

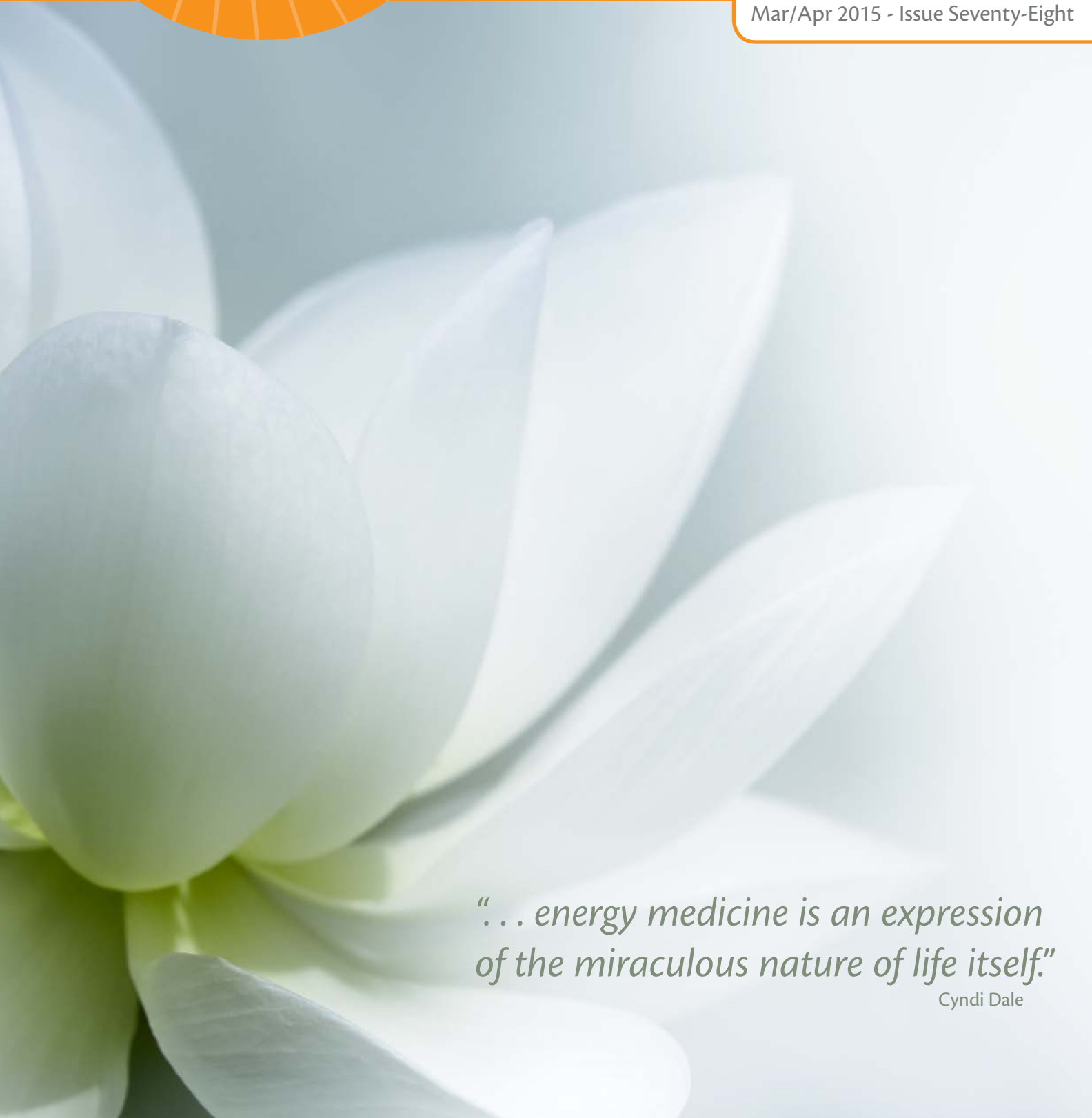


Energy

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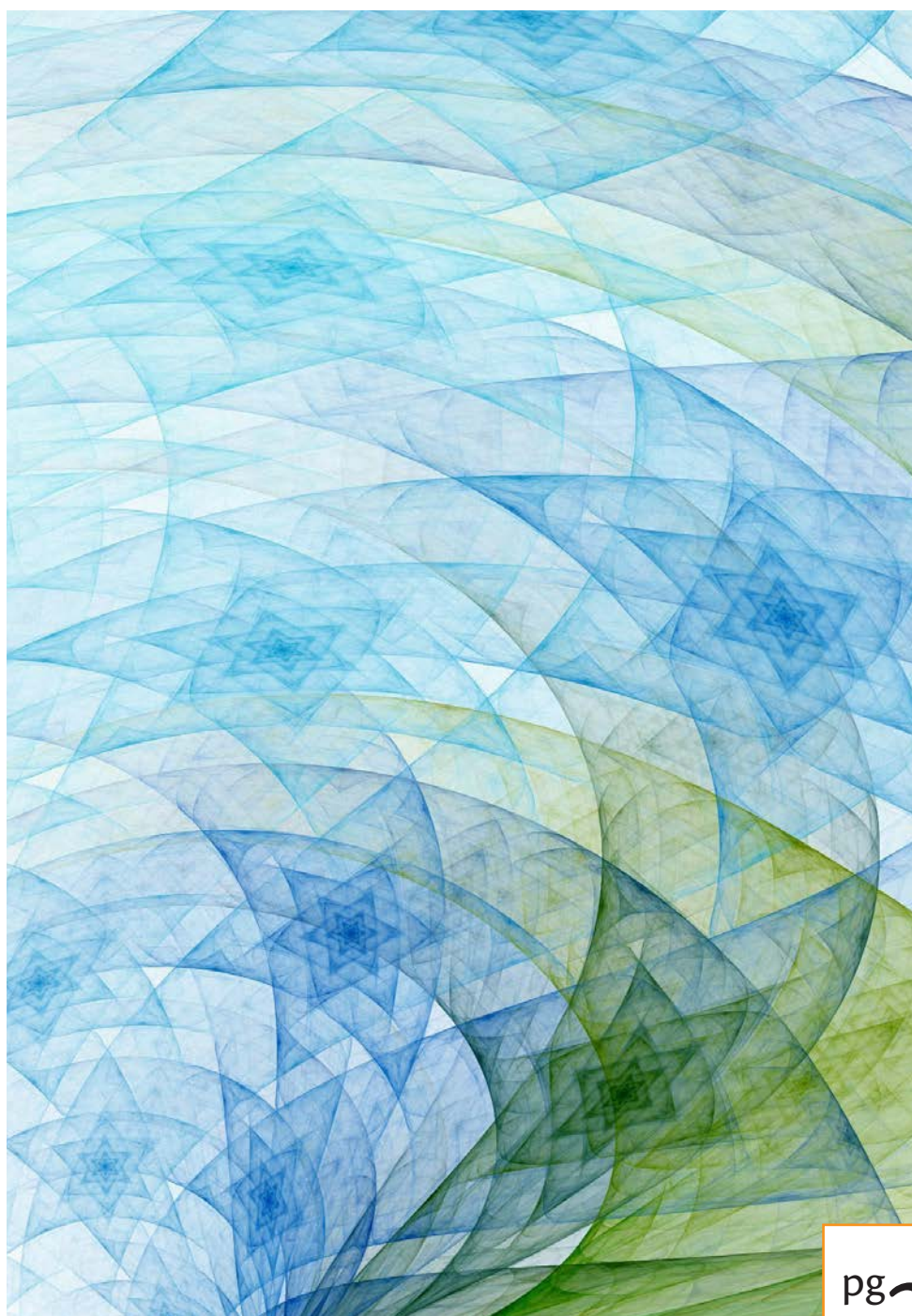
Sharing Energy - Transforming the World

Mar/Apr 2015 - Issue Seventy-Eight



*“... energy medicine is an expression
of the miraculous nature of life itself.”*

Cyndi Dale



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photo courtesy of Cathy Andersen



Dear Readers,

March is here. The daylight continues to steadily increase each day and spring is just around the corner. All things outdoors are responding. Plants are taking advantage of this renewed energy, sap is starting to flow in their “veins,” greening up, and budding. In my little corner of the country, birth is happening — calves and lambs are “on the ground” and growing fast. Birds are nesting.

New life is everywhere. I love this time of year.

Here, we realize that there will be a storm or two, maybe even some dipping of temperatures, as spring begins in fits and starts. However, we know the warmth will continue to increase over time. Around here, St. Patrick’s Day is when we begin to plant peas and potatoes. Cool weather greens start poking their heads out of the ground. And the spring bulbs are well underway. We can begin to change our self-care routines and take full opportunity of the ability to be outdoors more, planting, hiking, walking and cycling.

In February, Energy Magazine created a Self-care Kit. It is posted on our website under “Downloads.” We hope you took advantage of this and are still using it. March and April are great months to continue to put into action the plans we created; for our practices, gardens, outdoor activities and overall self-care. We can spring into action along with the rest of the natural world, bringing our goals to life.

Energy Magazine also created a tool for your practice, gorgeous appointment cards. We created these as digital downloads for a nominal cost so you have a

choice of printing options. We are interested in your feedback – and if you have ideas for other items you would like to see, send us an email.

The March/April issue is once again fully packed with wonderful columns and articles. Donna Eden shares her wealth of experience in Energy Medicine instruction. Many of our readers are instructors, some formal and some informal. Some of you teach in a classroom, others of you teach your clients. I would venture that many of you share some sort of instruction regarding self-care on a routine basis. This article has tips for all.

Cyndi Dale wrote a longer piece for this issue that you won’t want to miss. There are insights on the healing powers of sound offered by David Gibson, business insights from Nancy Murphy, Karen Drucker writes about how she came to her musical career and the power of our thoughts and words, and Penny Burdick shares a powerful mind clearing technique.

As nature paints the world with new color, Tina Devoe provides inspiration about translating what we see and experience in our lives into our journaling through watercolor. So let us follow her lead and pick up our pens, pencils and paints.

Energy surrounds us. Through sound, color and nature it permeates our lives. I hope this issue provides you much inspiration for the days ahead.

