

September/October 2010 Issue no. 48

Energy magazine™

The Official Publication Of Healing Touch Program



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Healing Touch at New Horizons

It Only Takes a Nudge

Florence Nightingale, Healing Touch and the Year of the Nurse

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20822 Cactus Loop, San Antonio, Texas 78258
 Phone 210-497-5529
 Fax 210-497-8532

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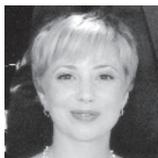
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Energy Magazine™ Contact Info



Billy Courtney
Editor



Nancy Strick
Assistant Editor

energy@HealingTouchProgram.com
 5411 Villa Mercedes, San Antonio, TX 78233
 office 210-653-0127 fax 210-497-8532

Energy Magazine™ would love to hear your comments!

Greetings

from Cynthia Hutchison
Healing Touch Program Director

Dear Readers,

Welcome to the September/October combined issue of Energy Magazine!

Here in Colorado we are experiencing the beginning of Autumn, also known in Europe as the season of Michaelmas (Archangel Michael). For me, it is a time to ask for strength and courage so that I can learn how to use the new fruits of my labors for the good of the whole. This is a time to take account of the personal fruits we are harvesting based on the soul work we have done since the previous winter solstice when new seeds of inspired were planted.

Summer is a time when nature outpours Herself with greenery, flowers of many colors and abundant life, which also corresponds to the human souls' life similar sense of expansiveness and boundlessness. Autumn is understood as a time when the soul of the earth is breathing inward. The autumn in-breath deepens toward the winter solstice December 21st, the point of the most inner contraction of the earth's soul breath. Our inner life becomes can become more focused, deepened and meditative if we take time each day to be quiet and still and to listen. While summer is a rich time of nature with her warmth, greenery and color, it is the cold winter when our inner life can be most productive and fruitful. Though I'm always a bit melancholic about saying good-bye to the warm summer months, I know the tradeoff is well worth it... a richer, deeper inner life and more clarity about my purpose and direction.

I have an annual ritual of driving to a special place at the end of each summer to contemplate my life and vocational path within Healing Touch and to then re-commit to my life's work. This place is known by many of the original or early instructors of Healing Touch because Janet Mentgen, our founder, would hold classes and retreats there in the late 1980s, the 1990s, and for the last time in 2005. It's name is Shadowcliff Retreat Center. The view is spectacular as it is built on a mountain which overlooks Grand Lake, just outside Rocky Mountain National



Park. The photo of me on this page was taken last month on the great rock outside the chapel overlooking the lake. The chapel was the place where Janet officially passed on the Program Director position to me in ceremony with 44 HT instructors holding sacred space. It was one of those days I will never forget. It was also the last time Janet taught while she still had the energy to do so, as she died a few months later.

I'm inspired to ask those of you reading this to pause, close your eyes and ask yourself... "What is my commitment to myself and to Higher Power? What is my life's purpose? What do I love doing? Am I growing? Am I able to discern between the essentials in my life and the non-essentials? Am I committed to something that gives my life meaning and joy?" ...Then, when you have clarity, or clarity enough, recommit yourself to your birth intention and your destiny. Make this personal inquiry and re-commitment part of an annual ritual that is significant to you. Find a way to check in with yourself each week, or better yet, each night before you go to sleep in a review of the day. Your life is too important to get distracted or sidetracked with the non-essentials and therefore to miss out on the joy and meaning of why to come to this beautiful planet that so earnestly needs your commitment and involvement. Embrace your birth intention, and to the extent that it includes Healing Touch, please share a story about it for Energy Magazine. May you enjoy the inspirational stores inside that reflect how the authors have embraced their commitments to joy and service.

Wishing you blessings for a deepening commitment to your Precious Life,

Cynthia

Announcements & Letters



Healing Touch Program Launches New Community Blog

We invite you to visit the new Healing Touch Program community blog. Where you will find the latest articles and news about Healing Touch as well as many archived articles. We are offering this blogging platform as a place for you to participate in the on-line community and to add your "two cents"!

We welcome your ideas, your support, and your feedback as we collectively strive to learn and grow from each other. We anticipate that this forum will be helpful in serving as a means of communication between Healing Touch Program and the Healing Touch community.

[Click here](#) to see our new community blog!

Please Send Prayers and Energy to Pali Delivett

Pali is a well known vendor at the HTP conferences. She sells beautiful stones, jewelry, and clothing. We have received word that Pali is seriously ill and in a care facility. She now weighs 78 lbs and has intractable pain (sympathetic dystrophy disorder due to all of the surgeries on her neck). Her carepages.com is under HealPali. She can use financial assistance for medical care if you wish to send donations they can be sent to Pali Delivett % ANN CHARLES, 1309 Le Clair St., Chapel Hill, NC 27517.

