

Energy

magazine

*Sharing Energy - Transforming the World*

Sept/Oct 2013 - Issue Sixty-Nine







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Dear Readers,

Welcome to the September/October issue of Energy Magazine. It's hard to believe that the year has gone by so quickly. It has been an amazing year in so many ways with adventures, travel, fun, challenges, new friendships and new beginnings for many I know.

This issue includes articles that to me are perfect for this time of year. They speak about learning and attitude, practicing gratitude, establishing goals, loving others, and being centered. I hope you will find within these articles a wealth, as I have, that offer things to consider and feed you.

Happy Reading!

*Billy*

As we move into the end of summer and start of fall I'm always reminded of my childhood days of going back to school and all the excitement that it would bring (even if it was short lived.) Now this time of year is for me more a time for reflection and slowing down after a busy summer as I re-establish routines and re-visit goals. It is a time of increased inner introspection and dedication to purpose.

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## Contributors September/October 2013



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Lori Daniel Falk - As a Visionary Artist, Spiritual Life Coach and author, she is often referred to simply as a Contemporary Mystic. Lori has been gifted with a new artistic healing modality that enables her to communicate with, and share, the wisdom of the angels in both pictures and words. Learn more and view her Angelic Message Portraits™ at [www.wisdomoftheangels.com](http://www.wisdomoftheangels.com)



Debra Greene - has dedicated her life to the field of energy medicine and mind-body integration. She combines the best of ancient wisdom with modern science in her clinical practice, writings, lectures, and nationwide media appearances. Author of the acclaimed book, [Endless Energy: The Essential Guide to Energy Health](#), Debra is also the founder of Inner Clarity (IC) and the Energy Mastery program. Learn more about Debra at [www.DebraGreene.com](http://www.DebraGreene.com)



Dorothea Hover-Kramer, Ed.D., RN, DCEP, (1940-2013) was a nurse, psychotherapist, and retired psychologist who cofounded and spearheaded learning in the Association for Comprehensive Energy Psychology, a large international organization for psychotherapists. She was also a founding elder of Healing Touch. She authored nine books about energy therapies including *Healing Touch: Essential Energy Medicine for Yourself and Others* (2011).



D. Ellis Phelps, HTPA is a poet-novelist & painter. Her work has appeared in literary journals, periodicals, and online. Her first novel, Making Room for George (Balboa Press, 2013) is available at [www.dellisphelps.com/Making-Room-for-George-a-novel.html](http://www.dellisphelps.com/Making-Room-for-George-a-novel.html), & on Amazon & Barnes and Noble online.



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# FREEDOM from your INNER CRITIC

A Self-Therapy Approach

Jay Earley, PhD  
Bonnie Weiss, LCSW

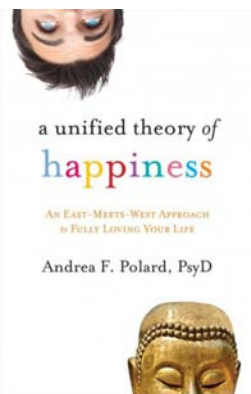


**1** We've all heard the voice of the inner critic—that part of us that judges us, shames us, and makes us feel inadequate. “You don't want to give in to the Critic, and it doesn't really work to fight against it,” explains Dr. Jay Earley. “But there is a way to transform it into an invaluable ally.” With *Freedom from Your Inner Critic*, Dr. Earley and psychotherapist Bonnie Weiss present a self-therapy approach for uncovering the psychological roots of our self-sabotaging inner voices and restoring our sense of worthiness.

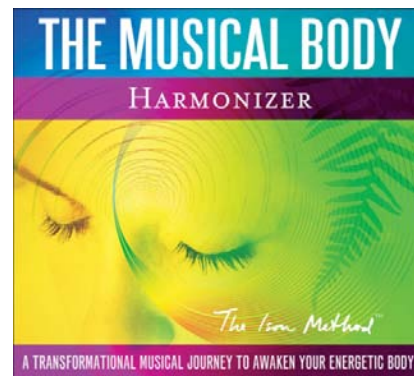


**2** Profound empathy. Clear insight. A gift for healing. These are just some of the talents of the “spiritually sensitive” person—yet these apparent blessings can often become a source of loneliness, self-doubt, and limitation. *Belonging Here* is a lifesaving book that shows how our spiritual gifts become entryways into the depths of human connection and our innermost selves

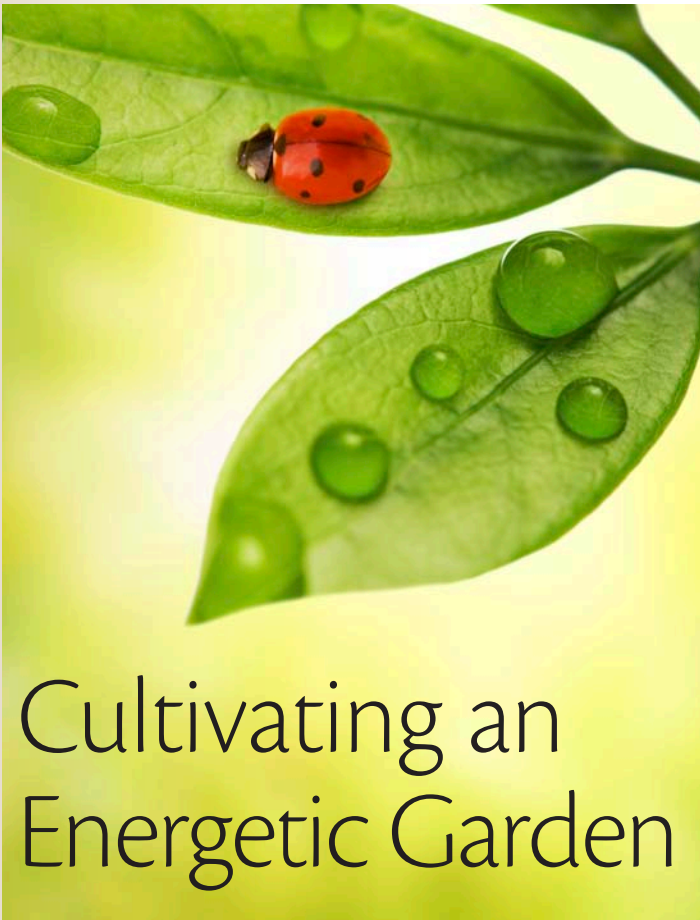
**For more information or to purchase these titles click on the title's image above.**



**3** The Western world teaches us that happiness comes from achievement—from setting goals and actively pursuing them. Eastern wisdom teaches us that surrender is the key, that we must let go in order to experience the great flow of being that is only available in the present moment. How do we take the best wisdom from both of these approaches, and honor what Dr. Andrea Polard calls “the two wings of happiness” that allow us to truly soar? Discover Dr. Polard's groundbreaking synthesis of Western thinking and Eastern philosophy with *A Unified Theory of Happiness*.