Margaret



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Barb Dahl, BSN, HTP/I Emeritus, Blogger Summa cum Latte. Now retired, Barb was in Janet'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



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.



Tina Devoe, RN, HTCP/I brings over 30 years of nursing experience and 10 years of private practice as a nurse healer in her work as a holistic massage therapist. Tina teaches Healing Touch to promote wellness in our communities. Her watercolors are another one of her passions!



Karen Drucker has recorded 14 CDs of her original positive message music. Karen is known as a “music weaver” accompanying such authors as Alan Cohen and many others. Karen has been called “a master of communicating presence and spirituality through music.” She loves making music, making a difference, and touching hearts. www.KarenDrucker.com



Donna Eden is among the world’s most sought after, joyous, and authoritative spokespersons for Energy Medicine. She has been able to clairvoyantly “see” the body’s energies since childhood, and her abilities as a healer are legendary. Her best-selling book *Energy Medicine* is the classic in its field. More than 1,000 practitioners are certified in her system. Her latest book, *The Energies of Love*, was on the NY Times Relationship Best Seller List and reached #1 in Amazon’s “Love and Relationship” nonfiction category. To learn more about her and her work, visit www.LearnEnergyMedicine.com.

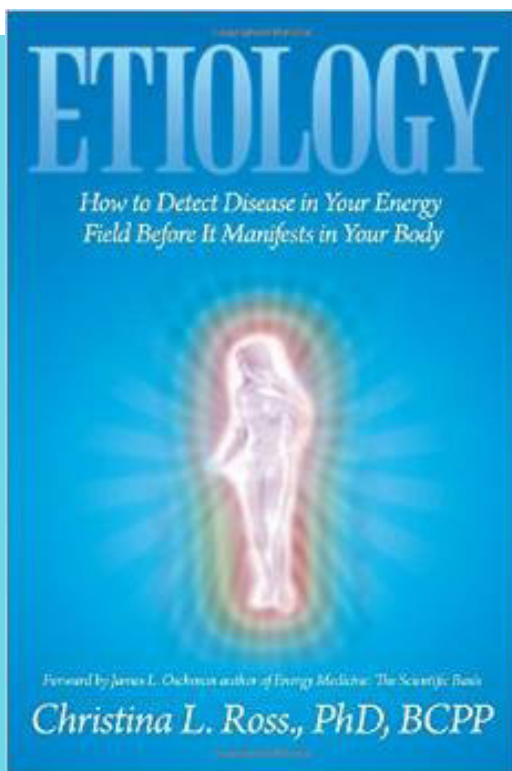


David Gibson is the director of Globe Sound and Consciousness Institute in San Francisco (and online), offering State approved Certificate and Associates Degree Programs in Sound Healing and Therapy (www.SoundHealingCenter.com). David is the author of the book, *The Complete Guide to Sound Healing* (www.CompleteGuidetoSoundHealing.com). His music is in many hospitals around the country including Boston General and U.C. Medical Center. David is the founder of the Sound Healing Research Association (www.GeneOM.com)



Nancy Murphy is a muse, catalyst, and business coach who has helped hundreds of clients spark their brilliance into action to reach success and fulfillment. Having extensive experience as a marketing strategist for BMW of North America, the Benetton Group (Italy), and the Atlantic Committee for the Olympic Games, she brings tried-and-true success secrets to solopreneurs, entrepreneurs, and small businesses. She has a passion for making business fun and interesting for non-business people. For more information about consulting, coaching, and workshops, please visit www.InertialCombustion.com





1 | What is disease? Why do we get sick? *Etiology* is a groundbreaking work in the field of disease causation.

Author Christina Ross, PhD, is a board-certified Polarity Practitioner and biophysicist who studies inflammatory response-which she believes is the cause of all physical illness. Disease, Dr. Ross explains, begins long before biochemical imbalances occur in our physical body. Disease begins at the spiritual level, at the very essence of our being, and evolves through our mind and emotions before it is established in our body. *Etiology* is a study on how to detect disease before it manifests as chronic or incurable. Ross empowers the reader by providing research-based complementary and alternative medicine options, encouraging involvement in one's own healing process.

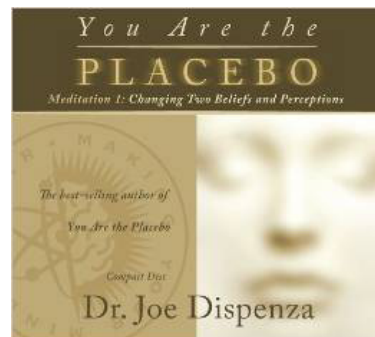


2 | Often funny, always honest and real, the stories Karen Drucker shares in *Let Go of the Shore* reveal how she leaves behind fears and limits to emerge as a writer, workshop leader, recording artist, and speaker--a free spirit who lives life to the fullest and inspires us to do so as well.

In thirty-six stories and songs based on her life experiences from swimming the English Channel to showing off her best Tarzan call on national TV, Karen Drucker helps us to step boldly into the beckoning waters of our own freedom and growth.



3 | In her book, *Becoming Yourself: The Journey From Head to Heart*, author Jan Engels-Smith shows you how to incorporate the creative heart and soul powers into the process of Western rational thought of self-analysis. The results are a journey towards complete self-awareness - one that ultimately integrates the total self - mind, heart and soul. Jan's book conveys spiritual lessons through personal accounts and offers proven healing methodologies and exercises based on her decades of experience as a science teacher, counselor-psychologist and energy medicine practitioner.



4 | On this 56-minute disc, Dr. Joe walks you through *You are the Placebo - Meditation 1: Changing Two Beliefs and Perceptions*. When you discover the sweet spot of the present moment and you forget about yourself as the personality you have always been, you have access to other possibilities that already exist in the quantum field. That is the moment that you can change your body, change your environment, and even create a new timeline for your life!

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



photo from <http://time.com/time-person-of-the-year-ebola-fighters-choice/>

PERSON OF THE YEAR

Barb Dahl

Captain Dale M. Bates, MPH, REHS, CHTP, has just been selected TIME magazine's 2014 Person of the Year along with thousands of other Ebola fighters; doctors, nurses, scientists, soldiers, aviators, technicians, mechanics, and engineers.

Dale is an officer in the Public Health Service (PHS), part of the Department of Health and Human Services, and one of seven uniformed services. In the early part of the 20th Century, service officers fought yellow fever, cholera, and plague. Today it is Ebola. About 65 PHS officers were handpicked for the Ebola mission in Africa and had the option of declining. No one declined. Whether Dale will have an opportunity to apply Healing Touch techniques in West Africa is unknown. It is certain that he will apply the healing concepts of centering, grounding, and intentionality.

Dale was drawn to the Healing Touch Program following his own healing from Post Traumatic Stress Disorder (PTSD). Back in 1994, a gunman opened fire on a military hospital complex where Dale, ironically, had just been wired for a treadmill stress test. He barely avoided being shot and later performed CPR on two of the victims. He described himself afterwards as a "walking zombie" and although he received counseling - obtained no relief. Weeks after the shooting, a nurse took him aside and performed an energetic healing. For the first time since the killings, Bates relaxed and felt the numbness leave his body. He wept with relief. Further healing was provided by his classmates during a Level 1 workshop.

As a Commissioned Officer and Senior Public Health Analyst, Dale has had the opportunity to share the concept and actually use Healing Touch techniques in some very unconventional settings in Argentina, Papua, New Guinea, Vietnam, Louisiana (post-Katrina), and now West Africa.

Dale and his wife, Sue, live in northern Idaho and are the parents of three adult children. €



Above: Dale Bates in protective sterile gown - in West Africa working at an Ebola Treatment Unit



Practitioner Support



Discussion on Healing Crisis

Dawn Warnaca, HTCP/I
With contributions from Kathryn DeSouchet, HTPA, MSW

“Healing Crisis” is a common term in Energy Medicine, referring to physical symptoms that a person experiences during an illness or after an injury that are serious enough to merit the person to stop, rest, get help, and take time to recover. Sometimes a ‘healing crisis’ is exactly what brings clients to us as Energy Practitioners, be it Reiki, Healing Touch or Massage Therapists. While not common, it can also happen after an energy or massage therapy session when toxins are released from the body - sometimes resulting in uncomfortable symptoms that can surprise both practitioner and recipient.

In the Healing Touch Professional Association (HTPA) Let’s Chat call on November 29, 2014, we talked casually about this topic and stories were shared – some of which are included later in this article. This term ‘Healing Crisis’ is discussed so casually and with ease among energy practitioners’ as reality, I wondered if there was practical and/or scientific support for this term and my assumptive definition of it. I began a simple research project pulling various energy related books out one by one, expecting to find this term defined clearly and often. I was a little surprised that I was unable to find ‘Healing Crisis’ in the index section from

any book on my bookshelf. However, the Internet was filled with links by the thousand.

I found this at: [Healing Crisis Defined](#)¹

A healing crisis is when symptoms from diseases and toxins that are released during a detoxification process manifest themselves. Also known as “Herxheimer Reaction”, a healing crisis occurs when toxins stored in the body are released at a faster rate than can be properly eliminated. The more toxic one’s body is, the more severe the detoxification and the more intense the reaction. A healing crisis is characterized by a temporary increase in symptoms during a cleansing or detoxification process. Such symptoms may be mild or severe, depending on the body’s original toxicity, but are definitely temporary. They can occur immediately, within several days, or even several weeks of a cleansing program.

Another link offered that a “Healing Crisis” happens anytime your body is healing. This can be triggered from a range of activities - from natural cures such as energy healing therapy to just an initiation of improved diet, starting an exercise program, or attending a life changing training!

According to Dr. John Whitman Ray, founder of Body Electronics *“the symptoms will begin from within out, in reverse order chronologically as to how the symptoms have appeared, tempered by the intensity of the trauma. The individual will have the opportunity to re-experience each trauma, both physiological and psychological, beginning with the trauma of least severity. Hence, long forgotten illness symptoms may suddenly flare up again in the form of a Herxheimer’s reaction.”*²

This led me to look up Herxheimer Reaction and I found this very simplistic explanation: Herxheimer Reaction . . . occurs when the body tries to eliminate toxins at a faster rate than they can be properly disposed of.³

There were several other websites that contained interesting information, some around elimination diets and toxicity cleansing, and another that discusses possible symptoms of a “healing crisis” from a Reiki perspective. I have included links to these at the end of the article.