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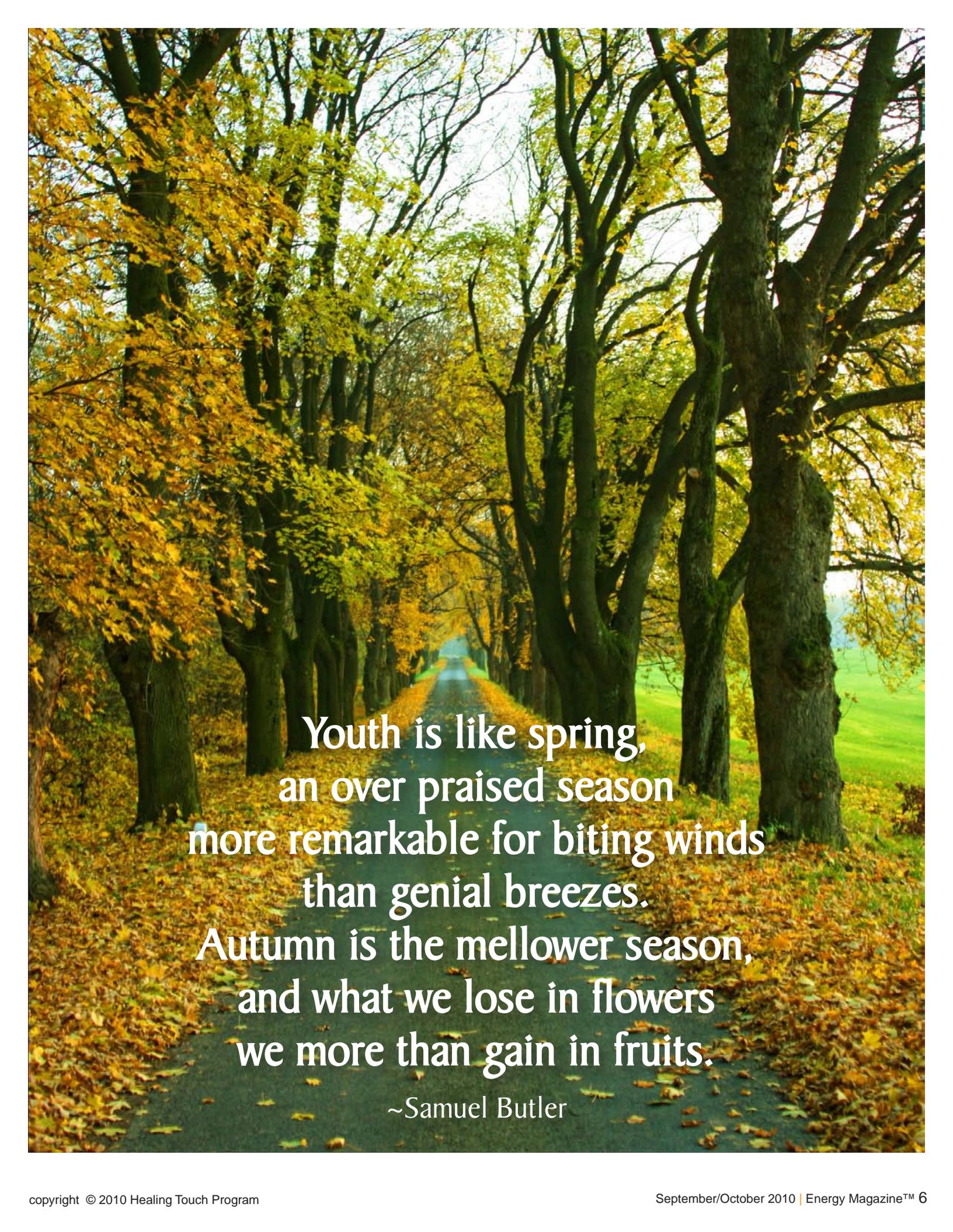


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With Dorothea Hover-Kramer, Ed.D, RN, D.CEP

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ALL ARE WELCOME TO JOIN US - Business Support Conference Calls are a FREE Benefit for HTPA Members; \$15 per call for non-HTPA Members (There will be a recording download available for \$5 Members and \$10 Non-members additional)



Youth is like spring,
an over praised season
more remarkable for biting winds
than genial breezes.
Autumn is the mellower season,
and what we lose in flowers
we more than gain in fruits.

~Samuel Butler



Healing Touch at New Horizons

by Valmai Nathan, RN, HTCP

Albany Hospital/Hospice, located in Albany; Western Australia (420 kilometers south of our capital city, Perth) has a catchment area of 40,000 square kilometers in the Great Southern Region of Western Australia. New Horizons Complementary Therapy Unit is adjacent to this facility and is one of only a few such facilities in Australia, which offer complementary therapies for hospitalized and outpatient clients.