**4** This recording utilizes The Ison Method™ to release blockages in your body created by years of emotional and physical stress. The *Musical Body: Harmonizer* will lead you through each of your seven energy centers, or chakras, and awaken your energetic body. As your vital force begins to flow freely, you will experience waves of relaxation and an expansive sense of emotional freedom as old patterns fade and new possibilities for healing, thinking, and living reveal themselves to you.



# Cultivating an Energetic Garden

Jaclyn E. Chisholm, HTCP, HTI, CNHP

## Allowing

There is a luxury to growing a garden and simply allowing yourself a small space; a space to be ... even if only for a few quiet moments. Silence is the space in which one awakens, and the chattermind is the space in which one remains away. If your mind continues chattering, you are away. Sitting silently, if the mind disappears and you can hear the chirping birds and no mind inside, a silence...this whistle of the bird, the chirping, and no mind functioning in your head, utter silence...then awareness wells up in you. It does not come from the outside, it arises in you, it grows in you.

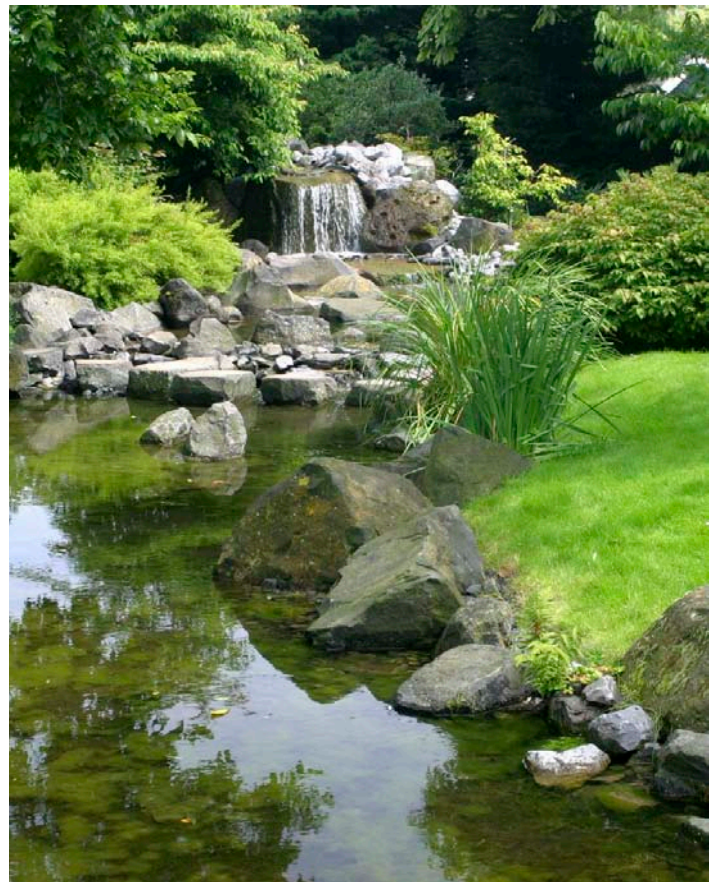
Allowing ...

a reduced awareness of the self as an entity separate from what is going on, a feeling of being part of something greater, and an experience of being carried along with the harmony of it all.

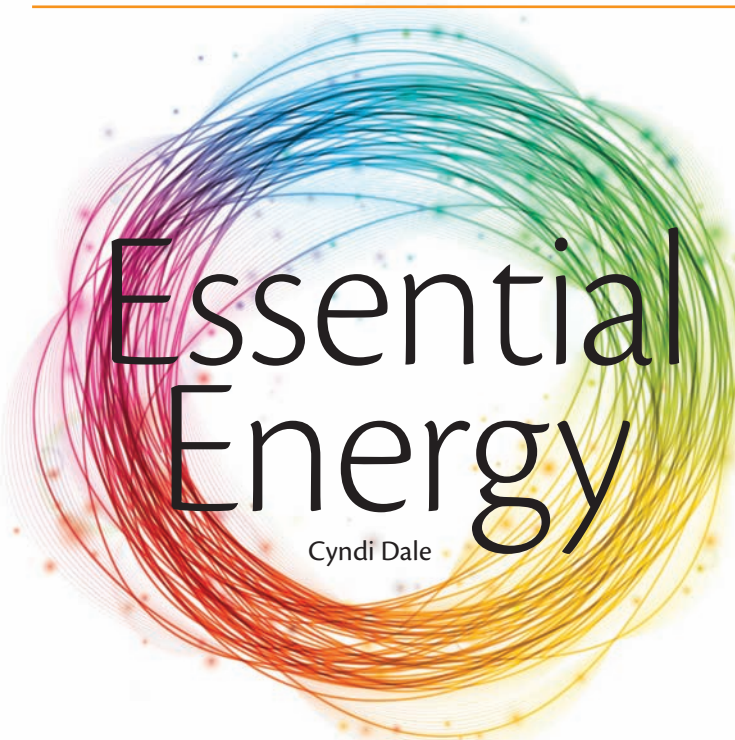
The person who is truly happy is one that is so focused on what they're doing that they don't have time to think about whether they're happy or not. Every morning when they wake

up, they think they have something to contribute to the world and they work at doing it.

Each garden is a uniquely living breathing entity. It may be small with a few or large with many varieties of living organisms - those vibratory signatures create an ever present shifting kaleidoscope of harmonious living energy. Much like the trillions and trillions of cells that have come together to effortlessly maintain and reform our bodies. In which each cell is continuously growing, dividing, withering, and dying. Constantly in movement and constantly being created anew. Likewise each plant is an ever changing being in a constant ebb and flow of incredible orchestration. €







# Essential Energy

Cyndi Dale

## Back to (Energy) School

September always ends summer with a bang—or maybe, one of those darn “tardy” bells. We feel like we’re going “back to school,” even if we’re not.

