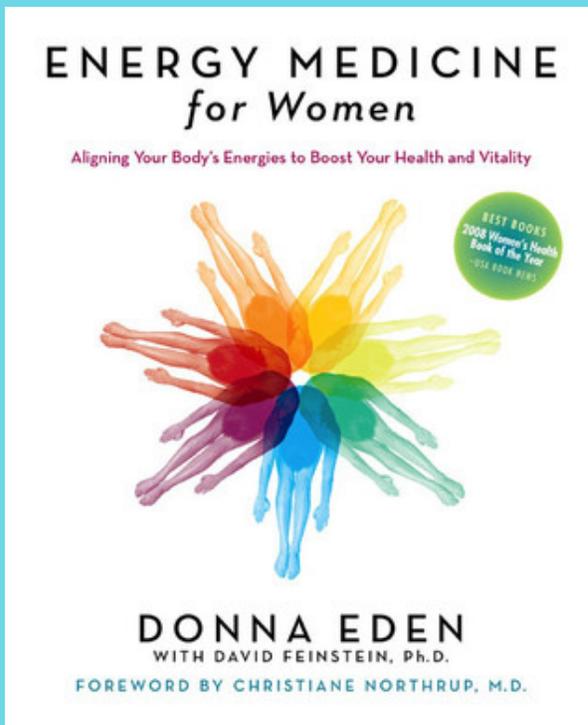
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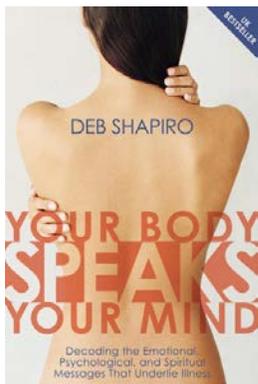
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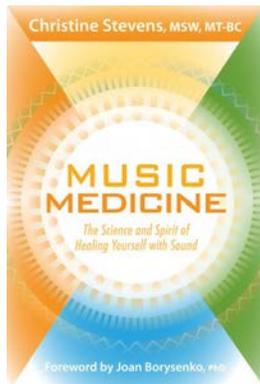
1 | A women's guide to using energy medicine to promote and maintain optimal physical and mental well-being.

Hormonal health is essential to a woman's well-being, and in this groundbreaking book Eden reveals that a woman can manage her hormones by managing her energies. In fact, energy medicine is effective in treating a host of health issues. From PMS to menopause, from high blood pressure to depression, it offers solutions to women's health issues that traditional medicine often fails to provide. In *Energy Medicine for Women*, Eden shows women how they can work with energy to strengthen their bodies systems to promote health, vitality, and inner peace.

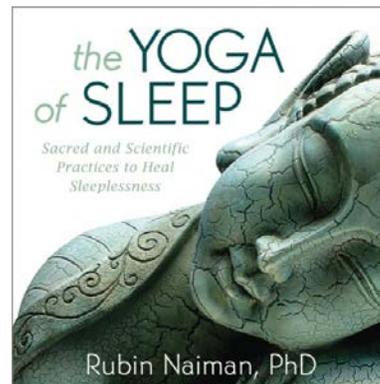


2 | We all know how we cry tears when we are sad, or get butterflies in our stomach when we are nervous. These are simple connections between the mind and the body that are easy for us to understand. But what about the bigger issues, when the body gets ill, diseased, or damaged?

Now with *Your Body Speaks Your Mind*, Deb Shapiro shows you a practical way to learn the language of your body so you can understand how your thoughts and feelings directly affect your physical health.



3 | Why are we able to recognize melodies in our first days of life? Why does making music actually switch off the genes that signal stress? It is because music is part of who we are at the deepest level—and we don't need any special talent or training to harness its power to enhance our lives. With *Music Medicine*, music therapist Christine Stevens presents an information-packed resource, filled with scientifically-based practices for accessing and attuning to the natural healing properties of music. Drawing from a wealth of research and her own pioneering healing work in some of the most challenging places around the world.



4 | We're in the midst of an epidemic of sleeplessness, with half of adults struggling with insomnia and a host of health risks associated with inadequate rest and sleep. Yet we're all aware of the benefits of good sleep, from vibrant health to better productivity to happier relationships, and more.

On *The Yoga of Sleep*, Dr. Rubin Naiman integrates effective sleep science with time-honored sacred perspectives to help us reclaim the full potential of our nightly journeys.

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



BOOK REVIEW by Barbara Dahl, BSN, RN, HTCP/I

The Energy Cure: Unraveling the Mystery of Hands-On Healing by William Bengston, PhD

What was your introduction to energy medicine? Therapeutic Touch in nursing school? A weekend Reiki workshop? Healing Touch treatment after surgery? William Bengston learned how to heal from an evolved healer; a complex man who cleaned houses for a living and who had a natural gift for healing. He vaporized clouds and cured cancer the same way. Over time, Bengston, a sociologist and researcher, developed a program to teach his student lab assistants this healing technique. In spite of their skepticism, or because of it, they healed their subjects, mice injected with an aggressive form of cancer. Furthermore, the mice were immune to cancer when reinjected.

The Bengston method involves a process of image cycling. After identifying 20 things you want and attaching an image to each one, you then create a fast moving picture show with those images and run this film during hands-on healing. The intention is to get the ego out of the way, to become irrelevant, *"To distract the conscious mind from the healing work of the hands and allow them to move naturally, instinctively, unconsciously"*.

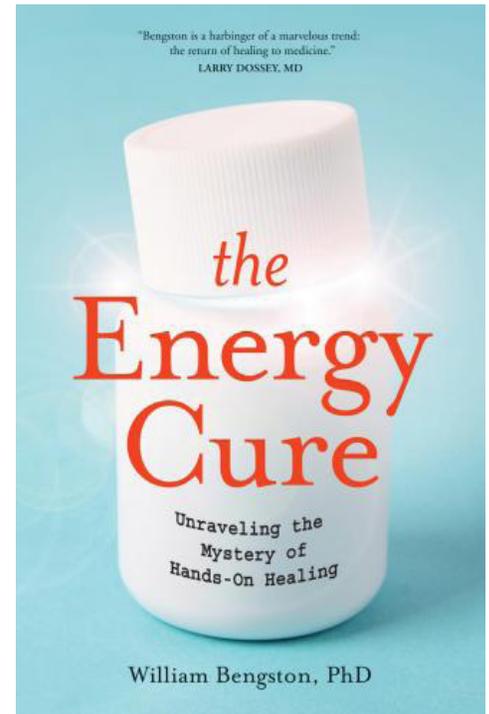
Bengston declares that his method is not faith-based. *"Faith usually comes with a lot of dogmatic baggage."* His religion is science. However, he refers to the Source of energy with a capital "S" and considers himself a vehicle for Universal Energy. He acknowledges that he is in touch with an external source of power. Semantics? Some would call that God. He notes near the end of the book that he is a recent student of Buddhism - thus following the spiritual path of personal growth of most healers. He even divulges that on occasion he calls upon guides or the "Fellows" as he calls them for help because he has seen them, whereas, he has not seen God.

Holding a cage containing the infected mice on his lap and with hands on both sides, he found that the mice would gravitate to his left hand, *"even laying their tumors against it."* Was this his sending hand or were the mice actually feeling the cancer being drawn out by his receiving hand?

In his work with humans, he found that his method did not achieve a cure with those clients who had gone through chemotherapy and radiation. He acknowledges that, *"My belief that I can't cure anyone who had radiation or chemo may be a self-limiting one. Perhaps as a healer I have crippled my own mind through negative thinking"*.

Bengston's research with mice and his work with human clients has produced exciting findings - all rejected so far by Western medicine. He continues with research studies that have pointed to a strong connection between healing and the immune system.

This reader questions the necessity of Bengston's rather complex imaging cycle if the goal is to distract from the work. A student once asked Janet Mentgen, founder of Healing Touch Program, what she thought about when she was doing "the work." She replied, *"Nothing."* Was she focused on the work or totally distracted? As with other energy healing modalities, there is considerable overlap with Healing Touch and Bengston makes no claim that his way is the only way. He is clearly contributing to the science of energy medicine with his research and his book is worth reading, even worth a second read.



Energy Medicine Business Support

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Is 3rd Party Reimbursement on the Way Out?

(This is a continuation of the Column in the May/June 2012 issue.)

We have heard from practitioners who have had clients who have used Health Savings Accounts (HSAs) and Flexible Spending Accounts (FSAs) to pay for their Healing Touch treatments. In both the previous Column and this one, we are just scratching the surface of what these accounts offer your clients for reimbursement and how to inform your clients about them.

