

Energy

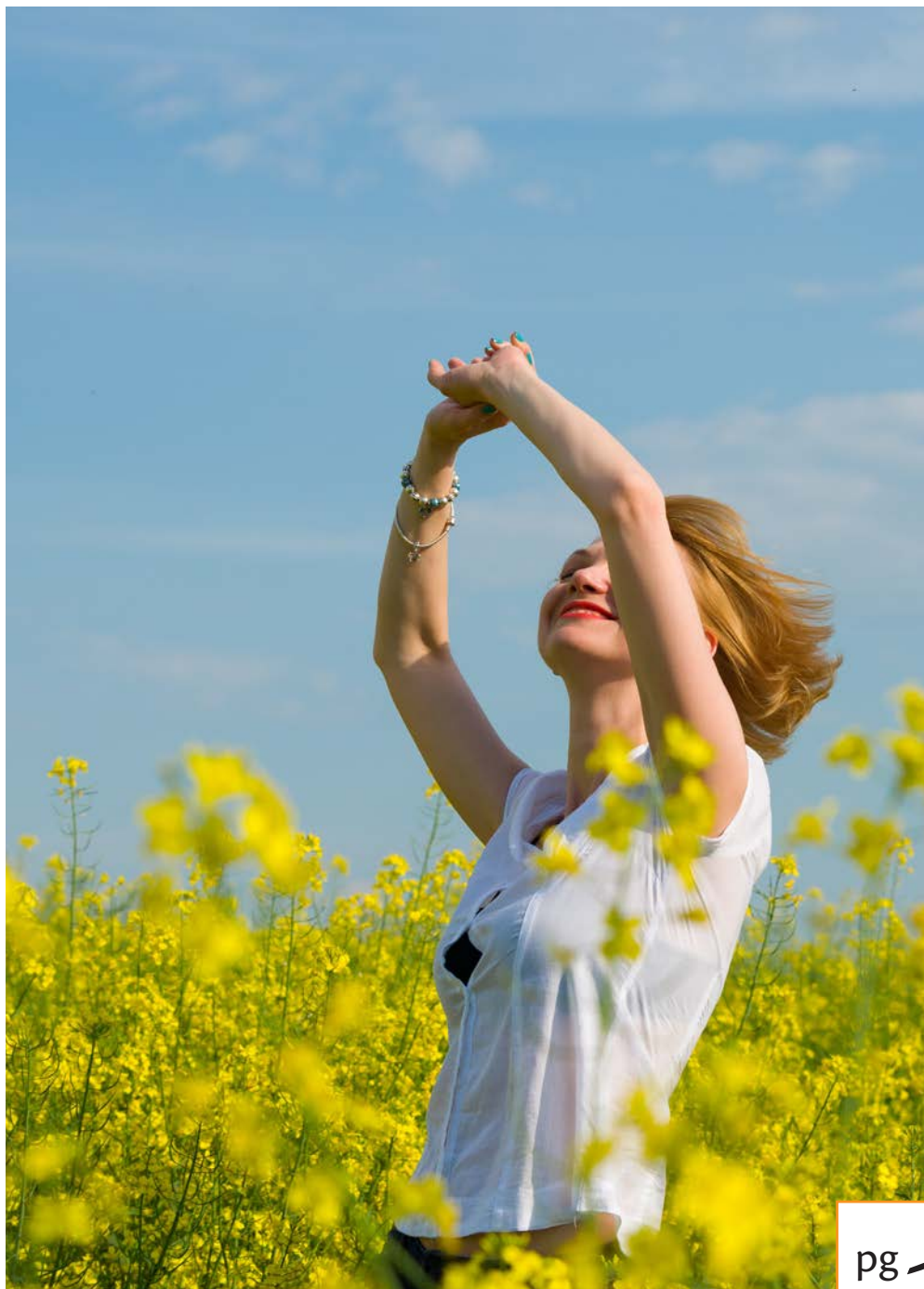
magazine

Sharing Energy - Transforming the World

Sept/Oct 2014 - Issue Seventy-Five

As soon as people start following their sense of beauty, they start feeling good. - Gloria Cami!





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Dear Readers,

As many of you know, Energy Magazine is published by Healing Touch Program (HTP) as part of its mission to grow awareness about Energy Medicine. In the past two weeks Healing Touch students and practitioners, along with other energy medicine professionals, celebrated together at an amazing gathering of like-minded individuals during the Healing Touch Worldwide Conference. During this same time we also lost Sharon Robbins a leader, colleague and dear friend. Joy, communion, sorrow and loss were interwoven and shared during this time together. Nancy Strick, our assistant editor, has written a tribute to Sharon that you will want to read. I will deeply miss Sharon as will many others. How grateful I am for dear friends, here and now gone, and how aware I am of the preciousness of each moment.

We are now at the height of summer and harvest in the Northern hemisphere. But soon the planet will tilt further from the sun and with the approach of autumn, the earth will go dormant, the days will cool off, trees will lose their leaves, and the light will wane. This transition of seasons invites us to re-establish balance and routine after summer adventures. We feel the pull to go inward. Losing a loved one further encourages this inward journey.

The articles in this issue of Energy Magazine encourage balance and care: for our bodies, our emotional and spiritual selves, and for our healing practices. As we harvest the bounty of our gardens or shop the last of the farmers markets, we are living out the cautionary words in Joan Borysenko's article about the importance of what we eat. How we care for our bodies (or don't) impacts the energy available to us for our own

holy purposes and for those we work with energetically in our practices. Jen Fournier challenges us to "feed" our bodies with positive thoughts while we exercise. Sending loving energy and positivity to the areas of our bodies that are working hard energizes us even more than inattentive exercise.

Not only do our physical selves benefit from positive thoughts. Our emotional selves long to soak up that kind of nutrient as well. The writers in this issue remind us that we are responsible for our emotional health. They suggest tools for staying emotionally healthy, whether with flower essences or clearing emotional congestion. And in order to do any of this, Cyndi Dale and Giora Carmi encourage us to be present, even when the lessons come from unexpected sources like smelly teenage football players or the artwork of our own souls.

Finally, we need to care for our healing practices as well. Midge Murphy shares her expertise on how to protect our practices through the use of website disclaimers. And Dawn Warnaca continues the conversation regarding insurance reimbursement, reflecting on the "against" side of the discussion. Margaret Moga shares her research that suggests that energy healing may be detectable and measurable. I think that her last sentence is one that we should pay particular attention to. There is much we don't know and much to be discovered.

However you choose to enter this seasonal transition, we at Energy Magazine wish you a fruitful and balanced harvest.

Margaret

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Joan Borysenko, PhD, is a Harvard Medical School-trained cancer cell biologist, a licensed psychologist, and a New York Times best-selling author. Her latest book, *The PlantPlus Diet Solution: Personalized Nutrition for Life*, will be released in October 2014. A pioneer in mind-body medicine, Joan is also the founder of Mind-Body Health Sciences, LLC, in Boulder, Colorado. www.JoanBorysenko.com



Giora Carmi, MA, ATR-BC, LCAT, grew up in a secular, idealistic, but practical society in Israel. His interests and heart calling brought him to deep involvement with meditation and spiritual growth. At age 58 he left a career in illustration to study art therapy at New York University. It was there that the practical, idealistic heritage of his childhood and the calling of deepening spirituality came together to form a new way of using art in therapy.



Jennifer Fournier, HTCP, has studied movement of the body and the mind's influence on our physical, mental and spiritual perspectives. After training as a Brain Management Consultant through IBREA and Brain Education Instructor, she has taught classes in holistic mind-body connection to all ages as well as presented movement techniques in retreats and conferences in Illinois. Jennifer complements these practices with energy therapy as an HTCP.



Margaret Moga, PhD, HTI-P, is an associate professor of Anatomy and Cell Biology at Indiana University School of Medicine. Her current research is focused on magnetic field activity as a potential measure of “Qi”, emotions and consciousness, and the role of magnetic fields in health and healing.



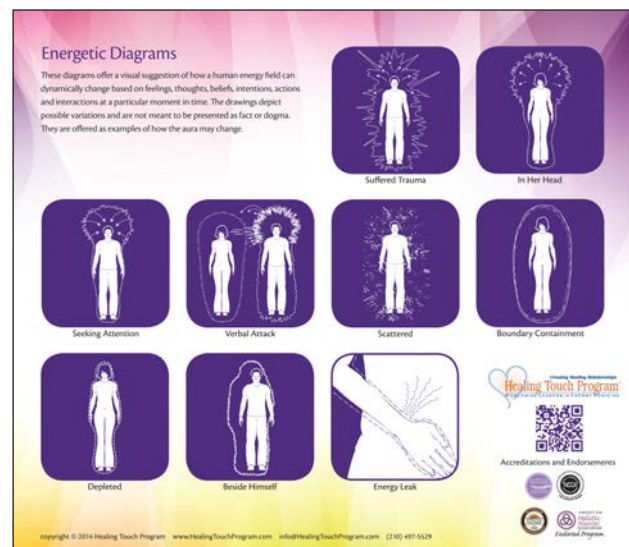
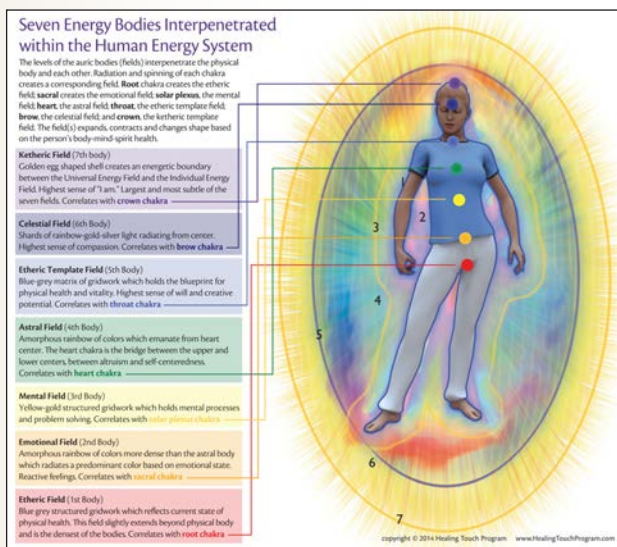
Midge Murphy, JD, PhD, is the first attorney to receive her Ph.D. in energy medicine from Holos University. She offers professional liability risk management consulting services to practitioners and teachers of energy-based methods. She has a number of Risk Management Packages available on her website. www.MidgeMurphy.com