While these blogs and articles are interesting and support much of what I casually understand about a Healing Crisis, I was not sure the sources were valid. I went to my local County library and learned how to navigate more reliable resources. These included published articles in health and parenting magazines.



Author Melissa L Block discusses in her article “Don’t Worry, Mom – I’m just Growing in Mothering”⁴ that “*symptoms are not illness; rather, they are signs that the healing process is beginning. When we suppress symptoms — when we interrupt what Dr. Phillip Incao calls the healing crisis — we prevent our children’s bodies from healing.*” She also says, “*Treating illness is not about eradicating a microbe or feeling better right away, but about gently guiding the body back to its natural balance point so that it can heal itself.*” While this article focused on children and in particular that parents almost immediately reach for over the counter or prescription drugs to alleviate symptoms, I appreciated how the author encouraged parents to consider that the body has its own wisdom.

In conclusion, my informal research found numerous references to “Healing Crisis” in a variety of sources. All have a slightly different slant on just what the term means. For example: Dr. James Gordon in *A Natural Prescription for Better Health* said “*In Chinese medicine, a chronic disease must become acute before it can be healed. This is what is known as a healing crisis.*”⁵

What I learned and hope to have shared with you is the desire to have my own clear definition of Healing Crisis, and to be prepared to describe it to clients when I mention this term.

Please join our monthly conversations on the last Monday of every month. €

Resources:

- www.healthhomehappy.com/2012/04/what-is-a-healing-crisis.html
- www.globalhealingcenter.com/natural-health/what-is-a-healing-crisis
- reikiinmedicine.org/clinical-practice/healing-crisis-what-is-it

References:

1. Healing Crisis Defined <http://www.the-natural-path.com/healing-crisis-article.html>
2. <http://www.enaturalhealthcures.com/healing-crisis-symptoms.html>
3. http://austinburg.com/Your%20Health/herxheimer_reaction.htm
4. Mothering Jul/Aug 2003, Issue 119, p32-41
5. A Natural Prescription for Better Health August 2, 2001, Dr. James Gordon

Below are a few personal stories about Healing Crisis shared on the HTPA Let’s Chat conversation, November 29, 2014.

About a year after I took my first Healing Touch class I gave a session to my 88 year-old mother. She had complained that her left hip was hurting. Her doctor said that x-rays showed she had fallen and broken her back a couple of times in the past few years.

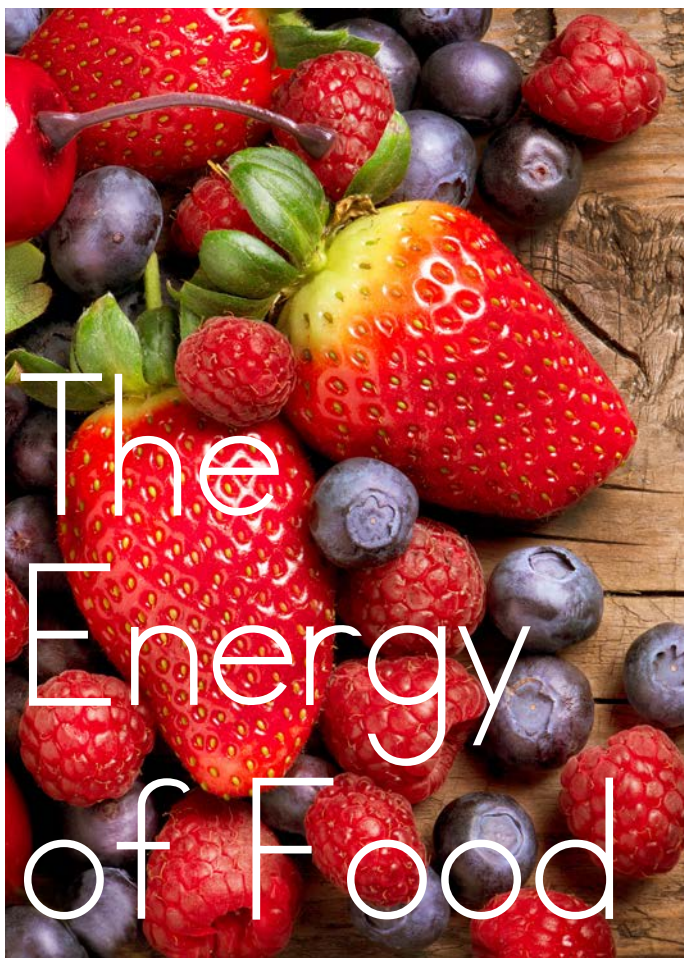
Two days after I gave her a 45 minute Healing Touch session on my new treatment table she went into the hospital for about ten days because she was unable to walk. My mother and my father both thought that I “caused” her hospitalization, intense pain and debilitation. I was afraid that somehow our healing session had caused her problem.

Thank goodness I talked to my Healing Touch mentor who explained that my mother had experienced what is called a healing crisis. The good news is that two weeks after her healing session my mother felt fine. My belief is that without the healing session my mother would have continued her gradual physical decline and increased pain until she was disabled. Her back and legs remained pain free for two years.

When I received acupuncture I experienced something similar to a healing crisis. I called my acupuncturist three hours after my acupuncture session and wanted to know what she did to me. When she asked what was happening I explained that I was experiencing about twenty minutes of every major illness I had ever had in reverse order - including the intense pain of a ruptured appendix.

My acupuncturist was excited to hear what I was experiencing and said that it is called the “Law of Cure”. She said that what I described was the textbook example used in teaching acupuncture.

Early in my mentorship, I had a new acquaintance call me to ask for a Healing Touch session. She explained that she had recently gone to a free clinic for a female exam and had been shocked and “slammed” by a “quick and dirty” diagnosis of cervical cancer. She was recently divorced, had no health insurance and few financial resources. She responded very well to the HT session. However, as she was leaving, she referred to a mild headache she felt coming on that reminded her of past migraines. Indeed, a full-blown three-day migraine enveloped her. I was so concerned that I had caused this, and questioned the technique I used, and wondered if the sequence had overwhelmed her. The ‘rest of the story’ was months in coming back to me during which time my client was able to get family support and insurance coverage. In a casual conversation my client shared all she had been through and wondered if it would have been possible without the rest her body had during her three day withdrawal while recovering from the migraine.



Sharon Greenspan

Eating 101

What should you eat? There are so many paths: vegetarian, vegan, paleo, ayurvedic, high-carb, low-carb, gluten-free, no oil and salt...no wonder people are confused about what to eat!

The answer is the same as any treatment plan: it depends on your current status and your health goals. It changes over time and with circumstances. In my practice as a health coach, I also look at lifestyle: spiritual practices, time demands, the level of effort someone is willing to make for the changes they want and the level of effort towards food preparation. When I began my journey, my level of effort to make changes was limitless. My level of effort in the kitchen was minimal and still is!

As energy workers, we make tremendous investments preparing to experience higher states of consciousness. Part of this preparation, ideally, includes refining the digestive and nervous systems so they can utilize higher degrees of

energy. This process often includes detoxification, just as we detoxify our emotions and limiting beliefs as part of healer training. That's a topic for another article.

What to eat is a personal decision and should encompass all parts of our well-being. The most common mistake is believing that it's about food. Most people choose what to eat based on what they want to FEEL. Chocolate makes you happy! Coffee or green tea gives you a pick-me-up. Grandma's apple pie connects you with Grandma's love.

In my lectures, I mention that 95% of the time people eat because they are stressed, angry, lonely, tired and/or bored and about 5% of the time because they are hungry. I have seen 300 heads nodding "yes" in unison so I know there is truth to this!

When you are stressed out (or any of the other emotions), you are not reaching for the right recipe.

It's important to have food that tastes good. It's also important to have perspective and realize that food is the fuel for our bodies. Consider the activity level of a squirrel. No wonder they can eat fat all day long! The elephant, who moves slowly and doesn't have a high level of activity, eats mostly grasses and fruit. Some birds eat high amounts of seeds and nuts, others eat fruit. It depends on lifestyle and constitution. Wild animals eat foods which provide the best energy for their lifestyle.

While there are no absolute rights and wrongs, there is some very strong research and statistics. Now what I'm about to write might be disagreeable to some people. That's okay.

Author T. Colin Campbell's book, *The China Study*, paved the way for many studies which prove that a plant-based diet is nutritionally sound and the best diet for preventing and reversing many diseases. Dr. Gabriel Cousen's book *Spiritual Nutrition* explains the connection of (unprocessed plant) foods conducting energy. The best diet for energy workers is one high in raw fruits and vegetables with some raw fats such as nuts and avocados. This doesn't mean you have to eat only raw food even though organic raw plant food has the highest energy.

The best diet for energy workers is one which allows energy to flow freely and appropriately and a lifestyle which includes mostly uncooked, organic fruits and vegetables balanced with some healthy fats and grounding practices such as meditating, yoga or even walking barefoot. The advice I



usually give clients (after assessing their history and goals) is to research different options and consult your higher guidance about which option feels right. Again, we are not merely talking about a food plan but rather a lifestyle.

There are two critical factors when using this approach: Follow the energy and do not second guess yourself. If you have any health concerns or specific goals, work with a properly trained professional to help you create a game plan which can change over time to meet your needs.

Bon appetite! €

Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and energy medicine. She is a professional speaker, author and maintains a private practice. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating depression). She's authored the Eating Your Way To Health Workbook, 105 Questions about the Raw Food Lifestyle, Wildly Successful Fermenting™ and several recipe books. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.



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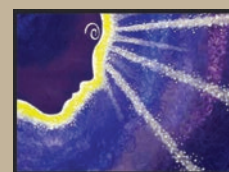
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Lessons from 38 Years of Teaching Energy Medicine

Donna Eden

I taught my first class on energy healing in 1977. I only charged \$5.00 for the weekend course, explaining in advance that I was new to teaching and wanted license to make a lot of mistakes. Now more than 1,000 classes later, I have introduced Energy Medicine to well over 80,000 people around the world, from beginners to advanced practitioners -- from laypersons to physicians.

