

# Energy magazine™

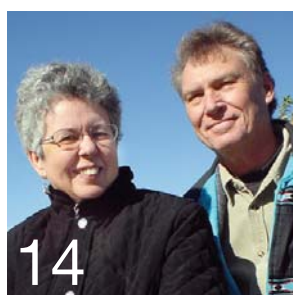
The Official Publication Of Healing Touch Program™

## Energy Medicine in the Home

### In this issue:

Energy Medicine for Secondary Schools  
Growing a Practice, Growing a Relationship  
You Are What You Eat: *The Energy of Food*  
Working at Home  
Using Healing Touch with Babies  
and much more...





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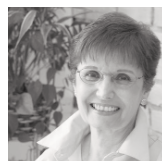
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*Energy Magazine™ would love to hear your comments!*

# Greetings

from Cynthia Hutchison,  
Healing Touch Program Director



In a tree HOUSE, Muir Woods, July 08,  
photo by Trish Intemann

Dear Readers,

Welcome to the August issue of Energy Magazine! This month we offer articles about Healing Touch in the home, including setting up a HT practice out of one's home. Of special interest is another article about teaching Healing Touch to high school students.

I have had a home office where I began practicing Healing Touch soon after my first class in 1992. (I already had been a practitioner of Therapeutic Touch for several years). As part of having a private practice with a designated treatment room, I also traveled many times to clients' residences for sessions, or to health care facilities to deliver care, such as hospitals, nursing homes and out-patient clinics. The practice of Healing Touch has become a part of my everyday lifestyle. Giving sessions to my daughters, friends or local Boulder community members is a common activity and one that I welcome. Administering HT has become an integral part of who I am and a part of my everyday rhythm and environment.

While I have administered HT in a wide variety of expected and unexpected venues (including intensive care units, surgical suites, campsites, airplanes and public restrooms), I love the sense of sacred space that I feel in my home treatment room. The furniture, artwork, room arrangement, wall colors and décor have allowed me to express a part of who I am, how I work and what I consider beautiful and inspirational. It helps me quickly go into a centered, grounded and attuned inner space that supports the client and myself to be open and receptive to the work.

While I love seeing clients in my home office, I learned fairly early on that it is in fact ME that creates the sacred space and not my material environment, aesthetic as it may be. The most beautiful and perfect environment will not support the client in need if I do not know how to create sacred space for the caring-healing moment to occur. It is me that becomes the healing environment no matter where the client and I reside in space at that time. This concept is eloquently expressed by both Jean Watson and Janet Quinn in the HTP Level 2 notebook (p. 28-29).

“...think of the nurse as the environment of the client. In this perspective, the nurse turns toward her or his understanding of the “nurse-self” as an energetic, vibrational field, integral with the client’s environment. A question we might ask is “If I *am* the environment for this client, how can I be a more healing environment?”

-Janet Quinn (1992) “Holding Sacred Space: The Nurse as Healing Environment.” *Holistic Nursing Practice*, 6(4): 26-35.

“When two people enter into a caring moment, a new field of consciousness, or possibilities is created. Both can share consciousness or tap into another field, the universal energy, universal spirit of infinite Love, which in turn has healing possibilities.” ... “The caring-healing moment transforms from a two-field to a one-field consciousness. Both are co participants in the process.”

-Jean Watson (1999). *Postmodern Nursing and Beyond*. Edinburgh/NY. Churchill-Livingston/Elsevier.

As you read this month's issue, I invite you to explore the different ways and places you might feel called or inspired to practice Healing Touch. One place I will be enjoying exploring this concept is at our international Healing Touch Conference in Denver August 1st – 3rd. I will happily share highlights of this joyful gathering with you in our September issue of Energy Magazine!

Summer blessings (to all those in the northern hemisphere)!,

Cynthia



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The new Healing Touch Practitioner Directory includes both Healing Touch Certified Practitioners (HTCP and CHTP) and Healing Touch Practitioners HTP- Level 5 graduates.



**Dale Braun**, is a level 2 Healing Touch student, an oncology massage therapist, Reike Master, and an internationally published poet. The first poem he ever wrote was at a Healing Touch class inspired by his Healing Touch instructor and the groups' energy. His poem, Mustard Seed Faith, was inspired by a one of his oncology patients who, at the time, was struggling with cancer.



**Barb Dahl**, BSN, RN, HCTP/I, studied with Janet Mentgen in Denver in the 80's, was in the first group of Healing Touch Instructors and has taught well-over 200 workshops in the USA, Canada, and the Netherlands. This month's Featured Healing Touch Certified Practitioner is Nancy Battilega whose new book tells of her amazing journey of healing after being diagnosed with breast cancer.



**Charlette Lev Gordon**, RN, HTCP/I, is a holistic registered nurse, certified Healing Touch Practitioner and Instructor in Cincinnati. She enjoys speaking and writing on the subjects of holistic health and Self empowerment. This month's Experience with Healing Touch: Mommy, You Fixed It!, is a touching story of Charlette's experience using Healing Touch with her, then, two year old son to help him with an ear infection that struck in the middle of the night.



**Ellyn Hilliard**, NE, MS, is a certified holistic nutritionist working with clients who are challenged by life threatening illness. She is passionate about organic gardening, juicing, and Healing Touch. She is also the author of our new monthly column You Are What You Eat: The Energy of Food. This month's article focus' on the energy of the food we eat. And how there is more to the assimilation of energy from the food we eat than just vitamins and minerals. The energetic properties of food play an even bigger part.



**Jeanne and Joe Horvath**, both Healing Touch Practitioners, have taken Healing Touch levels 1-4 together and are working on putting together their own Healing Touch practice. Their article, Growing a Practice, Growing a Relationship, explores the many experiences they have shared together on their journey, how they were first introduced to HT, and how it has affected their relationship.



**Rita Kluny**, RN, HTCP/I, lives in Austin, Texas and has been enthusiastically “spreading Healing Light throughout the world” since 1990. In her article, [Using Healing Touch with Babies](#), Rita tells that “all moms can admit to healing touch in the home, without ever taking a class. It is second nature to caregiving. What they call to awareness from Healing Touch are the added dimensions of intention and Presence, of Self.”



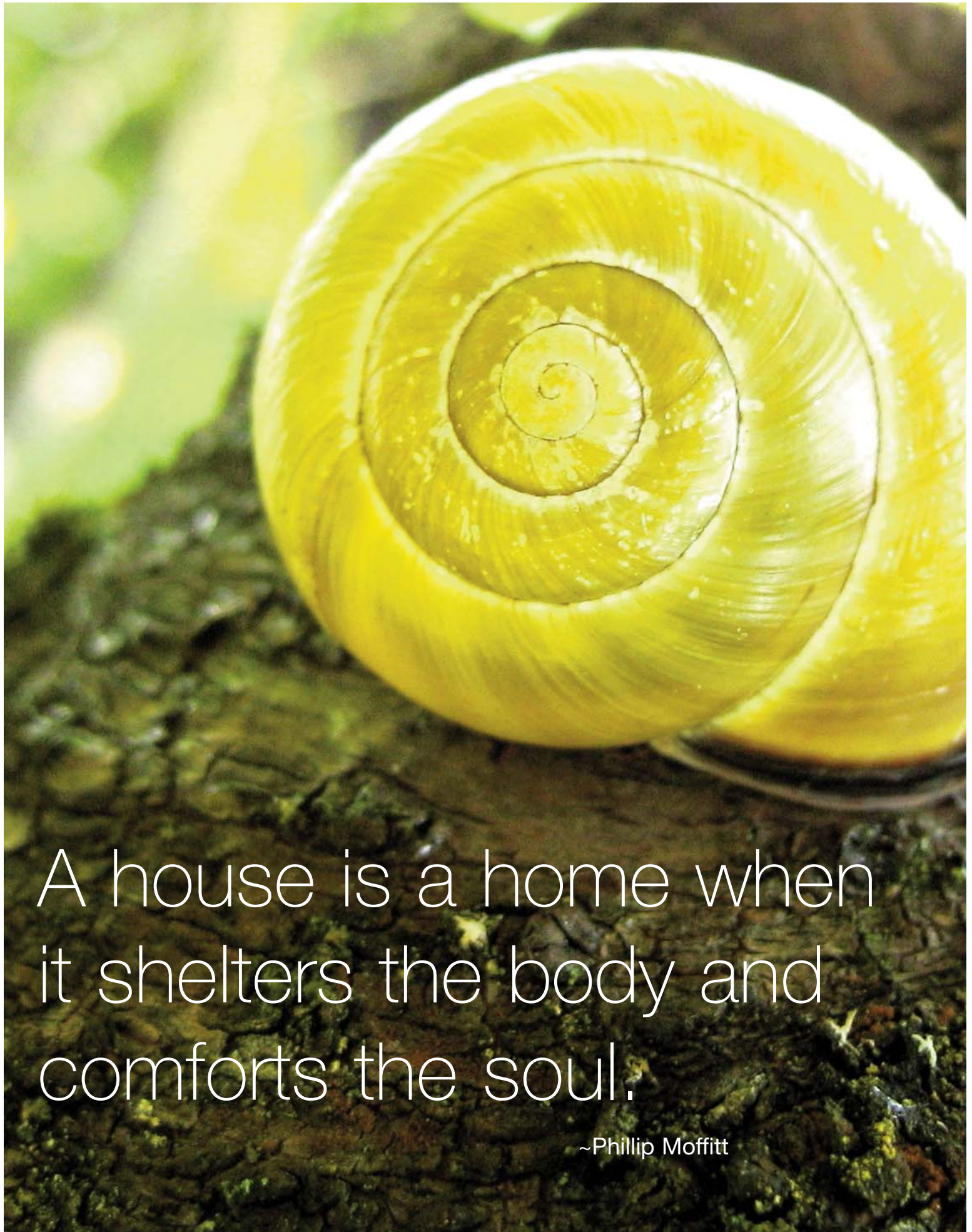
**Jeanette Nienaber**, BSc., Dip Ed., Prof.Bacc., MEd., CHTP/HTP Instructor, has been a science teacher and athletic coach for over 30 years. Her passion and love of children has led her to develop a pilot project for Healing Touch in schools which she hopes will inspire others to embark on this initiative. Her article, [Energy Medicine for Secondary Schools: A Pilot Project](#), tells of how she brought HT to her school, introduced it to the faculty, taught it to her students and the remarkable response she has had from everyone, including the parents.



**Marilee Tolen**, RN, HNC, HTCP/I, is the author of our monthly column, [Money as Energy](#). In this month’s column, *Home is Where the Healer Is*, Marilee reminds us that the home can be one of the most conducive environments for healing. “We can categorize meditation and prayer, yoga or stretching, our *Self-Chakra Connection*, morning walks, and healthful foods as daily doses of “Energy Medicine.”



**Joan Tweed**, HHP, HTP, is a Holistic Health Practitioner living in Spring Valley, California. She was certified in Healing Touch from 1997 to 2007, when she decided to semi-retire. And even though she’s now 66, she enjoys her work so much she’s not willing to give it up completely. Her article, [Working at Home](#), is based on her years of experience holding her Healing Touch practice in her home. Her article is filled with practical advice and many tips for anyone who is thinking of working from home.