New Energy Bodies and Energetic Diagrams Cards

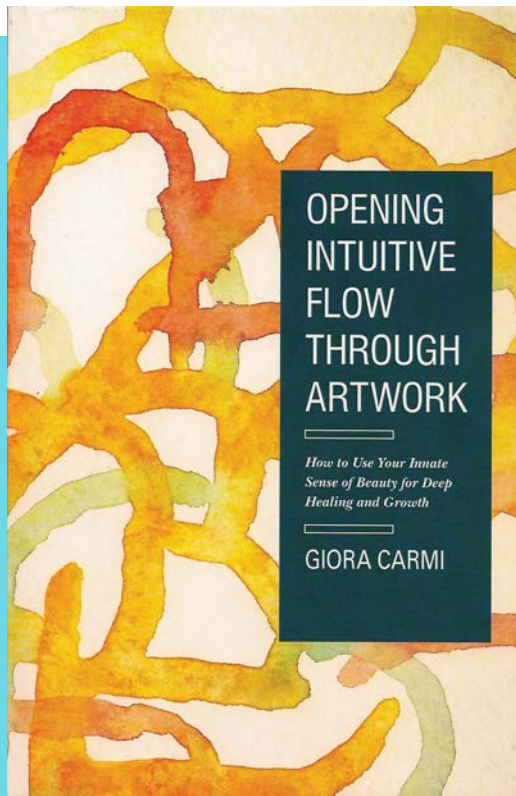
Front Side: Depicts the Seven Energy Bodies Interpenetrated within the Human Energy System along with descriptive text that can be used to enhance your healing work.

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



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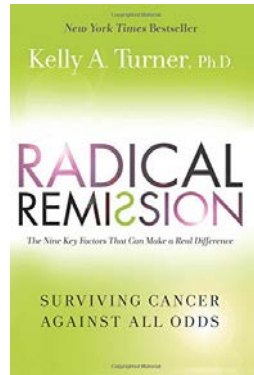


1 *Opening Intuitive Flow Through Artwork* is about the importance of intuition to everyone’s emotional and mental wellbeing, about how to connect with intuition through artwork, and how to read its messages in the art. It has a number of examples from sessions with clients, in which the method is used, to show the effectiveness of the method. There are some 82 full color pictures in the book as everything is shown with the help of pictures. The technique that the book teaches is not only a healing technique but also a path to freedom.

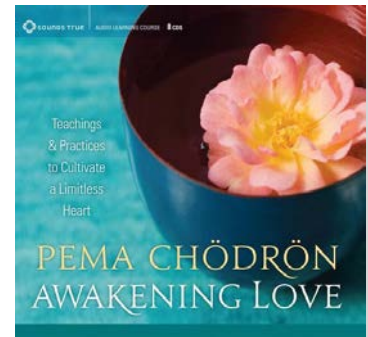


2 Joan Borysenko, Ph.D., believes that when you’ve got the right information, you can make powerful choices to change your life. She cuts through the thicket of confusing—and often downright wrong—advice on nutrition and gives you easy-to-digest, bite-sized servings of real scientific information so you can discover which foods your body needs to heal and thrive.

Since Joan wears two hats—as a psychologist and a cell biologist—you can trust her to psych out your inner saboteur, enabling you to make the changes you’ve been dreaming of.

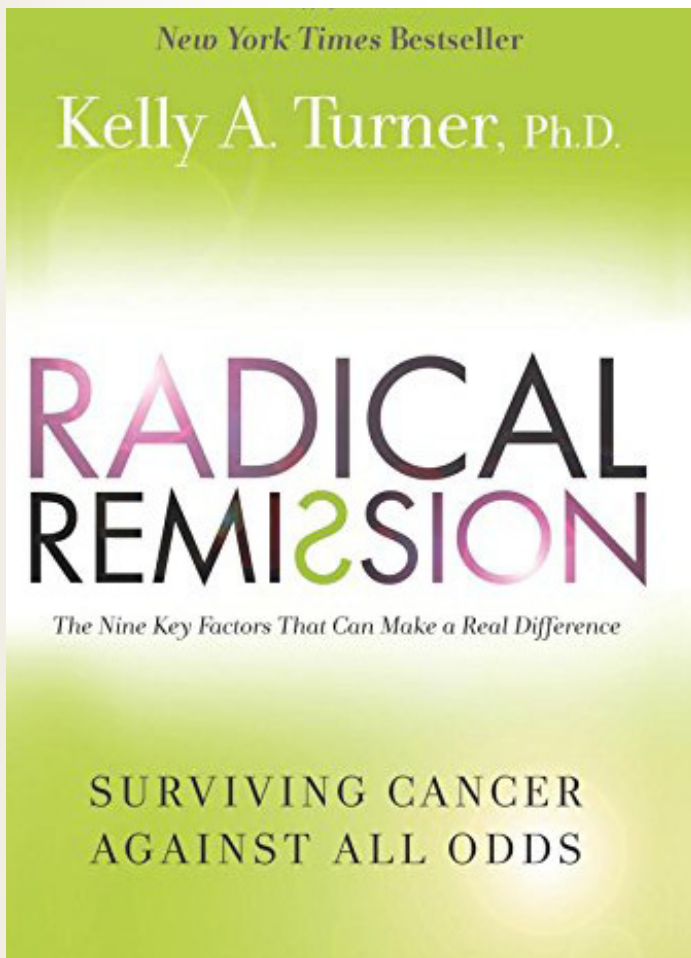


3 In her New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. She was so fascinated by this kind of remission that she interviewed fifty holistic healers and over 100 Radical Remission survivors. She also studied over 1000 additional cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around.



4 Have you ever wanted to love and connect with others more deeply ... but felt that you could use a little help shedding the “emotional armor” and opening your heart? With *Awakening Love*, Pema Chödrön invites you to start wherever you are, amid any and all of the challenges, frustrations, or fears you may be facing, and to use them as the starting place to awaken the natural and boundless capacity to give and receive love more fully.

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



Book Review

Radical Remission: Surviving Cancer Against All Odds
by Kelly A. Turner, PhD. 2014 Harper Collins

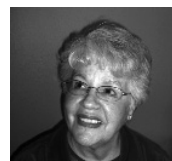
While an undergraduate student at Harvard, Kelly A. Turner read an account of “Spontaneous Healing” and thought it odd that the medical profession showed no interest in what produced a cure in an illness they had pronounced incurable. She proceeded to do her doctoral thesis on Radical Remission, interviewing over a thousand cancer survivors and alternative healers around the world. From reams of research she identified Nine Key Factors that figured in their cancer remissions. Each chapter in her well-crafted book is devoted to one of those key factors and features a real-life case to illustrate.

Turner’s thoroughly documented research is specific to cancer patients. However, practitioners of energy medicine will readily observe that the nine factors pertain to any illness, terminal or chronic, and I would add, apply to the process of

Aging. Furthermore, while Turner focuses on one factor per chapter, she acknowledges that most “miracle” patients utilized all of the healing factors, including energy medicine. “It was never just one factor that helped these people get well.” Of all the cases she investigated, the majority began their treatment using conventional medicine, turning to alternative methods only after western medicine pronounced them incurable and sent them home to die. Those who refused to accept a death sentence had a strong reason to live, (Chapter 9). Wanting to live is a more powerful factor than not wanting to die.

Matthew, a young college graduate without health insurance, was diagnosed with an untreatable brain tumor and given just a few weeks to live. His remission resulted from two years meditating in Brazil with John of God and his story (Chapter 8) is an emotional experience for the reader. Japanese born and raised, Shin Terayama, married and the father of three, was diagnosed with advanced renal cell cancer but was not told of his diagnosis which is the custom in that culture. His healing grew out of lessons learned from bird watching, sending unconditional love to the cancerous cells and receiving the “wonderful surge of love” from perfect strangers he met at the Findhorn Community in Scotland where he had been invited to speak (Chapter 2, Taking Control of Your Health).

These cancer survivors changed their diet, listened to their intuition, released suppressed feelings, received energy treatments and learned to find humor in life and fill it with laughter. Radical Remission is a valuable resource for both practitioner and client. €



Barbara Dahl, BSN, HTCP/HTCI Emeritus, Blogger Summa cum Latte. Now retired, Barb was in Janet Mentgen’s first instructor’s class and taught extensively for a quarter of a century. She is active in her community in Seattle and writes a blog dealing with the Aging Adventure. www.RosesInJanuary.com.



Be still.

Just for a moment.

Listen to the world around you. Feel your breath coming in and going out. Listen to your thoughts. See the details of your surroundings.

Be at peace with being still.

In this modern world, activity and movement are the default modes, if not with our bodies then at least with our minds, with our attention. We rush around all day, doing things, talking, emailing, sending and reading messages, clicking from browser tab to the next, one link to the next.

We are always on, always connected, always thinking, always talking. There is no time for stillness — and sitting in front of a frenetic computer all day, and then in front of the hyperactive television, doesn't count as stillness.

This comes at a cost: we lose that time for contemplation, for observing and listening. We lose peace.

And worse yet: all the rushing around is often counterproductive. I know, in our society action is all-important — inaction is seen as lazy and passive and unproductive. However, sometimes too much action is worse than no action at all. You can run around crazily, all sound and fury, but get nothing done. Or you can get a lot done — but nothing important. Or you can hurt things with your actions, make things worse than if you'd stayed still.

And when we are forced to be still — because we're in line for something, or waiting at a doctor's appointment, or on a

bus or train — we often get antsy, and need to find something to do. Some of us will have our mobile devices, others will have a notebook or folder with things to do or read, others will fidget. Being still isn't something we're used to.

Take a moment to think about how you spend your days — at work, after work, getting ready for work, evenings and weekends. Are you constantly rushing around? Are you constantly reading and answering messages, checking on the news and the latest stream of information? Are you always trying to Get Lots of Things Done, ticking off tasks from your list like a machine, rushing through your schedule?

Is this how you want to spend your life?