I enter the fall with trepidation. For so many years, the turn of calendar was a return to prison. Off went the flip-flops and on went the unbending loafers. Instead of a bike bag, a backpack. Replacing Nancy Drew and Hardy Boy novels, books with words too long, spines too stiff, and characters too boring for me to do anything but sigh. Summer provided just enough freedom for September to illuminate the loss of it.

I have to admit that sometimes, learning in general brings up the same attitude. It’s not that I don’t like educating myself; even researching, reading, and studying. I absolutely do. I’m simply tired of some of “life’s lesson plans.”

You’re an energy medicine practitioner. Think of how many times you watched a client struggle through difficulties and felt prompted to say, “Let’s look for the lesson in this situation.” Likewise, count how often times have you’ve been reminded that life is a “school” or that your own personal challenges have something to “teach you.”

Whenever my own mentor gently suggests we “take a look” and see what “the teaching is,” I groan. I feel a little like summer is behind me and I’ve months of school ahead.

I had to admit this, but all that enters my mind is this:

*I know I’ll never learn this lesson because if I could, I already would have.*

Think about it. Have you ever *really* learned how to be patient, or simply how to hide your impatience better? You see what I mean.

We know that as energy medicine practitioners, we must continue to learn. Because our job is holistic, so are our “lesson plans.” We are constantly acquiring knowledge about physical illnesses, pains, challenges, and healing processes. We are continually gauging our clients’ emotional needs as well as monitoring our own.

We stealthily assess others’ mental states, even while pruning dysfunctional beliefs like weeds from our own mind-gardens. And perhaps as a reward, the work itself forces us to constantly stretch toward the stars, opening to the grace that accompanies our prayers.

The question still remains: Does learning have to be so hard?

I recently reflected on this question during the first phase of writing a new book. Called *The Chakra Sourcebook*, I envisioned it as the go-to kitchen-sink book on chakras and more. To put it bluntly I began the project with attitude, as in egoism. *This will be easy*, I thought. *How much more do I really have to learn about chakras?*

Stalled for three weeks in chapter 4 and the Vedic Scriptures, the world’s oldest written source material on spirituality, I knew the answer to my question.

I have a lot left to learn. Maybe too much?

I’d like to blame the so-called Vedic scholars, who don’t seem to agree on much for all their expertise. Take the dating of the Scriptures. There is an 11,000-year gap between professional opinions about the origination dates of these scriptures. How is a suburban mom with too many dogs and kid baseball games supposed to figure out exactly when something as important as the Vedic texts were written, especially when the sages of the world don’t agree; not only that, they seemingly have no idea?

Don’t get me going.



For the first two weeks of my “back to school” project, I was testy. I couldn’t figure out what I was supposed to be figuring out. Then I couldn’t figure out why no one else had figured much out—not because I cared about the subject, but because I wanted reprieve. I arduously perused book after book, article after article, and actually attempted to figure out a little Sanskrit—until finally, I figured out that there really was something I was supposed to learn, and it wasn’t whether or not the Aryans or the Harappans composed the Rig Veda. (I hope you’re pretty impressed with that sentence.)

*It’s not about learning; it’s about attitude.*

With this awareness, the early ancestors started to come to life. I could smell their cooking, hear their hearts; even perceive what they were seeking from their gods. I could imagine myself walking with them, fussing over their children, sharing their fears of the afterlife. At that point, I stopped learning in order to get the chapter completed; I started caring because I was interested.

As an energy medicine practitioner, this is the shift I challenge myself to make when working with clients. Perhaps I first listen to their needs because I want to understand the facts. I then think about what I’m supposed to do. But then comes the change-point, when I decide to drop into my heart and simply care.

The heart knows so much more than the mind does.

This is something I must remember in my own life. When struggling, there is little point in asking myself, over and over, questions like these: “What’s the lesson?” “What’s the point?” “What am I supposed to gain from this?” There is no peace in this type of process. It infers a sort of wrongness, sending the message that I’ve been doing things wrong.

The truth is that none of us try to do the “wrong thing.” We simply do, in each moment, what we know how to do at that time.

What if instead of searching only for what I’m supposed to learn, I simply start caring? This could involve caring for myself, that self who is going through difficulties. It might include caring for the others involved in a situation, and then only after true compassion has been shared, it can incorporate caring about the wisdom to be gain.

Life is more than a series of lesson plans. It is an invitation to show up and care—to gain in compassion, love, hope, and humor. This is what we give our clients and this is ultimately, the gift we owe ourselves. €