A house is a home when  
it shelters the body and  
comforts the soul.

~Phillip Moffitt



# Reader Comments

I just finished reading the article in the June 2008 issue of Energy Magazine [Healing Touch in a Muggle World]. Let me tell you, I was brought to tears. I'm 19 years old and am just now starting my journey of Healing Touch, I learned of it through my grandfather who has been involved with HT for many years. You spoke of people finding their messages and how if you ignore it, a much larger clue will come your way. I honestly see your article as the clue I've needed to get my butt out of the starting gate. For me this is pushing my comfort zone, not because it's new to me, but simply because I worry about if I as a young kid can really do something so extraordinary. Your article helped me see that I need to be less of a wimp and more of an adventurer. I'm ready for a change; I'm ready to stop being bored with my "muggle" life.

In short, thank you. You've helped me to change my life.

*Lindsay Walser, Williamston, MI*

What a FABULOUS [July 08] issue of Energy Magazine!! You ALL have even SURPASSED the magnificent issues that you've produced before – this is without a doubt the most SPECTACULAR publication!! I am consumed with JOY – this is a reference and a promotion piece that we can use to promote Healing Touch EVERYWHERE including the U.S. In fact, I believe it will help those of us that are on the Board of Healing Touch Worldwide Foundation immensely to get some of that corporate money that is just waiting for "work" like this to fund...

Sending all the Love I can possibly generate,  
*Sharon Robbins, San Diego, CA*

## Subscriber Survey

Energy Magazine is produced *for* the Healing Touch Community – help us make it truly yours.



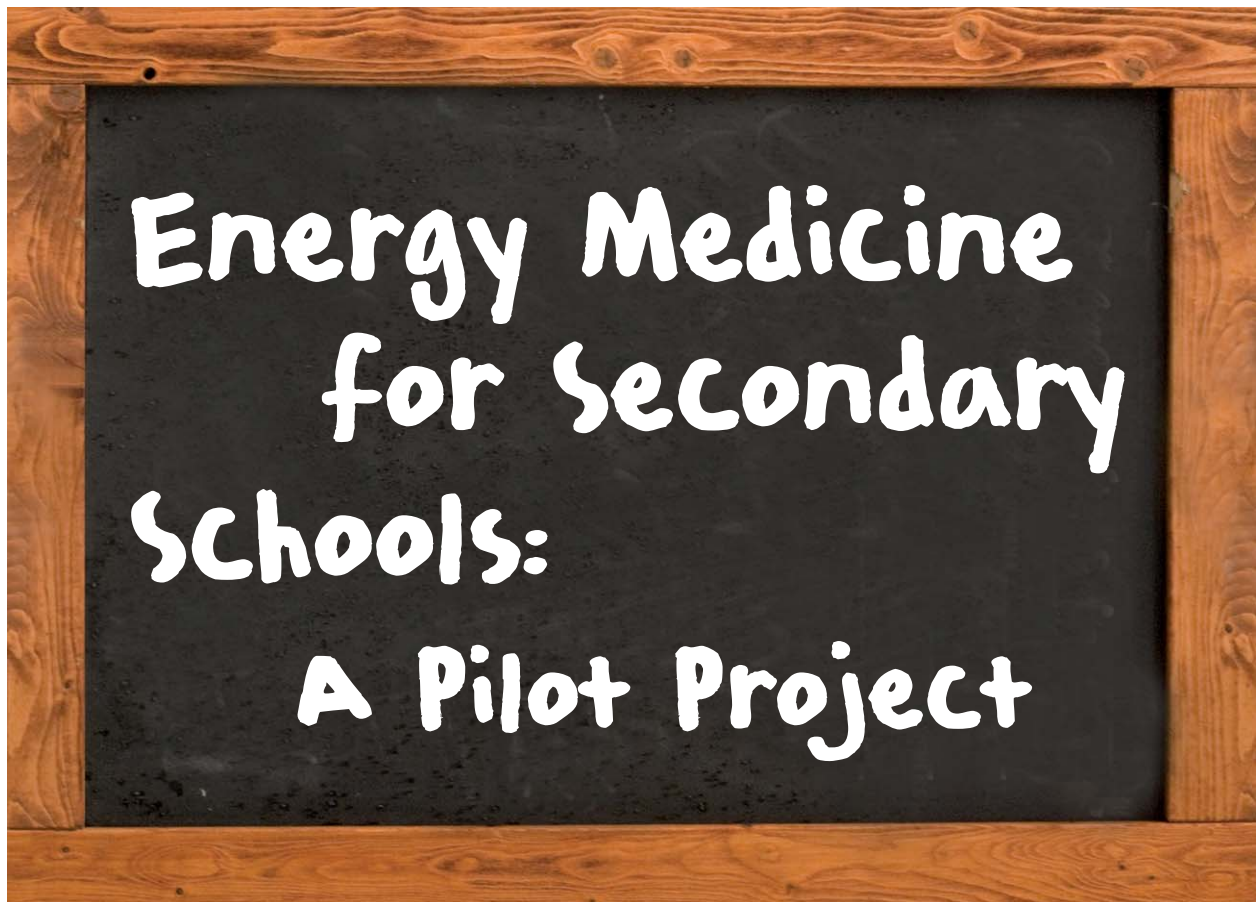
Energy has grown and changed over the past two years, adding monthly columns, inspirational quotes, additional graphics, photos and more. We need you to help guide us into the future.

What would you like to see more or less of? What topics would you like to see us cover? Are we meeting your needs? *We want to hear what you have to say.*

Please take just 5 minutes to fill out our Energy Subscriber Survey and share your suggestions on how we can make Energy Magazine better for you.

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# Energy Medicine for Secondary Schools: A Pilot Project

by Jeannette Nienaber, BSc., Dip Ed., Prof.Bacc., MEd., CHTP/HT Program Instructor

By the end of my Level 1 Healing Touch class I knew that I wanted to continue on the path to certification and eventually teach this work. At the same time, I was also inspired by Janet Mentgen's vision of Healing Touch being used in every hospital, every home and every school. As a full time senior science teacher and mother of three sons I could see the advantages of having a "mini" Healing Touch course for teens to help them navigate the stresses of their adolescent years. Moreover, I felt that if we could teach a generation of young adults how to care for their own energy and develop ownership of their health then many of the "dis-eases" which plague our medical system such as cancer and heart disease might become a thing of the past.

The question was how best to implement such a vision? Since I taught at a very traditional university prep school, I knew that I had to gain acceptance for Healing Touch among my colleagues, as well as, the administration, I also knew that it would pose quite a challenge. My second hurdle would be to find the time to complete enough documented treatments to apply for certification - in order to be credible. The third challenge would be to produce a program which engaged students in a lively and positive manner so that they would be open and motivated to develop their innate healing skills.

To build my confidence and skills, I began to practice on friends and family. It wasn't until after my Level 3 class - almost two years later - that I finally had the courage to address my colleagues at a staff meeting. I explained that since doing work in experimental morphogenesis and embryology as an undergraduate, I had been fascinated by the phenomena of electrical fields in living organisms. I briefly described some research with which I had been involved regarding the study of electric fields

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in living organisms such as the regeneration of limbs in amphibians and the development of embryos.

I then mentioned that I was a student in an energy therapy program called Healing Touch whereby we are taught to use our hands to manipulate the body's electro-magnetic fields in a heart-centered and intentional way to support and facilitate healing. I further explained that this work was very good for stress, pain and promoting healing and that I was seeking volunteers so that I could practice the techniques I had learned. I said that I would send out an email with dates and times and that anyone who was interested could sign up. "At the very least", I added, "You get to lie down and relax for 40 minutes or so!" When I sat down my heart was racing. The headmaster and other administrators just stared at me - and I thought "uh, oh!"

To my pleasant surprise, several co-workers approached me after the meeting with positive and supportive comments including, "My sister is a nurse and she is using Healing Touch in her hospital!" Needless to say, after I posted the email, my schedule for treatments filled almost immediately and eventually I no longer needed to post a schedule - as people were seeking me for treatments.

As the end of my first year of school based sessions rolled around, I met with the Headmaster, and he indicated that it was fine for me to continue with my sessions as long as they were not interrupting classes nor interfering with my academic and coaching responsibilities. More importantly, he asked that I not charge for the sessions as this would pose a conflict of interests. I promised that I would not and thanked him for allowing me to continue my energy work in the school.

I can't quite remember when I first started working with students because as a swim coach I had trained in sports massage and was frequently called upon to work with cramps and other injuries sustained by the swimmers. There was already an element of trust there and the other coaches often joked that the boys faked injuries just to get some attention from me! Gradually, I began to integrate some *Ultrasound*, *Laser* and *Pain Management* techniques depending on the work needed. To my delight, many said they could feel it - although a wide range of skepticism continued to exist. At present, the four other coaches with whom I work have sought treatments from me at one time or another and I know they support this adjunct to our coaching program.

My first official student session was on a young man who was badly injured when six sheets of plywood fell on him during set construction for a school play. Although he recovered from the fractures, etc., he was having difficulty focusing in class because of the constant pain and medications he was taking to relieve the pain. I knew that a trauma like that had probably shifted his auric field in addition to affecting his physical body and felt guided to try and help him. I also knew that the timing would be important.

I outlined my work with the energy field and mentioned that I thought I could help him with the pain. If he was interested, he could talk to his parents and his mom could call me. They were very interested; in fact, his mother had received a Healing Touch session several years ago. He was pain free for several months after the first session but then it returned. After the second session, I received a wonderful thank-you from his mother and to the best of my knowledge he is still pain free.

*continued on page 12*



I continued with staff treatments and occasional student treatments in an unofficial manner for three years while I continued my education in Healing Touch. A little over two years ago, I wanted to complete my certification and start on instructor training but knew this was not realistic given my career and family responsibilities. So with my husband, John's, support, I took a year off to complete a major portion of the HT work I needed to do. When I returned to work last September, I requested a change from full time science teaching to a mixture of Resources and Science for several reasons. First, I had always been motivated to help a variety of students and some of my post graduate courses were directed towards educating students with learning disabilities. Finally, I wanted to explore the possibilities for teaching Healing Touch to secondary school students and felt that children with special needs were much more prone to the stress, anxiety and self-esteem issues due to their daily struggle to survive in the regular classroom.

To this end, I developed a power-point presentation called "Text Message your Body: Energy Medicine for Teens" which I combined with a lesson on how to do both the *Self-Chakra Connection* and *Mind Clearing*. To my delight, the students loved it and it prompted much interesting conversation. Generally, they were very receptive to the work and could feel the energy as they worked. Encouraged, I set up two evening workshops and taught HT to my Chemistry 11 class and a Personal Planning class. It was so well received that I have been asked to teach it to all the Grade 10 Personal Planning classes next year.