One story from Georgia is that a client was able to pay for all sessions in the year, which amounted to \$1,000, without a problem. We have also heard from another HT practitioner in Pennsylvania whose client has been reimbursed approximately \$2,600 for HT sessions this past year. Still another in Colorado whose clients have been successful in getting their submitted invoices paid. See the May/June 2012 Energy Magazine for the link to their sample invoices.

HTPA's goal is to bring you the information you need as it unfolds - unfortunately at the present time insurance

reimbursement is still a mystery. It seems every carrier, along with state regulations, creates complexity. Through **Voice for HOPE** we are trying to correct this. ([Register](#) for the HTPA Sept. 11th "Live" Interview to learn more about Voice for HOPE)

These Savings Accounts (HSAs and FSAs) are beginning to become very popular and all reports we have received are positive with regard to Healing Touch being a covered service. In other words, YES, invoices submitted to HSAs and FSAs for Healing Touch sessions are being paid.

After the May/June column, we received an additional informational piece from **Susan Romeo, MS, RN, HTCP**, Central New York Healing Touch, www.cnyhealingtouch.com. Here is what she shared:

"I have used an FSA personally for years. With insurance changes this year, I now have an HSA instead.

I just want to be sure you understand that with both of these financial streams, the patient is merely receiving back his/her own prior contributed funds, so it is not an insurance or third party reimbursement. But it is a way to support out of pocket health care payment and that is good. I think FSAs and HSAs are the natural development when care has gotten so prohibitively expensive and when insurance companies hold most of the cards. Such accounts allow patients to use their own money with pre-and post-tax benefits to cover things insurance companies never wanted to cover.

The amount reimbursed is directly related to the amount of money the client has placed in the FSA or HSA account. In an FSA, the IRS (Internal Revenue Service as the regulating authority) sets a fixed sum that one may contribute yearly and it must be used in one calendar year or you literally lose it. With an HSA, which is a type of health savings account only available if one has a high-deductible insurance plan, the funds remain from year to year.

***I have several clients who regularly submit statements for reimbursement.** For FSA reimbursement as a patient myself, I was first required to have a statement from my primary care clinician stating that services such as integrated therapies and the nutraceuticals I used were required for my health. With that on file, the FSA managing company then allowed for reimbursement.*



I have a form letter that I give clients who are new to this. Sometimes, if time permits, I will simply enter their information to my computer and print a copy for them. **Click here to download the customizable form template.** I write for the term of the letter to be for the remainder of his/her lifetime so that it does not have to be repeated for each tax year, although if one changes companies, it will have to be repeated.

As a former nurse practitioner (NP) in the primary care trenches, I have learned that completing forms and paperwork takes an incredible amount of time away from patient care. I advise having the paperwork prepared and ready for your signature at the end of the client's session. The client may then mail or

fax this invoice for reimbursement. Be sure to keep a copy for your records. I also keep a folder on my computer of all the clients who file for reimbursement under FSA accounts. I keep a running account of their visits and payments with account balance and give them a copy; some want it after each visit, others once a month."

Watch for future HTPA discussions about these accounts. This is definitely a sensible way to use pre-tax dollars to pay for unconventional health care and as practitioners we are in a position to educate our clients about them. Please inform us if you have information on this topic – you can send your story to info@HTProfessionalAssociation.com. €

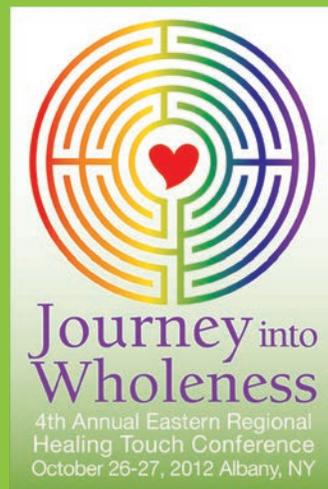
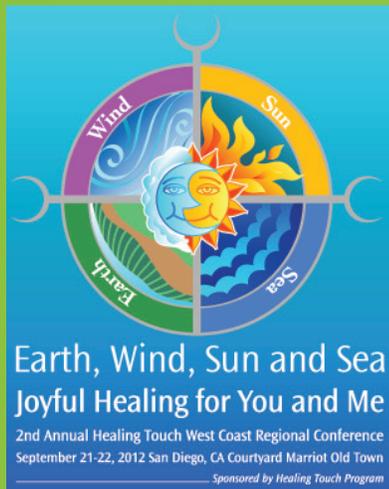
Regional Conferences 2012

Attend your Regional Healing Touch Conference!

- Stimulate your mind with new ideas and soak in your local HT professional community for a few days
- Experience interesting and inspiring discussions on a range of topics.
- Connect with old friends and build new relationships.
- Leave inspired, motivated and with a sense of joy and fulfillment for having deeply connected with your local community.

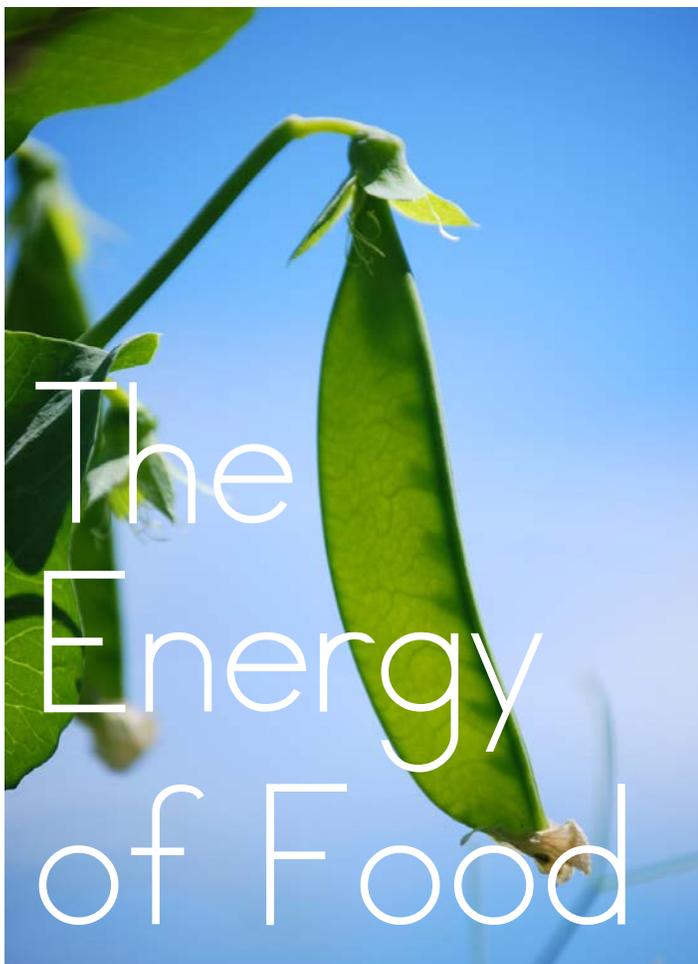
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Need Details?



West Coast Regional Conference - September 21-22 2012, San Diego, California

Eastern Regional Conference - October 26-27, 2012, Albany, New York



Sharon Greenspan, CHHP, HTCP, M.Ed

Eating Orange - 2nd Chakra Foods

If you have been following this column, you know that foods carry vibrational patterns, just like people. The phytonutrients, biophotons and cultivate signature all play a role in creating the vibration (check the [May/June 2012](#) issue of Energy Magazine for definitions of these terms and how they apply to the root chakra).

We know the color associated with the second chakra is orange. Orange foods include oranges, mangoes, cantaloupes, apricots, pumpkins, carrots and peppers. These foods have been shown to help repair damaged DNA, protect against cancer, 1 and lower incidents of stroke and asthma.²

As Energy Medicine Practitioners, the cultivate signature is our primary concern. Let us think about some of the foods mentioned above and the properties of their cultivate signature, as it relates to the second chakra.

An orange has numerous seeds (traditionally), derives from a single ovary and is covered by a thick, pebbled rind. Just inside

that rind is pith, a white fibrous material which holds the sections of fruit together. Oranges are usually grafted – trees are not grown from seed. A rootstock is grown from seed and then what is called budwood is grafted onto the rootstock. The budwood determines the variety of orange. We see energetic similarities to people here, as the creativity of the sacral chakra cannot occur if the first chakra (root) is not strong.

Other qualities of the cultivate signature include multiplicity or abundance (sections) organized within wholeness. The fruits are “thick skinned” – a term often used to describe healthy emotional detachment. Oranges can be sweet and are often used for juice. What is more pleasurable than “sweet and juicy”? (Yes, there are also sour oranges and they have a different cultivate signature.) What other energetic attributes come to mind when you think of oranges? Take a moment to connect with the energy of oranges. Perhaps hold one in your hand as you do this. How do you feel?