If so, peace be with you. If not, take a moment to be still. Don't think about what you have to do, or what you've done already. Just be in the moment.

Then after a minute or two of doing that, contemplate your life, and how you'd like it to be. See your life with less movement, less doing, less rushing. See it with more stillness, more contemplation, more peace.

Then be that vision.

It's pretty simple, actually: all you have to do is sit still for a little bit each day. Once you've gotten used to that, try doing less each day. Breathe when you feel yourself moving too fast. Slow down. Be present. Find happiness now, in this moment, instead of waiting for it. Savor the stillness. It's a treasure, and it's available to us, always.

—

From the Tao Te Ching:

It is not wise to dash about.

Shortening the breath causes much stress.

Use too much energy, and

You will soon be exhausted.

That is not the Natural Way.

Whatever works against this Way

Will not last long. €



Leo Babauta is a simplicity blogger and author. He created [Zen Habits](#), a Top 25 blog (according to TIME magazine) with 260,000 subscribers, [mnm1ist.com](#), and the best-selling books *focus*, *The Power of Less*, and *Zen To Done*. Babauta is a former journalist of 18 years, a husband, father of six children, and in 2010 moved from Guam to San Francisco, where he leads a simple life.



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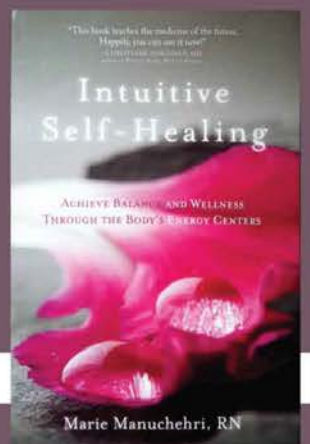
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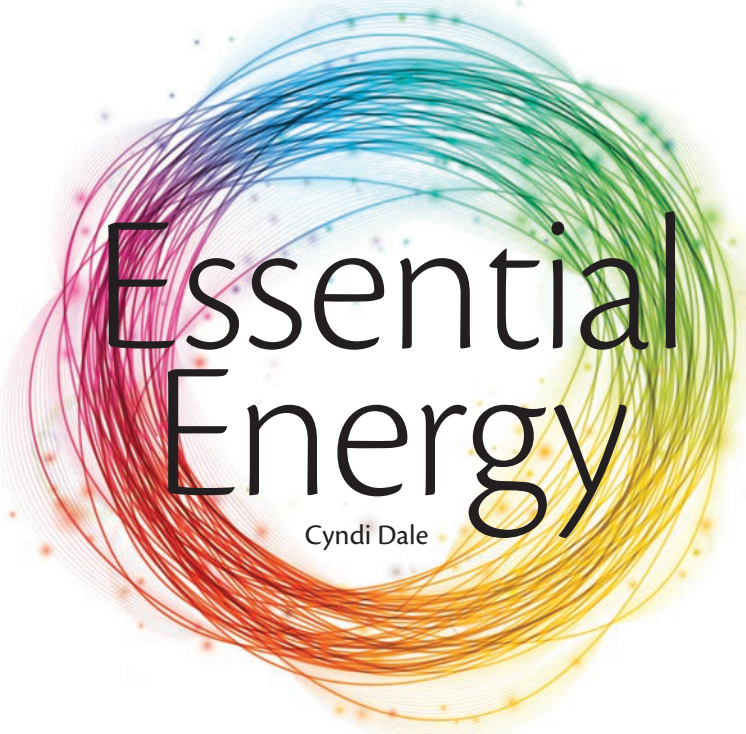
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Marie Manuchehri is an energy medicine healer whose private practice includes thousands of clients from across the world. She is an author, public speaker, teacher, and leads a mentoring program for others interested in the field of energy medicine. Her weekly radio show, Where Energy and Medicine Meet, on 1150AM KKNW, is wildly popular. She lives in Bothell, WA.



Essential Energy

Cyndi Dale

Just Showing Up

I am not sure how many of you have spent much time around teen football players—or have ever wanted to—but I am an expert at the species. Okay, I am “the mom,” a fringe position at best. But I am good at it. I can order pizza, drive rugged and smelly guys around (with four open windows), and put on splints with the best of them.

I am also open to learning what they have to teach, which often ironically, given the injury rate, applies to healing.

As a healer, I have acquired hundreds of techniques and skills, all of which fit neatly in my Bob the Builder-Healer Tool Kit. My shelves overflow with books about healing and spirituality, and recently I have had to erase computer files because I don't have enough storage for all the data, which is mostly about healing. Yet the single most important key to being a healer, if not a person, wasn't clear to me until illustrated by a bunch of teen football players.

It was one of those mornings. I started at 6 a.m. to get my son to football but was soon picking up others' sons as if running a taxi service. Of course, what gets dropped off must get picked up. A few hours later, my car was full—and “aromatic.” Off we went to hunt a second breakfast.

Most interesting, the boys started talking about various parents: Who is a good parent and who is not? I kept quiet, but noticed that our lists were somewhat different. Caught in my

own judgmentalism, I found myself silently listing the qualities I disliked about some of their “thumbs up” parents: he doesn't have a job; she sits alone; he wears bad shoes. (It's so embarrassing to hear what we are thinking inside.) Finally I asked the boys what they liked so much about these parents.

“They show up,” one of the boys said.

“Yup,” my son agreed. “No matter what, they show up.”

The boys' reference was simple. The good parents show up, and not only for sports. The parents they listed come to conferences, drive in the carpool, are home at night, and make dinner. (Fortunately the latter isn't about quality; we don't all have culinary skills.) I think that so often as healers, we are so trained by our training that we forget that sometimes the most important element is to show up, first and foremost.

When a client makes an appointment, they are entrusting us with their time. During the session, we are further honored with their story, needs, fears, hopes and heart. The more fully present we are, the greater the gift our presence.

When we listen to a client, we enable them to listen to themselves. By respecting their time and needs, we teach them to do the same. We might think our studied wisdom is what is making a difference, but sometimes the fact that we care is even more important. We become a handrail that provides the steadiness they need to achieve inner balance.

The key to showing up is to “be all there.” One time my oldest son asked if I had my laptop open while he was performing in a play. “It wasn't me!” I insisted. His question made me realize that we all share a similar deep need: to be totally focused on.

When I am going to work with a client, I tune out everything except that person. I use a simple process called Spirit-to-Spirit to transform into the best self I can be. First, I affirm my own spirit or essence, then I acknowledge the spirit of those present (including that of my client) and finally, I call upon the Greater Spirit, turning myself over to It. I believe that these simple steps establish the power of a passage in Mark 6:

Even when we think we have nothing to offer, when we simply show up and are willing, God blesses the little that we do have and multiplies it, just like He did with the fishes and the loaves.

Open to greater guidance, we are now able to be empathetic with the client, but also provide the perspectives they might



be missing. We can understand their story to-date yet help them write their next lines. We can assist them with releasing what is complete and get on with building a bridge to a new tomorrow. We can also simply enjoy them. And all this occurs with exponential grace, because we've shown up.

I am still waiting for that multiplication formula to say, double the amount of pizza I have ordered for the team or triple the sock count, as you know that one sock in every pair will be eaten by the dryer monster. I'd even approve if the subtraction principle were implemented in a new way, perhaps decreasing the months that sports are conducted in rainy, snowy and tornado weather. Nonetheless, it's vital to know that we are enough for whatever task we are handed for whatever we show up for. After all, Spirit will back us up. €



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.

New 2015 Energy Magazine Calendar

Twelve Months of
Beautiful Mandalas

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

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2015

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

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



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Remembering Sharon Robbins

Nancy Strick, RN, BA, HTCP/I

Photo courtesy of Cathy Andersen

How does one begin to write about someone whose life epitomized service, commitment, loyalty, honesty, trustworthiness, compassion, and unconditional love? Who - when you met her -- instantly became your friend. Whose light within could be felt both in her presence and long distance.

Sharon and I roomed together at past conferences and at Shadowcliff two years ago. Her ready smile, calm demeanor, and easy laugh made it a pleasure to be with her because she was a truly joyous person. It is very difficult to accept that I can no longer pick up the phone to talk with Sharon, get a loving hug from her or exchange emails.

As witnessed by her vision and ability to achieve the goals she set for Healing Touch Professional Association, Sharon was also the consummate professional. Due to her determination and tenacity we have liability insurance for Healing Touch students, practitioners and instructors, as well as other

modalities; *Community Connections* Volunteer Bank, monthly Business Support calls, Healing Touch service for the military, the formation of local HTPA chapters – to name just a few of her accomplishments. Sharon also initiated, and at times wrote, the Practitioner Support Column in *Energy Magazine*.

So that her good works are not all in vain, I urge you to do whatever you can to promote the growth of HTPA - support *Community Connections*, provide service to our active duty military and our veterans, etc. The best way to keep her memory alive is to continue the work that Sharon began.

To close on a more personal note, I encourage you to be sure to tell those who are important to you that you love them - every time you part. As we got off the elevator before going to our respective rooms at 11:00 pm Saturday, August 16, 2014, Sharon and I hugged and said, “*I love you*” to each other. That moment will be captured in my heart forever! Be at peace, my dear friend... €

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companies, a psychologist seeing patients four days a week, needs (and wants) one day a week for filing, billing and business paperwork. The current practice of accepting payment at time of service requires less paperwork, less training and is less complicated.

Each practitioner must apply to insurance companies to become a preferred provider. The clinic or location must also be approved. Contracts can be negotiated, but typically, the provider agrees with the compensation the insurance company sets. Prices are based on location of the practice (state, city, rural), how many other similar practitioners are within a specific mileage circle around your practice, geography and billing code, the more specific the code, the higher the reimbursement. Insurance providers can decide when their network is full and close application to new practitioners. In addition, for those with home-based practices, there are specific requirements by some insurance providers as to what constitutes an allowable home office setting. This may require updates to your home.

Electronic billing is required by most insurance companies (including Medicare and Medicaid) based on the size of your practice. The forms are not flexible. I compare the forms to a phone number. When dialing if just one number is wrong the call will not go through. This is the same with the forms. If one box or number is not filled in correctly, there is no reimbursement. I did find that every insurance representative, regardless of company, wanted to help me learn from my mistakes. Computers, software, fax machines, modems and technology support are necessary for medical billing.