The most exciting part of the year for me began when the counselors referred a student to me who had been a witness and first responder to a brutal gang stabbing. He was suffering from post-traumatic stress syndrome and had suffered

I then mentioned that I was a student in an energy therapy program called Healing Touch whereby we are taught to use our hands to manipulate the body's electro-magnetic fields in a heart-centered and intentional way to support and facilitate healing. I further explained that this work was very good for stress, pain and promoting healing and that I was seeking volunteers so that I could practice the techniques I had learned. I said that I would send out an email with dates and times and that anyone who was interested could sign up. "At the very least", I added, "You get to lie down and relax for 40 minutes or so!" When I sat down my heart was racing. The headmaster and other administrators just stared at me - and I thought "uh, oh!"

from nightmares

and sleep deprivation for over a month.

Moreover, he had a leading role in an upcoming drama production and, as a Grade 12 student his academic status for university admissions was also at risk. After one treatment he no longer had the nightmares or anxiety and was smiling again. The results were so obvious that many staff commented on the change in him and gradually, the counselors began to refer more and more students to me for interventions. Healing Touch had finally gained credibility in my school!

In addition, I also conducted two *Introduction to Healing Touch* workshops in the evenings for staff and parents to facilitate awareness of the work and hopefully encourage some of the parents and teachers to take HT classes. At present about ten people who attended these workshops are planning to take the next Level 1 class in our area.

As one of my teachers, Dr. Doreen Virtue, explained in class one day, "As a psychotherapist, it used to take me up to two years of monthly sessions to help a patient heal and now I can do in one session what used to take me two years. If that's not healing, what is?"

*continued on page 13*

At the end of the academic year, I wrote a preliminary report on my work for the year and debriefed with the Head of Student Services in my school. We were both encouraged by the level of acceptance I was achieving with this pilot project and decided that I would also follow up next year with surveys of the students, teachers and parents who had received treatments in order to add validity to my final report - which should be finished by August 2009.

Although I still do this work as a “volunteer”, I am confident that it will provide a valuable reference for other teachers and counselors who are interested in integrating Healing Touch as a means of helping and healing the children in their schools. I will gladly share my preliminary and final academic reports with any interested parties and most certainly send copies of my power point presentation for those who are interested. Moreover, if any one else has developed a program for schools, I invite you to share your ideas and experiences! ☞

About the author:

Jeannette has been a secondary science teacher and athletic coach for over 30 years. She has been extensively involved in professional development, curriculum design and assessment at the district and provincial levels in British Columbia, Canada. In addition to her work in Healing Touch, she is also a certified Angel Therapist and Medium and has a private practice in Vancouver, B.C. Her passion and love of children has led her to develop this pilot project for Healing Touch in Schools which she hopes will inspire others to embark on this initiative. Email: jnienaber@stgeorges.bc.ca

## New Healing Touch Tote Bags



When Healing Touch Program decided to add a tote bag to our store, we wanted it to be ecological as well as beautiful.

We achieved this with the help of Enviro Tote, a family owned and operated company in Bedford, New Hampshire and Billy Courtney, our graphic artist. The new tote is made from 80% recycled cotton fibers and 20% recycled soda bottles.

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 Oct 3-5 Richmond, VA  
 Oct 3-5 W. Palm Beach, FL  
 Oct 10-12 Fond du Lac, WI  
 Oct 24-26 Baltimore, MD  
 Oct 31-Nov 2 Memphis, TN  
 Nov 7-9 Denver, CO

**2008 LEVEL 2**

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 Sept 12-14 Baltimore, MD  
 Oct 3-5 Dallas, TX  
 Oct 17-19 Minneapolis, MN

**2008 LEVEL 3**

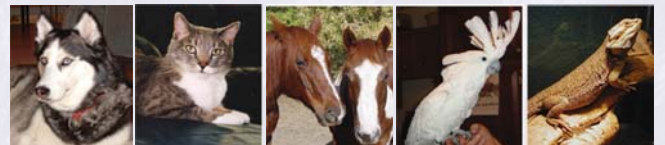
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 Nov 14-16 W. Palm Beach, FL  
 Dec 5-7 Dallas, TX

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# Growing a Practice Growing a Relationship



By Joe Horvath, BA, HTP and Jeanne Horvath, BS, MA, HTP

## JOE:

Jeanne and I began our Healing Touch journey seven years ago. At first, I was skeptical about my ability to actually have a positive effect on another person, but during Level 1, I had several experiences that changed my mind. There was a definite exchange of energy between me and the person with whom I was working.

We have taken all our HT classes together and since our first class Jeanne and I have practiced techniques on each other. This, I believe, has been a great benefit to our relationship.

The male/female ratio of the Healing Touch classes was actually more male than I had first thought. Not that I minded so

much if the whole group consisted of women, but it's interesting -- and I think necessary -- to get another male viewpoint of the experience. We took Level 3 from Steve Anderson, the only male teacher I've had. Early on I wondered if Healing Touch courses and practices would attract many men because this modality is such a nurturing one. This question relates to my own experience growing up in the 1950s when most men were uncomfortable with physical contact, except for shaking hands and playing football. Touching, hugging, and being open with emotions was a "woman's thing." This injunction against touch was reinforced when I became a teacher in the 1990s; throughout my 16+ years of teaching, administration banned any form of touch.

So some questions surfaced for me, such as - can a man provide as much nurturing care in a Healing Touch practice as

*continued on page 15*

a woman? Would male clients accept this kind of care from a male practitioner? Happily, I have discovered that “yes” is the correct answer for both questions.

I have found over the years since we have been doing Healing Touch, that Jeanne and I have had more quality time together than we may have otherwise planned. Doing Healing Touch treatments for each other is a wonderful healing and caring experience.

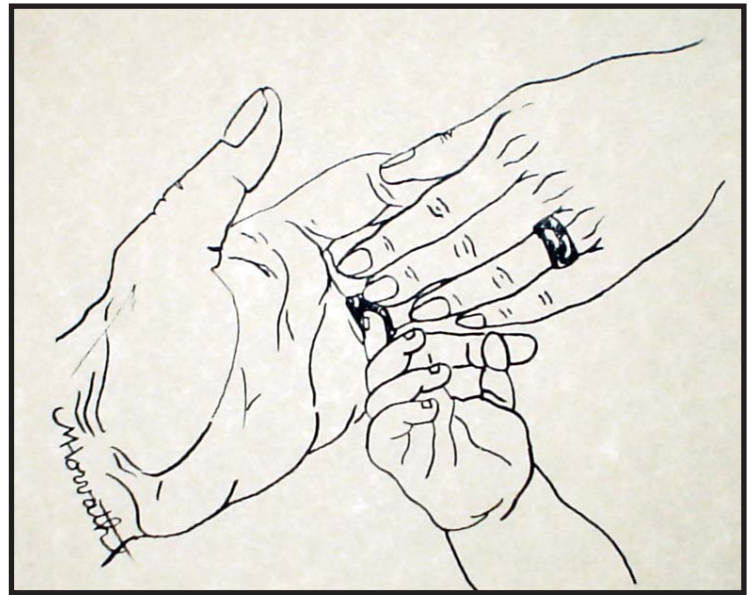
We have worked together to set up a treatment room with a massage table and other furnishings. It is very satisfying and rewarding to be able to work with Jeanne on projects. In June we opened our practice to the public under the name, Synergetic BalanCenter, L.L.C. I am really looking forward to growing this practice together.

### JEANNE:

Joe and I originally sought Healing Touch for one of our children who was often absent from school due to frequent, disabling migraine headaches. Nothing in traditional medicine helped her. We took her to a pediatrician, a neurologist, two psychiatrists, several counselors, a dietician, and a headache clinic. None of the treatments or medications worked for her and we did not want to put her on the calcium-blocker recommended by the headache clinic.

So we turned to alternative medicine. Biofeedback, massage, and Spiritual Response Therapy (distance) didn't really help much, but chiropractic and Cranial-Sacral Therapy, which she did for about a year, did seem to take the edge off the headaches. Much to our delight - one Healing Touch treatment turned the tide for our daughter.

We decided that after the thousands of dollars we'd spent on professional appointments and treatments, we ought to learn Healing Touch ourselves so we could help her as soon as the headaches began. I had begun to feel desperate as I tried to do anything to help our daughter. The whole search to find pain relief for her had been a major strain on our family resources and our relationships. I was not hopeful for Healing Touch to continue to make a difference, but it did.



Above: *Hands*, by Joe Horvath

I was amazed at my experiences at Healing Touch Level 1. While I had seen the results after our daughter had just one treatment, I did not expect to achieve those results myself. However, she responded favorably to both Joe's and my treatments after our first weekend class. We were hooked. We were thrilled. We decided to continue.

Our Level 1 and Level 2 classes in 2001 and 2002 were with Janna Moll of Heart Healing Center in Highlands Ranch, Colorado, the certified practitioner who had worked with our daughter. With each class our confidence and skills grew. As we practiced more with each other, with the local clinics, and support groups, we began to talk about opening a practice to help others. In March 2007, following Level 4 with Alexandra Jonsson of Toronto, we were able to make that a reality. This requires a great deal of coordination between us, including daily communication regarding Healing Touch homework, business and scheduling needs. Now we are finding it necessary to rely on each other even more for support and guidance as we are currently located in Helena, Montana, far from the support group of teachers and practitioners with whom we have associated in past years.

Since May and June, each of us has been working with our RN-Certified Healing Touch Practitioner-mentors. Joe works with Nichole Kasemir of Longmont, Colorado, and my mentor is Alexa Umbreit of St. Paul, Minnesota. We are learning so

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much from these amazing women and are able to share this learning with each other. We met Nichole at her home in July, 2007 and plan to meet Alexa in 2008. We confer with them by phone, email and snail mail.

Joe and I have collaborated on our forms, our business plan, business cards, brochure, flyer, and our practitioner apprentice contracts. We have slightly different contracts because of our different interests, but we have laid out our plans so that we can do a great deal of sharing about what each of us brings to our relationship and our practice. For example, I am grateful to have a live-in science teacher who can explain electro-magnetics! Joe says he appreciates my ability to organize.

Joe tends to be somewhat more people-oriented because of his experience as a high school and middle school science teacher; I tend to be somewhat more planning and evaluation-oriented because of my higher education and administrative support experience. Joe is wonderful at refinishing floors and desks while I tend to fuss with wording on forms and setting up systems. Joe reminds me of the need to rest; I remind him of the need to act. We have worked out complementary ways of interacting and moving forward with our joint plans, which means some weekly time for ourselves away from everything, including Healing Touch, family, work, and business concerns. We also build in a little time each day to enjoy each other. This can take the form of Joe meeting me as I walk home from work or sharing an evening meal together.

Because we have taken on new roles within our marriage, we continue to learn more about ourselves and about each other. I must say that I am surprised that Joe was concerned about being nurturing in Healing Touch because I have always experienced him as intuitive and caring. In fact, children and animals seem drawn to him because he has an open and appreciative way about him. I think he has done a beautiful job of blending his male-female aspects. At the same time, I have been aware of trying to become more feelings-oriented, and consciously developing and deepening compassion. Joe's example over the past thirty years is a real inspiration to me in this area.