Mango trees have an extraordinary lifespan and can still bear fruit after 300 years! These trees have very deep roots. The leaves change color as they mature and the fruits come in a multitude of colors and sizes. Flowers are wonderfully fragrant and grow in panicles (like lilacs). Of course not all the flowers become fruit, but this means that fruits grow individually and close together. High levels of creativity are characterized by many ideas and then a refinement of those ideas – much like how the flowers mature into fruit. These facts point to a cultivate signature of extreme stability (thanks to those deep roots) and a high level of individuation.

The mango fruit has one big seed inside succulent juicy flesh, and a thin skin. It is hard to separate the flesh from the seed and skin. This is indicative of raw creativity and high sensitivity or connection with emotions.

We know the second chakra, or sacral chakra, corresponds to emotional issues, desire, pleasure, creativity, relationships (especially with ourselves), power and money. Someone with a compromised sacral chakra might have feelings of being stuck or unable to make choices. They may resist working on emotional issues or allow emotions to rule them. They may develop or have addictions. They may have faulty thinking, often from a single point of view.

Oranges and mangoes, which have qualities of abundance, can be helpful to those who feel mired and lack options. As we have noted, mangoes have a thin skin. They are not appropriate if one is feeling emotionally vulnerable. In this case, a thick-skin will help one to feel strong and detached. If one is lacking options and has a healthy emotional state, mangoes might help to strengthen creativity and abundance.



The mango fruit has one big seed inside succulent juicy flesh, and a thin skin. It is hard to separate the flesh from the seed and skin. This is indicative of raw creativity and high sensitivity or connection with emotions.



If someone is emotionally sensitive, grasping possibilities in hopes of finding an answer, we might see a compromised root chakra in addition to a compromised sacral chakra. In this case, carrots might be a good choice. They grow underground, providing security and groundedness. Carrots are firm and crisp – they stand tall.

Orange bell peppers are fascinating when we think of the cultivate signature qualities. Technically it is a fruit, though usually considered a vegetable. The seeds cluster in the middle of an empty space. Peppers have structure, yet are flexible. We might see them as a receptacle waiting to be filled. All of these facts indicate a cultivate signature rich in possibilities. If someone is grounded and wanting to change, but they have not made space for the new pattern, this is a great choice.

Next time you're at the supermarket, take time to notice orange fruits and vegetables. Consider their physical characteristics and how these might relate to emotional issues you see in clients. When the energetic patterns of foods are internalized – consumed and digested – changes in energy patterns, physiology and psychology can occur. ☺

1 http://www.naturalnews.com/036192_foods_color_nutrients.html

2 <http://www.ajcn.org/content/76/3/560.full.pdf>

3 <http://en.wikipedia.org/wiki/Mango>



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

The Energy of
Food will be
back again in the
Jan/Feb 2013
issue



Self-Love and the Immune System

Marie Manuchehri, RN

The most beautiful dance in the human body pulses within our immune system. Trillions of cells come together, similar to a highly organized waltz, exchanging precious information, which sends signals to our organs on how best to function. Cells that have forgotten the dance are quickly retired. This causes our health to swing into high gear, allowing us to live longer than ever before.

Sometimes our body does not recognize slow-dancing cells and so their weaker forms send the wrong message to our organs, eventually causing the immune system to fail. If this happens, our bodies may experience dis-ease -- exhaustion, weak digestion, and diminished rest and recovery from simple or sometimes complicated health issues.

Eventually, lack of sleep and increasing symptoms of ill health send us to our doctors. Modern medicine's cure for a weakened immune system is to suppress the healthy, dancing cells until all cells can come back together and take a synchronized step. In contrast, the way holistic medicines heal the immune system is to retrain the cells that have forgotten their steps and integrate them into the dance. It is as challenging for either modern or holistic medicine to organize a waltz with trillions of partners, as it is to identify and treat health problems of the immune system.

If your health or the health of someone you love has suffered, regardless of your choice of medical approaches, there is more you can do, all on your own to speed up the healing process and get your cells back on the dance floor.

Everything in the universe is made of energy, including our bodies. Moving energy throughout the body is critical to healing. Emotions play a key role in the movement and transfer of energy. They release stagnant energy, helping to prevent and heal disease, while also receiving vital life force energy, which is needed for cellular rejuvenation.

The science of energy medicine teaches us that our organs and other physiological systems sense and store emotions. The immune system's intelligence observes feelings we have about ourselves, and can improve its health when we develop authentic feelings of self-love.

Simply thinking kind words is not enough to move large amounts of vital energy into the body and stimulate a healthy immune response. However, experiencing a sincere loving emotion for one's self can.

In your body are thousands of energy centers that receive vibrant life-force energy while freeing stagnant or toxic energy from your body that it no longer needs. These energy centers, called chakras, rotate in a clockwise direction, which allows for the transfer of this fundamental force. With more than three thousand small chakras and seven large primary chakras, your body is a highly organized energetic maze, responding to your every thought, feeling, and choice.

The chakras are cone shaped and are located in the energy field of the human body. Their tips point deeply into the body, while their bases lie just beneath the skin. The primary chakras influence large anatomical areas of the body, and are connected to the emotional complexity of every human life. The seven chakras are each a different primary color, and their bases are approximately two and a half inches in diameter. They lie in the center of your body, forming a line of color from the top of your head to the pelvic floor.

The smaller chakras are about the size of a nickel and influence smaller areas of the body, such as the joints, cartilage, muscles, subcutaneous tissue, and acupuncture points. Although they are small, their spinning is powerful. They glow a shimmering silver color while delivering surges of energy to specific locations in the body.



The third primary chakra is located in the solar plexus, below the opening of our rib cage. Anatomically, it oversees the gall bladder, spleen, stomach, liver, pancreas, and small intestine. Emotionally, the third chakra is about self-love. In addition to the organs it influences, it directs energy to the glands in your body - the adrenals, ovaries, testes, prostate, thyroid, penile, hypothalamus, and pituitary. (The pancreas is both an organ and a gland). Glands release hormones into the body. Hormones act as tiny messengers, regulating the function of your organs, and contribute significantly to the health of your immune system.

Surprisingly, 80 percent of your immune system's functions are located in your thirty-foot long intestinal tract. A healthy intestinal tract is necessary for proper absorption of nutrients and for releasing harmful waste products. If it functions poorly, toxins (unhealthy substances such as

processed foods, alcohol, and environmental pollutants) build up on the intestinal wall, where they are absorbed into the body.

Thoughts and feelings about ourselves, along with environmental toxins, play a key role in the health of our immune system. Self-loving thoughts and feelings vastly improve the immune system. When we are disappointed in ourselves, or react emotionally to the negative things that others say to us, we weaken our immune system and hold onto toxins. To some degree or another, all of us need to learn how to release those toxins and to work on experiencing self-love to maintain and/or improve our health. 



Self-Love Exercise

The trick to feeling bona fide love for yourself is to think of something or someone whom you love unconditionally - perhaps a child, a beloved pet, or a magical part of the world. An example of unconditional love is when your child keeps you up at night for months when she/he has colic as a baby, or wrecks your car when a teenager -- you still love her/him to pieces and always will.

If it is a pet about whom you are thinking for whom you care as deeply as you would your child. Even if this four-legged animal soiled the rug or chews your favorite shoes or your new sofa - you adore it and hope it has a long and happy life with you.

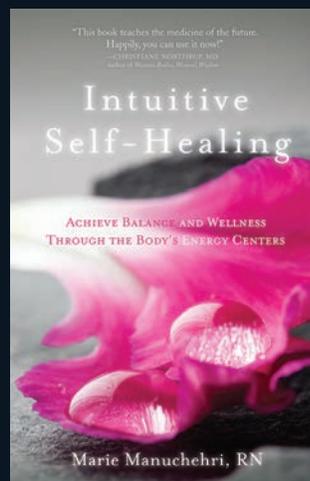
If it is a piece of land or body of water about which you are thinking - a magical, faraway place, or a mountain you see every day from your car when crossing a bridge - you can be grateful for its existence and feel a warmth in your heart every time you visit it in person or in your mind.

Now feel how much you love this person, pet, or place, and let the feeling expand. Allow the emotion to grow, as if you were holding the object of your love. When you let yourself feel this unconditional love, you will find that very little can hold you back from intense, profound emotions.

Now transfer these intense, yet warm, feelings into your body, but just for you. Let the unconditional emotions of love you feel for someone or something else move into your body and allow yourself to feel comfortable experiencing these feelings toward yourself. You are just as wonderful as the other people or places to which you direct your love. You, too, are a blessed and irreplaceable part of creation. You are amazing! Now let yourself feel that. Feel it every day just for a few moments. Feeling even a small amount of self-love every day can make huge positive changes towards developing a healthy immune system.