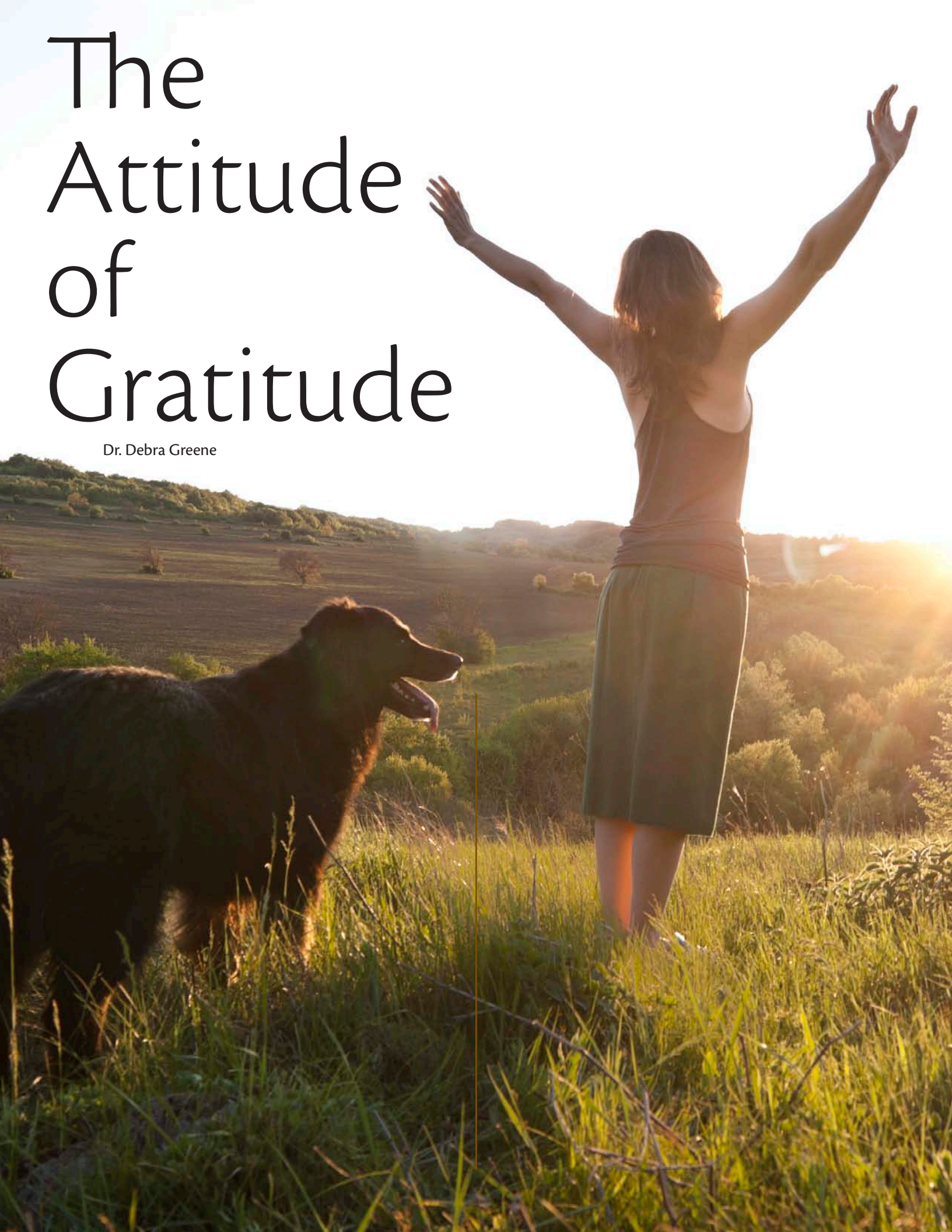


Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: [www.cyndidale.com](http://www.cyndidale.com)

A vertical advertisement with a black background. At the top, a circular image shows two hands cupping a glowing blue sphere. To the right of this image, the text "ALTERNATIVES FOR HEALING" is written in large, white, serif capital letters. Below this, a horizontal line separates the text "A HOLISTIC &amp; ALTERNATIVE MEDICINE DIRECTORY" from the rest of the ad. At the bottom, the website address "www.AlternativesForHealing.com" is displayed in white. The background of the bottom half of the ad features a blurred image of a lit candle and some green leaves.

# The Attitude of Gratitude

Dr. Debra Greene





**B**e joyful even when you have considered all the facts.” -Wendell Berry

Gratitude isn't a new idea; most spiritual philosophies emphasize gratitude and compassion for others. But in recent years gratitude has shifted from being an idea to a practical tool that we can use to become happier and even healthier.

The attitude of gratitude is about the proverbial glass being half full instead of half empty. In each moment, it is always our choice to perceive life in this way. The practice involves appreciating what life has given us instead of blaming others and feeling deprived.

“When we develop a sense of appreciation for those around us and cultivate a sense of gratitude for life itself, we are relieved of the burden that comes with seeing ourselves as ‘victims,’” writes Greg Krech in *Gratitude, Grace and the Japanese Art of Self-Reflection*.

Krech calls this state of appreciation “grace,” a term used in many spiritual traditions. However, grace as a practice is not a belief as much as a shift in thinking. Or as Krech puts it: “It’s the difference between seeing life as an entitlement and seeing it as a gift.”

However it is practiced, gratitude isn't a blindly optimistic approach in which the bad things in life are whitewashed or ignored. It's more a matter of where we put our focus and attention. Yes, pain, injustice and cruelty exist in this world and are to be acknowledged and addressed. But nothing is purely black and white. Even in the difficulties there are gifts. When we focus on the gifts, we gain a feeling of well-being. We often feel more energized to reach out and help others; we feel we empowered to positively affect our world. This again leads to a feeling of well-being ... and gratitude. It's a self-sustaining cycle!


In her book *Radical Gratitude*, author and speaker Ellen Vaughn tells the story of a soldier in Vietnam, imprisoned as a POW for seven years. When he returned to the U.S. he was startled by the insignificant things people complained about. He decided then he would never stop being grateful for everything in his life, no matter how difficult.

Hopefully, it won't take such extreme experiences to help us count our blessings. In their book *Seasons of Grace: The Life-Giving Practice of Gratitude*, authors Alan Jones and John O'Neil write that practicing gratitude can be as simple as writing a thank you note, tending to the garden, walking on the beach absorbing nature's gifts, telling someone what you appreciate about them. It's even more than what you do--it's the attitude with which you do it, the authors say.

Consider the following exercise for putting gratitude into action with people close to you, whether they be spouse, children, friends, or business partners:

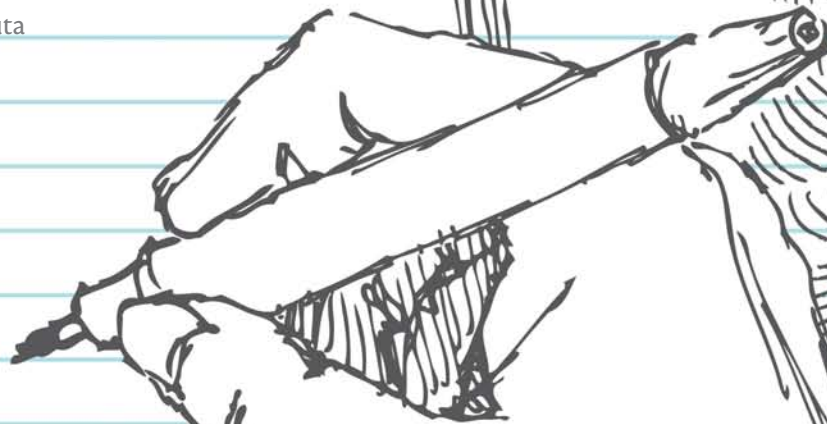
- Pick at least three people you want to appreciate.
- Ask yourself these questions in advance:
  - ~ What are highlights--fun times and bonding times--that you've had together?
  - ~ What specific qualities do you admire about this person?
  - ~ What efforts by this person have helped you make it through difficult times?
- Find five minutes to sincerely share the results with the person. Ask them to do their best to please receive and really take in your appreciation.

This simple exercise helps us stop taking people for granted and can effectively reawaken awareness of the abundant gifts of life.

Now try it on yourself! 

# Why You Should Write Daily

Leo Babauta





One of the most instrumental changes in my life has been writing every single day. For many years I was a writer who didn't write that regularly. It was always on the back of my mind to write, but I didn't find the time.