Since opening six years ago we have had 616 clients access our services and have given 5055 treatments. Presently we are open three days a week. We are currently negotiating the opportunity of extending these days in approximately two years when we relocate to the Albany Health Campus, which is presently being built.

Our aim is to implement complementary therapies in conjunction with traditional medicine to produce positive results for patients. Not only do we see patients with cancer but also people from the community with any life threatening illness, those suffering from depression or grief, as well as, their caregivers. Many are leaving better informed, with an improved sense of empowerment, and often with a greater sense of peace as a result of the information, advice, support and

complementary therapies our center offers.

2007 was a milestone in my life when I gained the position of Coordinator for the center. The therapists at our center are all volunteers who offer a wide range of complementary therapies. We presently have eight Healing Touch practitioners, who at the expense of personal time and income, provide their services for the community. Other Healing Touch practitioners, who have just completed courses, also have expressed an interest in joining our team. Our yearly data has again validated the positive results our clients are gaining from their treatments. We found that we are beginning to show the skeptics that some of these “*touchy-feely*” interventions can be vitally important in helping people psychologically deal with their cancer or illness, and to have the best possible outcome for mainstream medical treatment.

Our referrals from doctors and allied services are gradually increasing as they hear about and see the benefits their patients are receiving through complementary therapies. We also have received support from numerous organizations, such as cancer support and caregiver support groups who are now referring clients to us. More than anything our clients in the community are spreading positive feedback about the benefits of our therapies by word of mouth.

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We have a large array of clients with numerous conditions whether it be physical or emotional, especially those in Hospice, relatives of those in Hospice, or who have recently lost loved ones. There are numerous requests from clients for balancing pre and post surgery or chemotherapy. Many of our clients are bed-bound or come in wheelchairs. It is wonderful to see the relaxation on their faces or smiles during or after treatments along with the positive feedback from the family members who also gain comfort seeing their loved ones relax. It is magnificent to see that an hour of Healing Touch can make such a change in their lives physically, emotionally, mentally and spiritually.

The Healing Touch practitioners have often commented on the number of techniques they can use on their patients who have an array of ailments. Caregivers from the community have commented on how the “*quality*” of their lives is improved after treatments. Frequently, until they have a voucher from their network support for a free treatment they would never have thought of taking “*time for themselves.*”

Often the concept of complementary therapies is new to clients, especially the elderly. However with a gentle introduction clients open themselves to “*anything that might help*” and convey their gratitude to all involved who have attempted to make them more comfortable. Numerous clients have stated that they were so relaxed they felt as if they were floating on clouds, or as one described it, a “*conscious sleep*” and had “*no worries in the world.*” Some have informed us that the treatment they received was better than any medication they could take.

Practitioners have also commented on seeing colours on clients and themselves, and having sensory feelings, such as a tingling sensation from clients who recently had radiation. Sometimes during pre and post treatment assessments practitioners have found distraught auras, quite often due to past injuries which the client had neglected to mention. This again reinforces that cellular memory can be stored in the body which clients do not remember until prompted by the practitioner.

One client reported that the “*emotional healing*” she experienced during her treatment caused her physical disease symptoms to disappear. We also have comments like “*I can feel my feet*” from clients who, when questioned, explain that they have been diabetic for some length of time and have not had feeling

in their feet for several years. This was both enlightening to the client and the practitioner. Often after these chats clients are given referrals to other facilities that may be able to assist them.

Many times clients inform us that their symptoms were reduced or relieved after a couple of treatments. Along with the relaxation they gain from their treatment they frequently open up and begin to talk about their future, whether it be their wishes and desires or fears relating to their illness and possible outcomes for themselves or family. We have found that listening is one of the greatest “*tools*” that we can use. The clients often describe that they feel they are on an emotional roller coaster or feel trapped and need a break from everything going on in their lives such as talking to medical staff or their families and say that talking to a non-judgemental person often is so important. We also provide the opportunity for clients to drop in for a coffee and chat whenever they like.

The HT practitioners often suggest to the clients some simple strategies, i.e. a short meditation, relaxation techniques or simple Healing Touch techniques that they can use on themselves at home. This empowers the individuals to assist in their own healing, whatever their journey may be.

We encourage the staff from Hospice, Hospital and allied health services to visit and experience our treatments. A greater majority of staff mentioned that they really did not know they were “*stressed.*” Because of the numerous benefits they receive during their sessions, many are returning to seek Healing Touch on a regular basis.