Realizing that a marriage needs external as well as internal support to thrive, we appreciate the friendships we have developed, both individually and as a couple, since beginning

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our Health Touch journey. We have learned and continue to learn a great deal from our classmates in the various courses we have taken and consider those friendships a valuable addition to our lives. Whether breaking new ground, running into a snag, or just wanting to share -being able to email or phone a colleague is invaluable. However, our non-energy medicine friends frequently remind us to put our passion for Healing Touch in perspective and remember that many people do not yet know about complementary ways of achieving and maintaining health.

Additional ways that nurture our relationship are discussions about the books we are reading and what we find effective when working with clients. We remind each other to have quiet time alone or to do something nice for ourselves. We meditate together and - best of all - exchange treatments on a weekly basis. **Being able to experience Healing Touch with my husband on a regular basis has had a positive influence on our continuing evolvment as a couple. As we work on each other, not only do all the individual imbalances get cleared away, but so do the weekly imbalances we have accumulated in our relationship.** 📌

*Special thanks to daughter Juli Parrish, Ph.D. for help in editing this article.*

About the authors:

Joe Horvath, B.A. (Geology), has taught all the secondary sciences for the past 16+ years. In his teaching he focused on relationship building, as well as on course content, recognizing that his students often needed personal encouragement as much as the official curriculum. He has worked as a self-taught artist since childhood, selling drawings and paintings in a number of states, including Utah, Colorado, Pennsylvania, and Montana. In March, 2008, he had a one-man show in Helena, MT. Joe is exploring ways to combine art and healing in his practice.

Jeanne Horvath, B.S. (individual & Family Studies); M.A. (Guidance & Counseling), who worked for ten years in K-12 and higher education as teacher, advisor, and counselor, most recently worked with the Montana University System in the Office of the Commissioner of Higher Education. Previously she did volunteer group work with couples in

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Pre-Cana, Engaged Encounter, and Marriage Encounter. Journaling and making mandalas are ways she likes to express herself. In addition to the classes she has taken with Joe, Jeanne completed Levels 6 and 7A of Energetic Healing with Dr. Mary Jo Bulbrook.

**Couple's Healing Touch Bio:**

Along with taking Levels 1-4 of Healing Touch (Levels 1 and 2 with Janna Moll; Level 3 with Stephen Anderson, and Level 4 with Alexandra Jonnson), Joe and Jeanne completed classes in Cutting the Ties That Bind, and several levels of Energetic Healing (now called Transform Your Life through Energy Medicine) with Janna Moll. While living in the Denver metro area, they occasionally participated in Ruth Muhr's support group and her Healing Touch clinic and Janna Moll's energy medicine clinic. For a time they had a bi-monthly energy medicine support group in their Centennial, Colorado home; while in Montana, they held Helena Unified Group Support (HUGS) twice monthly. Still exploring focus options for their practice, Joe and Jeanne plan to complete their certification program. They have recently moved to Duluth, Minnesota.

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## How does someone find a Healing Touch Practitioner?

## How does someone even hear about Healing Touch for the first time?

AlternativesForHealing.com is a leading alternative and complementary medicine directory for finding holistic practitioners, natural products, books, CDs, stores, magazines, schools, seminars, expos and more. It has over 100 therapies to search from, including Healing Touch, along with the convenience of four geographic search options: city, county, state or nationwide. It is one of the easiest ways for someone to find a Healing Touch Practitioner anywhere in the country.

AlternativesForHealing.com offers therapy definitions, so those who have not yet heard of Healing Touch can gain comfort and understanding of the therapy. We are dedicated to helping Healing Touch Practitioners get more visibility and clients, and making it easy for people to find a Healing Touch Practitioner in their area.

Alternatives For Healing was born with the intention of not only being an informational resource, but also it also reaches out to the public through a variety of media including internet advertising, magazines, press releases, event sponsorships and more to catch the attention of many different segments of the public.

**Alternatives for Healing** is offering a discount to Healing Touch Practitioners who wish to be listed on their resource directory. Annual rate is normally \$75.00/year – Healing Touch Practitioners receive a \$15.00 discount for \$60.00/year. Please contact Sonja Torres at 303-476-1714 for more details.



# Working at Home

by Joan Tweed, HHP, HTP

*I* have had a home-based holistic practice since 1989, and have been asked to describe how I accomplished that and what it is like.

The first thing that comes to mind is that it is great! Having clients come to you means - no traffic jams, no money spent on gas, no need to transport a table, no gaps between clients, and no office rent. Plus you can claim part of your home expenses on your income tax return.

But that is now. When I first started it took a little more effort.

So, how does one go about establishing a home-based private practice?

Well, first of all you have to **let people know that you are in business**. Let them know you will be charging for your services

- and **how much you will be charging**. Contact other Healing Touch practitioners and massage therapists in your community and surrounding communities to know what they are charging. Then **make a fee for services list** for ½ hour, 1 hour, and 1½ hour appointments. People will be more responsive to fees that are similar to other comparable therapies.

**It is important to get the word out there**. Put flyers describing your practice everywhere you possibly can – such as drug stores, beauty shops, barber shops, health food stores, doctors offices, etc. Anywhere health-conscious people might see them and take them. Just the act of passing them out produces clients and lets people know about you. Be friendly but professional while doing this, first impressions are important. You can also ask friends to tell people about your new business and give them some of your business cards to distribute for you.

**It helps to include a description** of the different modalities you practice and what the benefits are, because not everyone

knows that our kind of help is available to them. Remember, western society has been taught to eliminate the symptom rather than fix the problem. So we have to **educate people about healing**. We need to enlighten the community about the alternative therapies that are available. We often assume that people know about Healing Touch, but it has been my experience that they either do not know, or they have doubts about it. So spread the word!

After quitting my full-time job and starting my own business, I approached the local acupuncturist to speak with her about offering treatments to her patients which resulted in my **presenting classes on the energy system** to them. We charged \$15 for a two-hour class and split the money. This was a real win-win situation, as Dr. Weng preferred seeing clients to teaching and it gave me the opportunity to meet a lot of prospective clients. Her clients learned that the meridians are only a portion of their energy system, and ten years later I am still seeing some of her clients. So don't be afraid to **approach other holistic practitioners**, it could easily work in your favor. You will also want to have a list of other therapists to whom you can refer people, and give the other therapists some of your cards so they can refer clients to you.

This brings us to the **professional image of business cards, brochures, and the all-important gift certificate**. It is crucial to present yourself professionally and this is one of the easiest ways. Take the time to develop attractive and professional business cards, brochures, and gift certificates. It will pay dividends.

**Your appearance is also very important.** If you look like the lady next door, you'll be treated like the lady next door. I wear scrubs with my business name and motto screen-printed on the shirt. CHOICES IN HOLISTIC THERAPY – “Dedicated to helping you regain and maintain your health.” The scrubs remind people that I am in the health care field - and - I am advertising my business wherever I go. I have had people ask me about my business and ask for my card while standing in line at the bank and the grocery store. **Always have business cards with you**, even if you are just out for the evening!

You never know when an opportunity to book an appointment on the spot will happen.

It also pays to **join organizations** like the local Chamber of Commerce and business networking groups; **volunteer at events** like Earth Day; get together with other practitioners and sponsor a booth at a health fair; **offer Introduction to Healing Touch presentations** and **donate gift certificates to church and community service organizations** especially for their fund raising events. The more you are seen as a professional member of the community and the more clients you attract -- the more people will know about Healing Touch and the other holistic ways you can help them achieve healing and improved health.

Then, of course, there are the yellow pages and the Internet, which I did early in my practice. But in the end, word-of-mouth and the other methods listed above are the best ways to advertise when you are working from home.

**Remember, one happy client can easily refer ten friends.** I've had it happen!

I learned a variety of hands-on techniques before becoming certified in Healing Touch, so my business consists of **an assortment of healing modalities**. I find it very useful to combine things like ear coning with energy work, or adding other techniques taught by other disciplines while doing a Healing Touch session.

Ending a session with recommendations and words of encouragement to help your clients change old patterns are referred to as “wellness coaching” in my brochure. I am not a licensed counselor, but I feel it is important to teach clients how they can avoid sliding backward after they leave.

**Expand your knowledge to enlarge your practice.** People are eager to learn more about alternative/complementary healing methods and they expect you to know about them. So gather all the information you can and share it with your clients. You can also **learn from your clients**. Most importantly - be sure to **listen to your clients**. It is incredible just how much stress a person is able to release just by having a caring person listen to them.

It is also extremely important to **always have your room ready for the next client**. That intention will keep them coming. It is also helpful to keep all your paperwork in the same room, so you can easily find any form or handout you may need.


There are a wide variety of zoning laws in different parts of the country, so you may want to learn about them before you decide just how public you will go, and sometimes it is better not to advertise too broadly. I personally have a home business clause written into my homeowner's insurance policy and carry professional liability insurance, but these are individual choices. Now that I'm semi-retired I no longer advertise, no longer teach or give presentations, and take new clients only by referral - I will probably eliminate the insurance expense, as I no longer need it.

Once you are established you too will be able to do just as much as you wish to keep just as many clients as you would like to have. This is a wonderful way to earn a living, especially if you **schedule clients in clusters**, i.e., just in the morning or just in the afternoon, so the rest of your day is free - or - only four days a week so you have a three-day week-end every week. **You are in charge of your own schedule**. At \$55 to \$60 an hour you can easily make over \$1200 a week seeing just a few clients. So why are you hesitating? **Get busy – and – just do the work!**

Actually it's not really work – it is a privilege. Enjoy it! ☺

About the author:

Joan is a Holistic Health Practitioner living in Spring Valley, California, which is an unincorporated area of San Diego County. She was certified in Healing Touch from 1997 to 2007, when she decided to semi-retire. And even though she's now 66, she enjoys her work so much she's not willing to give it up completely, so she still works part time.



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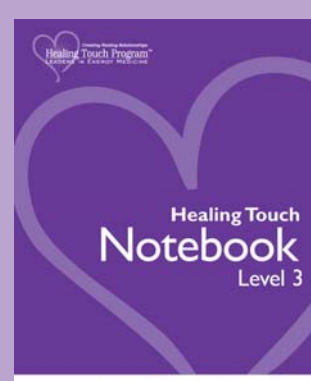
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March 2009	New Zealand	Debbie Carter 64 3 3322931	Hovland
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# Mustard Seed Faith

by Dale E. Braun

*Healing Touch has to be the most rewarding, inspiring, satisfying thing I have accomplished in this life time. I wanted to share a poem that I wrote for one of my oncology patients. When we started our sessions I gave her a mustard seed necklace as a constant reminder of her faith. I am sure you all know the Bible story of the mustard seed. Well that was over two years ago. She has never taken it off in all that time and has been cancer free for over one and a half years.*

*I have learned that no two people ever come together for the sake of only one. I have always gotten back more than I gave. What a gratifying profession. I have also been blessed to the point that I have never had to charge a client a fee for my services. Some things are worth more than money.*

I know the sweetest joys in life are those more felt than seen.  
When someone sees within our soul, with nothing in-between.  
When trust is freely given, two souls connect as one.  
Energy flows between them, like rays of rising sun.  
One such tender moment was given me to share.  
When I came upon you Barbara, in the wings of cancer care.  
The things I am most proud of in all my life today,  
Is you trusted me to work with you, in the Lord's directed way.  
You always wore a mustard seed. This is all the faith I need.  
If I have that much faith, I surely will succeed.  
Then you went to that quiet space within your heart.  
Like the wind unseen, but softly felt, God's love surrounded you  
I heard you say God is healing me today.  
Just quiet acceptance of what is.  
No judgment, anger, bitterness nor fight.  
You just let God heal you that night.  
It is the power of our minds that miracles originate.  
And where our attention goes healing energy flows.  
The power that comes within the silent empty space  
Of our true being, where eyes see and ears hear what  
Was about us always. That when there is great love  
There are always miracles. You put your faith in God  
And yourself, whom you knew were one.  
And the faith of a mustard seed in his only begotten son.  
The faith of that tiny mustard seed  
That has made you cancer free  
Has now grown into a tree.