In the process, I have learned some things that would have given me enough confidence to charge at least \$10 if I knew them at the time of that first class. Here are eight lessons I have learned about teaching Energy Medicine:

1. Start With Simple Demonstrations Rather Than Long Explanations

Many people have difficulty envisioning subtle “energies” they cannot see—such as meridians, chakras, and the aura. In fact, you can explain these at great length without any light of recognition coming into their eyes. Fortunately, Energy Medicine readily lends itself to simple demonstrations that cut through the limitation of words.

I tend to show a new class how easily energy can be

drawn away from a muscle by tracing in the opposite direction of the flow of the meridian that moves through that muscle. This can then be easily demonstrated using a standard energy test. Another favorite is asking for someone who is feeling tired and showing how the energy tests weak when the person walks forward but strong when walking backward, indicating that the meridians have reversed their natural direction, which is nature’s way of encouraging us to rest. Of course, I then show how rubbing the Kidney 27 points can get the energies flowing back to their proper direction. (Energy tests, the uses of the Kidney 27 points, and the other techniques mentioned below are all described in my book, *Energy Medicine*).

2. Anyone Can Do This

I have three modes of demonstrating a wide range of Energy Medicine techniques:

- 1) Invite someone to the stage and demonstrate the technique.
- 2) Meticulously describe the technique from the stage as each student self-applies it.
- 3) With the students working in pairs, show them how to do the technique on each other.



I also have teaching assistants available if someone gets confused. Even people with no self-confidence realize that they can use these methods successfully once they have applied them a few times with themselves and others.

3. Your Students Are Sensitive to Energy

In hundreds of beginning Energy Medicine classes, we have asked for a show of hands to the question: “*Who here is way, way, way more sensitive to energy than others—absorbing energies that hurt you or get in your way?*” Consistently, about one-third of the class raises their hands.

“I explain that this sensitivity to energy is one of the reasons they are drawn to an Energy Medicine class.”

Those of you who are good at math will immediately recognize that “one-third” paired with “way, way, way more” suggests a skewed sample. So I explain that this sensitivity to energy is one of the reasons they are drawn to an Energy Medicine class. I try to help them understand that such sensitivities are a gift, as well as a vulnerability.

While my own sensitivity serves me in my work, I have had to learn how not to be overwhelmed by the energies that my body tends to attract and absorb. I teach students, even in introductory classes, some very simple grounding techniques, ways to keep their aura strong so they are protected, ways to keep their Central meridian strong and connected with their Governing meridian, forming a protective “Macrocosmic Orbit.”

I also teach techniques I use when I have picked up someone else’s energy. One of my favorites is Connecting Heaven and Earth (see inset).

4. Identifying an Energy Disturbance Is an Opportunity—Not a Condemnation

Sometimes when showing someone a weakness in the Spleen meridian or any of hundreds of other energetic problems, the person feels demoralized. The principle to emphasize is that disturbances in the energy field precede disturbances in the physical body. This is an opportunity to head off trouble, not a sentence to future illness and decay. Acknowledge! Celebrate! Correct!

5. Do Not Get Hung Up On a Procedure

If a technique you are demonstrating on the stage does not work, it still worked! Just not the way you planned. It worked to help you assess what is really

going on. Do not stop. Find out if the person’s energies are running backward or in a homolateral pattern or being compromised by Triple Warmer in overload or any of the dozens of other things that might keep a particular technique from working. People will be fascinated to watch you doing “energy tracking” in front of them!

6. You Will Be Asked Every Manner of Health Question

No matter what your agenda, people’s own health challenges or those of their loved ones are paramount in their minds when attending a class on healing. Get used to it. I always bring these questions back to the principle that most Energy Medicine practitioners are not licensed to diagnose or treat illness.

Rather than a legalistic response, it is an opportunity to emphasize that the same physical problem may be the reflection of any of a dozen kinds of imbalance in the person’s energy system. Symptoms provide clues as to where these imbalances may be, and our job is to restore energetic flow and harmony—not to treat illness.



Another consideration regarding questions is that when participants are asking so many questions as to interfere with the flow of the class, I request that questions be limited to those seeking clarification about the topic being addressed and invite participants to take all other questions to the teaching assistants during breaks.

7. Skeptics Will Become Your Strongest Advocates

But not if you try to engage them at an intellectual level. Instead, give them an experience that their senses can not deny. I like to energy test skeptics by holding a magnet up to their ears and then reversing the magnet. The south side always tests strong; the north side always tests weak (assuming their polarities are not reversed and their muscles are not frozen, which you have to be prepared to correct if either condition is present).

This puts them into a state of cognitive dissonance, where what they are experiencing is in conflict with their belief system. They may resolve it by intellectualizing the experience away, but they may return for more demonstrations until the weight of their experience is so strong, they have to re-examine their beliefs.

My husband, David Feinstein, is my poster child for "Skeptics Will Become Your Strongest Advocates." He sat in on that first class in 1977 and came away shaking his head and wondering what I had gotten into. He thought \$5.00 was a bit high. He now writes books and teaches with me.

8. Leave Your Students With a Checklist of Practical Techniques They Will Use

One of the serious weaknesses of Energy Medicine is that it does not work if you do not use it. I certainly want those who attend my classes to enjoy the show, but I also want them to leave with tools they will use for the rest of their lives.

A challenge is that I demonstrate so many techniques in a class, people may not know where to start. So we end even a brief class by suggesting three or four techniques from the many they have witnessed. As those prove to feel good and show other benefits, I know they will want to learn more.

After a longer class, I recommend that they do a five-minute energy routine every day comprised of techniques they learned in the class. I also get them to make a conscious choice about whether they will commit to doing it daily, when during the day they will do it, and whether they will tie it in with another regular activity. (It is a great warm-up or cool-down before or after exercise or yoga, great to do in the bath or shower, or a nice way to help yourself wake up in the morning and be energetically ready for your day). €

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Connecting Heaven and Earth

I thought I “invented” this technique more than 30 years ago, but I have since seen variations of it in hieroglyphics at the Egyptian Museum in London, in qigong practices, and in the healing traditions of numerous other cultures. It makes space for energy to move throughout the body while using the body as a conduit to energetically connect the ground beneath you with spiritual forces that are beyond you. I believe it is the oldest Energy Medicine technique in recorded history.

1. Start with your hands on your thighs, fingers spread. Inhale through your nose, circle your arms out and up over your head, then bring your hands together in a prayer position down and in front of your heart. Exhale through your mouth.
2. Inhaling through your nose, stretch one arm up and one arm down, pushing with your palms.
3. Hold, exhale, and return to the prayer position.
4. Switch arms and repeat.
5. Do this twice for each arm, really stressing the stretch.
6. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent.
7. Take two deep breaths before slowly returning to a standing position. As you do, you can “roll” your energy up your body with your hands, starting at your feet and rolling all the way up and over your head and out to the sides.





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The background of the page is a vibrant watercolor wash in shades of pink, red, and purple, with scattered yellow and green splatters. In the foreground, several paintbrushes are visible, including a large brush with a wooden handle and a smaller one with a silver ferrule and dark bristles.

Notes From My Watercolor Journal

Tina Devoe, RN, HTCP/I

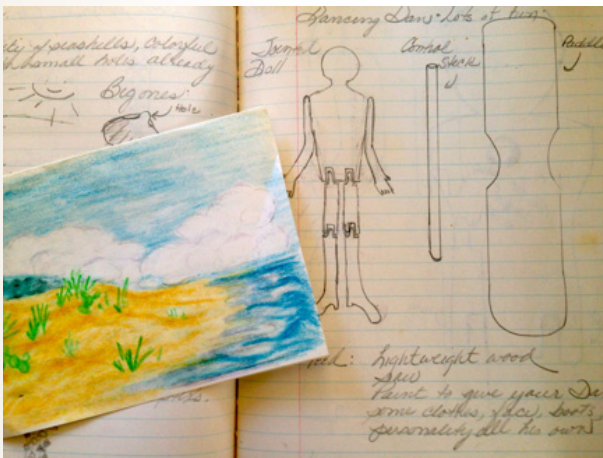
Journaling is a constant in my life. I began using a journal to record my travels, thoughts and adventures in the summer of 1972 - when I was 23 years old. My first journal was a NO. 1130 Composition Book, which cost 77¢.

In it I kept track of what I loved, how I felt and who I found to be interesting -- addresses, recipes from friends, directions for crafts, like the Dancing Dan wooden toy. Beginning watercolors, poems and old letters are stuffed inside. This still amuses my children, grandchildren and me.

My 1974 Journal is a hand-made leather work of art. It was gifted to me by an artist friend who saw my love of writing and drawing my memories. I journaled my travels to Del Mar California where I was exposed to New Age Thought, learned ESP (Extra Sensory Perception), meditation from Esalen workshops, and Touch by Ashley Montague. I have notes from seminars with Eric Erickson and Eli Wiesel. From then on, I kept recordings of the loves of my life, my children's stories, my losses, my loneliness, and my growth rings.

My journals are a gift to me. My interest in watercolor was supported when I returned to school for nursing in 1981. When scheduling my classes, I used three credits for a life supportive skill -- Watercolor - Susan Abbott. Check out her Travel Journals - www.susanabbott.com/paris-2014/

My watercolor journaling is now my pleasurable meditative practice. Using my watercolor time as my practice of centering, contributes to my appreciating the Beauty around me and making time to allow BEAUTY to interpenetrate me. Wow! What a lovely way to spend my time.



Dancing Dan wooden toy

I keep watercolor journals as a record of nature's restorative places and of honoring the time for my meditation. By using thumbnail sketches, I can record what I love that surrounds me.



I actively work to capture the energy of persons who are speaking their passion, their truth! Adding "sound bytes" crystallizes the integrity that I see before me.

My watercolor journaling practice supports my healing practice – allowing me to receive the discipline of creative expression from each venue. I get to be at peace with Beauty and Truth! I am always grateful for the importance of self-care and the happiness I have found from keeping these journals. €

Notes from my Watercolor Journal have been published in other issues of Energy Magazine. Reference the following articles:

- December 2008 - Jean Watson's Caring Consortium
- April 2009 – Summit on Integrative Medicine and the Health of the Public
- July 2009 – Lisa Oz, East Meets West



This photo is from Del Mar Ca, when I started Journaling -- Perpetually 20 Something!