Insurance providers require timely claim submission and have time limits for reimbursement that at first seem reasonable. However, the insurance provider has 30 to 90 days to respond to your claim. If the claim is returned or denied, you may need to go back three months to find out what you did incorrectly, or find time to have a conversation with a billing specialist. You must then re-submit the claim, and perhaps wait another three months. At this rate, the one-year window (that I worked under) can come up quickly. As a practitioner, you may wait months for reimbursement or confirmation that insurance will indeed cover your client.

“Out of Pocket” cash/check and credit card payments are much simpler than 3rd party reimbursement.

Insurance coverage seldom means 100% reimbursement to the provider. Clients will have to pay their annual deductible and any office visit deductible, and co-insurance responsibility.

Presenting the Cons of Third Party Reimbursement for Energy Medicine Practice

Dawn Warnaca, HTCP/I

In the July/August 2014 issue of Energy Magazine, 3rd Party Reimbursement was addressed from the PRO viewpoint.

I am not convinced that it is in the best interest of energy medicine practitioners to have their individual modality become covered by insurance companies. My limited experience is based on an eighteen-month half-time job as an office manager for a psychologist working with about twenty patients a week. The majority and priority of my 20-hour-a-week job was medical billing. The doctor wanted to keep billing “in house” as an additional way of securing the privacy of clients’ medical information. Billing could have been outsourced; this is happening in small clinics around the country including physical therapy, acupuncture, and private practice physicians. Whether outsourcing or managing medical billing in house, the requirements for professionalism are a bit more stringent than a receipt book and a double locked cabinet for your client files. If working with insurance



I recommend a phone call to every new client's insurance company to confirm coverage, limits and out-of-pocket requirements based on current coverage. Insurance policies cover one year; this can be annual coverage from January 1 through December 31 or a plan year that can start at any time of year and go 365 days. Meticulous and detailed billing records must be maintained for every client to confirm that the correct party responsible for payment pays for the full amount of every session. Computer, accounting software and technology support, as well as an off-site back up for billing records, is highly recommended and, in my opinion, necessary.

“Out of Pocket” cash/check and credit card payments are much simpler than 3rd party reimbursement.

Finally, there is the question of ethics. Is the current way insurance companies pay ethical? This is a deep and probing question that is worthy of discussion. Hypothetically, let's say you charge \$100.00 a session. This is what you post on your business information, tell the insurance companies and expect from cash clients. The contract you have signed with one insurance company may require you to discount each session by \$40.00. The insurance company then pays the practitioner 50% of this allowed amount. You are paid \$30.00 from the insurance company. You can offer cash clients the \$60.00 price, but then is that ethical when you have told insurance providers you charge \$100.00?

In summary, **“Out of Pocket” cash/check and credit card payments are so much simpler than 3rd party reimbursement.** €

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Moving with Gratitude

Jennifer Fournier, HTCP



“Corporate America keeps me in business.” That is what my physical therapist said to me in my mid-twenties. What did she mean? Well, as one of those people who sat completely still for extremely long hours in a chair, my body knew what she meant. It was screaming at me loud and clear by way of tension headaches, stiff shoulders and lower back pain. Ironically, a shift in life’s direction by becoming a full-time mom is what began easing the pain. I was standing and moving my bones and muscles more. During that time, movement became an integral part of my world as I delved into holistic mind-body-spirit living and teaching.

So much of our day is spent thinking. We think about relationships, work, future plans, money - the list goes on and on. It seems we live mostly in our heads and our bodies are just along for the ride. The emotions that mingle with these thoughts can sometimes bring about worry, anger and stress. If those emotions linger, they begin to manifest in the body. That stress can appear anywhere in the body, like tight shoulders, headaches, stomach pains, bowel and bladder irregularities and a whole host of other challenges. However, if we are careful, we can feed our minds and bodies positive messages too, which can be equivalent to eating nutritious food. A healthy thought creates healthy energy for the body; and as energy workers know, where our thoughts go, energy follows.

Many of us attempt to gain and restore energy by incorporating some sort of exercise during our busy week. What kind of thoughts do we have when we are exercising? In addition to all the thoughts of work, plans and family, we can be found listening to music, watching TV or talking with a friend during workouts. If we’re paying attention to all these distractions

during our exercise (and where thought goes, energy follows), where is our energy going? Sure, our bodies are moving, but how much energy are we really gaining and restoring? What if we put our focus inside the body during this time?

Focusing directly on body parts during exercise is a way to bring the mind away from the ever-present thoughts, allowing the body to relieve stress and reenergize. Envisioning a relaxed activation of the muscles and smooth movement of the joints can make a more comfortable exercise that releases tension. Using intentional gratitude for our body that continues to work for us every day can quickly become one form of meditation. I know that allowing my individual body parts to radiate with universal light while sending thankful messages puts a smile on my face, a spring in my step and even breathing is less labored during my cardio exercise. I walk away from each workout with a sense of peace and gratitude that sets a positive tone for the day.

So here is a challenge for your next exercise endeavor. Whether it is walking, jogging, light weight-lifting or dancing, give your full and undivided attention to your body. Say a thank you to those limbs that move for you. Focus on your blood movement and be grateful for its flow to every part of the body. Send love to your liver, spleen, stomach, kidneys and all of those organs that work hard day and night to keep you going. There are so many parts of the body to focus on, that workout will be over in a flash.

Our human body is our transport in this lifetime. Let’s add in a daily appreciation for this amazing vessel. It’s a time to thank and enjoy the body we were born with, flaws and all! ☺



Flower Power The Foundations of Flower Essences

Carol Bennington, PhD, BFRP

W

hat's your favorite flower? Have you ever thought that it may be an ally for your well-being?

Flowers have been used medicinally and as expressions of the heart for time immemorial. You may be familiar with the use of flowers in botanical medicine, aromatherapy and even homeopathy; however, the majority of people are less familiar with flower essences. The most common misconception is the assumption that flower essences are the same as essential oils and work with scent. Let's examine what flower essences are to clear up this confusion.

Flower essences, aka flower remedies, is a general term referring to liquid, pattern-infused solutions made from flowers. Flower essences focus on emotional and spiritual well-being. It is believed that the energetic healing aspects of the flower are imprinted in the water, so no physical part of the flower is imparted in the flower remedy. While aromatherapy uses fragrances of the physical plant's oil, flower essences do not have a floral fragrance and work based on the flower's energy or life force. Most flower essences are preserved with brandy, to hold the energetic pattern longer. Some flower essences use glycerin as the preservative for those who prefer an alcohol free remedy.

Think of an orchestra tuning before a concert. There is a mishmash of sounds as the instruments tune up and it is difficult to identify specific instruments or notes. The violin sounds the perfect "A" note that all the other instruments tune into. They join to-

gether to match that note and are now in resonance. The flower essences act as the pure "A" note, which holds the higher energy of the balanced state of the emotion. Like the orchestra, the lower unbalanced energies raise their vibrations to tune into or match the higher balanced frequencies. The effectiveness occurs when they are in harmony, when they resonate together as one.

Dr. Edward Bach, an English conventional medical doctor and researcher, and later homeopath, is considered the founder of flower essences in 1928. There are now countless brands and types of flower essences across the globe. Many contemporary flower essences adhere to Dr. Bach's philosophy and methodologies, while others have created their own modifications. My comments reflect the tradition of Dr. Bach. His description of how flower essences work from Judy Howard and John Ramsell's book, *The Original Writings of Edward Bach: Compiled from the Achieves of the Dr. Edward Bach Healing Trust* follows:

The action of these remedies is to raise our vibrations and open up our channels for the reception of the Spiritual Self; to flood our natures with the particular virtue we need, and wash out from us the fault that is causing the harm. They are able, like beautiful music or any glorious uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our souls and by that very act to bring us peace and relieve our sufferings. They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine.



Rescue Remedy® or Crisis Formula is the most well known flower essence. This five-flower combination is for **acute**, high-stress, emergency situations. (Rescue Remedy is made with Clematis, Cherry Plum, Rock Rose, Impatiens and Star of Bethlehem flower essences.) I recommend having Rescue Remedy in your emergency kit for both people and pets. Rescue Remedy is wonderful for those in-the-moment crises; however, single flower essences may better meet your specific and long-term concerns.

Selection

The selection of flower essences is very simple:
1) identify your **current, out-of-balance** emotion(s);
2) select the corresponding flower essence(s). Let's say you identify feeling overwhelmed, with just too many things to deal with. This matches the indicator description for the ELM flower essence. Possible outcomes include being better able to reframe your experience and discover new options such as being able to break the task into smaller steps, or delegating.

They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine.

Simplicity, self-care and being responsible for one's own health were foundational principles of Dr. Bach. He was one of the pioneers in recognizing the connection between emotions and physical health, and that health incorporates body, mind and spirit. He now would be considered a psychoneuroimmunologist. What made his approach unique is that he was the first to use flower essences specifically for emotional states. He believed that if our emotions were in harmony, our physical balance would follow. Consequently, the focus of Dr. Bach's methodology is on emotions and does not take into account physical symptoms.

The following quote from *The Original Writings of Edward Bach* describes his belief in the right to good health:

Health is our heritage, our right. It is the complete and full union between soul, mind and body; and this is not a difficult far-away ideal to attain, but one so easy and natural that many of us over looked it.

I believe the flowers help us to pause for a moment and draw upon our inner strength and wisdom to approach the situation from a different angle or to muster the courage to do what needs to be done.

Usage

The usage of flower essences is the same for people of all ages and for animals of all sizes. The recommended amount to use for a single flower essence is two drops; four drops are recommended for a combination remedy that has multiple flower essences. (You can combine up to seven flower essences to make a personalized remedy.) The suggested frequency of use is four times a day, with additional use as needed. Unlike conventional medicine, more is not better. It is frequency, rather than quantity, that makes the difference; if additional usage is required, taking them more often is recommended.

The most common way to use flower essences is to put the drops in water and sip. However, they can also be applied topically or put in a spray bottle to mist an area of the body.



Flower essences are not a panacea and results vary with each individual. The experiences reported by my clients and students note their experiences with flower essences are gentle and subtle. Often it is in reflection when one realizes that they are no longer experiencing the issue that had previously been of concern.