Dale E. Braun, Healing Touch student, Level 2, Oncology Massage Therapist, Reiki Master, Internationally published poet. The first poem I ever wrote was at a Healing Touch class inspired by my Healing Touch instructor and the group energy. My instructor and mentor have become one of my very best friends over the years. Most of my poetry is energy related and many were inspired and dedicated to my Healing Touch instructor.



You Are What You Eat

# The Energy of Food

by Elyn Hilliard

Americans face a growing national health crisis. This dilemma will not be solved any time soon, but many are now aware that we have been holding a magical answer in our hands without fully understanding the power we possess. The solution is FOOD! Even allopathic medicine admits that diet and nutrition play an important role in the process of healing. Food is the one area of health care over which we have the most control and experts now agree that whole food is our primary path to health. However, there is more to the assimilation of energy from the food that we eat than just vitamins and minerals. Energetic properties of the food play an even bigger role. These qualities can include the taste, color, temperature, direction, Qi, and the specific energetic nutrient benefit to the corresponding organ needing to be nourished.

Mastering food selection in today's fast paced world is nearly impossible. We must keep balance in mind. This is achieved by eating in moderation and being aware of the types of energy with which the food will infuse us. In order to heighten understanding and respect for the healing essence in simple food, we must understand how food acts on the body. This information increases the dimension of food beyond just seeing the plant as a vitamin factory.

According to Dr. Gabriel Cousens, M.D., our bodies, and especially our bones, are *Interacting Vibratory Crystal Transmitters* and food is a supplier of specific frequencies that reenergize all levels of energy patterns within the body. He believes that important liquid crystal structures in the blood, cells and tissue also transmit the healing patterns throughout the body. Dr. Cousens theorizes in his book, ***Spiritual Nutrition and the Rainbow Diet***, that the way micronutrients may work to nourish the body is that specific foods possess certain energetic patterns that could resonate with specific complementary organs or systems of the body. As an example, a regenerative electromagnetic quality in carrots may resonate with the cornea and iris, thus enhancing vision properties. Understanding the nature of the crystalline structures in the body helps us to comprehend the efficacy of certain healing modalities, such as Healing Touch.

Dr. Cousens sites three main principles of energetic nutrition that illustrate his theory of food's relationship to energy frequency:

1. To assimilate food successfully, we must completely absorb the total forces of the food into our own forces through a dynamic interplay of crystalline transmissions.
2. The vibration of food resonates with our bone structure, which then amplifies this energy to the whole body, organs, mind, nervous system, blood, tissue cell salts and chakras.
3. Individual crystalline simple sugar forms, proteins and free amino acids, and negatively charged fatty acids carry specific energy patterns to the appropriate cellular receptor sites that need to be healed. Therefore, our dietary choices play a critical role in healing the body.

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Designing our own specifically tailored diet with these principles in mind requires some patience and creative intelligence in its application. It may involve trial and error, but the premise is simple: eat what increases your experience of health, wholeness and communion and let go of what diminishes this communion. Diet is a part of a harmonious balanced life that resonates with the universe around you. Follow this universal truth and you will begin to create a feeling of well-being that is in alignment with who you are. Violate this principle, and suffer the ailments of a society that is out of touch with its energetic origins. ☺

Source: Dr. Gabriel Cousens, [Spiritual Nutrition and the Rainbow Diet](#), The Tree of Life Rejuvenation Center ([www.treeoflife.nu](http://www.treeoflife.nu))

About the author:

Ellyn Hilliard is a certified holistic nutritionist working with clients who are challenged by life threatening illness. A graduate of Bauman College and Clayton College of Natural Health, she lectures in the Colorado area on whole food nutrition and energy healing. She is passionate about organic gardening, juicing, and Healing Touch.

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# Using Healing Touch with Babies

by Rita Kluny, RN, HTCP/I

How many times have you witnessed kids falling and hurting themselves and running to their parents for comfort? There is deep medicine in those arms that provide a safe haven for the little ones when they experience fear and pain. That parent's touch is healing. It is an intrinsic quality that we all share as humans. More so with loved ones -- especially with one's own children.

All moms provide healing touch in the home, without ever taking a class. It is second nature to caregiving. In the formal Healing Touch program we add the dimensions of Intention, Presence, and care of Self. I always keep this concept in mind when I work with parents. "Put the oxygen on yourself first. Then reach over to help others." This reference gives them permission for self care. It is also a reminder that their own state of Being really matters. It is a revelation for them to see how their own Intention can deeply enhance their relationship with their children. They discover that their hands are an extension of their hearts and that their love transmits more powerfully when they consciously intend it.

A lot of teaching can take place in an informal way. Moms try so hard to be good mothers. As I listen to their concerns, I connect to their hearts to hear what they might need in the way of encouragement. I also like to teach them some easy-breezy ways to use their hands and their presence to make a differ-



ence. The challenge in healing --as Janet Mentgen used to advise is -- to not be attached to the outcome. For a mom this is next to impossible, especially if there is pain involved. So I emphasize the importance of relaxation for mother and child.

I have gone to many homes where the baby has distress of some sort. During the recovery phase after arriving home from the hospital, the baby frequently has difficulty transitioning into the parents' environment. Again, it is essential to first address their concerns and take care of the parents. Often times, for the treatment I recommend that the mother have the baby lie on her belly so that healing can happen at the same time for both of them. (For the first year of life, the mother and child share the same field.)

When I teach the mom the *Basic Healing Touch Sequence*, she experiences the benefit and can understand how healing occurs. I am not leaving dads out, they are at times interested, but usually the moms are the ones seeking my guidance. Interestingly, the majority of participants in my Healing Touch for Babies classes are grandmothers who want to be involved and connected to their grandchildren in a meaningful and loving way.

HT is very effective when putting the baby to sleep. Many moms report that their babies sleep for longer periods, and stop being as fussy right before sleep. Some say that their babies used to wake up fussy but now they don't. Newborns

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transitioning to longer times between feedings start to sleep through the night, giving the parents equal opportunity for a good night's rest.

I suggest using HT as a bedtime ritual through the years. It is a great time for that kind of spiritual intimacy that is experienced beyond words, and reinforces the family connection that seems so fragile during these speed driven times.

When the baby starts teething, simple *Magnetic Passes* – *Hands in Motion* with *Ultrasound* usually provides some relief. The simple activity of the parent centering provides the baby with a kinder, gentler feeling rather than having a frustrated parent who gets tired of the crying. I do not say this in judgment. As a neonatal nurse, I think it is important to be realistic about how crying can affect us so that we can take care of ourselves. Being responsible for our own energy is a huge parenting tool that can be a lifesaver. By checking in, admitting our feelings, and centering ourselves we avoid frustration and the guilt of “falling short because we want the crying to stop.” The baby will mirror the escalation of frustration, and will be relieved as we become calm. The pain may not go away, but they will feel safer knowing that they are accepted when they do not feel well.

This holds true for many things -- starting with birth. I am frequently asked, “What kind of technique would you use if the baby is having difficulty breast-feeding?” My answer always is, “Work with the mom.” HT can relax the mom amazingly well. Most beneficial is to suggest that she and her baby need time to adjust to each other - that it would be a good idea for her to breathe – and that she enjoy watching her baby learn how to breast feed. To know that babies are aware of what their mother is feeling (tension vs. being relaxed) often makes the biggest difference for the mothers. Their hearts open, they slip into the healing presence of motherhood, and the love affair intensifies - resulting in -- mom nurturing baby with milk and reassurance -- baby nurturing mom with love and more love. 📧

About the author:

Rita Kluny, RN, HTCP/I, lives in Austin, TX and has been enthusiastically “spreading Healing Light throughout the World” since 1990. A nurse since 1970, Rita Kluny became a member of the American Holistic Nurses Association in 1985. In 1988, Rita met Janet Mentgen, founder of the Healing Touch

Program. In 1994, Rita was named Holistic Nurse of the Year. Rita has been teaching Healing Touch since 1994. She has extensive experience in integrating Healing Touch in the area of critically ill infants and children. She consulted on a NIH-funded project that researched the effects of Healing Touch on infants in neonatal intensive care. Rita can be contacted by phone at 512-350-4513, e-mail at [healingbabies@yahoo.com](mailto:healingbabies@yahoo.com)



My dream is to see babies' needs be more readily recognized and addressed, and that they be honored and “held” in a heart-felt, sacred manner. I see Healing Touch for Babies having the potential to nip wounding in the bud, to strengthen health, and be the ultimate preventive medicine on our ailing planet.

Will you join me? If anyone feels passionate about this, please let me know. It truly is a frontier in healing! I am open to finding coordinators everywhere so that we can keep our future intact.

Please visit my website:  
[www.HealingTouchForBabies.com](http://www.HealingTouchForBabies.com)

You can e-mail me via the website for a brochure and coordinator guidelines.



# Experiences with HEALING TOUCH

## Mommy, You Fixed It!

by Charlette Lev Gordon, RN, HTCP/I

Shrill cries jolted me from a sound sleep that cool September night. My son's crying clawed my heart and quickly navigated me, as on auto-pilot, through the dark hall and into his room. Sean stood in his crib crying and holding his left ear. Seeing nothing unusual, the hum of the humidifier reminded me that for the last five days Sean had a cold. The runny nasal discharge recently thickened which I suspected was now causing pressure on his ear drum.

I lifted him out of his crib and sought solace with our stalwart friend in the corner of Sean's room, the green velour La-Z-Boy rocker-recliner. Sean and I had spent many precious hours of the past two and one half years, rocking away his tears and my tension. As I sank into its relaxing support, I cradled Sean's head in my left arm and covered his left ear providing warmth with my palm. As we rocked together, I hummed *Hush Little Baby* a song which usually soothed both of us. But not this night.

I considered taking him to the emergency room when I remembered something that I learned in a Level 1 Healing Touch class - which I had taken three months earlier. The technique was called *Ultrasound* and they said it helped relieve congestion. This was the first time I used the technique and I couldn't sense energy at all but I did the *Ultrasound* as best as I could from what I remembered.

Bringing my two fingers and thumb together I began moving them over his ear.