Marie Manuchehri



"This book teaches the medicine of the future. Happily, you can use it now!"

Christiane Northrup, MD, author of the New York Times bestseller; Women's Bodies, Women's Wisdom

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Find out more about your spirit guides with Marie's 6 CD lesson series.

Upcoming Events with Marie

September 11th - Book Signing & Talk @ Trident Bookstore Boston, MA

September 13th & 14th - Squam Workshop Holderness, NH

October 5th - 7th - Become A Reiki Master Workshop Redmond, WA

October 13th - Spirit Guide Workshop Seattle, WA

October 26th - 28th - Intuitive Health Workshop @ Hollyhock Vancouver, BC

Listen to the *Marie Manuchehri Show Where Energy & Medicine Meet* every Thursday at noon PT live online @ energyintuitive.com.



Cranial Osteopathy

Norman Lewark, D.D.S.

In the mid 1970s I was attending a seminar in Las Vegas on dental kinesiology. I was quite excited about the change that had taken place in the direction of my dental practice. With the addition of kinesiology I was able, for the first time, to relate dental problems to a person's overall health. During a break in the program my dental partner and I left the room to get some water and a little fresh air. When we returned there was a group of people gathered around one of the conference tables and there was a dentist sitting next to the table. A woman was laying on it and I noticed the dentist's arm disappearing under her long 70's style skirt. It was impossible to tell where his hand was.

I was shocked and stuck my arm out to stop Larry from going in. I said, "Larry, what are they doing?" He mumbled, "I don't know, but I'm going to go see." I said, "Not me." I didn't want to get that close to whatever weird thing was going on. With Larry leading the way, I followed, never getting too close.

The dentist was explaining that the temporal bone was locked in some sort of abnormal position and was beginning to move back to where it belonged. I knew from my anatomy training that his hand was nowhere near the temporal bone and, by the way, the temporal bone does not move anyway. If it did move, so what?

This was my introduction to cranial osteopathy. Fortunately, later in the conference, we heard from a cranial practitioner who explained in a logical way that the bones of the skull do move and they are in sync with the sacrum. The sacrum was what the "weird" dentist was using to monitor the temporal bone. I still was not convinced that there was any importance to

this mechanism. I was so caught up with the amazing things that muscle testing was teaching me that I could scarcely get interested in this new field. Everyone I asked about cranial osteopathy was somewhat vague about what it could do, how it worked or why a dentist would want to use it in his practice.

A few days later, I woke up and inside my head I was hearing myself saying, "This is it. This answers a whole lot of questions about things that I was seeing every-day in my practice that I never understood. It was the possible answer to what I had come to refer to as the dental mysteries." I immediately called the American Academy of Osteopathy and asked to register for their next class. It was not that easy I was told. I sent in my \$50 and waited to hear when I could get into a tutorial. With the confirmation letter of my deposit I was told that Dr. Frymann expected us to thoroughly review our anatomy training and come prepared to answer detailed questions on anatomy – particularly cranial anatomy. It had been thirteen years or so since I had taken anatomy and to my surprise my memory of the subject, at which I had excelled, was surprisingly lacking. I hit the books.

After three months I received a call from the Academy in which I was told that I had been picked for the April tutorial in La Jolla, California. I said, "That's great."

The secretary said, "You have no idea how great it is."

I replied, "What do you mean by that comment?" She said, "There was an academy meeting in Colorado Springs this week. When I showed Dr. Frymann the list of 75 hopefuls, she ran her finger down the page and stopped at your name. She then did the same thing for



another and then again for an alternate."

This was it. I really was supposed to learn this treatment.

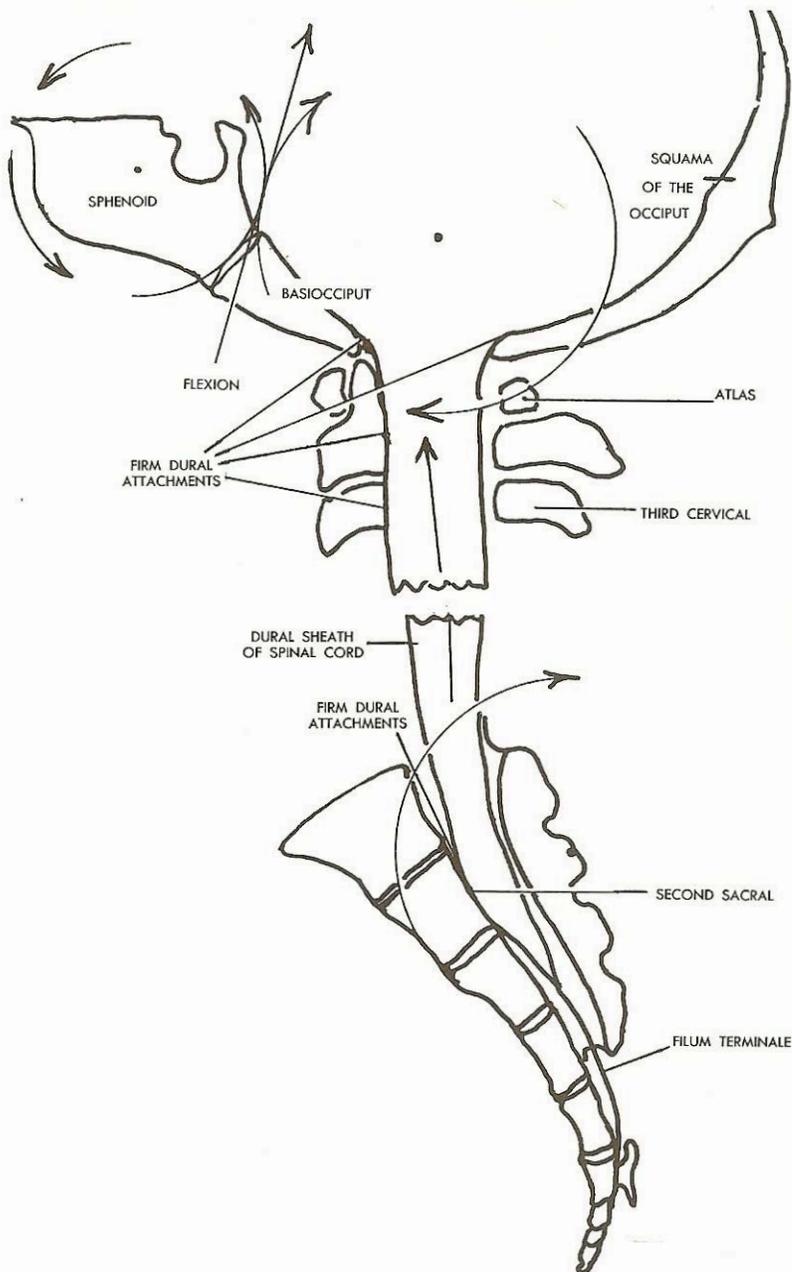
The class ran from Monday through Friday. We began at 8 a.m. and ended at 10 p.m. with an hour for lunch and two hours for dinner. There was one table trainer for each six students. By mid-morning Friday, while Dr. Frymann was teaching the facial bone treatments, I could not assimilate another thing. I felt brain dead. I decided I would have to take the beginning class again. Dr. Frymann had told us we should repeat the class two or three times and practice for a year or two between classes. Two years later I retook the class.

It has been 34 years since that original class. I will try to convey what it has meant to me and to my patients.

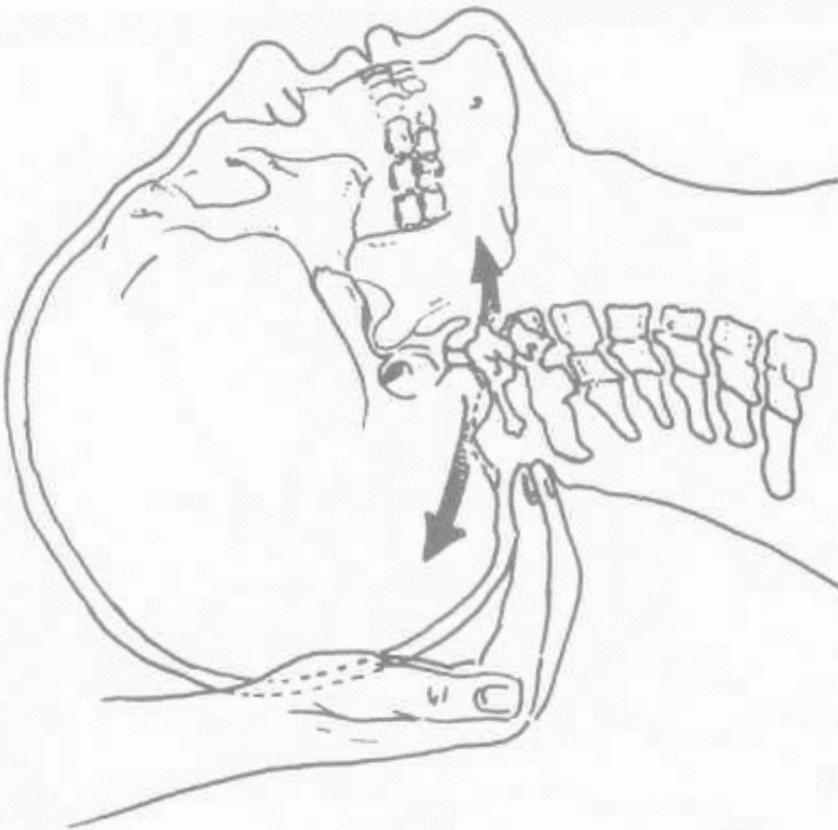
First, what is cranial osteopathy?