A recent shot during an August show!



Energy Medicine

Cyndi Dale

Sometimes the most vital aspects of life are the ones easiest to overlook, or at best, leave undefined. I remember thinking this when my oldest son was in pre-school and had plumb worn me out. Ready for another adventure, he tugged on my skirt and said, "Let's go play baseball again!"

That would have been the sixth game of the day.

"Michael, I'm too tired," I groaned. "I don't have the energy."

He looked at me with confusion and said, "Why don't you put in a new battery? That's how that pink bunny on television keeps going."

Michael was referring to the "Energizer Bunny" commercial, in which a pink toy bunny runs out of fuel and is instantly replenished with a battery. While we humans are not mechanically equipped for a battery insertion (darn it), we are energetic beings. We are made of energy. We require energy, emanate energy, nourish ourselves with energy, and fix our problems with energy. Because of this, our medicine should reflect this fact.

With the advent of "energy medicine," we can finally

call upon a modality that might equate to playing the Energizer Bunny. Ready to catapult us into the future, energy medicine is an especially attractive body of knowledge for Healing Touch practitioners. In fact, Healing Touch is an energy medicine specialty, as are many other healing modalities. Understanding the facets of energy medicine, including definitions, can only invite more effective client practices and gains.

So, what exactly is energy medicine? Generically, it has been explained as a collection of holistic healing therapies that access "life force" to create balance and wellness.¹ Life force has been known by dozens of names over thousands of years. It is called *chi* in China, *ki* in Japan; *prana* among Hindu and Tibetan cultures; *mana* in Polynesia; and *baraka* in North Africa. While traditionally ascribed to mystical events including psychic interactions, miraculous healing, levitation of objects, and mind power, our ancestors saw no discrepancy in assuming the co-existence of this magical property and the solidity of the perceptible world. They toiled in the soil to plant their crops - then prayed them into being.

The word "holistic" refers to the treatment of the entire or whole being. One division of our sub-aspect is physical, emotional, mental, and spiritual. Then again,



we can create categories such as body, mind, soul, and spirit. No matter the groupings, we are multi-faceted and complex, as is the healing process.

For instance, a simple cold might be caused by any number of factors. Maybe we are sick because we are stressed at work. That very stress could be the tip of an iceberg composed of childhood wounds, dysfunctional beliefs, unmet emotional needs, or a fear of our own divinity.

It could involve a traumatic situation or indicate the beginning of an autoimmune condition. Maybe our

Western society drew a line in the sand and separated “Western” and “Eastern” medicine. Western was traditional and allopathic. Eastern was holistic and could include shamanic and folk remedies, as well as complementary medicine (modalities used to bolster allopathic care) and alternative medicine (approaches used as substitutes for allopathic care). A better understanding of energy, however, urged us to conjoin Western mainstream and Eastern alternative practices, and apply the concept of “integrative” medicine. Basically integrative medicine emphasizes our holistic nature and allows us to use what works.

“Understanding the facets of energy medicine, including definitions, can only invite more effective client practices and gains.”

soul never quite dealt with a past life or energy it picked up from mom in the womb...or...

It is the “or’s” and “and’s” that make energy medicine so exciting, and yes, hard to pin down. Everything is made of energy and there are hundreds of energy medicine therapies. These include the use of natural products, such as herbal supplements; and mind-body practices, including acupuncture, meditation, Pilates, guided imagery, chiropractic, hypnotherapy, and Healing Touch.² To this list I would add age-old and cross-cultural healing methods such as chakra balancing; spirit release; color, shape, and sound remedies; crystal stone layouts; soul journeying; and more, to basically enfold nearly every type of creative healing.

Energy medicine examples also embrace tried and true Western practices. If everything is made of energy, so is surgery and prescription medication. An instrument is energetic, as is the focus of a surgeon. Chemicals are energy, which means Prozac and Xanax qualify as energetic medicines.

How did we get here, at a point where pretty much anything could be considered medicine? Decades ago,

These days, the term “integrative medicine” is being replaced by “energy medicine,” which recognizes that the core unit of reality is energy. The addition of “energy” suggests that a healing practitioner’s job is to decrease or eliminate harmful energy and increase life-enhancing energy.

How can we wrap our heads around this concept and make use of it? Let us take a further look at energy and then at medicine to answer the question.

Classically, energy is defined as the ability to do work.³ However, I use an expanded definition of energy that exponentially empowers the healing process. I understand energy as information that vibrates.

As explained by Paul Pearsall, M.D., in his book **The Heart’s Code**, science has determined that information and energy are the same.⁴ Everything that exists has energy, which is full of information. Even the mind or consciousness is a manifestation of information-containing energy.⁵

Energy—information—is not stagnant, a point made by most scientists. Even decades ago, French physicist



Louis de Broglie proved that matter actually consists of waves, which have movement. Albert Einstein then showed that photons, which are weightless, are still energy and therefore vibrate; in fact, their momentum is entirely dependent on frequency. We have also discovered that at the most minute level, that of quantum units, we find continual frenetic activity.⁶ Since everything holds information and moves, energy is vibrating information.

There are many forms of standard energy, including chemical, electrical, magnetic, thermal or heat, radiant or light, and more. In classical physics, which explains how the mechanical world works, energy is rational. It slows down at yield signs and obeys the traffic cops of the universe. For instance, if you tell “regular” energy to “sit,” it will—unless the command is given to my dogs, which requires added incentive of bribes.

Most of the formal healing provided in the West has relied on this type of energy, or physical energy. In this context, “medicine” is the use of physical activities and substances that diagnose, treat, and prevent disease. But energy medicine practitioners have opened the door to an energy considered just as real as physical energy, if not more prescriptive and powerful. This is “subtle energy.”

Subtle energy could also be called spiritual or psychic energy - or - chi, prana, or mana; words we have already introduced to describe the universal leavening. In contrast to physical energy, the subtle seems enchanted. Let me give you some examples.

In the modern world, the study of subtle energy lies in the realm of quantum physics, the analysis of micro-size energies. In the quantum universe, a particle or object does not exist unless it is perceived. This means that a healer could potentially invite an illness out of existence by just plain ignoring it.

Of course, life is seldom that simple. A subtle energy medicine specialist understands we must also release the subtle energy anchoring an illness and then, focus on a healthier state. We must replace the undesirable

by something more desirable, or the “empty space” will fill again.

There are several other quantum corollaries important to the energy medicine aficionado. As already hinted, an observer affects what they are watching. This means that as a healer, you can possibly alter the trajectory of an illness, idea, thought, or outcome. Another vital quantum observation is that once two objects or people have met, they remain forevermore entangled or connected, and continue to react to each other. This means that when we are working on a client, everyone we have ever known can also lend a hand; the same is true for our client.

How does subtle energy really work? One explanation is that it is tied into what we call “virtual reality.”

On the atomic level, more than 99 percent of the mass of the visible universe is made of protons and neutrons. The heaviest ingredients of these atomic particles are quantum units, mainly quarks and gluons. However, these atomic particles are far heavier than the weight of their perceivable sub-atomic particles. These and other observations have led scientists to suggest that much of the universe is made of “virtual particles,” particles that exist for only a short amount of time. They add weight and then disappear again. Virtual particles are actually fluctuations of vacuum energy. In other words, they come from a vacuum, which has led scientists to wonder if matter is really made of vacuum fluctuations.⁷

In my high school science classes, I was taught that a vacuum, the lowest ground state of all fields in space, is empty. Not so. Even the seemingly empty areas of space between galaxies contain matter, or energy that can potentially become matter. This theory, decades old, was recently confirmed by a 2011 experiment at Chalmers University in Gothenburg, Sweden, in which scientists turned “virtual” light particles, which flicker in and out of existence in a vacuum, into measurable, material particles.⁸



As explained by Dr. Richard Bartlett, the creator of the consciousness-building program called “Matrix Energetics,” virtual particles do not exist until they do. They show up out of “seemingly nowhere” and turn into material particles when we want them to or think they will. The observer, whom I would also call the dreamer, makes the difference.⁹

That is “we.” We, the healers, are the dreamers. Part of our job is teaching our clients to create new dreams, dreams that bring them to the horizon of wellness and help “vote” what should appear out of the vacuum energy.

“. . .energy medicine is an expression of the miraculous nature of life itself. “

In order to gain better control over subtle energy, an energy medicine practitioner works with the body and its obvious statements of need, such as the presentation of imbalance or stress, but also a subtle body. Called the subtle energetic anatomy, this three-part structure enables the oft-intuitive practitioner to sense disparities and analyze for cause, as well as release, shift, and attract subtle energies that will correct problems.

Humankind has known about these subtle structures for thousands of years. In a nutshell, they are energy channels, such as meridians and nadis, which distribute subtle energy throughout the body; energy bodies, often called chakras, which hold, analyze, and emit subtle knowledge; and energetic fields, such as the auric fields, which surround and protect the body energetically. These three structures interact, creating a system of subtle energy flow. In a nutshell, shift subtle energy and physical reality will transform.

The existence of subtle energy is the basis for the strange and awesome effects of Healing Touch and other holistic venues. It also bends the “old Western” definition of medicine into a pretzel. Yes, our ability to sense and manipulate subtle energy, the quick

acting, slippery, and jet-setting quantum particles, waves, and perceptions, allows us to label medicine for what it really is.

How might I define medicine? I answer with a quote about miracles by theologian C.S. Lewis:

“A retelling in small letters of the very same story which is written across the whole world in letters too large for us to see.”¹⁰

In other words, energy medicine is an expression of the miraculous nature of life itself. It is the means to

vote for the highest possibilities, which already exist, at least in potentiality. The medic, the medicine-maker, is the dreamer who makes this transformation possible. You could even say that the energy medicine practitioner is a magical pink bunny with the most interesting set of batteries ever invented. (Now that makes the job sound as enjoyable as it really is!) €

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What Next: Creating a Successful Practice

Nancy Murphy

Beyond getting your practice up and running and establishing your client base, have you ever stopped to think about how success looks? If you believe current media, it is having lots of money, big houses, fancy cars, beautiful clothes, a stay at the Ritz, a swanky vacation, etc. However, that does not have to be *your* idea of success. What does success look like to *you*?