I also believe in the power of the mind and visualized (imagined) the mucous thinning. His crying soon changed to whimpering and finally stopped. After about four minutes he looked up at me and said, "Mommy, you fixed it," and dropped off to sleep in my arms. As I gently laid him back in his crib I silently expressed gratitude for the HT curriculum and for the lesson I learned: just do the techniques - they work whether I could sense energy or not.

The following morning Sean was smiling. He wasn't holding his ear and there was a little clear mucous running from his nose - a good sign since the congestion was breaking up. To err on the side of caution, I took him to see our pediatrician. Dr. Erwin said his ear drum was red but not bulging and prescribed an antibiotic for the ear infection. Sean took the medicine and soon he was his healthy, joy-filled self once again... and to my relief, slept contently through each night.

In helping Sean that night I learned a valuable lesson which has been repeated over and over these many years and I can say with confidence - just follow your instinct and do the work!! 🙏

Charlette Lev Gordon is a holistic registered nurse, certified Healing Touch Practitioner and Instructor in Cincinnati. She enjoys speaking and writing on the subjects of holistic health and Self empowerment and can be reached at [clevgordon@cinci.rr.com](mailto:clevgordon@cinci.rr.com).

# MONEY AS Energy

by Marilee Tolen, RN, HNC, HTCP/I

## Home is Where the Healer Is

The home can be one of the most conducive environments for healing.

A harmonious home has some of the best components for optimal healing, such as a safe familiar environment with a loving support system.

People who practice preventative health in the holistic wellness model are always in the process of healing and creating wholeness. The daily routine of practice and perspective leads to higher states of health.

The home is where these practices and routines take place. The living of a well-balanced life, “right-rhythmic living” as Janet used to quote Alice Bailey, creates the foundation for true wholeness and healing.

We can categorize meditation and prayer, yoga or stretching, our *Self-Chakra Connection*, morning walks, and healthful foods as daily doses of “Energy Medicine.” These self-care practices create states of harmony and balance so that healing can take place on all levels.

There are so many benefits to practicing energy medicine at home, one of which is financial. Whether its prevention of illness, or care of an existing problem, energy practices can be effective and economical (although hard to put a dollar figure on).

It is our continuing job as healers who practice energy medicine in our home all of the time, to be role models and educators for our communities so that healing in the home becomes a common practice. 🏠

About the author:

Marilee Tolen is board certified in Holistic Nursing, a graduate of the Barbara Brennan School of Healing Science, completed Intuition Training with Caroline Myss, and has practiced and taught Healing Touch for over 12 years.

She has integrated abundance and prosperity principles into her professional life for three decades. Her studies of the energy of money became her specialty at the Brennan School in 1996 as demonstrated in her thesis “Currency As Consciousness” ©. She is a contributing author to the recently acclaimed award winning book *Invitation to Holistic Health: A Guide to Living a Balanced Life* (Bartlett and Jones) writing the chapter on “Financial Health”.

Marilee has taken her healing work to the World Wide Web and has created a virtual community for holistic health care professionals and others interested in natural healing.

She is now teaching marketing for healers helping them to launch (or re-energize) their practices. Her e-book “Eight Steps to Kick Start Your Practice” [http://snipurl.com/8steps\\_ebook](http://snipurl.com/8steps_ebook) is now available and her very popular course in Internet Marketing <http://www.introtointernetmarketing.com> has been successfully attended by many in the Healing Touch community.

Follow Marilee on her new podcast program The “Green Tea with Marilee” Show at <http://www.GreenTeawithMarilee.com> and sign up for her free Tips of the Week at her website <http://www.HomeSpaLady.com>.

\*\*\*\*\*

Learn how to market yourself and your healing practice and and share your work and your expertise with the world on the internet! Marilee's famous "Intro to Internet Marketing" course for holistic health professionals. For more info go to: [www.IntroToInternetMarketing.com](http://www.IntroToInternetMarketing.com)

\*\*\*\*\*

Marilee's newly released ebook "Eight Steps to Kick Start Your Practice" is designed specifically for the energy healer or holistic health professional. This book is loaded with information on how to get your practice going strong (whether a new start up or already existing) and how to have your healing work bring you financial abundance. This book is immediately downloadable!

Learn more: [http://snipurl.com/8\\_steps\\_ebook](http://snipurl.com/8_steps_ebook)

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### Bonuses For HTPA Members

HTPA is thrilled to announce that Marilee Tolen (monthly columnist of "Money as Energy") is offering all **HTPA members a FREE copy of her e-book "Eight Steps to Kick Start Your Practice"** (a \$27 value)

### PLUS

HTPA members will receive a special discount for Marilee's 2 hour Teleseminar **"Heart-Centered Marketing for Holistic Professionals."** (\$67 non-members; \$37 HTPA members)

### Take advantage of these Bonuses

HTPA members login on the HTPA website [www.HealingTouchProgram.com/HTPA](http://www.HealingTouchProgram.com/HTPA); go to our member online Message/Forum Board and access the link to Marilee's "Gifts."

### Not a member?

Take advantage of these bonuses.

Sign up now at

[www.HealingTouchProgram.com/HTPA](http://www.HealingTouchProgram.com/HTPA)



# Featured Healing Touch Certified Practitioner



Nancy Battilega, HTCP

by Barb Dahl, BSN, RN, HTCP/I

What brought you to Healing Touch? We listen to the stories at every workshop and marvel at the variety of paths that have led us to “the work.” When the workshops come to an end with Level 5 we “lose touch” with many of our classmates and the rest of their stories – and especially lose touch with what follows after certification. Certification, of course, is only the beginning. Healing Touch changes our lives and together we are changing the world. This column will present profiles of these agents of change.

**NANCY BATTLEGA**, HTCP

## Hero's Journey

Living with a diagnosis of breast cancer is living the hero's journey. Healing Touch Certified Practitioner, Nancy Ann Battilega, shares her 16-month hero's journey with us in her book: *A Story of Grace: Holistic Healing after a Diagnosis of Breast Cancer*.

Nancy could serve as the ultimate consultant for apprentice HT practitioners (those completing Level 4) who receive the assignment to experience ten different complementary health modalities as part of their quest for the prized certification letters after their name. Nancy utilized a vast array of holistic modalities and practitioners from an ion cleanse machine to kinesiology and herbal supplements. Throughout her journey she received support from her Healing Touch practice group, prayer group, family and friends.

With a mass too large for a lumpectomy and rejecting the conventional course of mastectomy and chemo against the advice of her surgeon, she stepped into the perilous quest of the unknown for her healing. “I often related to the character of Harry Potter as I confronted the “Muggle world” of traditional western medicine with the “magic” of Healing Touch,” she writes. (Those unfamiliar with the Harry Potter books are referred to the article, *Healing Touch in a Muggle World: The Hero's Journey of the Heart*, in the June 2008 issue of Energy Magazine.)

Her story integrates esoteric healing practices with details of her everyday life activities as wife, mother, daughter, sister, licensed professional counselor, and Healing Touch Certified Practitioner; a reminder of the importance of investing in life and cultivating encouragement while bearing the heavy burden of a serious illness. Unable to support her chosen path,

*continued on page 30*

Nancy's surgeon did agree to follow her with traditional medical testing and examination after having her sign a waiver of professional responsibility.

Divinely guided to a number of therapists, Nancy takes us through painful life events, reclaiming "my lost self." Contemplative prayer (inviting God to heal past wounds) teaches her the necessity and power of forgiveness. In addition to eliminating sugar from her diet, she worked to release the emotions feeding her cancer, exploring the shadow side, going deep into the dark mine and working hard to find nuggets of gold and silver hidden there. Realizing that "only love will transform my illnesses," she was able to shift her perspective, accepting her illness as an opportunity vs. a battle to be fought and then to confront her fears. "All feelings are temporary," she reminds us. She received therapeutic lessons from experiences ranging from shamanic intervention to communication with a horse. She strove successfully to put more fun in her life, nurture herself, practice the art of surrender, embrace the serendipitous that often came in the form of books, workshops, retreats, and dreams.

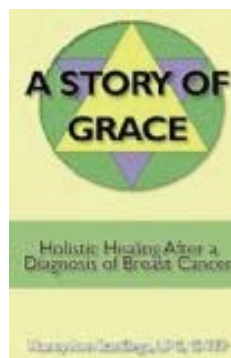
Nancy shares insights learned on her journey that are of particular importance for Healing Touch Practitioners; "All of us on the path of spiritual growth have a need to let go of judgments, comparisons, and the need to understand." Nancy suffered confrontations from people at times who were appalled at her choice to defer to alternative treatments (the Muggles of Harry Potter's world), declaring her in obvious denial. Without access at the time to her support system after one of these attacks, she was thrown into a tailspin, left feeling alone and afraid. The message for her from that experience was the importance of not pushing our agenda on others.

She learned more about her cancer and "issues of space that go hand in hand with diagnosis" in her energy psychology class. "How does my way of being mother, wife, sister or friend keep me from claiming my own space? Why is it so difficult for me to say 'No' and have my 'No' be heard, honored and respected...Why did I allow this cancer to invade my space and how do I stop this process? How do I invade the space of others? It appears that 'space' is a concept on which I will be reflecting for some time."

How did the journey change Nancy? "I believe I am more accepting and forgiving of my own limitations as well as those that I perceive in others. I am less easily upset and, when things do bother me, I am quicker to explore my own shadow. I also have gained a great respect for the intricate connection between body, mind, and spirit. We truly are 'wonderfully made.'"

Nancy can now hold her 16-month hero's journey in her hands, having authored a book about the experience. "The book, I believe, is one of many gifts I brought back from this journey." She's having fun spreading the "message of freedom from fear. I'm not a marketing type of person, but I love book signings!"

Nancy's advice to others traveling a similar journey is to "take the time to learn all you can about your disease, your specific diagnosis and your options for healing. Find people within and outside the traditional medical community who will honor and support your decisions." 📖



Nancy's book: *A Story of Grace* is available through the Healing Touch Bookstore ([click here to go to the bookstore](#)).