Then I started this blog in January 2007, and have written pretty much every day since then.

It was life-changing.

I recommend daily writing for anyone, not just writers. Here's what I've found from my daily habit:

- Writing helps you reflect on your life and changes you're making. This is incredibly valuable, as often we do things without realizing why, or what effects these things are having on us.
- Writing clarifies your thinking. Thoughts and feelings are nebulous happenings in our mind holes, but writing forces us to crystalize those thoughts and put them in a logical order.
- Writing regularly makes you better at writing. And writing is a powerful skill to be good at in our digital age.
- Writing for an audience (even if the audience is just one person) helps you to think from the

perspective of the audience. That's when the magic starts, because once you get into the reader's mindset, you begin to understand readers and customers and colleagues and friends better. You have empathy and a wider understanding of the world.

- Writing persuasively — to convince others of your point of view — helps you to get better at persuading people to change their minds. Many people don't want to change their minds when they feel someone is attacking their position, so they get defensive and dig into their position.
- Writing daily forces you to come up with new ideas regularly, and so that forces you to solve the very important problem of where to get ideas. What's the answer to that problem? Ideas are everywhere! In the people you talk to, in your life experiments, in things you read online, in new ventures and magazines and films and music and novels. But when you write regularly, your eyes are open to these ideas.

Writing regularly online helps you to build an audience who is interested in what you have to share, and how you can help them. This is good for any business, anyone who is building a career, anyone who loves to socialize with others who are interested in similar things as them.



And that's just the start. The full benefits of this regular habit are, ironically, not something you can put into words, but something that must be experienced to be known.

## How to Write Daily

There are various ways to get into the daily writing habit, but here's what I'd recommend based on my experience:

- 1. Commit to writing daily.** Many people try to write a few times a week, or once a week. That's too infrequent and it won't become a habit that way. Instead, tell yourself, "I'm going to write every single day, no exceptions." And then actually stick to this commitment.
- 2. Set aside the time.** Really important. You have to block off a small chunk of time for this, or it won't happen. I suggest morning, as soon as you can, so that other things don't get in the way. However, if you're a night owl, late nights are fine too, as long as you're not too tired.
- 3. Start small.** OK, you knew I was going to say this, but it's really important. All you have to do is start writing each day — you don't have to write 1,000 words or anything. Just start, and how much you do doesn't matter. Once the habit is in place, you can lengthen it, but for now just start.
- 4. Blog.** You can write in a journal or text document just for yourself, but I highly recommend blogging. Get a free account at WordPress.com or Tumblr, and just start. Why blog? Because it really helps you to write regularly, and forces you to think in different ways, when you have an audience. Even if the audience is small. It's scary, I know, but just do it. You'll grow comfortable with it over time, and you should never let fear stop you from doing something amazing.

- 5. Shut down distractions.** The writer is best friends with distraction. He knows its powerful call, and must master the urge to follow it. So shut down everything that isn't your writing tool, all tabs, all email programs and social media, and just write.

That's all you need to get started. Over time, you'll learn the power of interaction with your audience, and draw inspiration and lessons from the audience. But for now, just get started. €

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# Liability Insurance for Energy Medicine Practitioners



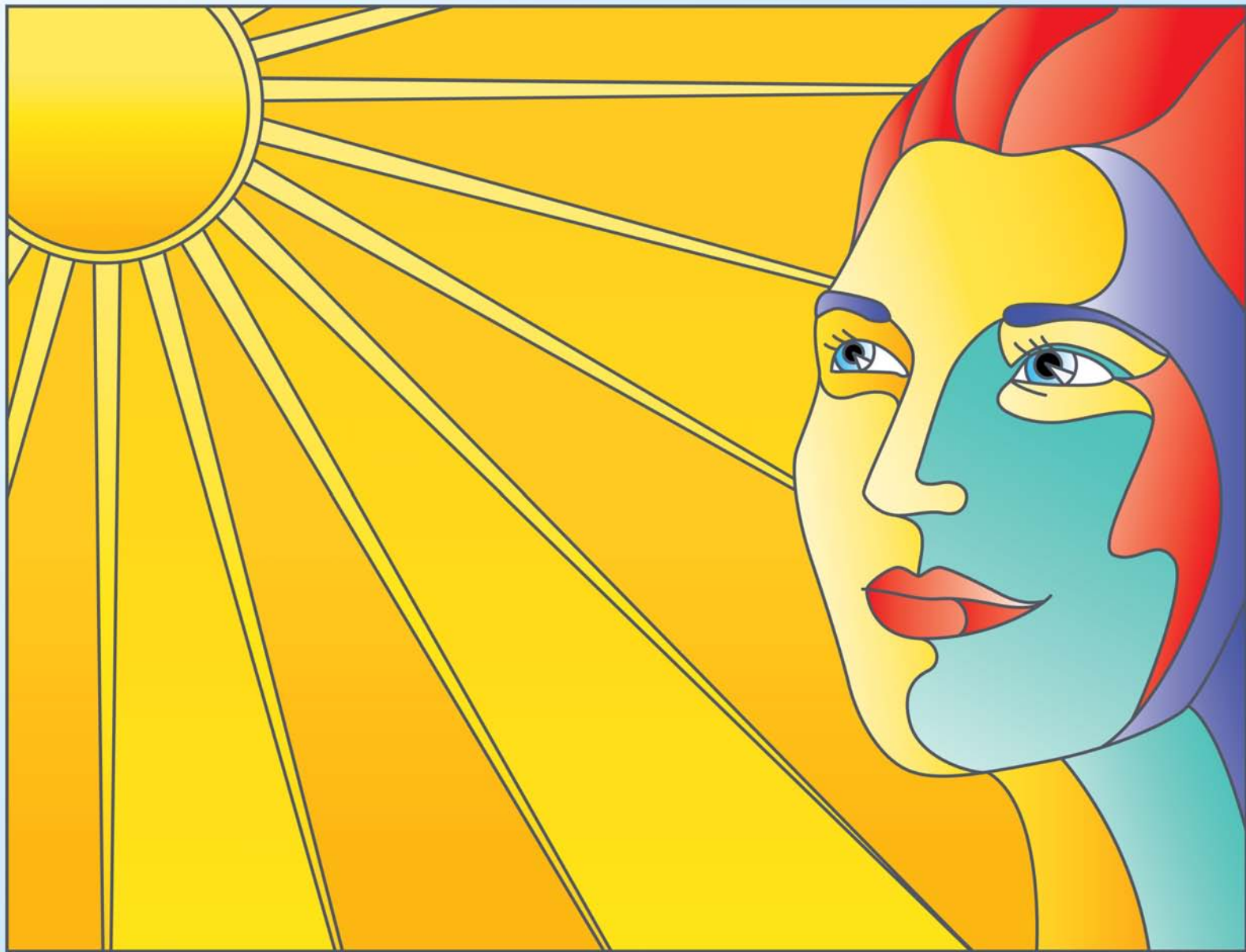
## The perfect fit for your Practice

Do I need to have Liability Insurance for my Energy Medicine Practice? This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there's always some risk that someone with whom you interact will be dissatisfied. Professional Liability Insurance protects you against covered claims arising from real or alleged claims in your work.