My experience has been that flower essences help me to be my best self. Decades of flower essence experiences have given me courage, confidence, patience, clarity, nurturance, solace and so much more. Flower essences have become my allies, and they “always have my back.”


I view emotions as a guidance system or maps to our well-being. Negative emotions are indicators when we are out of harmony with who we truly are. The goal of using flower essences is to move toward a more positive and harmonious expression of the emotion we are experiencing and to become more of our authentic selves.

Flower essences are not habit forming, and there are no side effects. Consequently, I encourage my students and you to play with the flower essences: pay attention to your feelings and emotions, try an appropriate flower essence and notice. I suggest taking notes of how you feel before your selection and while you are using the essences. This is an excellent way to observe your experience. A personalized, one-ounce remedy lasts approximately one month, depending upon the frequency of use.

Flower essences integrate well with other modalities including Healing Touch. Sometimes, as healers and health care professionals, we need to remember to prioritize self-care, which in turn allows us to care for others. I encourage you to discover ways flower essences can address your specific challenges and support your journey.

Why would you want to use flower essences?

You may wish to try flower essences if you are looking for a simple, safe and effective method to ease your daily stress, harmonize your emotions, and move into being and living your best self. If you desire a system where the focus is on you and the selection is individualized for your unique, current situation, rather than a one-size-fits-all approach, I invite you to *enliven YOUR essence* with flower essences.

If you have questions that may be addressed in future articles or blogs, please send them to questions@awakening-hearts.com. 



Chicory - to move from love with strings attached to loving unconditionally



Clematis – move from daydreaming, and thoughts in the future, to being present, focused and grounded



Mimulus – for any fear you can identify – Mimulus offers courage



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FINE PRINT

What Is a Disclaimer and Why Do I Need One for My Website?

Midge Murphy, JD, PhD (Energy Medicine)

Most energy healing practitioners have websites for the purpose of promoting their practices and acquiring clients. However, most of these practitioners do not understand the legal vulnerabilities they face just because they have a website, including not having a legally sound website disclaimer drafted specifically for the contents of their website.

Over the many years I have been advising practitioners and organizations about legal issues in the practice of energy-oriented methods, many initially are resistant to anything legal such as website disclaimers. It is not uncommon for clients to remark that dealing with legalities and risk management feels uncomfortable. What I have experienced is that once legal issues are addressed and appropriate risk management tools are put into place, the client moves from a place of resistance and fear to one of empowerment.

In this article I will discuss the importance of having a disclaimer on your website as an essential risk management strategy for protecting your practice. This article will also provide some of the basic information that should be included in your website disclaimer and explain why the placement of your disclaimer on your website is critical - in order to be effective.

First, it does not matter if you are an individual practitioner (licensed or non-licensed), part of a group practice such as a wellness or integrative care clinic or an organization -- you need a website disclaimer. A disclaimer is generally any statement intended to specify or delimit the scope of rights and obligations that may be exercised and enforced by parties in a legally-recognized relationship. Your website is like a "contract" between you and each visitor to your website and thus you become legally obligated and "contractually" bound by what you publish on your website. Another way to look at your disclaimer is that it is a type of "informed consent" for each visitor. By posting your disclaimer prominently and by having the specific legal language you need for your website, the viewer agrees to the terms of the disclaimer.

Even though a disclaimer provides no guarantee of any shield from liability, you still need a disclaimer so as to be able to at least have some claim to a defense. There is a recently published case in New Zealand (*Patchett v SPATA*) where a visitor to the SPATA website filed a claim of negligence; the court found SPATA's disclaimer was effective in protecting SPATA from liability.

What legal risks you face depends on the content of your website. Many energy-oriented practitio-



What is a Disclaimer?

ners provide information, advice, and/or instructional information on their websites which exposes them to potential legal claims. For example, you could be sued for negligence if someone claimed to suffer any injury (physical, emotional, financial, etc.) because the person followed advice you provided on your website. The risk of facing a lawsuit is greatly enhanced if you provide any instructional information about a technique, process, or modality on your website.

For example, on your website you may provide the basic steps or process on how to do an energy technique/intervention and state that the technique/intervention can help depression or make you feel

consumer protection agency and its mission is to prevent fraud, deception, and unfair business practices in the marketplace. In the example, above, in addition to a claim by a visitor, you also face the risk of a claim from the FTC for misleading advertising. Therefore, a legally sound disclaimer also can help the practitioner be in compliance with FTC regulations and consumer protection laws in his/her state.

There is no “standard” language that applies to disclaimers. Each disclaimer must be tailored to include precise language to fit the specifics of the website both in terms of the substance of the material and how it is intended to be used. General language will

It is not uncommon for clients to remark that dealing with legalities and risk management feels uncomfortable.

more positive. What if your visitor suffers from severe depression and in using the process published on your website claims that he/she did not feel any more positive and in fact, claims his/her depression got worse instead of better? Not only are you at risk for being sued for negligence but also for providing misleading information that could also lead to a claim of misrepresentation and potential fraud. Remember a claim can be made by a disgruntled visitor even if there is no merit to the claim. You would still have to hire a lawyer and defend the claim which can cost thousands of dollars. Given our ever-growing litigious society and the fact that energy modalities are considered experimental by the authorities and most of the public, this only heightens your legal risks associated with having a website. The best way to reduce this risk is to have a legally sound website disclaimer.

In addition to potential claims from visitors to your website, an energy-oriented practitioner faces the risk of being in violation of Federal Trade Commission (FTC) rules and regulations. The FTC is the nation’s

not suffice. An appropriate disclaimer has many elements depending on the nature of the website and the contents thereof. Some of the key points are:

- State that all information is educational in nature and is provided only as general information and is not medical or psychological advice; and
- State there is no existence of a professional relationship between the practitioner and visitor; and
- Provide that testimonials do not constitute a guarantee, warranty, or prediction regarding the outcome of an individual using (insert modality) for any particular issue; and
- Provide release of liability language stating the practitioner accepts no responsibility or liability whatsoever for the use or misuse of the information contained on the website, including links to other resources; and
- Provide an assumption of risk legal language clause; and



- Provide release of liability, indemnification, and hold harmless legal language clause; and
- State if any court of law rules that any part of the disclaimer is invalid, the disclaimer stands as if those parts were struck out.
- State by continuing to explore this website, you represent you have read, understand and agree to the terms of the disclaimer.

Not only is the content of your disclaimer important but also the placement of it on your website is crucial. You could have an excellent disclaimer but if it is not positioned correctly on your website, it can be rendered meaningless. Ideally, the disclaimer should be a portal through which the visitor must go to access the contents of your website. This means that visitors must be instructed to read and agree to the disclaimer before exploring your website. This act forms the basis to argue that the visitor entered into a “contract” with the publisher of the website and specifies that the visitor used the information on the website with full knowledge of (informed consent) and agreement with (contract) the disclaimer. If it is merely tucked off into some inconspicuous link that can be easily bypassed by the visitor, the publisher’s argument that a contract has been established has very little merit.

The value of disclaimers depends upon the skill with which they are drafted so to use some form copied from another website will turn out to be legally ineffective. If you rely on some generalized disclaimer to protect yourself, you may find that in an attempt to “save” money you may instead incur substantial losses. The cost of engaging the services of a risk management consultant or lawyer that has the expertise in energy therapies to help you with your disclaimer is a sound investment. It is my hope that the information shared with you in this article has been helpful -- and speaking of disclaimers – here is mine:

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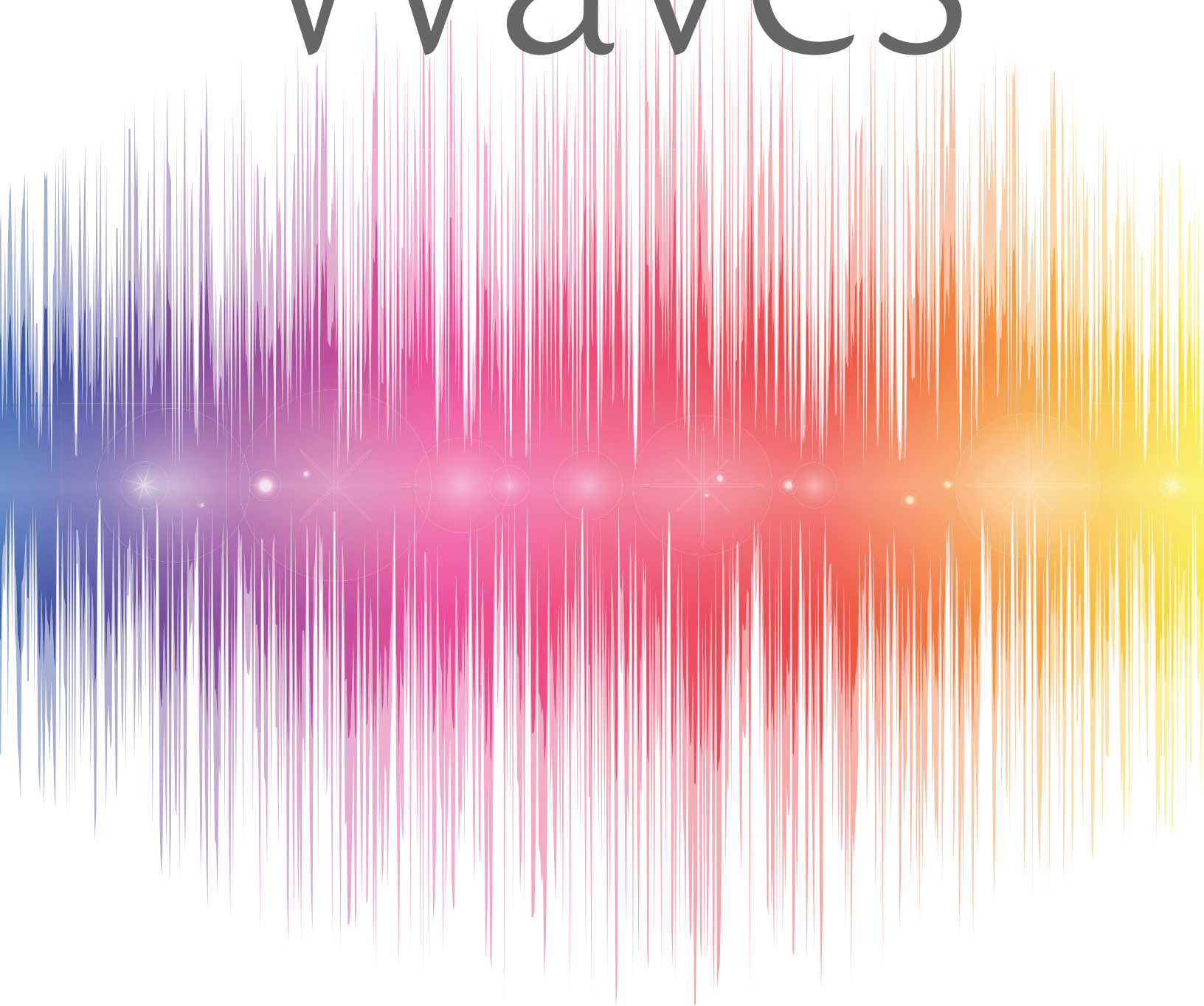
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Healing Waves