Cranial osteopathy is a system of treatment based on the discovery by William Garner Sutherland, D.O. that the bones of the skull move in a rhythmic manner. The discovery came to Dr. Sutherland from the analysis of a disarticulated skull (bones were separated at the joints). As he looked at the bones and held them in relation to each other, he could see many provisions in the anatomy for movement. He knew that anatomy is very practical. It does not have any wasted structures. Everything included has a reason. He began to develop a sense of the movement by placing his hands gently on a head and found that movement was indeed occurring. With countless hours of careful palpation he pieced together the elements of this amazing system.

THE PRIMARY RESPIRATORY MECHANISM



The brain and spinal chord have a movement that is like coiling and uncoiling. The bones, in synchrony with brain and spinal chord, expand and contract. The cerebrospinal fluid is circulated throughout the central nervous system with a small amount passing into the rest of the body. The cerebrospinal fluid is contained by the membranes that surround the central nervous system. The dura-mater (part of this membranous system) holds the system together in reciprocal tension and transmits the cranial movement to the sacrum.



medical and dental professions to do his version of treatment. He has published books, founded the Upledger Institute that offers classes and copyrighted the name Cranio-Sacral Therapy. Since the development of the Upledger Institute, there have been numerous training programs teaching versions of Cranio-Sacral Therapy and disciplines based on various elements of cranial treatment.

What is cranial osteopathic treatment and how does it work?

The best way I have found to describe treatments that have

The system has four rhythms -- the cardiac rhythm, the respiratory rhythm, the cranial respiratory impulse and a slow undulating rhythm. The most unique of these is the Cranial Respiratory Impulse or CRI. Unlike the cardiac and respiratory rhythms the CRI has a constant tempo, like the metronome of one's life, repeating ten to twelve times a minute. The purpose of the undulating rhythm, that repeats four to five times a minute, is as yet unknown.

As a result of Dr. Sutherland's work and persistence to educate his profession about it, many other systems have been developed to address problems in the cranio-sacral mechanism. In the early years, Major Dejarnette, DC learned from Dr. Sutherland and developed his own system that is the basis of cranial treatments used by chiropractors. He called his system Sacro-Occipital Technique or SOT. From SOT came a version of treatment for practitioners of Applied Kinesiology or AK. The osteopathic practitioners have closely guarded their system and restricted its training to Osteopaths (DOs), Medical Doctors (MDs) and dentists (DDS). In the early 1980's, in a break with the tradition of secrecy, John Upledger DO began teaching people outside the osteopathic,

resulted from the osteopathic branch of this work is to say that it is the crossover point between purely physical and purely energetic work. Since the late 1970s, people have become accustomed to energy work, Cranio-Sacral Therapy, Healing Touch and many other "new" therapies. People generally have some basis for understanding this statement.

Saying this alone does not really get us too far in understanding the process so I will describe it. The treatment involves the ability of the practitioner to use his/her hands to read the body with a very light touch. The first thing that is learned is the movement of the cranial mechanism. This involves the motility (ability to move spontaneously and independently) of the cranial bones and the sacrum, the quality and movement of the cerebro-spinal fluid, the movement of the brain and spinal chord and the rhythms of the various cycles resulting from this movement. The quality and balance of the mechanism tell the practitioner where the imbalances are and with experience where to treat.

The basis of most treatment is something that might seem counter-productive in light of other approaches



to health care but is actually the safest, gentlest treatment I know. In most systems a diagnosis is made and a direct confrontation is made to fix the offending situation. If a vertebra is subluxated (a slight misalignment of a vertebrae) a chiropractor or physical therapist will usually try to push it into place. A physician will generally prescribe a substance to rid a patient of his/her symptoms. In cranial treatment, a very light touch actually exaggerates the problem until the offending strain pattern is balanced. This activates an internal mechanism that utilizes the magnificent healing potency of the cerebro-spinal fluid and begins to release the strain pattern. This process puts the practitioner in touch with the homeostatic mechanism and activates it. This mechanism knows how to return the system to balance. It only needs what I refer to

treated. When a person is injured, say in a car accident, the initial injuries are treated until the threat of death is gone and the worst injuries have healed. The imbalances that remain, over time, will create further problems that will be less associated in a practitioner's mind with the original injury. The pain, the loss of optimal function, and the decrease in the quality of the injured person's life will be very real.

Cranial treatment may not be all that is needed, but it is a treatment that has a direct handle on the homeostatic mechanism. Full recovery is unlikely without it. The cranial mechanism must be able to work its magic. In my practice I have used it for headaches, chronic pain, reduction of fever, edema, digestive disorders, foot, ankle and knee problems, neurologic

“This is it. This answers a whole lot of questions about things that I was seeing everyday in my practice that I never understood. It was the possible answer to what I had come to refer to as the dental mysteries.”

as - the creative nudge. As the process unfolds, there is lots of movement in the body, the fluids, the energy and in the rhythms. The correction occurs when the movements come to a balance and a still point is felt. A still point feels like gentle expansion and contraction as in breathing.

What are the benefits and effects?

I am frequently asked. *“What will this do for me?”* After 34 years, I still cannot say what it will do for any one patient. I can say, however, that every abnormal situation involves a disruption in the cranial mechanism. Even people with no apparent problems will be better after cranial treatment. It is a piece in the puzzle of one's health. Often it is a very big piece. It is the one part of the puzzle that is most frequently not

conditions, muscle imbalances, etc. In my opinion, a temporomandibular joint dysfunction cannot be properly treated without cranial treatment. The benefit to newborn infants and children is huge. Colic can often be eliminated in newborns. Orthodontic problems can frequently be prevented by early treatment. For children the benefits are so great that my teacher, Dr. Viola Frymann, has limited her practice to children believing that she can do the most good by focusing on their care.

How did I decide that cranial work is something I should learn?

The decision was made for me in my soul. I really was told – not asked - to do it. It was a compulsion I could not ignore. In the years since I started, it



has been with me continually. When I got mercury poisoning I could not practice dentistry. While I was recovering my abilities to think, remember and learn something new to support myself, cranial treatment was there. When I was freed from the burden of office overhead I was able to earn a living, hone my cranial skills and keep the joy of being able to be of service in a meaningful way.

What would be the benefits of learning this work?

Cranial therapy or treatment works very well with all treatments that I have encountered. For several years I practiced in a group that included chiropractors, a naturopath, another dentist, massage therapists, an acupuncturist and a nutritionist. Cranial treatments worked very well in conjunction with all of these modalities.

Another benefit is that in the process of learning to diagnose cranial problems one becomes better able to determine where the problems are and treat them even if one does not know exactly what the problem is. In my intermediate classes, I teach a method of determining what a patient's priorities are. Treating the body's highest priorities first, often fixes several things at once. It also helps the practitioner to find things about which the patient may not be aware or forgot to tell you that are critical to fixing the patient's main complaint.

Cranial work combines well with massage therapy even if all that is done is to end a session with one of the relaxing, vitality enhancing treatments.

What are the prospects for practicing this work? Is there a need? Is there a demand?

Acquiring the skills to do this work well takes time. During the learning phase one can expect good results. Sometimes the results will be astounding. As one's skills are honed, the results will get even better

and it will become easier to detect and treat problems. Tenacity is required. Sometimes this means that one must hold on and pay attention when one is not sure if the treatment is done. Mainly it means that one must feel a lot of heads to learn the subtleties of the mechanism.

If one looks at the number of practitioners in the cranial academy, there were 874 total members in the United States in 2009 - 69 were dentists, 46 were MDs and the rest were Osteopaths. That is a pitifully small number when weighed against the millions of people in the U.S. These statistics do not account for the numbers of practitioners in the academy who practice little or no cranial treatment on a regular basis. I do not know how many therapists have been trained through the Upledger Institute. The graduates of all the programs do not always follow through and practice the training to the point of proficiency. Obviously the need is enormous.