My bet is that you did not get into energy work to get rich. My bet is that you had more personal reasons—perhaps to find and engage in fulfilling work, to bring forth your talent or expression of self, to help others, or to heal the planet in some way. Even so, you probably have an idea of how a successful practice looks. So what is that? Is it covering your monthly office expenses, meeting your monthly living expenses, saving for your children's education, or creating a stash of mad money for a splurge down the road? Maybe it has nothing to do with money but more to do with bringing your creative expression to light and creating a practice with such a stellar reputation that your appointment book is bursting at the seams with people who want to see you. Maybe it is completely altruistic and springs from a passion for helping and serving others and creating a practice that has a reputation for deep energetic healing. Maybe it has nothing to

do with either of those things, maybe you envision healing an ailing planet and creating a better world.

As the late, great Stephen Covey (author of **Seven Habits of Highly Effective People**) said, "*Begin with the end in mind.*" When we know where we are going, it is easier to know when we have arrived versus an "*I will know it when I see it*" mentality. I can not tell you how many folks with whom I have worked have the "*I will know it when I see it*" attitude, and, guess what, they seldom recognize success because it is always a moving target. Take the time to identify what success looks like to you. It gives you a goal to work toward.

5 Steps to Success

If you talk to successful people, they will attribute their success to a myriad of things from being at the right place at the right time to having knowledgeable mentors and advisors - to sticking to it through thick and thin, and more. There are five things every successful person does—whether they realize it or not—that ensure their success and that is -- **FOCUS**. Not only is focus important, but it is a little acronym I made up to illustrate the success process—Foundation, Objectives, Clients, Understanding cash flow, and Strategy.



Think about the last time you successfully accomplished a goal or dream—your energy training, for example. You had an interest, desire, or dream to learn your specific energy modality—maybe someone said that you would be really good at this and it piqued your curiosity. Then you probably thought about how being able to practice this modality would positively impact your life and allow you to reach the people you want to help. Once that idea became the goal, you probably started thinking in terms of logistics. How much time will it take? How much money will

whom. What does your service offer clients? Why should they care? What results do you want them to experience? What experience do you want your clients to have when working with you?

2. Determine Objectives

Objectives translate into the outcomes you want to realize within a time period. They can be financial goals and/or the number of active clients you want on your contact list. Either way, they are measurable goals.

“... all the reasons you wanted to start your own business—freedom, flexibility, being your own boss, etc.!”

it cost? Does it require any prerequisite work? Do I need to go back to school? How do I schedule all of this into my life? How do I pay for it? Once you had a good grasp of all the details, you began to formulate a strategy to meet your goal.

A successful business works the same way. Interestingly enough, many people jump in with both feet without a plan and then they wonder why it is not working the way they imagined. It starts looking like they have a tiger by the tail and the business starts running them. So much for all the reasons you wanted to start your own business—freedom, flexibility, being your own boss, etc.!

1. Create a Strong Foundation

Once you have the proper background and training in the modality you plan to offer, it is important that you have a clear understanding of why you have decided to engage in that practice. The “why” is your big picture vision of what you hope to accomplish by investing your time, energy, and money. So why have you decided to practice this modality? Why this one and not another? What does it allow you to do that other options do not? Does it allow you to work with a specific client base that other modalities do not? Once you really understand why you are doing it, think about what you are going to deliver and to

One financial goal may be to break even each month. That means that you have enough paying clients to cover the expenses of your practice (office rental, marketing expenses, etc.). So the question is, how many clients do you need each month to cover those expenses?

Let us say the cost of your space is \$350 per month and you charge \$60 per session. That means you will need to book six paying sessions per month to cover your costs. Anything over six sessions per month will be a bonus! That extra money can go into your business bank account to create a buffer for subsequent months or it can go toward paying you.

3. Engage with Potential Clients

In last month's issue of *Energy Magazine* we talked about finding your ideal clients. Did you do your homework? Have you identified your ideal client? Do you know where to find them?

Clients are the key to every practice or business. You can provide the very best service in the world, but if you do not have clients you do not have a practice! You need someone to receive your service in order to change the world and/or generate an income.



So get out and connect with potential clients! You can find them in all sorts of places—the bank, the grocery store, a birthday party, a networking event, a dinner with friends, etc. I realize this pushes many of you beyond your comfort zone. Some of you are just waiting for clients to magically drop out of the sky and onto your table. How much success are you having with that? Personally, I find that when I make the effort circumstances align to reward my forward movement. The process seems a lot slower when I sit around and wait for something to happen.

Be bold! Realize that what you have to offer is a huge gift to this world. (Keep in mind that your gift does not mean you are giving it away for free!) If you believe strongly in what you are doing, you will want to share it with the world. So get out there and tell people about what you do. As they say, the magic lies beyond your comfort zone!

4. Understand Cash Flow

This is where my FOCUS acronym gets a little sketchy because the “U” does not quite work, but bear with me. Cash flow is really important, and I needed to find a way to fit it in. Cash flow is different than a budget. You have probably operated on a budget most of your life. You have a set amount of money per month and you manage to run your life based on that. But when you operate your practice, you will not really know how much you will be making each month—especially in the early months. That’s where cash flow is really helpful.

In a budget, we assume we will have a set amount of money to work with each month. Some months you have money left over and some months you have overspent. Cash flow takes that into consideration. It accounts for the monthly variations of cash in and out of your practice. Done correctly, it will help you see what months will require more cash so you will be prepared and not surprised.

The way a cash flow spreadsheet works is that all of your income is listed at the top and all of your expenses are listed below for each month. At the end

of a given month, expenses are subtracted from the income and what is left is your starting cash for the following month. If that amount is a positive number, you are in good shape. If it is a negative number, you are starting the next month in “catch up” mode, which can be very stressful, and means that you will need to put some of your own money into your business account to keep your practice afloat. If you have to do that for several consecutive months, you will not have a practice for long and you will need to start thinking of other revenue generating strategies that will keep you in business. That is the good thing about a cash flow spreadsheet, you can see such things coming down the pike.

You can find a cash flow templates online. Just search the term “cash flow statement template.” The templates already include the necessary formulas, so even if you are not an Excel wiz you can still work your way through it. If you need help populating the worksheet, talk to your accountant, if you have one, or make an appointment at your local Small Business Development Center (SBDC). SBDC appointments are often free or very low cost.

5. Develop a Strategy

A strategy is based and developed on the result of all the information that you have collected in the previous steps. It always speaks to the objectives we are trying to meet.

So what objectives are you trying to meet? If they are financial, what are they? Say you want to double your income this year so that you get paid a little more and you create a bigger buffer in your bank account. You might set making \$6000 more a year (\$500 more a month) as your objective. A strategy for that may be finding new clients, offering a new service, restructuring pricing, cutting expenses, etc. Once you determine the strategy (the what), you will need to nail down the tactics (the how). For example, if your strategy is to increase revenue by getting more clients you may want to look at:



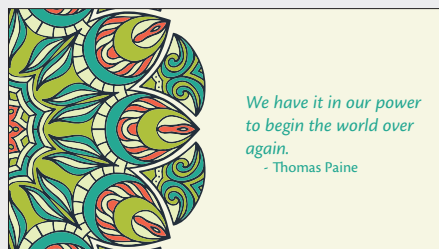
- adding more session hours to your weekly schedule;
- increasing your practice exposure;
- bringing in another practitioner with complementary skills to expand services; and so on.

The tactics are the specific things you are going to do to make the strategy happen. Tactics ensure accountability. You should always have a date on the calendar for when you will execute the tactic and who is responsible for making it happen. (That someone is probably you, if you are in a solo practice.) When are you going to start scheduling more sessions and how many more per week will that be? When are you going to have the new practitioner begin? When are you

going to start offering expanded services and what will those be? How will you notify existing clients about the new services? How and when will you notify potential clients about the services? Will you have a referral program? How will it work? When will you launch it? Put it on the calendar and then do it.

All of these details may seem a little scary but when you think about them, but it is exactly how you accomplish any other goal in life. Remember how you got here—your education, your training, etc. So just apply what you already know to your practice. It is the same thing. So here's to your success, whatever it means to you! €

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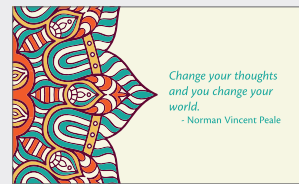
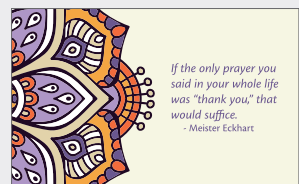


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Self-Mind Clearing

Penny Burdick, MD, HTCP, HT Instructor-in-Training

Self Mind Clearing is a technique developed for the self-administration of Mind Clearing. Mind Clearing originated from a technique of Rosalyn Bruyere's called Brain Balancing. Rosalyn is an internationally acclaimed healer, clairvoyant and medicine woman. She taught this technique to Rev. Rudy Noël (Clavijo) when he was a student and later a staff member at Rosalyn's Healing Light Center. Rudy later modified the technique, and changed its name to Mind Clearing. Subsequently, he shared the technique with Janet Mentgen, founder of Healing Touch, who incorporated it into the Healing Touch curriculum.

This is a light touch technique that balances the energy flow within the brain and promotes relaxation and peacefulness. It is useful for focusing and quieting the mind and to clear stress-related headaches.

The Self-Mind Clearing Technique was a gift to me from my guides after I had struggled unsuccessfully with the challenges of using all the normal Mind Clearing hand positions on myself. One evening, I asked Janet Mentgen, Dorothea Hover-Kramer, other healers who have transitioned and my personal guides to help me with finding hand positions that would be easier for self-usage. The following morning,

the full technique was there in my mind, a gift to be shared with others.

To enable me to share Self-Mind Clearing with other healers and clients, I decided to create an illustrated handout. A delightful young friend, Sita Thompson, posed for photos of each hand position. With the invaluable assistance of my tech-savvy son, Philip Bishop, we converted the photos to simplified black/white images, adding descriptions of each hand position.

Since developing the handout early in 2014, I have taught Self-Mind Clearing to members of our local Healing Touch Practice Group, attendees at an introductory Healing Touch presentation, local hospice volunteers, and some of my clients. It was so well received that I subsequently shared the technique with several Healing Touch instructors in Washington state and Healing Touch Program. It is with their blessings that I offer the technique and handout to you.