Margaret M. Moga, PhD

Energy healing therapies, such as Reiki, Therapeutic Touch, and Healing Touch, continue to be popular, despite the fact that the putative energy or scientific mechanism involved in energy healing is unknown. New evidence suggests that energy healing may be detectable and measurable with sensitive DC magnetometers. During hands-on healing, distant healing and Healing Touch, my colleagues and I have observed low-frequency (0 – 40 Hz) magnetic field (MF) oscillations, which are more frequent and of higher amplitude during the energy healing session and immediately after the session, as compared to non-healing time periods^{1,2}. The MF oscillations in our experiments are similar to the oscillations observed by Dr. John Zimmerman, who recorded MF activity adjacent to the hand of a Therapeutic Touch practitioner in a magnetic field-free environment³. Magnetic field oscillations have also been observed in the vicinity of Reiki and Qigong practitioners^{4,5}.

How do we measure MF activity during an energy healing session? For human subjects, we position magnetometers on both sides of the client about two feet from the treatment table, so that the healer can move freely around the table during the session. The greatest signal is obtained when the magnetometers are near the heart region of the client. The heart's magnetic field may be detected five feet from the human body using a sensitive SQUID (Superconducting Quantum Interference Device) magnetometer⁶. For animal subjects, such as mice, we position the magne-

Figure 1. Examples of MF activity during Healing Touch

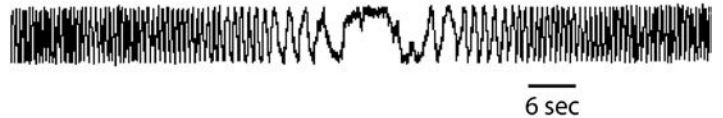
A. Quiet background activity (0 - 40 Hz)



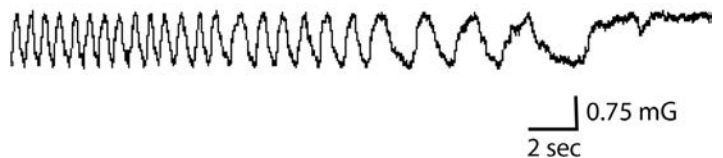
B. Increased amplitude of MF oscillations during HT session



C. Maximum amplitude with slowing of MF oscillations



D. Slowing of MF oscillations in greater detail



tometers near the plastic animal cages. In both cases, we measure MF near the subject to be healed,

which is where the healer is focusing his/her attention and where the signal is most reliable¹.

What do the MF oscillations look like? In healing environments, the background MF activity (0 – 40Hz) is typically low amplitude and asynchronous (Figure 1.A). During healing sessions, the MF oscillations are not random, but are organized in distinct waves. In each healing wave, oscillations begin to appear, with frequencies as high as 50Hz. Next, the amplitude of

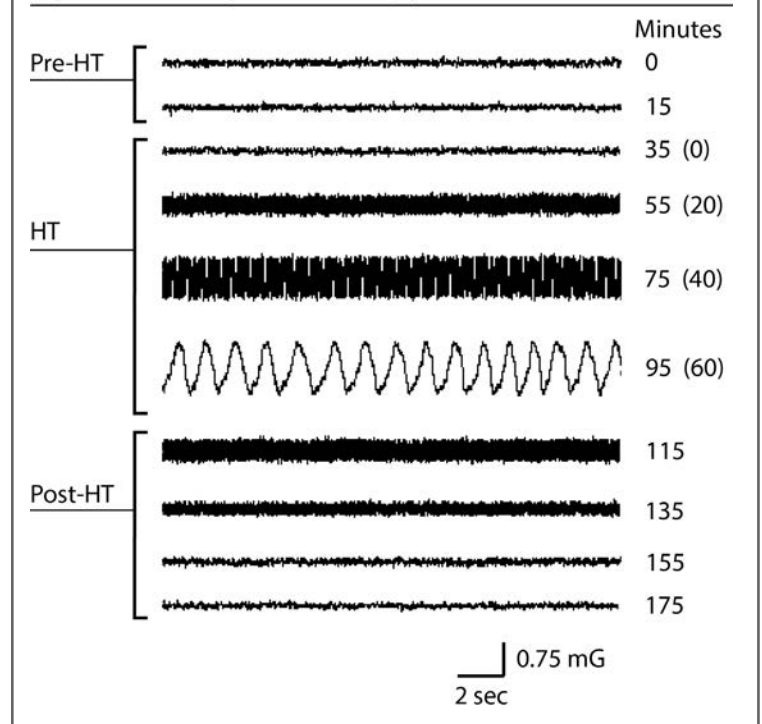


the MF oscillations increases (Figure 1-B). At peak amplitude, the MF oscillations slow dramatically to less than 0.5Hz (Figure 1-C), and then the wave reverses, with the MF oscillations returning to 30 – 50Hz and the amplitude returning to background levels. The range of frequencies (i.e., fast to slow) in each wave is visible in the slowing of the wave at peak amplitude (Figure 1-D). Waves with multiple frequencies embedded in them (“high bandwidth”) have a greater data capacity than single-frequency waves, making these waves ideal carriers for complex biological information.

Our recent research has focused on the MF changes and healing waves that occur during Healing Touch (HT), an energy healing therapy developed by Janet Mentgen, a holistic nurse. HT consists of standardized interventions involving light touch and hand movements through the biofield of the client, with the overall goal of clearing and balancing the energies of the client’s body⁷. In a preliminary study of 26 HT sessions², the amplitude of the MF oscillations was greatest when, 1) the client presented with an emotional complaint, such as grief, anxiety, stress or trauma, and/or 2) the healer felt congestion or heaviness in the biofield of the client. In a representative case with high-amplitude MF oscillations (Figure 2), the client presented with symptoms of grief and loss following the recent death of a close friend. The HT practitioner noted heaviness in this client’s biofield, particularly around the head region, which cleared with the Healing Touch Magnetic Clearing intervention.

In Figure 2, Pre-HT is the time period before the HT session, and post-HT, the time period following the session. Each trace is a 10-second snapshot of MF activity. Minutes into the continuous MF recording are noted on the right, with minutes into the HT session noted in parentheses. The HT treatment began at 35 minutes and ended at 107 minutes. The MF activity before the HT session (0 and 15 minutes in Figure 2) was quiet with no MF oscillations. Note the increase

Figure 2. Healing Touch Therapy



in oscillatory activity during the Healing Touch session at 55 and 75 minutes. The slower frequencies in the center of the wave are apparent at 95 minutes (60 minutes into the HT session). MF activity slowly returned to background levels during the Post-HT period. A similar pattern of MF activity was observed in 21 of the 26 HT sessions, with increased MF activity generated during the HT session and continuing into the post-HT period.

A connection between the emotions and the biofield has been noted by many healers and clairvoyants, who have described different colors in the ‘aura’ or biofield, depending on the emotional-mental state of the individual. Hunt⁸ noted a correspondence between colors in the biofield described by a clairvoyant and frequencies in the 250 – 2000 Hz range. In our experiments, the extra low-frequency (0.2 – 60Hz) MF waves seem more closely associated with ‘emotional releases’, rather than with specific emotions. HT interventions, such as Magnetic Clearing, Chelation



and Deep Cleansing Treatments are used to release emotions such as fear, grief and worry, but also to clear congestion from the biofield. Based on our work and others, we propose a simple psychoenergetic model of disease and healing: Trauma or persistent thoughts/emotions cause congestion in the biofield, leading to disease of the physical body⁹. Healer-assisted removal of biofield congestion facilitates emotional release, which reorganizes the biofield and heals the physical body⁸. The MF oscillations associated with this process may act directly on cells in the physical body to enhance healing³.