For a DO, MD or DDS, there are huge economic disincentives to spending the time performing cranial treatment. When I was practicing dentistry full time, my overhead was three times my income from cranial work per hour. I had to do a lot of dentistry to pay for my cranial habit until I found a cranial therapist who could help with the load.

To address the issue of demand, I will say that demand is created by word of mouth. One successful patient is worth more than large amounts of marketing. The difficulty for patients trying to refer their friends is how to describe what you do. It is important to have pamphlets and educational materials to educate your patients and to spend time during a treatment to explain what is happening.

In my view, the enormous need will not be met without significant changes in the systems of delivery we now have. The osteopathic profession must begin to train auxiliaries to assist them in their offices. Therapists working independently must have a receptive



Osteopath, Dentist or Medical Doctor that will accept referrals for difficult situations.

How does one decide to learn cranial treatment and where should one go?

Learn as much as possible about cranial work and talk to practitioners. Experience the work of a good practitioner and ask questions. Finally, listen to your instincts.

For the members of the medical, dental and osteopathic professions the answer is the Cranial Academy.

Osteopathic Cranial Academy
3535 East 96th St., Suite 101
Indianapolis, IN 46240
317-581-0411

For all others, there are dozens of training programs throughout the country. The best known is the Upledger Institute.

11211 Prosperity Farms Rd, Suite D-325
Palm Beach Gardens, FL 33410
561-233-5880

My own program offers classes for professionals and therapists

Norman L. Lewark, DDS
36732 Sunshine Mesa Rd.
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970-527-7415

When looking for a training program the important considerations are:

1. Tuition
2. Is there training in anatomy – particularly, cranial anatomy – for those who do not have a background in anatomy?
3. What is the training and experience level of the instructors?
4. What is the ratio of students per table trainer in the classes?
5. Is there the possibility of retaking the training until one becomes proficient?
6. Are there advanced level classes? €

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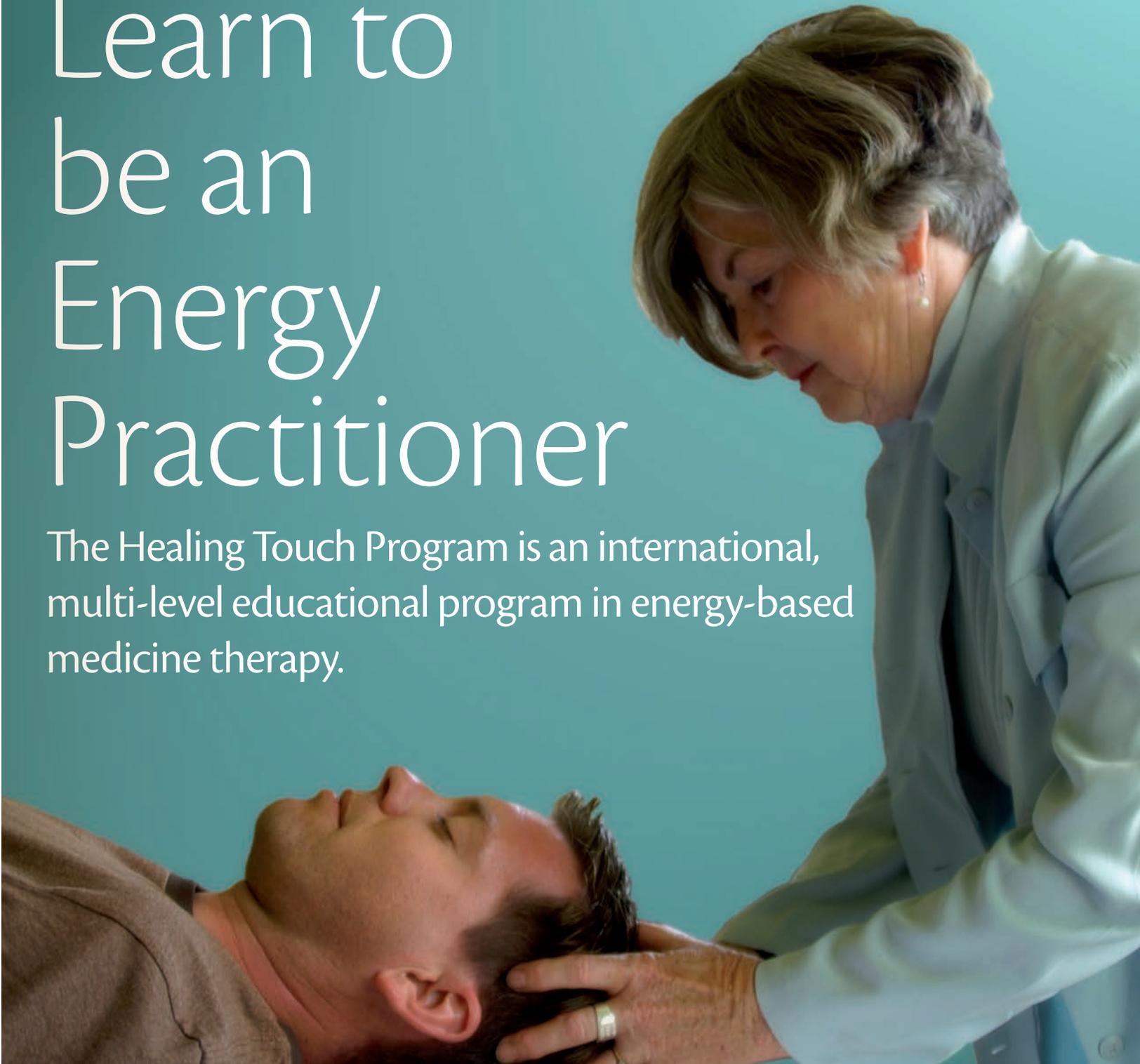
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Linda L. Smith RN, MS, HN-BC, HTCP, CCA,
President, Institute of Spiritual Healing and Aromatherapy



In 1997 I was tasked by Janet Mentgen, the founder of Healing Touch, with starting a new program - **Healing Touch Spiritual Ministry** - to reach a specific audience. This program eventually became independent of Healing Touch and was able to gain certification under the HT Certification board. Later I was challenged to do more in our program by adding anointing with healing oils. From there it was only a half step before I was creating a separate program leading to certification in clinical aromatherapy. I saw what many other people had begun to realize -- that the energy frequencies of these living substances -- the life-blood of plants -- can work synergistically with energy medicine practices and intentionality. In other words - three forms of vibrational healing are far more effective than one. As an educator and practitioner, I want to bring to your consideration how adding the role of Aromatherapy Coach can enhance your healing practice and be more than just knowing what oil to use for first aid.

First aid implies that you know which therapeutic essential oil or healing technique to apply for a given problem. This is primarily memory work or at least implies that you know your resources. For example, for wounds, cuts and scrapes common with summer accidents—you want antibacterials like rosemary, tea tree, thyme, oregano and lavender and pain-relievers like wintergreen and lavender. Perhaps you need an anti-inflammatory like copaiba, dorado azul or German chamomile. You want to know how to apply your chosen first aid remedy through topical dilution or perhaps first spritzing the area of need

with a floral water or using an essential oil compress. Then there is the creation of an essential oil ointment or salve. However, being an aromatherapist today is more than being a walking encyclopedia of knowledge on which oil to use for any given problem. Rather, it is about coaching to help others make healthy lifestyle choices.

“Coaching” Clients—A New Approach

In the U.S, as well as in other parts of the western world, healthcare systems are in turmoil as they undergo transformation from disease-focused systems to those of wellness promotion and disease prevention. Aromatherapy falls into the same category as other energy therapies—integrative, complementary or alternative health care. Aromatherapy is based in both science and art and relies heavily on the practitioner’s ability to access knowledge and intuition. Aromatherapists need to be excellent at assessment and coaching their clients to make wise choices for their self-care. Wording here is quite specific and careful since the terms “diagnosing” and “prescribing” are considered the domain of medical physicians and is disallowed in the profession of aromatherapy and that of energy therapists as well.

As aromatherapists, we can research the client’s problem, educate and give testimonials on how these oils have helped ourselves or other clients. We can show how the essential oils work physically, emotionally and spiritually for balance and for a healthier lifestyle. We can explain how they support the body’s



natural defenses, aid in maintaining normal cellular regeneration, are immune enhancing, mood elevating, help manage stress and frustration, help reduce the appearance of aging, improve mental clarity, are oxygenating, are aromatic, are high in antioxidants, boost stamina and energy, and in general, promote overall health, vitality and longevity. We tell our story of how the oils can aid healing!