Please feel free to copy it, share it with other healers, family, friends and clients, and use it personally.

With gratitude to those healers who have gone before us, and all those yet to come. ☺

Self-Mind Clearing

Adapted from Rev. Rudy Noel
by Penny Burdick, MD, HTCP, HTI

A light touch technique that balances the energy flow in the brain.

Purpose: To promote relaxation and peacefulness.

Uses: To focus or quiet the mind and clear stress-related headaches.

This technique may be done either sitting or lying down.

All hand positions are to be done with light touch.

Hold each for approximately 1 minute.



1 Hands on collar bones with arms crossed.



2A One hand across forehead, other hand cupping the back of the neck just under the skull.



2B



3 Thumbs under base of the skull and fingers resting on back of the head.



4 Index and middle finger on the crown of the head with thumbs resting on the back of the head.



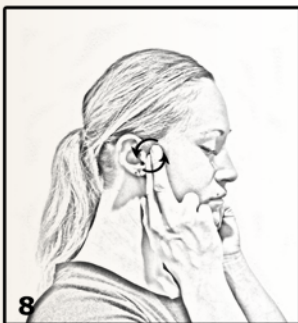
5 Fingers just above the tops of both ears.



6 Hands cupped over the eyes with fingers on the forehead.



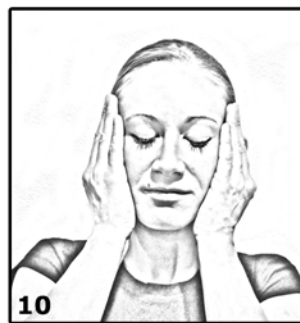
7 Hands across the hairline with fingertips touching.



8 Massage lightly over the jaw joints with fingertips.



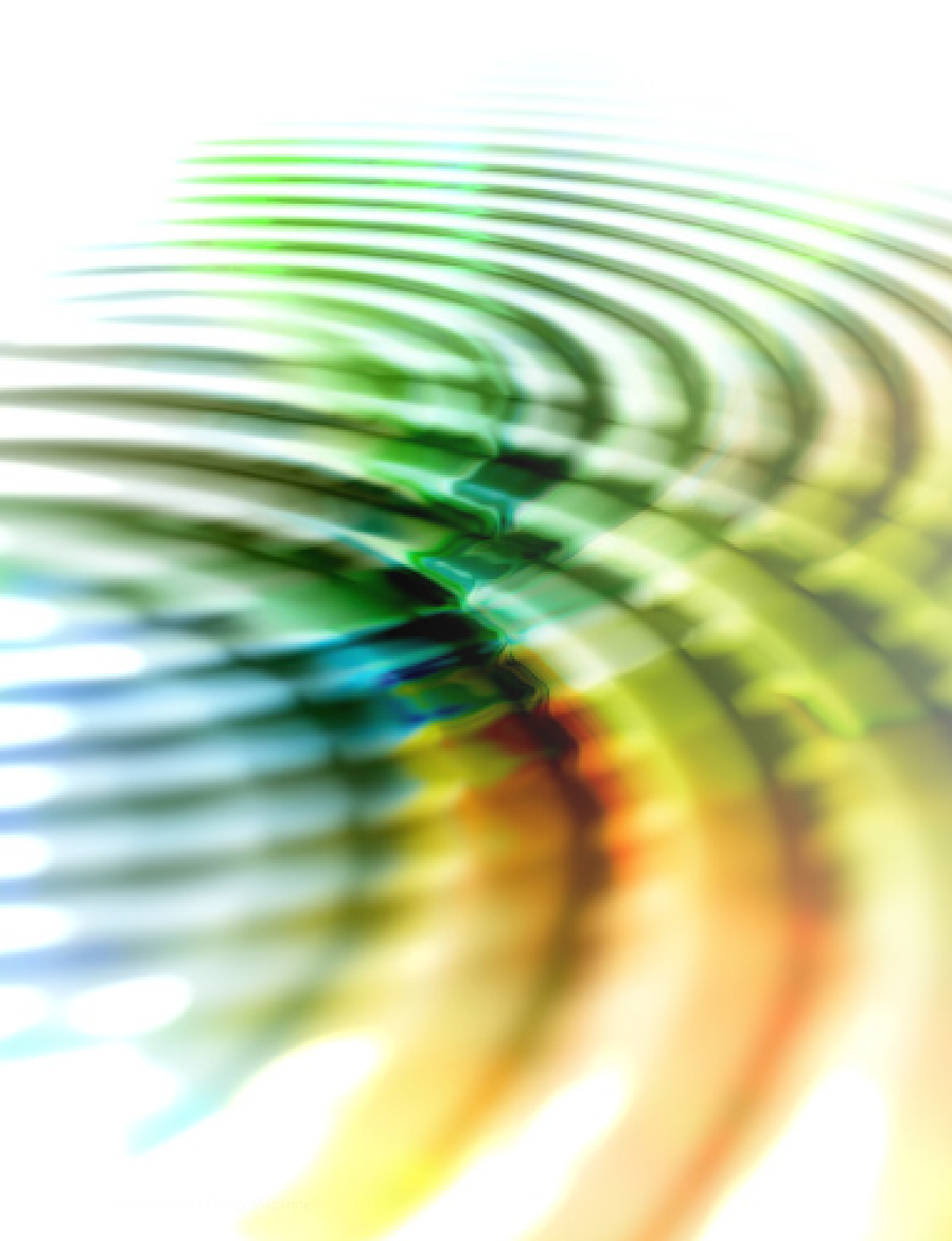
9 Gently sweep fingers from the mid-forehead to the chin then off.



10 Lightly hold both the cheeks with cupped hands.



11 End with hands on collar bones with arms crossed.



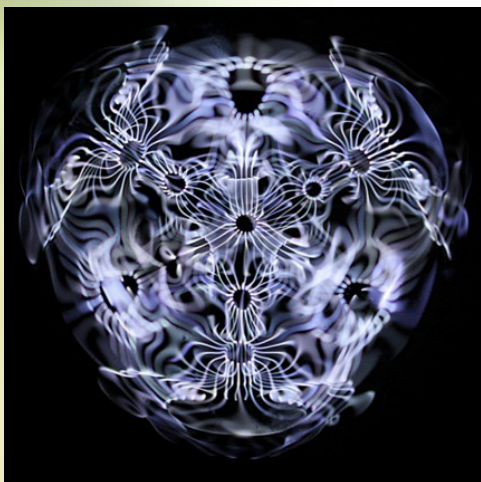
The Science Behind How Sound Affects Us:

Physically, Mentally, Emotionally and Spiritually

David Gibson

The more that people understand how sound and energy healing work, the sooner we can get into the mainstream (homes and hospitals) so we can take our power back to heal ourselves and others once again.

Physically



Sound Vibrating a Water Droplet

The science is very specific when it comes to how sound affects us physically. Physics has been studying the effect of sound on matter for many years. There are specific formulas for the resonant frequency of

spaces (rooms, chambers, or spaces in the body), and materials (strings, quartz crystals or metal in bowls, and all the materials of the body). There are even formulas for how to find the resonant frequency of something in the quantum field (such as thought forms and emotions).

Once you know the resonant frequency of something you can play its frequency to it, which then feeds it energy, or entrains it into its own natural vibration of health. In a cell it simply gets the cell to hum at its own frequency, which then triggers its own metabolism. You can also find the frequency of a so-called “bad” cell and then turn the volume up and explode it as is done with ultrasound to treat kidney stones.

The problem is that we do not yet know the frequency of every part of the body. That’s why we have started the “GeneOM” project (www.GeneOM) to map all the frequencies scientifically.

There are many people who have developed an intuitive way to find the frequency of a certain part of the body. You can simply do a frequency sweep up and down (kind of like a siren) and intuitively listen for the frequency. Some people just get a “knowing.” Others get chills or goose bumps when they find the frequency.



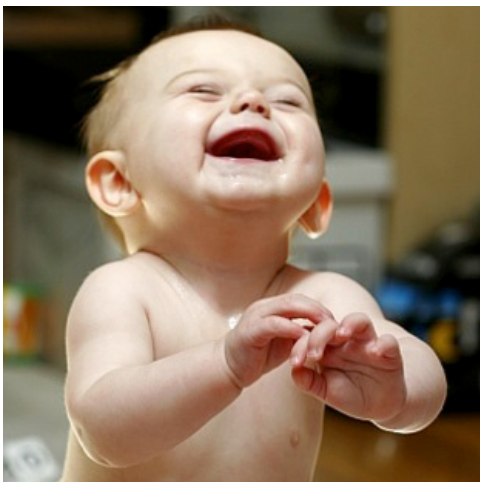
Mentally

The science is also very specific when it comes to how sound affects us mentally. We can very clearly see how sound and rhythms affect brainwaves with EEG. We can use different rhythms to entrain the brain into delta (for sleep and meditation), theta (meditation and creative downloads), alpha (relaxed presence and creative problem solving), and beta (help with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD)). Of course, the brain then affects the whole nervous system of the body, pulsing these frequencies throughout.

Researchers have now found a super high brainwave frequency of Gamma in people in deep meditation. However, they also see an extremely low frequency of Epsilon at the same time. Therefore, you can think of higher consciousness as going to both a lower and higher frequency at the same time.

The most interesting horizon is creating brainwave maps with different rhythms spread around the brain to entrain us into specific states of consciousness. Studies on Dalai Lama trained meditators show different brainwave frequencies spread across the brain. Ultimately, we could entrain people into maps of gratitude, compassion, love, joy and the ultimate – that innate connection to Source that all of us have.

Emotionally



Joy

The science behind how sound affects us emotionally is not so well defined since we cannot measure emotions so definitively. However, we can see a stuck emotion such as PTSD as a theta loop in the brain when looking at an EEG. There are specific sounds that are proven to help break up these looping frequencies. White noise has been shown to break up these frequency loops. White noise also manifests as sounds of the ocean, rivers, streams, waterfalls, wind, shakers, rattles, whispers and the breath.