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D. Ellis Phelps, HTPA

sit cross-legged on cold cement. Directly above me, a loud speaker blares:

“John Doe to Intake.” A woman on the opposite side of the 1,500 sq. foot room called the Women’s Area at Prospect’s Courtyard is talking loudly on her cell phone:

“I been giving it up to that man for over a year now. He don’t want to take care of me though. But I have sex with him so he don’t have sex with some other Bitch.” What I can hear of her conversation deteriorates from there, and it is impossible not to hear her. In the same room, twenty other women lie on pallets in rows on the floor, conversing with each other; sleeping; or sit rummaging through their belongings stored in large, grey Rubbermaid tubs.

In the adjacent room, at least fifty men sit at cafeteria style, tables watching a flat screen television that shows the movie of the day. Some men sleep: on their pallets, sitting up and leaning against the walls, or stretched out on the bare cement. Some fold blankets that have been washed and rolled out into the center of the room in huge bins for folding. Outside, in another courtyard under canvas canopies, a mixed-gender group in similar configurations, lingers.

They are all waiting: waiting for food (they will be served two meals a day); waiting to go to work (some work, but sleep here); waiting for the system to help them help themselves achieve a better way of life. They must all remain non-violent and be weapon free. Uniformed Life Safety Personnel stand guard and make rounds, assuring a peaceful environment.

# Healing Touch at Haven for Hope

An agitated man lopes in behind me wearing a trench coat, combat boots, colorful slacks, and a safari hat. He bangs on the case worker's door (to my left about ten feet) with his fist.

"Anybody in there?" He can't see into the office through its blacked out windows. He bangs again. "Anybody in there?" He addresses a woman sitting stiffly in a chair in the corner. She stares straight ahead and speaks to no one. "What you gonna do when them flyin' monkey's come? Huh? What you gonna do? What you gonna do when Al Capone come?" Without hesitation, she replies, her eyes lighting up:

"I'm gonna marry Al Capone."

"Marry him? What you gonna bring, Mamma?"

"Water. That's what I'm gonna bring."

"Water?" the man asks. "You gonna have to bring more than water!"

The case worker opens her door and let's one man inside. She tells the man talking about the monkeys he has to wait.

I sink into my sacrum. Adjust my position, moving my hands from my client's root and sacral chakras to connect her sacrum and solar plexus. I breathe deeply and evenly, feeling into my own auric field, checking for resistance, for sluggishness in my spin. I look at my client's face. Her eyes are closed. Her brow is relaxed. Her breath is even, slow, and shallow. She is still and neither moves nor seems to notice anything going on around us. Occasionally, I notice rapid eye movement under her lids.

She is lying on a four inch thick pallet comprised of various blankets, clothing rolls used as pillows, and

a standard-issue waterproof mat provided by Haven for Hope (H4H, a transitional living facility for people without homes in urban San Antonio, Texas) to all Prospects (those seeking shelter and assistance) who check into Prospect's Courtyard (temporary, rudimentary housing with indoor and outdoor, secure sleeping spaces). I am doing a full body connection with chelation with her.

This is the third visit I have made to Prospect's Courtyard (PCY) to see this client, and now she verbalizes her anticipation of my coming, stating that she "makes sure she is here [when I come]." I visit weekly on Tuesdays. She is my only client at PCY, but I hope that others will notice the work I am doing with this client and become curious enough to approach me for a session of their own.

I began coming to see this client as a result of a traumatic event. My client's friend had died on the pallet next to her from lack of care for chronic illness and exposure to the elements. Naturally, my client had become quite agitated and emotionally over-wrought. On the day of her friend's death, one of my co-workers came into the break-room as I was eating lunch, telling me about the incident at PCY and suffering from vicarious trauma herself. I asked my co-worker if she would escort me to PCY and introduce me to the suffering woman. She agreed.

When I arrived, and after introductions, I spoke:

"I understand you're having some trouble today. Is it okay if I sit with you?" She agreed and, without prompting, launched her fervent story. I did not get an informed consent, but assumed by her agreement to "sit with me," that she was giving me "energetic permission" to work with her.

Both of us sat on the floor. She sat on her pallet and I sat on cement two feet in front of her. I began by





doing a Hara Alignment in myself, inviting Spirit Guides and Helpers, mine and hers, for assistance and guidance. My co-worker sat aside, observing silently. I did not assess her field by palpating it with my hands raised in the air or waving them over her field, as I judged this might alarm her. I “touched” her from a distance. I listened. I gave her eye contact. I held my own hands, my palms open and facing her, resting on my knees. I observed.

Her upper respiratory system sounded congested. Her eyes were swollen. She sneezed and coughed—her cough, the deep, rattling cough of bronchial infection or pneumonia. Her voice was strident; her speech rapid; her facial expression contorted. After a few minutes and as I completed my own Hara Alignment, I began to connect with the edges of her field, using Magnetic Passes/Hands Still from a distance. I focused on her heart chakra.

I responded to her story with a few short phrases like, “I’m sorry. I understand. That sounds very difficult,” and so on and I simply let her speak. After a few minutes, she (we) began to drop into a more centered state. Her speech slowed. Her facial expression relaxed. I moved a bit closer, asking if I could place my hands on her knees, as her legs were crossed. She agreed.

Slowly, in this way, I was able to use Magnetic Passes/Hands Still, connecting (but not in the prescribed sequence) many of her chakras beginning with her knees and moving up the body. I moved gingerly around her on my knees as the work necessitated. By the time I held her head in my hands, one at her brow and one at her occiput in a seriously modified Mini-Mind Clearing, her eyes were closed, her head nodded and relaxed in my hands, and her breath came slowly and evenly. She seemed to achieve an altered state of consciousness. I had worked for approximately twenty minutes.