“Coaching” is the new buzz word in healthcare. Nurses are embracing the concept of being health coaches, as are other professions who now recognize that what they have been doing all along is actually “coaching.” I rather like the concept. It means to advise or to give advice, to advocate or promote, to guide or give guidance, to instruct or to give instructions, to recommend or make a recommendation, to suggest

significantly allowing the energy therapist to then do much deeper work than if they had not used any oil on their hands. Pure, unadulterated therapeutic oils that have been properly distilled each carry a unique vibratory signature that can be measured in frequencies. For instance, rose oil, *Rosa damascena*, carries the highest frequency recorded for an essential oil. Other oils like frankincense, myrrh and some of the ancient oils also carry higher frequencies.

When we look above the oil’s frequency we find its chemistry. Essential oils are made of hundreds and sometimes thousands of different chemical compounds, all of which are small enough in molecular weight to be able to pass through the blood/brain barrier (250 amu). Drugs are made of heavy man-made compounds which cannot pass this barrier.

“Coaching” is the new buzz word in healthcare. Nurses are embracing the concept of being health coaches, as are other professions who now recognize that what they have been doing all along is actually “coaching.” I rather like the concept.

or make a suggestion. It does not mean to cure or attempt to cure anything, which requires a medical license. When we coach, we are supporting the client’s healing process. By our questions, we guide the healing process while at the same time provide choices to achieve mutual goals for a healthy lifestyle.

Combining Aromatherapy and Energy Work

To be a good coach, the aromatherapist uses healing presence, intention, intuition and deep listening in addition to accessing their knowledge base of essential oils, their healing properties and how they affect the body/mind/spirit. In my mind, it only makes sense that you would combine aromatherapy with energy healing since therapeutic oils primarily affect the subtle energy anatomy. That’s right—the electromagnetic biofield and the energy centers. Selecting an appropriate healing oil and brushing it through the field actually shifts and changes the field

Chemistry from nature is living; chemistry from pharmaceuticals is not living. Therefore - Life helps Life.

In the healing process our goal is to activate the body’s energies toward a dynamic state of equilibrium and balance. Our work both as energy therapists and aromatherapists, therefore, is to find those combinations that enable the client to move towards that state of harmony and balance—one of harmonic resonance. We literally are looking for the right frequencies. Therapeutic essential oils produce coherent frequencies that are naturally tuned to the health of our bodies. These compounds literally “sing” the right tune to the body’s cells.

Aromatherapy Coaching for Lifestyle Changes

When a new client sees an aromatherapist for lifestyle changes, self-care, or present with a particular physical, emotional or spiritual need—they literally tell



their story which may include pain and suffering. Pain may be physical or emotional but suffering is the story around the pain. As a coach, the aromatherapist listens intently to determine if aromatherapy is a good fit. For what is a client searching? A cure for some physical malady? Advice for a problem? Symptom relief? Stress management? Sometimes the client is searching for ways to better get along with others either at home or in the workplace. What is important is truly listening to their stories and then through reflection, help the clients to identify and achieve workable goals.

Aromatherapy is not the answer to every problem but it can certainly be an aid in achieving healthcare goals. The pitfall that I see for aromatherapists is to treat every problem as if it had a physical cause and therefore a physical answer. When this happens, it is easy to “suggest” that a particular essential oil is THE answer to the problem because of its physical and chemical properties and the affects it has on human anatomy. The same might also be said for energy therapists who

likewise listen to the client’s story and then “know” which healing technique will remedy the situation.

A good coach recognizes that they do not have all the answers but they do know how to ask the right questions and draw upon their experience, knowledge, and intuition. Anyone can read a resource and offer first aid with aromatherapy—only an aromatherapy coach has the depth of knowledge, the intuitive insight, the assessment and listening skills to advise, consult, recommend, promote, advocate, guide, and instruct how therapeutic essential oils can aid the healing process and help a client achieve their health goals.

The ISHA certification in clinical aromatherapy program recognizes the integration of intentionality, hands-on energetic healing and aromatherapy and teaches this from the perspective of being an aromatherapist coach for healthy lifestyle choices. It is a perfect fit for energy therapists. For more information, go to website at www.ISHAhealing.com. 

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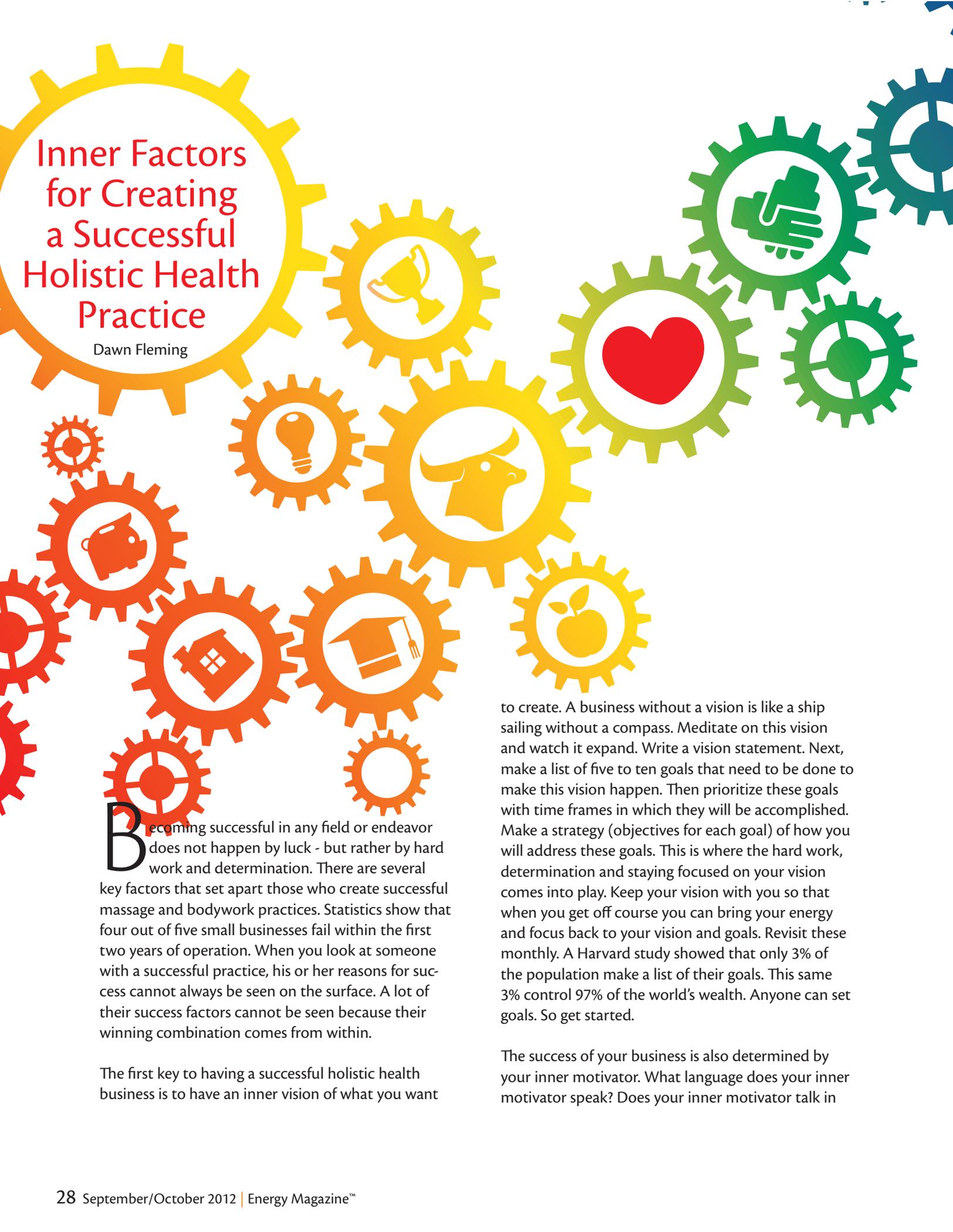
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Inner Factors for Creating a Successful Holistic Health Practice

Dawn Fleming

Becoming successful in any field or endeavor does not happen by luck - but rather by hard work and determination. There are several key factors that set apart those who create successful massage and bodywork practices. Statistics show that four out of five small businesses fail within the first two years of operation. When you look at someone with a successful practice, his or her reasons for success cannot always be seen on the surface. A lot of their success factors cannot be seen because their winning combination comes from within.