There is also a huge amount of research on how music affects the brain and body. Regardless, the emotional effect of sound and music is the most obvious and intuitive. We all know how powerful music is to effect and change our emotions. Currently there are many CD's that are designed to entrain people into specific emotions including our own.

One of the most important techniques is to use sound to reverse negative, limiting beliefs. Once you have tracked and identified a negative belief within, think of the opposite of the negative belief – a positive belief. Then, intuitively make the sound of the positive belief to bring that vibration into your body. This is an extremely powerful technique whenever feeling insecure about anything in life.

Spiritually

There is only the science of quantum mechanics that is just beginning to explain the vibrational nature of thoughts, emotions and spiritual entrainment. However, the science here is quite lacking and will continue to be until we can prove the existence of things like chakras, the Soul, and God. However, the overwhelming number of people who report mystical, life changing experiences while listening to sound and music is undeniable.

There are so many sounds that we can use in sound healing and simply add the intention to resonate higher emotions of gratitude, compassion, love and joy. One of the best antidotes for loss of love or a loved one is to simply send love to your own heart with the soft sound. You can even do it silently.



One of the main keys to resonating Source energy is to tune into multiple frequencies or sounds at once. Most people report that they are “all frequencies in the Universe” when One with God. Therefore, when you tune into more than one thing at a time, you are opening a portal to this right brain state. You can tune into multiple crystal bowls, Tibetan bowls, or even a song with multiple instruments. This is one of the most amazing things when listening to a symphony. The same thing happens when watching sparkles on the ocean, or even a view of a landscape in nature.

When in a state of oneness, the brain is mostly in Theta. So you can also use the rhythms that entrain the brain into Theta as a portal to Oneness. In addition, the coolest thing about being One with the Universe, is that everyone reports there is indescribable love there (particularly all those who have had near death experiences). See you there. €

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Breathe

Leo Babauta

Breathe.

Breathing can transform your life.

If you feel stressed out and overwhelmed, breathe. It will calm you and release the tensions.

If you are worried about something coming up, or caught up in something that already happened, breathe. It will bring you back to the present.

If you are discouraged and have forgotten your purpose in life, breathe. It will remind you about how precious life is, and that each breath in this life is a gift you need to appreciate. Make the most of this gift.

If you have too many tasks to do, or are scattered during your workday, breathe. It will help bring you into focus, to concentrate on the most important task you need to be focusing on right now.

If you are spending time with someone you love, breathe. It will allow you to be present with that person, rather than thinking about work or other things you need to do.

If you are exercising, breathe. It will help you enjoy the exercise, and therefore stick with it for longer.

If you are moving too fast, breathe. It will remind you to slow down, and enjoy life more.

So breathe. And enjoy each moment of this life. They're too fleeting and few to waste. €

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. www.ZenHabits.com

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Happy, Healthy, Wealthy and Wise

"Most folks are about as happy as they make up their minds to be."

Abraham Lincoln

Karen Drucker

Ok - play a little game with me. You fill in the musical jingle lines:

Plop, plop, fizz fizz, _____.

You deserve a break today so get up and get away to _____.

My bologna has a first name it's _____.

Most likely, as soon as you read these lyrics you could immediately fill in the rest of the jingle. (and for those of you who are stumped -- lucky you that you were not brainwashed like the rest of us --the answers are at the bottom.)

Commercial jingles and songs prove how a piece of music, when heard a few times, can stay in your mind and infiltrate your subconscious. The question to ask yourself is -- are these messages what you really want floating around in your head and unconsciously repeating over and over?

When I was learning to be a commercial songwriter, it was practically drilled into my mind that the main thing in writing a hit song or jingle was having a great "hook". A hook is a line, phrase or repeating musical idea that literally "hooks" the listener into wanting to hear that song again. Remember when you were

a teenager and you just could not wait until they played your favorite song on the radio? The problem I had with being a commercial songwriter was that I was encouraged to write songs with themes of loneliness, despair, my-man-done-left-me kind of songs. I would search the depths of my soul, writing lyrics that would recount bad relationships, how hard life was, and basically celebrate victim consciousness. I would write songs hoping for a hit. I never imagined that singing these negative messages could be affecting my life.

Then one day it happened. I was asked to sing at a New Thought church and only accepted the gig because it was close to home and easy money. "Just sing a few happy songs", the Minister told me. So I sang my songs (I did have a few positive messages in my repertoire!) and after listening to the Minister's message, and seeing how people reacted to my lyrics--I got it! I made the connection between singing positive lyrics and how it made me feel inside. I was hooked! I began writing melodies to my affirmations, and came up with simple chants and songs affirming my prosperity, health, having thin thighs -- anything and everything that I wanted in my life -- and it felt great! I began recording this new music and a whole new career was born.



Research reveals that we have over 60 thousand thoughts a day. I began to wonder how many of my thoughts during the day were positive and affirming, or negative and self-deprecating. When I started to turn my attention to writing songs and chants that had a positive message, I was amazed at the changes in my life. I was healthier, happier, more money was coming to me and bad relationships disappeared. I started to notice the messages that I was singing were miraculously manifesting in my life.

My friend Alan Cohen says in his book, **A Deep Breath Of Life**, *"If you hold an image in mind long enough and feel it as real, you can manifest it -- hold*

She wrote:

*This job is wonderful!
I am so happy!
I am creative, and I am free!
I make great money with paid vacations!
This job is made just for me!*

A few days later, I got an e-mail from her. She said singing that song over and over helped her to "tame" that critical voice. It made her feel good, radiate positive energy and centered her when she felt nervous. It did not surprise me when she said that she was hired on the spot!


"Research reveals that we have over 60 thousand thoughts a day.."

in mind images of the life you desire, and refuse to feed thoughts of what you do not wish. Watch your words."

So take the time to listen to what that voice inside your head is actually saying. I believe that our inner critic is simply doing its job of keeping us stuck in old belief patterns that do not serve our highest good. You can make the changes and **choose** to input positive thoughts. You can **choose** to listen to music that uplifts and inspires you. You can become conscious and replace the negative self-talk with fun, positive musical messages. The changes can be amazing.

When I teach my chanting workshops, I demonstrate this technique. We take the negative self-talk, discover the truth of who we really are, and then turn it into a song. Just taking simple songs and adding whatever you want to claim in your life can bring about change. One student talked about a job interview about which she was nervous. She wanted a melody that would be like an anthem and would empower her when she felt nervous. We chose the song "This Land Is Your Land." I asked her to write lyrics focusing on a positive outcome. Then I had her visualize that the interview was successful, that she landed the job, and how she felt.

The music that I write and record now is all about reprogramming my critic and affirming what I **DO** and want in my life. I am hoping that my songs do the same for other people. I feel so blessed when I hear how my chants about healing are helping people with cancer, or my chants about gratitude are part of someone's daily spiritual practice.

So I ask you -- what is your voice saying? What kinds of things does your critic say when you are moving out of your safety zone and moving towards your dreams? I encourage you to listen to the music that resonates with the positive qualities that you want to affirm in your life. Dance to it, sing along with it – you will be amazed how good it will make you feel! 

Answers to the jingles from above:

1. Oh what a relief it is
2. To McDonalds
3. Oscar



Happy, Healthy, Wealthy And Wise

I am happy, healthy, wealthy, and wise.
 Happy, healthy, wealthy and wise,
 and I know the light, the light of love is
 shining in my eyes.
 I am happy, healthy, wealthy and wise.

A little birdie told me that life is so sweet.
 As I listen to her song, I know I am complete.
 I have all the keys to love, joy and peace.
 The power is infinite and love will increase.

I am happy, healthy, wealthy and wise.
 Happy, healthy, wealthy, and wise,
 and I know the light, the light of love is
 shining in my eyes.
 I am happy, healthy, wealthy, and wise.

From the Karen Drucker CD "Shine"
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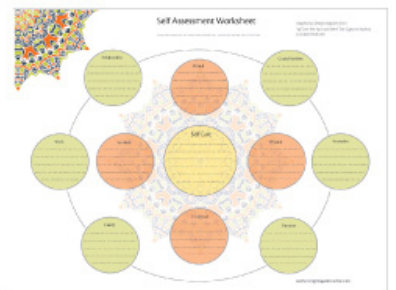
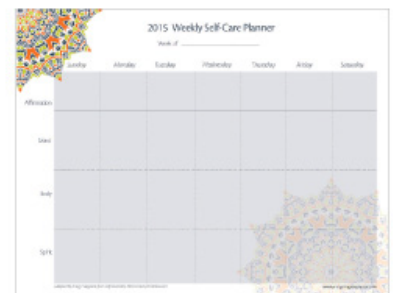
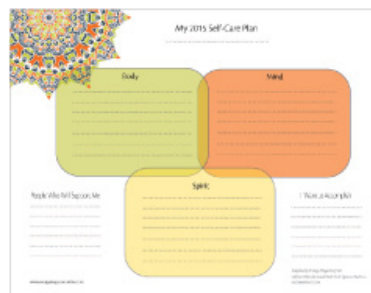
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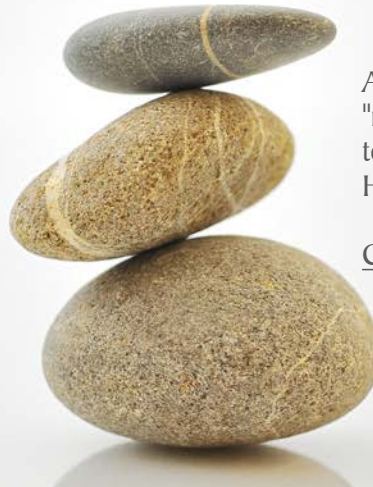
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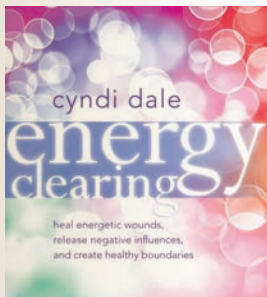
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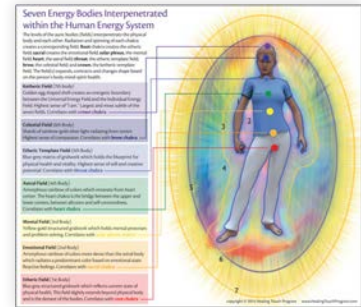


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