After the session, we talked again. I explained, briefly, that what I had been practicing with her was called Healing Touch and asked her how she was feeling.

“Better,” she said, “but I still can’t hear.” Her ears were congested with her upper-respiratory distress. I recommend that she go to the clinic (provided on the campus free of charge) for an evaluation by an M.D. as soon as possible and recommended that she drink plenty of water.

The suggestion that she drink plenty of water brought renewed distress as she explained that the only source of water for Prospects is a communal water fountain, one that, in her opinion (and in mine given a later inspection) is unsanitary and from which she refused to drink.

As an aside here, I will mention that I long to bring this deficit to public attention and to somehow help provide clean, abundant drinking water for Prospects at PCY. But that is another project.

As I left, I asked my new client if I could visit again and she agreed. I reported to my supervisor in Spiritual Services that day that this experience must have, in some small way, been like what The Christ experienced as he healed the sick in his ministry. Watching Spirit work, watching Healing Touch work, is nothing short of miraculous.

I have been seeing this client weekly ever since for several months. Gratefully, her upper-respiratory distress has healed with Healing Touch, antibiotics, decongestants, and antihistamines, even without the healing properties of pure, clean water. As we have worked together, our conversations pre and post session have evolved to include energetic causes of mental congestion, how powerlessness and the need for autonomy can collide to create such congestion, how she struggles personally, how she came to live at PCY, and why she doesn’t become a member of H4H (those who contractually agree to abide by H4H standards and by doing so receive services that can help rehabilitate their lives).

What started as a once a month, volunteer service doing Healing Touch and Bodywork with staff at H4H inside the campus at the Transformational Center (the housing entity for multiple agencies

serving members of H4H) has evolved exponentially. A few months after I began this project, the Spiritual Services Director for Haven invited me to become a contracted employee of Spiritual Services, doing the same work, but weekly instead (and for pay!). Now I do twenty minute sessions of Healing Touch (combined with bodywork) for four hours a week with H4H Staff, Partners, and Members and I continue to see my client at PCY on a voluntary basis. I am usually booked solidly.

I could not have known as I began this Community Service Project at H4H a year and four months ago, how deeply vested I would become in the wellness of this community nor what powerful gratitude doing this work in this place would instill in me. I am humbled by the experience, and I believe, a better person for it.

Here's the best news of all: my client at PCY is now my designated Healing Touch Coordinator (an honor I bestowed upon her and which made her smile widely). She occasionally receives requests for sessions with me from others at PCY, so the work there is growing.

During my Level Four Healing Touch class with Cynthia Hutchinson (Healing Touch Program Director, Practitioner and Instructor) she said:

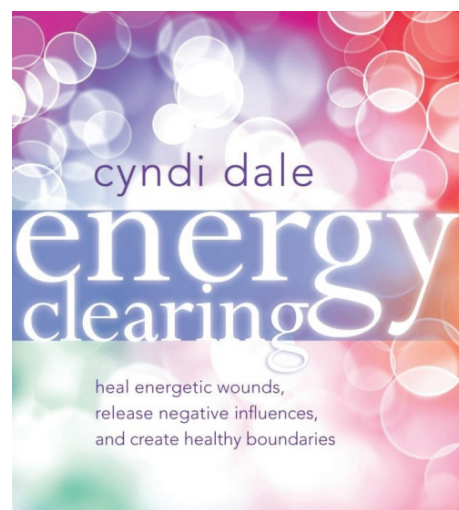
“By now (in the middle of a session), you will find that you are completely in love with your client.”

It is true. I find that I am—completely in love. ☺



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Lori L 2006



# Angels + Art ... The New Era of Healing

Lori Daniel Falk

**H**ave you ever had one of those nagging problems that seemed to drag on and on? You know, the kind of problem that try as you may, you couldn't quite get to go away. The kind that had your blood pressure rising, your stress levels soaring, and the tension in your head was just too much to bear. Have you ever gotten to the point where you just gave up and said, "I can't do it. God please help me."? Most of us have been there at one time or another. And usually when we get to the point where we actually give up and turn the problem over to a higher power, somehow the situation magically clears itself up. Did you ever wonder why? Well, let me explain . . .

It has long been said that we all have Guardian Angels. These benevolent angelic beings are with us from the moment we are born and they stay with us throughout our entire lives. Their only mission is to help us lead happier, healthier, more joy-filled lives. They act like angelic psychotherapists, guiding us and directing us toward the people, places and things that will benefit us most ... things that will bring us the most joy, and make life seem more worth living. Simply connecting with these benevolent angelic beings of Divine light energy is healing in and of itself.

But here's the catch, because the world we live in is ruled by "free will," these angelic beings can only intercede on our behalf if we ASK them to. So when you finally reach out and say, "Please help me" you are actually "asking" for their assistance and thereby giving them permission to let the magic of their assistance begin.

The good news is you don't need to wait until you're

at the end of your rope to ask for divine intervention. You can invite the angels into your daily life and ask them for help before things get out of hand, enabling you to better manage life's ups and downs. You see angels can provide you with guidance and wisdom that is beyond what your logical brain can process. Think of it like this ... the angels have a 10,000' view of life, while we have about a 100' view. From their vantage point it is far easier to see the total picture, both backward and forward in time, enabling them to offer you sound guidance and direction.

Want to tap into this angelic wisdom? Well, you can. We all have the ability to have a two-way conversation with our angels. Asking them questions is the easy part; interpreting their messages is where it can get a bit dicey. An easier route is to seek the assistance of someone who actually channels angels. These "celestial networkers" have honed their divine communication skills over time and know how to connect with the angelic realm. They can bring forth the angels' answers to your questions for you. Their methods run the gamut from clairvoyantly channeled messages to angel card readings to angelic healing art.

The latter is a relatively new process that not only brings you verbal messages, but also provides you with an angelic portrait that heals you at a deep emotional level. This new form of "angelic healing art" is created by visionary or mystical artists who work closely with the angelic realm. Mystical Artist, Lori Daniel Falk, who co-creates Angelic Message Portraits™ with the angels, tells us she is, "divinely guided as to the exact colors, symbols, and images to place on the page that will reach you at a heart





level, enabling you to heal what is no longer serving you. The angelic energy coming through my hands gets embedded into the page, creating artistic pieces that serve then as emotional healing tools. It is what the angels infuse into the art that will truly heal your heart and in turn your mind, body, and soul.”