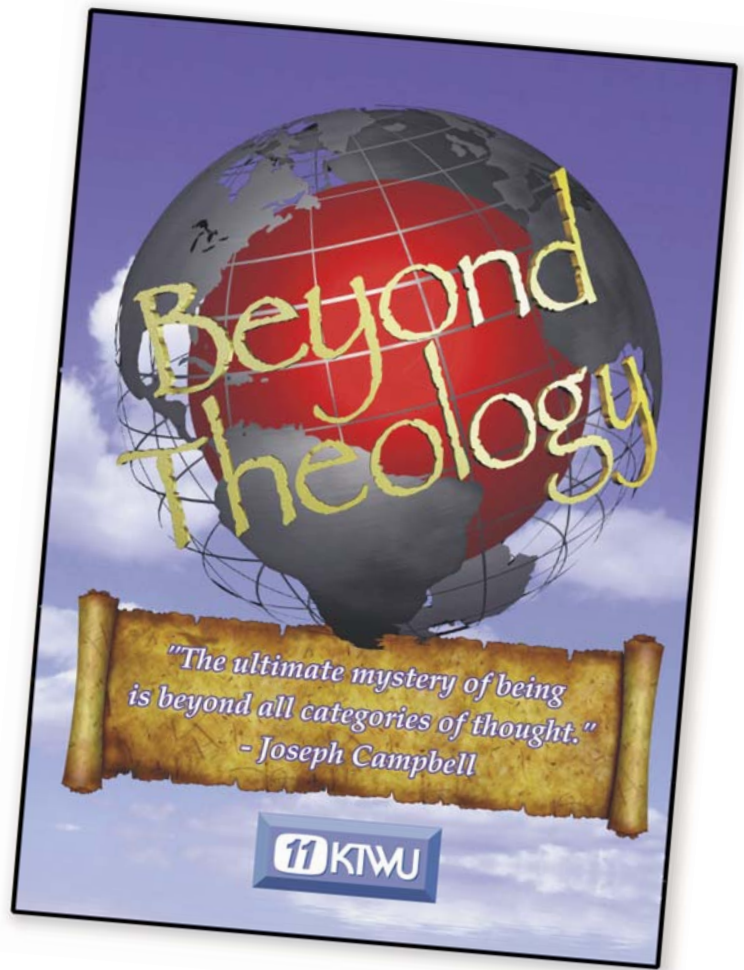
Contact Nancy at [nancybattilega@hotmail.com](mailto:nancybattilega@hotmail.com)

*Who would you like to see acknowledged in the Practitioner Profile? We want to honor the vast and varied contributions of our Healing Touch Practitioners. It might be YOU! Please send your recommendations to Barb at [barbdahl@aol.com](mailto:barbdahl@aol.com).*

About the author:

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

# A Review of: *Beyond Theology*



(2007) 3 discs. 270 min. DVD: \$60 KTWU-TV.

PPR. Closed captioned.

To purchase DVD go to:

<http://ktwu.washburn.edu/productions/BT/#/PressRoom/>

A 10-part series produced by KTWU-TV (the PBS station in Topeka, KS) *Beyond Theology* offers sane and often probing discussions about the impact of scientific advances on religious belief and how theorists and activists are attempting to reconcile spirituality with modernity. While addressing both the difficulties posed by religious pluralism and fundamentalism of all kinds (one episode, for instance, focuses on the controversy over the teaching of evolutionary theory in public schools), and the tendency of science to promote a purely materialistic outlook, the emphasis of these programs lies in exploring the common ground to be found among different religions through more interfaith dialogue, and the deeper understanding of spirituality that can be achieved when scientific thought looks beyond the traditional theological models. From a technical perspective, *Beyond*

*Theology* is fairly routine, comprised mostly of excerpts from interviews with theologians, religious leaders, and scholars (participants include such noted figures as Karen Armstrong and Huston Smith), footage from lectures and ecumenical events, and archival film, stills, and illustrative artwork—all tied together by narration from host Charles Atkins, Jr. But the series does raise serious and challenging questions about contemporary attitudes toward the relationship between religion and science which could lead to fruitful reflection, discussion, and debate. A strong optional purchase. Aud: C, P. (F. Swietek) €

Review courtesy of Video Librarian from the March/April 2008 issue. ([www.videolibrarian.com](http://www.videolibrarian.com))

# HEALING TOUCH

## Class Schedule

### 2 · 0 · 0 · 8

The most up-to-date class schedule can be found on the Healing Touch Program web site [www.healingtouchprogram.com](http://www.healingtouchprogram.com). If you have questions or need to change the information on your listing please contact the HTP office at 303-989-0581 or e-mail at [info@healingtouchprogram.com](mailto:info@healingtouchprogram.com)

Healing Touch Program is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00

Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 1</b>					
8/1-2/2008	OH Columbus	Diane Brotherton	(614) 272-5726	<a href="mailto:dbrotherton@wowway.com">dbrotherton@wowway.com</a>	Sue Keiser
8/8-10/2008	VA Midlothian	Ray Rust	(804) 378-4606	<a href="mailto:rayrust1@verizon.net">rayrust1@verizon.net</a>	Ann Rust
8/9-10/2008	GA Atlanta	Ines Hoster	(404) 257-1843	<a href="mailto:ihenergy@comcast.net">ihenergy@comcast.net</a>	Ines Hoster
8/9-10/2008	GA Augusta	Jane Hightower	(706) 860-9537	<a href="mailto:janehightower@comcast.net">janehightower@comcast.net</a>	Jane Hightower
8/9-10/2008	OR Eugene	Linnie Thomas	(503) 454-0469	<a href="mailto:linthom@juno.com">linthom@juno.com</a>	Linnie Thomas
8/9-10/2008	CA Lafayette	Carol Kinney	(415) 454-9689	<a href="mailto:cskinneyenergyhealing@comcast.net">cskinneyenergyhealing@comcast.net</a>	Carol Kinney
8/9-10/2008	FL Miami	Aleida Drozdowicz	(305) 505-6646	<a href="mailto:adrozdowicz@aol.com">adrozdowicz@aol.com</a>	Aleida Drozdowicz
8/15-17/2008	MN St Paul	HT Program	(303) 989-0581	<a href="mailto:registration@healingtouchprogram.com">registration@healingtouchprogram.com</a>	Peg Olson
8/16-17/2008	FL Tampa	Tammy Dragel	(813) 655-6959	<a href="mailto:tammydragel@yahoo.com">tammydragel@yahoo.com</a>	Kimberly Gray
8/23-24/2008	OH Cincinnati	Daniel Snyder	(513) 221-1660	<a href="mailto:dsnyder004@cinci.rr.com">dsnyder004@cinci.rr.com</a>	Daniel Snyder
8/23-24/2008	CO Estes Park	Sharon Myrah	(970) 222-8146	<a href="mailto:smyrah@msn.com">smyrah@msn.com</a>	Sharon Myrah
8/23-24/2008	PA Westgrove	Victoria Stewart	(610) 723-1725	<a href="mailto:victoriachtp@yahoo.com">victoriachtp@yahoo.com</a>	Nancy Lester
9/6-7/2008	SK Fort Quappelle CAN	Parkland College	(306) 332-5416		Betty Petersen
9/6-7/2008	FL Miami	Aleida Drozdowicz	(305) 505-6646	<a href="mailto:adrozdowicz@aol.com">adrozdowicz@aol.com</a>	Aleida Drozdowicz
9/6-7/2008	CA Sacramento	Susan Reed	(707) 928-6565	<a href="mailto:blueskyz@idiom.com">blueskyz@idiom.com</a>	Susan Reed
9/6-7/2008	CA San Diego	Kathy Allan	(619) 881-9328	<a href="mailto:emfnurse@gmail.com">emfnurse@gmail.com</a>	Kathy Allan
9/12-14/2008	GA Atlanta	Ines Hoster	(404) 257-1843	<a href="mailto:ihenergy@comcast.net">ihenergy@comcast.net</a>	Ines Hoster
9/12-13/2008	CO Boulder	HT Program	(303) 989-0581	<a href="mailto:registration@healingtouchprogram.com">registration@healingtouchprogram.com</a>	Hutchison/Lockwood
9/12-14/2008	MB Winnipeg CAN	Norma Bettess	(204) 256-4288	<a href="mailto:nbettess@hotmail.com">nbettess@hotmail.com</a>	Betty Petersen
9/13-14/2008	NY Amsterdam	Sr Rita Jean DuBrey	(518) 842-7280	<a href="mailto:dubres@smha.org">dubres@smha.org</a>	Sr Rita Jean DuBrey
9/13-14/2008	TX Houston	Bonnie Morrow	(281) 856-8340	<a href="mailto:txenergee@aol.com">txenergee@aol.com</a>	S. Scandrett-Hibdon
9/13-14/2008	MO St Louis	Kay Cook	(314) 772-6333	<a href="mailto:kaycook@prodigy.net">kaycook@prodigy.net</a>	Kay Cook
9/20-21/2008	OH Cincinnati	Daniel Snyder	(513) 221-1660	<a href="mailto:dsnyder004@cinci.rr.com">dsnyder004@cinci.rr.com</a>	Daniel Snyder
9/20-21/2008	CO Lafayette	Nicole Kasemir	(303) 772-4018	<a href="mailto:nk@health-options.net">nk@health-options.net</a>	Nicole Kasemir
9/20-21/2008	NV Las Vegas	HT Program	(303) 989-0581	<a href="mailto:registration@healingtouchprogram.com">registration@healingtouchprogram.com</a>	Vickie Smith
9/20-21/2008	IL North Brook	Marcia Bregman	(847) 831-3680	<a href="mailto:mbreght@comcast.net">mbreght@comcast.net</a>	Marcia Bregman
9/20-21/2008	WA Olympia	Sherri Cote	(360) 753-2276	<a href="mailto:healingessence@comcast.net">healingessence@comcast.net</a>	Bernie Clarke



Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 1 continued</b>					
9/20-21/2008	Stuttgart, Germany	Hans Muller	07118772883	hansyb.mueller@gmx.de	Ines Hoster
9/25-26/2008	OH Columbus	Paula Kobelt	(614) 855-9825	pkobelt@ohiohealth.com	Sue Keiser
9/26-28/2008	WA Seattle	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Keela Marshall
9/26-28/2008	NT Yellowknife CAN	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
9/27-28/2008	SC Charleston	Janet Neal	(843) 388-1834	htpclasses@bellsouth.net	Christine DeVoe
9/27-28/2008	OH Cincinnati	Diane Kelly	(513) 985-6740	diane_kelly@trihealth.com	Charlette Lev Gordon
9/27-28/2008	OH Medina	Elaine Nichols	(330) 721-7030	efnichols@zoominternet.net	Nancy Strick
9/27-28/2008	OR Tualatin	Linnie Thomas	(503) 454-0469	linthom@juno.com	Linnie Thomas
9/27-28/2008	IL Warrenville	Ann OMalley	(630) 674-8040	healerann@hotmail.com	Ann OMalley
10/3-5/2008	SK Saskatoon CAN	Kelsey Institute	(866) 467-4278		Betty Petersen
10/4-5/2008	MO Scopus	Paula Bridges	(314) 772-6333	kaycook@prodigy.net	Kay Cook
10/11-12/2008	MI Farmington Hills	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Kathy Sinnott
10/11-12/2008	Munich, Germany	Sylvia Kraus	64919646	sylviakraus@gmv.net	Renate Reichenberger
10/11-12/2008	MO St Louis	Kay Cook	(314) 772-6333	kaycook@prodigy.net	Kay Cook
10/16-17/2008	KY Park Hills	Margee Clarke	(513) 792-9861	mclark8@cinci.rr.com	Wendy Grace Rolf
10/17-19/2008	CA Burlingame	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
10/17-19/2008	AB Calgary CAN	Mount Royal College	(403) 440-3833		Betty Petersen
10/18-19/2008	Berlin, Germany	Peter Brinkmann	030-38208302	pda@pamho.net	Renate Reichenberger
10/18-19/2008	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
10/18-19/2008	FL Miami	Aleida Drozdowicz	(305) 505-6646	adrozdwicz@aol.com	Aleida Drozdowicz
10/18-19/2008	NV Reno	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
10/18-19/2008	Wurzburg, Germany	Sue Dawson	-09306-981454	susansdwsn@aol.com	Ines Hoster
10/19-20/2008	OH Cincinnati	Daniel Snyder	(513) 221-1660	dsnyder004@cinci.rr.com	Daniel Snyder
11/1-2/2008	WI Fond du Lac	Marian Blazer	(920) 921-9404	deb@fcsh.org	Rosann Geiser
11/1-2/2008	OR Tualatin	Linnie Thomas	(503) 454-0469	linthom@juno.com	Linnie Thomas
11/7-8/2008	OH Cleveland	Gertrud Hensse	(440) 888-2061	hensseg@sbcglobal.net	Nancy Strick
11/8-9/2008	NY Amsterdam	Sr Rita Jean DuBrey	(518) 842-7280	dubres@smha.org	Sr Rita Jean DuBrey
11/8-9/2008	FL Miami	Aleida Drozdowicz	(305) 505-6646	adrozdwicz@aol.com	Aleida Drozdowicz
11/8-9/2008	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
11/14-16/2008	MN St Paul	HT Program	(303) 989-0581		Peg Olson
11/15-16/2008	OH Cincinnati	Diane Kelly	(513) 985-6740	diane_kelly@trihealth.com	Charlette Lev Gordon
11/15-16/2008	CO Highlands Ranch	Dale Ferg	(303) 346-3809	dferg5112@aol.com	Janna Moll
11/21-23/2008	AB Edmonton CAN	Joanne Ross	(780) 463-1553	joanne.ross@shaw.ca	Betty Petersen
1/10-11/2009	OR Tualatin	Linnie Thomas	(503) 454-0469	linthom@juno.com	Linnie Thomas
2/20-22/2009	MB Winnipeg CAN	Norma Bettess	(204) 256-4288	nbettess@hotmail.com	Betty Petersen
2/21-22/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
3/14-15/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
3/20-22/2009	SK Lethbridge CAN	Lethbridge Community C	(800) 572-0103		Betty Petersen
8/15-16/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Level 2</b>					
8/2-3/2008	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
8/9-10/2008	TX Carthage	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
8/9-10/2008	MO St Louis	Kay Cook	(314) 772-6333	kaycook@prodigy.net	Kay Cook
8/16-17/2008	MD Glen Burnie	Tracy Miciche	(410) 721-7805x3	tmiciche@comcast.net	Nancy Lester
8/16-17/2008	CO Highlands Ranch	Dale Ferg	(720) 290-8208	dferg5112@aol.com	Janna Moll

Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 2 continued</b>					
8/22-23/2008	MN St Paul	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
8/23-24/2008	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@comcast.net	Ines Hoster
9/13-14/2008	GA Augusta	Jane Hightower	(706) 860-9537	janehightower@comcast.net	Jane Hightower
9/20-21/2008	FL Miami	Marilyn Cabrera	(305) 595-0003	marilyncabrera@bellsouth.net	Jane Hightower
9/20-21/2008	OR Portland	Linnie Thomas	(203) 454-0469	linthom@juno.com	Barbara Dahl
9/27-28/2008	OH Blue Ash	Theresa Kajs	(513) 683-0987	tmkajs@cincii.rr.com	Theresa Kajs
10/4-5/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
10/11-12/2008	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@comcast.net	Ines Hoster
10/18-19/2008	CO Ft Collins	Lauri Pointer	(970) 484-4771		Lauri Pointer
10/18-19/2008	Munich, Germany	Dora Kostlin	-7117194083	dora.koestlin@gmx.de	Renate Reichenberger
10/20-21/2008	Wurzburg, Germany	Sue Dawson	-09306-981454	susandswn@aol.com	Ines Hoster
10/25-26/2008	NY Amsterdam	Sr Rita Jean DuBrey	(518) 842-7280	dubres@smha.org	Sr Rita Jean DuBrey
10/25-26/2008	PA Westgrove	Victoria Stewart	(610) 723-1725	victoriachtp@yahoo.com	Tina Devoe
10/31-11/2/2008	AB Calgary CAN	Mount Royal College	(403) 440-3833		Betty Petersen
11/7-8/2008	OH Cleveland	Gertrud Hensse	(440) 888-2061	hensseg@sbcglobal.net	Debra Reis
11/14-15/2008	OH Columbus	Paula Kobelt	(614) 855-9825	pkobelt@ohiohealth.com	Jeanette Wiesner
11/14-16/2008	MN St Paul	HT Program	(303) 989-0581		To Be Announced
11/15-16/2008	WA Olympia	Sherri Cote	(360) 753-2276	healingessence@comcast.net	Bernie Clarke
11/15-16/2008	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
12/6-7/2008	SC Charleston	Janet Neal	(843) 388-1834	htpclasses@bellsouth.net	Christine DeVoe
12/6-7/2008	OH Cincinnati	Diane Kelly	(513) 985-6740	diane_kelly@trihealth.com	Charlette Lev Gordon
12/6-7/2008	IL North Brook	Marcia Bregman	(847) 831-3680	mbreghtt@comcast.net	Marcia Bregman
1/24-25/2009	CO Highlands Ranch	Dale Ferg	(720) 290-8208	dferg5112@aol.com	Janna Moll
4/3-5/2009	MB Winnipeg CAN	Norma Bettess	(204) 256-4288	nbettess@hotmail.com	Betty Petersen
5/2-3/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
10/3-4/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Level 3</b>					
8/23-24/2008	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
9/6-7/2008	CA San Diego	Margie Miller	(858) 538-2574	margiehtouch@hotmail.com	Margie Miller
9/13-14/2008	MD Glen Burnie	Tracy Miciche	(410) 721-7805x3	tmiciche@comcast.net	N.Lester/M.McCracken
9/13-14/2008	TX Houston	Bonnie Morrow	(281) 856-8340	txenergee@aol.com	S. Scandrett-Hibdon
9/19-20/2008	NY Amsterdam	Sr Rita Jean DuBrey	(518) 842-7280	dubres@smha.org	Sr Rita Jean DuBrey
9/27-28/2008	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@comcast.net	Ines Hoster
10/4-5/2008	GA Augusta	Jane Hightower	(706) 860-9537	janehightower@comcast.net	Jane Hightower
10/4-5/2008	CO Denver	Dale Ferg	(303) 346-3809	dferg5112@aol.com	Janna Moll
10/23-24/2008	OH Columbus	Paula Kobelt	(614) 855-9825	pkobelt@ohiohealth.com	Charlette Lev Gordon
10/24-25/2008	Munich, Germany	Sylvia Kraus	64919646	sylviakraus@gmv.net	Ines Hoster
11/7-9/2008	OH Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cincii.rr.com	Theresa Kajs
11/7-9/2008	NT Yellowknife CAN	Cathy Landry	(867) 873-9476	cathy.landry@gmail.com	Betty Petersen
12/5-7/2008	NY Amsterdam	Sr Rita Jean DuBrey	(518) 842-7280	dubres@smha.org	Sr Rita Jean DuBrey
11/14-16/2008	SK Swift Current CAN	Judy Ross	(306) 264-3653		Betty Petersen
11/28-30/2008	YK Whitehorse CAN	Judi Urquhart	(867) 633-2493	urquhart@klondiker.com	Betty Petersen
12/6-7/2008	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
12/6-7/2008	CA San Diego	Margie Miller	(858) 538-2574	margiehtouch@hotmail.com	Margie Miller
12/13-14/2008	GA Atlanta	Ines Hoster	(404) 257-1843	ihenergy@comcast.net	Ines Hoster

Date	Location	Coordinator	Phone	Email	Instructor
<b>Level 3 continued</b>					
1/10-11/2009	CO Ft Collins	Lauri Pointer	(970) 484-2211	lmpointer@aol.com	Lauri Pointer
1/24-25/2009	IL North Brook	Marcia Bregman	(847) 831-3680	mbreghtt@comcast.net	Marcia Bregman
2/7-8/2009	WA Olympia	Sherrri Cote	(360) 753-2276	healingessence@comcast.net	Barbara Dahl
6/5-7/2009	MB Winnipeg CAN	Norma Bettess	(204) 256-4288	nbettess@hotmail.com	Betty Petersen
11/7-8/2009	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Level 4</b>					
8/14-17/2008	NC Durham	HT Program	(303) 989-0581	registration@healingtouchprogram.com	S. Scandrett-Hibdon
9/25-28/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
10/22-25/2008	CO Loveland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
11/1-4/2008	Munich, Germany	Dora Kostlin	-7117194083	dora.koestlin@gmx.de	Ines Hoster
11/6-9/2008	GA Augusta	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lynn Placek
11/14-17/2008	OR Portland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
12/4-7/2008	FL Sarasota	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lynn Placek
12/4-7/2008	MB Winnipeg CAN	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Betty Petersen
1/29-2/1/2009	AB Calgary CAN	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Betty Petersen
<b>Level 5</b>					
8/14-17/2008	NC Durham	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Mary Ann Geoffrey
9/25-28/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	S. Scandrett-Hibdon
10/22-25/2008	CO Loveland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Mary Ann Geoffrey
10/28-31/2008	Munich, Germany	Dora Kostlin	-7117194083	dora.koestlin@gmx.de	Ines Hoster
11/14-17/2008	OR Portland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Maureen McCracken
12/4-7/2008	FL Sarasota	HT Program	(303) 989-0581	registration@healingtouchprogram.com	To Be Announced
<b>Level 6</b>					
11/4-7/2008	CO Boulder	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Adv. Practice 1</b>					
8/13/2008	NC Durham	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Donna Duff
9/20/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
11/15/2008	AB Calgary CAN	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Donna Duff
12/5/2008	OH Cleveland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
<b>Adv. Practice 2</b>					
9/21/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Cynthia Hutchison
11/16/2008	AB Calgary CAN	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Donna Duff
12/6/2008	OH Cleveland	HT Program	(303) 989-0581		Cynthia Hutchison
12/7-8/2008	FL Sarasota	HT Program	(303) 989-0581	registration@healingtouchprogram.com	To Be Announced
<b>Presentations</b>					
8/4/2008	CO Denver	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
9/6/2008	OR Portland	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
9/20/2008	NY Albany	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer

Date	Location	Coordinator	Phone	Email	Instructor
<b>L2 Inst. Training</b>					
8/21/2008	MN St Paul	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
10/3/2008	CA San Diego	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Lauri Pointer
<b>L3 Inst. Training</b>					
9/19/2008	NY Amsterdam	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Sr Rita Jean DuBrey
9/26/2008	GA Atlanta	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Ines Hoster
12/12/2008	GA Atlanta	HT Program	(303) 989-0581	registration@healingtouchprogram.com	Ines Hoster



## Janet's Legacy

Poster and Notecards Available

Be reminded of Janet's frequent saying "Just Do the Work" by having a copy of the poster that Karla Greene gifted to Janet in 2005. The poster has the saying written multiple times along the tree trunk, branches, crystals and earth on this beautiful piece of energetic artwork created for Janet.

Available in a set of note cards or as a poster for \$20.00

To order go to [www.HealingTouchProgram.com/catalog](http://www.HealingTouchProgram.com/catalog) or call 303-989-0581