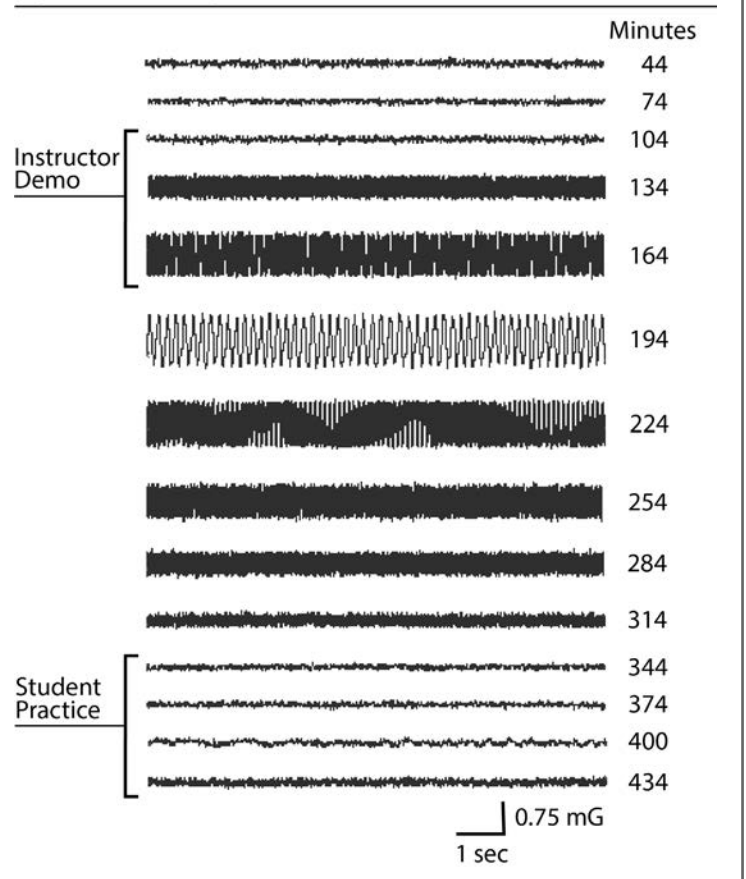
We have also observed these ‘healing waves’ in group situations, such as Tai Chi classes, HT classes, and a spiritual healing retreat. Recently, we recorded MF activity during a Healing Touch Level 2 class (Figure 3). HT education consists of five class levels, so the students in this class were mostly beginners. Magnetometers were placed in two different locations in the large classroom. One magnetometer was located near the treatment tables where the students practiced the HT interventions, and the other magnetometer was positioned near the circle of chairs where the HT Instructor gave lectures and demonstrated most of the techniques. Interestingly, whenever the experienced HT Instructor gave a hands-on demonstration of a HT intervention, the MF activity resembled an actual HT session (Figure 3). In Figure 3, all of the 10-second MF traces are from the magnetometer located near the treatment tables. The HT Instructor began her demonstration of back techniques near this magnetometer at 104 minutes in the day’s recording. After the demonstration, the class returned to the other side of the room for a lecture (194 minutes), and then left the room for lunch (254 minutes), and returned for another lecture in the circle (314 minutes), with the students returning to the tables at 344 minutes to practice the back techniques themselves.

In Figure 3, note the increase in amplitude of the MF oscillations during the demonstration by the Instructor

(134 and 154 minutes). The MF oscillations reached peak amplitude shortly after the demonstration was over, returning to background levels after about 2 hours. In contrast, MF activity was relatively quiet during student practice (344 – 434 minutes). Additional HT training and/or experience may be needed in order to produce MF oscillations of high-amplitude. The long time-course of the MF oscillations associated with the demonstration, almost 3-1/2 hours, could be due to the experience of the instructor and/or to a ‘group effect’ involving the students and instructor.

A group effect, where an enhanced effect is observed when members of a group work together, has been observed in the classroom, in Tai Chi and Qigong classes, in support groups, in meditation, and in music and business^{10,11,12}. Bache¹¹ has noted that

Figure 3. Healing Touch Class Level 2





strong group fields are created when there is “collective intention focused in an emotionally engaging group project -of sustained duration”. In our studies of MF oscillations during either individual or group activities, we have observed that ‘sustained duration’ is very important in creating MF waves. MF oscillations in HT sessions begin about 15-20 minutes into the session.

Sustained Tai Chi practice in a week-long workshop produces 1 – 2 MF waves per class, similar to an HT session, but of lower amplitude. In contrast, short meditations of 10 minutes in length in a mindfulness meditation group did not produce any MF oscillations. The focused attention of the students or group members may also be important. The students in the HT class were particularly interested in the demonstration of back techniques, and their keen attention may have enhanced the MF activity during the HT class. A question to be explored is whether teachers without training in energy healing are able to create ‘class fields’ with measurable MF oscillations.

In summary, we have observed significant changes in low-frequency (0 – 40Hz) MF activity during energy healing and other bioenergetic activities. These changes seem to reflect an underlying energetic release process, which may be important in our understanding of the scientific mechanism of energy healing. €

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Art Therapy and Energy



Giora Carmi, MA, ATR-BC, LCAT

Art can be used as a very effective way:

- To detect conflicted energies in the human system,
- To make it possible for mental and emotional changes to happen
- And to bring in the energy of happiness, health and joy to replace those conflicted energies, permanently.

Since body illnesses come from mental and emotional sources, resolving emotional and mental issues brings about improvements in health conditions. Once the energy flows without blockages throughout the body, as with Qigong and Yoga, the body heals.

The approach I am presenting here is mine. It is not the official approach of art therapy. I will compare the two approaches and after I present my approach, the difference will be easily seen.

When people come to me to be helped with emotional issues, the first thing I show them is how to make art intuitively so that the knowledge, the deep seeing and love of the non physical realm will come through their artwork. The way to do this is very simple. Most people who come to me do not have any spiritual practice but have learned how to do it in five to ten minutes. You must follow only your individual sense of beauty in the creation of the artwork without knowing what it will make you paint and where it will take you. Your personal sense of beauty also tells you when to stop. You know that if you add anything,

it will spoil the beauty. The more we work in this way, the more refined our perception of our individual experience of beauty becomes, and the deeper we go in understanding ourselves.

In order to experience that something is beautiful for you or not, you need, as you work, to see all the parts of the art at the same time so that you can see the relationships among them. It is actually using the peripheral view, instead of focusing on one spot at a time, which is what we are more used to do. Seeing everything at once is something that cannot be done by thought processes, as thinking can only focus on one thing at a time. Thinking has no idea what beauty is. This is how it becomes impossible for the thinking processes to help when we make the art in this way. Thoughts are still there, but they are not dominant. They are just part of the bigger picture. At the same time, tuning in to your sense of beauty connects you to the deeper, happier and wiser part of you, and this part is the one that makes the art. You begin to take directions from a deeper energy than the energy of thinking. This is what makes it possible to be temporarily free from the influence of thoughts and, therefore, able to change thought patterns.

As soon as people start following their sense of beauty, they start feeling good. This good feeling is very fundamental to the method. They feel good because they tune in to the energy of whom they really are, and they stream this good energy through their system in order to produce the artwork. This is a



higher energy than the one they usually activate, and because of it, they feel clearly better than before they started. Even people who had been depressed for a long time come out of their depression during the time they make the first artwork. Our experiences always conform to our dominant energy, and when our energy is high, lower energies of sadness, despair and boredom cannot stay in its presence. Therefore, the depression disappears. Later it comes back because

As soon as people start following their sense of beauty, they start feeling good.

of its habit to be formed. But it has been weakened. In future sessions, it gets weaker and weaker until a better feeling becomes dominant. Moreover, this is true about everything else that stands in the way of the flow of intuition.

Every mark that we make in the painting is connected to either memories from the physical life or to experiences of deeper energies that we all have, even if we are not aware of this. When a memory is unpleasant, the thinking process associated with this feeling jumps into action to protect us, and suddenly thinking participates in the artmaking. In the places in the art that were done by thinking, the grand view of the whole is lost, since thinking cannot grasp it all together, and the flow in the artwork is blocked. So when you look at the artwork in the end, you see very clearly (when you learn how to see) where the flow is hindered. These spots in the art represent what blocks us from being happy and free. It may not be all that hinders us, but it will be what is available now for release. The inner wisdom that comes through knows what to release first.

The next step is the reading of the art, which leads to a very clear and close-up experience of the hindering thought patterns. There are many ways to do this. I will describe the most fundamental one here. By simply describing the composition in words we

get many clues to what this artwork is about. It can also be done with more artwork and with words that come to us intuitively as we look at different parts. I won't write about this in detail, but I'll mention what is important in this step.

First, it has to be done intuitively as the artwork was done, so that we maintain the higher energy, which is what heals.

Second, the witnessing has to be done by the client. It is not enough that I witness it. In this way, the power to change is placed in the client's hands.

Third, it has to be clear that the reading is not done in order to define or judge, but simply to witness thoroughly.

Many of these processes are described in my book, *Opening Intuitive Flow Through Artwork*. The book also gives examples of how these steps were used in sessions.

While witnessing thought patterns and their associated emotions from a deeper state, the thought patterns and the emotions that are associated with them change. They always change into something that feels better and is freer. This is how we heal. This is also how we surrender to our deepest part to allow it to heal us and guide us to a happier and freer life.

When we do another artwork in the same way, we can witness what changes took place. This is a very important step too. We want to know experientially that we have changed. Knowing that we have changed makes the change stay and gives us the knowledge that we have the ability to change the subconscious thought patterns that cause us to suffer. Working in this way, there is not even one session in which change does not happen.



Once we know how to do intuitive artwork and how to read it, we have established a connection to our inner guidance, and we can ask any question we want. We ask it before we make the art and get the answer through the artwork and the reading. A point to remember is to try not to answer the question that we asked but to simply follow our sense of beauty as we make art, so that intuition will speak through it. The answers are not always direct, but they will always show us what we have to pay attention to in order to be happier now.

In conclusion, I would like to say a few words about the comparison between my method and the prevailing method in art therapy.

The theoretical basis for art therapy as it is being taught in universities is psychoanalysis. What is usually missing in psychoanalytic practice is the experiential witnessing from a deeper state. This witnessing can happen by chance but not out of knowledge and choice. In most cases, this witnessing does not happen, and therefore change does not happen either. It is impossible to resolve thinking issues through thinking, because thinking is done with the thinking patterns that constitute the problems. Activating these patterns strengthens them. The only way to change patterns of thought is to witness them from a deeper state. We do not have to look for a better thought pattern to replace the old one. The good state of happiness, love, curiosity, playfulness and more is who we are underneath all the issues that we dissolve. The good state will show itself on its own when we lessen the impact of the inner conflicts.

Another beautiful thing about this method is that we do not have to deal with what happens in the outside

world of the client. Everything that happens in his world is an expression of an inner understanding that he has, which expresses itself many times in many ways throughout life. If we resolve one issue in the outside world, we do not resolve the core structure of understanding, and there will inevitably be other appearances of problems in the outside world. But if we resolve the core inner structure of understanding, there will be no more expressions of it in life. This can be done dealing solely with the art. The structures in the art that do not flow are core issues. When we experience them closely from a deeper state they change into flow. €

Below is an intuitive artwork. I asked: *Show me what is going on with me now.* And I did the process of making art intuitively so that intuition will come through it. You can read the reading of this piece in my blog, entry 184. www.IntuitiveFlow.org





Five Principles for Eating Your Way to Good Health

Joan Borysenko, Ph.D.