This angelic art therapy is part of a whole new genre of “healing art” that is being born as we speak. Michael Samuels tells us in his book *Creative Healing*, “The concept is catching fire, is awakening in people’s spirits... Artists, musicians and dancers are realizing their imagery has meaning ... that their imagery heals them, others, their neighborhood, or the earth.” There’s even a new organization that serves as an international forum for anyone interested in the healing potential of art. According to the group’s founder, Marion Weber, “The Arts and Healing Net-

and their brain neurotransmitters.” <http://www.artashealing.org/ahfw3.htm>

They also tell us, “Neurophysiologists have shown that art, prayer, and healing all come from the same source in the body, they all are associated with similar brain wave patterns, mind body changes and they all are deeply connected in feeling and meaning. Art, prayer, and healing all take us into our inner world, the world of imagery and emotion, of visions and feelings” ... the very place where divine angelic guidance and inspiration occurs.

Put simply, art creates hope ... Being in the presence of angels does the same. Angelic healing art then, combines the best of both worlds. It intoxicates the senses, while uplifting the spirit. Angelic art is quite simply a wonderful emotional healing tool. It calms

*It is what the angels infuse into the art that will truly heal your heart and in turn your mind, body, and soul.*

work honors and supports the emergence of healing artists and recognizes them as essential catalysts for positive change.”

The impact of the arts in the process of healing was recognized early on by Hippocrates, who understood the importance of uplifting his patients’ spirits. Over the past 10 years, there has been a dramatic growth in the use of the arts in medicine. Renowned institutions such as Duke University Medical Center and Dartmouth Medical School are doing research on the subject of art as a healing tool. In fact recent scientific studies show us that art heals by changing both a person’s physiology and their emotional attitude. According to the Art As A Healing Force organization, when a person experiences art, “The body’s physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Art and music put a person in a different brain wave pattern; art and music affect a person’s autonomic nervous system, their hormonal balance,

the mind, soothes the soul and enlivens the heart. It carries a benevolent, loving energy from the angels that works with people at a deep heart level to bring comfort in time of need, as well as inspiration, hope and motivation.

And so it is at this time in our evolution that this type of healing art is ever so needed. It cuts through the mental layers of ego and self and goes straight to the heart center, which is now and always has been, the main power plant of the body, for without it all else cannot function. We have always understood this on a physical level; the time has now come to know this on an emotional level. It is time to fully embrace the reality that the emotional heart center of the body ... the very place where the soul is seated ... heals all, creates all, manifests all. To heal the physical we must first heal the emotions that created it. Angelic healing art does just that. ☺

Artwork page 20: *The Angel of Inner Peace*, pastel chalk on paper, by Lori Daniel Falk [www.wisdomoftheangels.com](http://www.wisdomoftheangels.com)



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



Holding Your Center  
for Each New Day



It's my hope that you are refreshed to begin this new day after having a time of rest. It's a good practice to begin the day by expressing gratitude for the safety of the night, good sleep, and a refreshed body.

Have you noticed, though, how the mind tends to go to the times that were difficult or when things did not go as planned? Perhaps nature imbued us with this mechanism so we could avert disaster when we were living in the wild several million years ago so we would have quick reflexes for avoiding future unhappiness. Many people today, however, continue to relive negative past events over and over without finding relief or new inspiration.

In the present time of relative safety, health, and calm in most of our lives, creative and mindful skills are required for holding ourselves together when things go wrong. In the modern world with its many challenges it does not take much to come "unglued" or to feel like you're "falling apart." Just imagine the possibilities—a flat tire when you're in a hurry, misplacing your glasses, losing an important key, forgetting your Internet password, losing material into the bowels of your computer, discovering you're late for a plane, hitting your fingers with a hammer, slipping on ice. The mind easily can go on and on.

The practical resources of Healing Touch give us tools for revising such mental patterns and establishing a sense of returning to "center." Centering practices are well-known in many meditative practices, in yoga, and in other energy-related modalities that serve to bring body and mind to integration. Here are a few specific activities you can engage to move quickly to your center when you get distracted:

- Acknowledge the negative thought, image, or event by recognizing the feeling it produces within.
- Treat the emotion directly by gently rubbing the heart area and stating, "Even though I feel

(discombobulated, frazzled, pained, miserable etc.), I deeply and profoundly accept myself."

- Remember true acceptance also means forgiveness of whatever mistake or human error you recognize. So when needed, be sure to add, "I deeply and profoundly accept myself and I forgive myself for\_\_\_\_\_."
- Recognize you have the right to choose your mental and emotional state by adding, "I deeply and profoundly honor my being and choose to (for example) take a deep breath...move the body... find a new path...create a new picture for myself."
- Bring in new thought patterns as you gently rub the heart area in the mid-chest with statements such as, "I attract the resources I need ...I can see beyond this problem...I can laugh a bit about this dilemma...I trust higher wisdom to guide me."
- Allow several deep breaths to bring the positive thoughts and intentions for yourself into the present moment.
- Allow your mind to shift to gratitude for all that is given in your life and feast on the joy of the good memories. Feel your own center and your inner peace.

None of us know exactly what the each day will bring but one does not need to be a psychic to say that change in many forms is certain. Knowing how to center yourself quickly is the finest resource for personal self-care. As with all practitioners of Healing Touch, it is a daily endeavor and commitment. Centering allows us to change old habit patterns of fear so we can see with clarity and reach out with integrity. Being centered allows us to be free, to see new possibilities, and to come alive. €

We are honored to publish this article from Dorothea. It was sent to us just days before her passing. Dorothea was a true friend and enthusiastic supporter of Energy Magazine. She often shared her thoughts and ideas with us. Many of her articles can be found on our website ([www.EnergyMagazineOnline.com](http://www.EnergyMagazineOnline.com)) under the Archived Issues tab.



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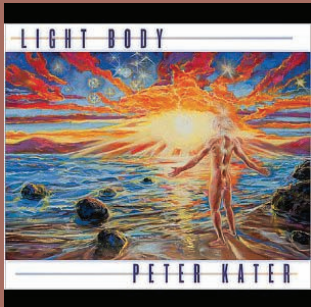
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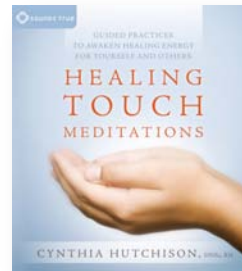
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