The first key to having a successful holistic health business is to have an inner vision of what you want

to create. A business without a vision is like a ship sailing without a compass. Meditate on this vision and watch it expand. Write a vision statement. Next, make a list of five to ten goals that need to be done to make this vision happen. Then prioritize these goals with time frames in which they will be accomplished. Make a strategy (objectives for each goal) of how you will address these goals. This is where the hard work, determination and staying focused on your vision comes into play. Keep your vision with you so that when you get off course you can bring your energy and focus back to your vision and goals. Revisit these monthly. A Harvard study showed that only 3% of the population make a list of their goals. This same 3% control 97% of the world's wealth. Anyone can set goals. So get started.

The success of your business is also determined by your inner motivator. What language does your inner motivator speak? Does your inner motivator talk in



positive and realistic terms about life, about your business and about your success? Does your inner motivator speak positively about others in the field? The inner voice that motivates you to success is your main supporter and cheerleader. Consciously take time and listen to the messages your inner motivator is sending. Successful people are self-motivated and see the glass filled to the top with plenty for everyone in the field. If you are speaking negatively, making excuses, criticizing others - turn it around by doing your inner work of looking at your fears or get some life coaching to help inspire and motivate you.

Another key to success is -- listen to your intuition. Make sure you take time daily to sit in silence, empty your head, and just listen for ideas or insights. Intuition plays a very important role in creating and maintaining a successful business. Women have been known for being naturally intuitive. Socialization taught us to downplay our intuitive strengths. However, the information is constantly coming in. We just need to tune into the quiet and listen.

In Napoleon Hill's best-selling book *Think and Grow Rich*, written in the 1960s, he dedicated a whole chapter to Intuition. Hill spent 20 years studying the habits of the highly successful businessmen of his time such as Andrew Carnegie, Henry Ford and Thomas Edison. What he found is that these men followed their intuitions and listened to the advice of the people they trusted. Tapping into your intuition requires spending time outside the noise of being busy - which will make your life easier and provide you with fresh insight to the issues that you might be trying to resolve.

An additional aspect of the inner work includes examining your views about money and success. What I have found when mentoring people in this field is that some people - on a subconscious level - have

taken an oath of poverty (this by the way does not work in the business world). There is also the self-defeating belief about money and success, which is that *my money goals are out of reach - I don't have what it takes - I don't deserve success or I will never be successful*. Some people put limits on how long it should take them before they make enough money to support themselves. Others believe that energy workers should not get paid much because they have a gift. These attitudes will definitely sink the ship before it leaves the port.

Money is a form of energy - an exchange for a service. You paid for your training and your time and energy deserve to be rewarded. You work using your energy and you should receive money as a form of exchange. If you have something worthwhile to offer then money is the proper form of exchange. Stop blocking the flow of energy (money) into your life. Look within at your attitude toward money and success.

My last factor to share on the inner dynamics of creating a successful holistic health practice is to actively use your awareness. We can sometimes fill each moment of the day with a lot of busyness that does not relate to our vision or goals. Old habits of spending time talking on the phone or running other people's errands, etc., will not create success. Elicit your inner awareness to watch your day-to-day activities to make sure that these activities are directed toward completing your vision. Following your goals and strategies will ensure that you stay on track for success. Do not criticize yourself. This is a learning process to make you more aware of how you are spending your time and energy. You are learning to make intentional choices that lead to success. Release the time spent on activities and people that do not serve your vision and you will have more time and energy to become successful.

Gandhi said "*That which you cultivate, you become.*" We cultivate from within. So if you want to create a successful holistic health practice, cultivate success from within! €

Healing is a Lifestyle:

Bethlyn Gerard, HTCP



Healthcare Reform Begins with Healing Touch at Home

I usually wake before sunrise. While still in bed, I administer a Healing Touch technique called the **Self Chakra Connection**. My hands rest on various joints and energy centers in a sequence that begins at my feet and continues up past my head. I keep my hands still at each position until the sensations (which vary from buzzing, prickling, tingling, and/or pulsing) become synchronized into a sense of equilibrium before I move my hands to the next location. A holistic nurse taught me this technique. At the time, my responsibilities as a hospital consultant included assisting clinical teams with process improvement implementations. Now, I work with physicians as a Healing Touch Certified Practitioner in an integrated medical center, teaching and administering this and other techniques. Understanding the impact my energy has on everyone I meet, I consider this morning biofield balancing routine to be as fundamental to healthcare professionalism as personal hygiene and culturally sensitive communication.

After studying over 70 different biofeedback techniques and technologies, I chose to pursue training in Healing Touch because of the American Nurses Credentialing Center (ANCC) credentialing. The purpose of the self chakra technique is to connect, open and balance the human energy systems: subtle, electrical, magnetic, biochemical and thermal. None of these terms were part of my formal business school education or my career as a certified public accountant. As healthcare organizations incorporate legislative reform, managing energetic stressors with simple and effective touch techniques can jump start success.

One of the central themes of healthcare reform is the payment shift from volumes to value with value defined as quality divided by cost (value=quality/cost). Self care and energy medicine can reduce costs and improve outcomes by reducing stress. Mental focus and recall improve as stress decreases. Enhanced patient interactions reduce errors. Revenues increase with healthier outcomes. High quality healing happens with daily awareness of and attention to the reduction of stress and the promotion of coherent energy.

Each human body is surrounded by an energetic biofield. Biofields impact each other during physical interactions. Physical health corresponds with the coherency of the biofield. Organizations consist of people. Caregivers operating with coherent biofields around their calm bodies share these qualities with their patients. Healthy biofields resist infection and accelerate healing. Even the most advanced surgical robots and genomic pharmaceuticals are produced and guided by – you guessed it – people. And we humans have personal lives, including relationships with parents, spouses, children, siblings, and neighbors. These people impact us and our biofields, for better or worse, before we even arrive at the workplace where we encounter even more people - our co-workers, mentors and mentees, people serving us and the patients we serve. Hence, many of us feel overwhelmed, anxious or worried for ourselves or loved ones.

How you handle the stress of worry and fatigue dictates whether the central nervous system

As healthcare organizations incorporate legislative reform, managing energetic stressors with simple and effective touch techniques can jump start success.

activates sympathetic or parasympathetic responses. Fundamental to healthy biological processes is the balance between stress (sympathetic) and relaxation (parasympathetic). Either you are pumping out stress hormones or you are producing signals and neurochemicals supportive of growth and repair.

I recently heard a hospital system CFO discussing healthcare reform. He emphasized the *ability to tolerate ambiguity* as imperative for success. Keep in mind, most of us initially react to ambiguity as unfamiliar = threat = stress. This reaction causes blood to drain from the brain and flow to the major muscles so that we can fight or flee. That is effective in an environment where the perceived threat is event specific and needs a focused burst of physical power more than mental prowess.

In our healthcare settings, where quality and safety depend on critical thinking skills and coherent decision-making, stress tends to be vague and constant. Based on how you interpret change, the autonomic nervous system decides whether you feel safe or threatened. When you feel threatened, you create a cascade of chemicals in your body meant to help you physically cope with an isolated incident. Those chemicals become poisonous when the 'threat' is mental and chronic and not easily (or appropriately) resolved by fighting or fleeing. The need for ongoing stress reduction skills becomes integral to the high performance necessary to achieve the goal of reform -- transform the delivery of healthcare.

The quality of patient-centered care is directly impacted by the quality of self-care demonstrated by caregivers. Whether we apply financial or clinical criteria to measure the impact of healthcare reform, cost reduction and quality enhancement are inseparable from healthy lifestyles. The future of healthcare can count on at least one constant -- change. What personal care do you practice to prepare yourself to treat others as you navigate change? I start each day with Healing Touch at home. 

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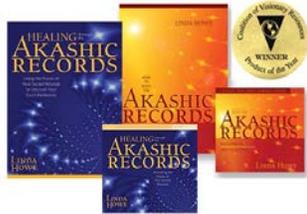
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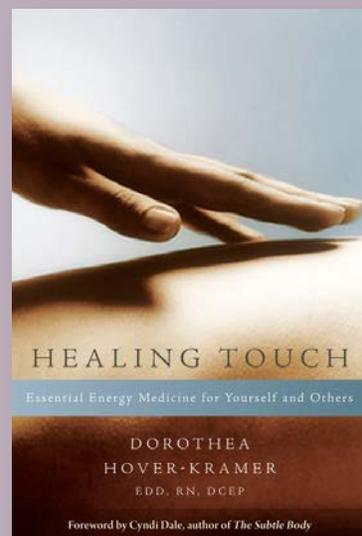
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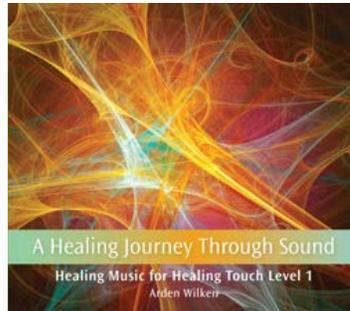
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