One diet does not fit all, says Joan Borysenko, PhD, author of the forthcoming book, *The PlantPlus Diet Solution: Personalized Nutrition for Life*, to be released October 1, 2014 by Hay House. But there are a few smart food choices that most people can benefit from. In this article, Joan looks at the confusion surrounding low-fat and low carb diets, explains the biology behind our individual dietary needs and offers five principles for healthy eating that apply to just about everyone.

In 1961 President Dwight D. Eisenhower was diagnosed with heart disease and put on a low-fat diet. Since then, reducing dietary fat—while increasing carbohydrate intake—has become nutritional dogma in spite of some sketchy research. Yes, the rates of heart disease have gone down over the past 50 years, but experts don't think that diet was involved. Less smoking, better emergency medicine, more long-term care, fewer cases of rheumatic fever and healthier moms who bore higher birth-weight babies are the likely causes of the decrease in heart disease.

On the other hand, the very dietary changes that were put in place specifically to reduce the incidence of heart disease—which still claims the lives of one in four Americans—ignited an epidemic of obesity, diabetes and Alzheimer's disease instead.

We're at a turning point where the children now being born in the United States are the first generation

whose lifespan is on track to be shorter than that of their parents. Ironically, one of the culprits may be the way we've been instructed to eat for the past half-century. One single medical recommendation—to eat low-fat foods—spawned a high-carb feeding frenzy that may be the single most expensive mistake ever made in the name of evidence-based medicine.

We're falling down the nutritional rabbit hole at great speed. We must become nutritionally literate. But how do we know what to eat? And how do we know if we can trust the studies that are meant to give us the answers?

I've worked my way through a veritable mountain of medical science to ferret out reliable research. I have a doctorate in medical science (cell biology) from Harvard Medical School, so by training—as well as by instinct—I'm an inveterate diet sleuth. When my husband, Gordon, was diagnosed with coronary artery disease and I was diagnosed with hypertension, we decided to investigate the effect of food on what ailed us. Both of us were fit. We'd long eaten a diet of organic, nutrient-dense foods. What was the problem? And what might the solution be?

Our first diet experiment was consuming an ultra-low-fat vegan diet, which had been shown in the 1990s to reverse coronary artery disease. President Clinton is a poster child for the efficacy of this kind of diet. He's slimmed down and avoided any more



cardiac events, a great outcome. Unfortunately, for Gordon and me, this didn't work. After 14 months on an ultra-low-fat vegan diet, my blood pressure went through the roof, and I ended up on three different meds. Gordon's blood lipids went south in a hurry, and he developed metabolic syndrome. To add insult to injury, both of us gained weight. That unexpected result got my research antennae quivering. What was the problem?

The answer is simple: One diet does not fit all. About half of us are genetically suited to thrive on a relatively high-carb, low-fat diet. The other half needs a higher-fat, lower-carb diet. And there are other variables that determine what we need to eat.

We're falling down the nutritional rabbit hole at great speed. We must become nutritionally literate.

In brief, we all have three genomes: our regular genes that we inherit from our parents; our microbiome, the bacteria that we co-habit with and their genes; and the epigenome, the control panel that turns genes on or off in response to environmental changes, which range from the effects of stress, trauma and emotions to the kind of foods we eat.

Unless you hail from an ancestral culture like the Inuit, whose metabolism evolved to burn meat and blubber, or an African hunter-gatherer tribe that lives largely on tubers, fruits, leaves and the occasional bit of meat, you—like most of us—are a mongrel, with genes that developed to digest foods native to several different locales.

Our mongrel status suggests that we're best off eating a diet that is plant-based, with additions and subtractions based on our own three genomes. These additions are what I call Plus Foods. These range from dairy to eggs, grains to fish, meat to soy. The foods

that you should eliminate are Minus Foods, which come from the same nutrient groups.

Gordon and I, perhaps because we both have similar Eastern European ancestry, have Plus and Minus Foods in common. We get bloated and gassy and develop metabolic disturbances when we eat soy, beans and grains—Minus Foods for us. We thrive on eating dairy, fish, meat and eggs, our Plus Foods.

No matter how you personalize your diet, you can guard your health and that of your family by abiding by a few basic food rules:

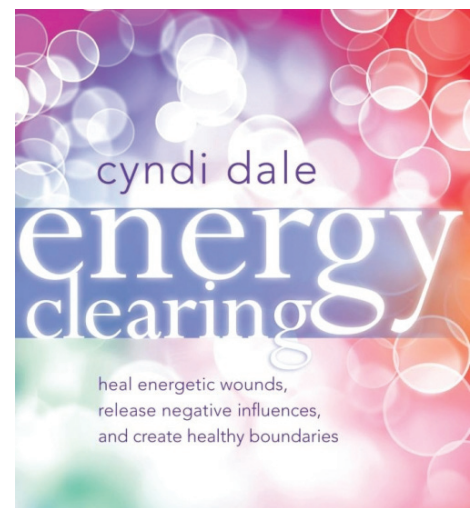
- 1. Eat plant-based whole foods.** The greater the diversity and color of the plants you eat, the more nutrients you get. Different vegetables, herbs, nuts and fruits contain a range of micronutrients and phytochemicals that help prevent cancer and other diseases. They also provide different types of fiber (prebiotics) that feed our friendly gut bacteria (probiotics). Our microbes perform a number of jobs. They are our first line of immune defense; they synthesize vitamins and neurotransmitters; and they prevent leaky gut, the root cause of insulin resistance and metabolic syndrome—conditions related to the development of diabetes, heart disease and dementia.
- 2. Eat organic when possible.** The herbicides and pesticides used in conventional farming are far more dangerous than we've been led to believe. They lead to oxidation and inflammation, two of the processes that cause aging and disruption of cellular function.

3. **Choose non-GMO.** Genetically modified food crops (that's most of the corn and soy in the United States) are a gamble that the precautionary principle should rule out. If we're not sure whether it's safe to let the genie out of the bottle, we're better off keeping it corked.
4. **Eat humanely.** Animals raised in Concentrated Animal Feeding Operations (CAFOs), where animals are kept and raised in confined situations, live in misery. Animals that range freely and eat grass unpolluted by pesticides have a healthier ratio of omega-6 to omega-3 fatty acids. That's better for them and better for us, too. In addition, when you choose fair-trade products, you provide a more humane life for farm workers, so they can feed their own families.
5. **Be carb-reasonable.** The average American eats 350 to 400 grams of carbs a day, many of them with no or low nutritional value. These carbs cause blood sugar surges that create a metabolic sludge called advanced glycation end-products, which the body can't excrete. Experts recommend consuming an average of 130 grams of carbs a day. If you're overweight, or have diabetes or pre-diabetes, it's best to limit your carb intake to well under 130 grams a day and have them be exclusively from vegetables and low-sugar fruits, in order to lose weight and help normalize your metabolism. If you eat about a pound of low-starch vegetables a day, cut out flour and sugar and focus on eating whole, organic foods, you're on your way to better health—whether you're a vegan, vegetarian, or omnivore. €



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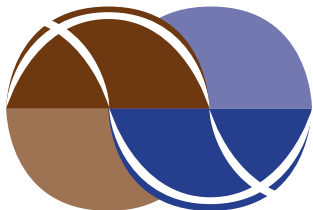
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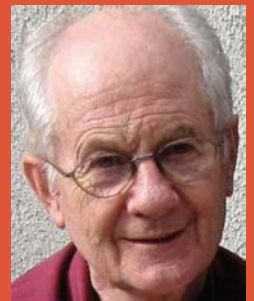
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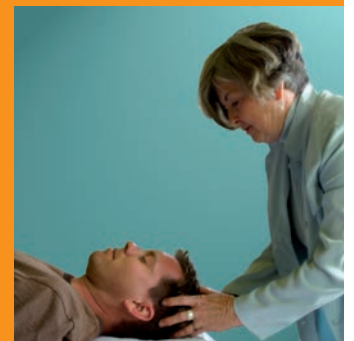
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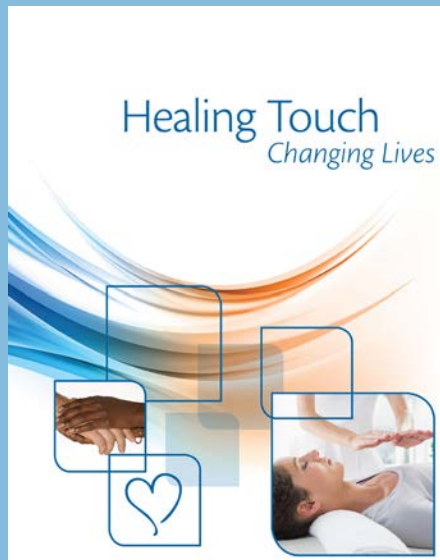


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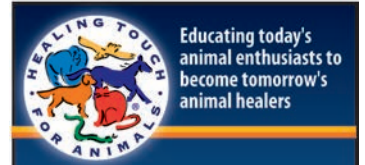
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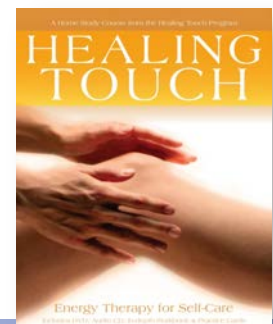
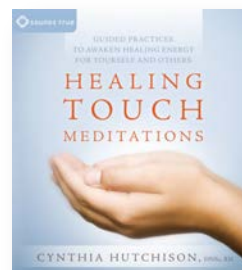


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- 4. Sacred Space**
Create your sacred space at home, create sacred space when you are away
- 5. Experience Silence**
Move into quiet, meditation, Holy Silence
- 6. Holy Leisure**
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- 7. Holy Relationships**
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7 Energy Centers

- 1. Root - Red**
Grounding, Abundance, Connection
Sink deeply into this place of connection
- 2. Sacral - Orange**
Emotions, Feelings, Boundaries
Honor the voice of creation and life
- 3. Solar Plexus - Yellow**
Thought, Purpose, Will, Identity
Sink into your own power
- 4. Heart - Green**
Love, Peace, Relationship
Open your heart
- 5. Throat - Blue**
Speaking One's Truth
Balance speaking and listening, aware to the truth in each situation
- 6. Brow - Indigo**
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