In the past few years New Horizons has been invited to give presentations or organize displays for numerous groups in the community. At these sessions we have had practitioners volunteer their time to do short treatments on attendees. ***Mind Clearing, Pain Drain*** or ***Magnetic Passes*** were used to give relief to those who were interested in experiencing a complementary therapy.

As Healing Touch practitioners, we give thanks for our clients and families, for their gifts of wisdom and grace, and for our role in being a healing presence on their journey. We all agree that whatever we manifest will be for the highest order for Healing Touch as we move forward to spread healing throughout the world.

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I am enormously grateful to our volunteer therapists and practitioners. They are the true heroes in this story.

About the author:



Valmai has been a registered nurse for 35 years and has been involved with energy healing for the past 11 years. She works as the Coordinator for new Horizons Complementary Therapy Unit, which is adjacent to Hospice and her regional hospital.

She also works on a surgical/high dependency ward at Albany Regional Hospital. In the past 11 years she has been involved as coordinator for numerous Healing Touch Workshops and organized a support group for Healing Touch practitioners in the region.

Valmai has an interest in colour therapy along with preparing and using Australian wildflower essences to treat her clients (both human and animal). Since childhood, she has always enjoyed being able to work and assist with the healing of animals both great and small.

Her vision is to integrate the sacred art of Healing Touch as a complementary therapy into the mainstream medicine to produce positive results for patients and families. In her spare time Valmai treats people and animals in her private practice.

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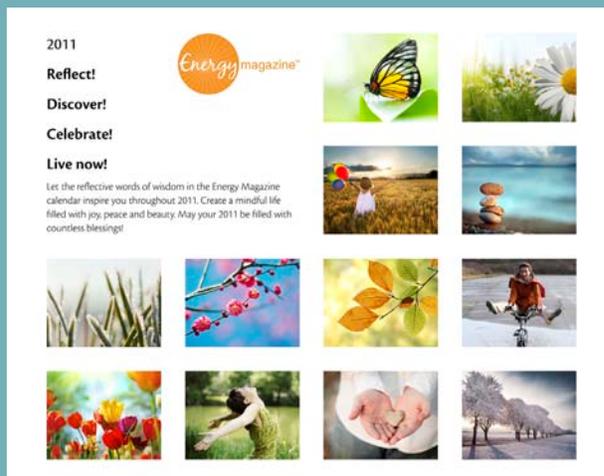
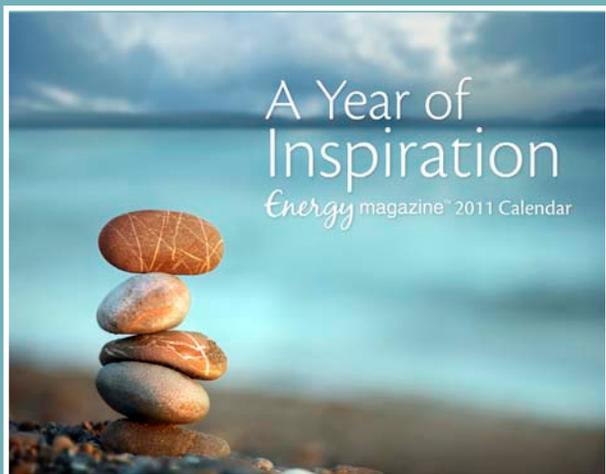
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It Only Takes a Nudge

by Rev. Mary Ann Geoffrey, RN, HTCP/I

One of my favorite authors is Dr. Valerie Hunt. Her books, Infinite Mind and Mind Mastery Meditations provide valuable information about consciousness and the human energy field. She states that *“experience shows that the healing of injuries or systemic problems are immeasurably hastened when the body’s energy field is coherent, flowing smoothly and not blocked.”*

I have heard Dr. Hunt say, *“It only takes a nudge to bring the energy field into balance.”* As a HT practitioner, I had the opportunity to observe how a little nudge and working for a very short time in the energy field helped hasten healing.

I noticed a friend of mine was walking with a very painful limp and not recovering well from surgery on the bottom of his foot to remove a planter wart. Being diabetic, he showed great concern for his condition. His use of medicinal cream prescribed by his doctor seemed to have little beneficial effect the past few weeks and he was in severe pain.

He had time constraints when I offered to do a Healing Touch treatment at the office where he was working. With his agreement to try HT, a fifteen minute **Magnetic Passes** was initiated. **Hands in Motion** – to clear the congested energy over the foot; **Hands Still** – to bring balance to the energy field over the foot area.

We discussed the goal of decreasing pain and promoting health, holding the intention for the highest good for healing. My friend told me that he had a belief in hands on healing, based on past family experiences.

When I saw him a week later at his office, he reported, *“you are not going to believe this - I walked all day without pain on a family trip a few days after Healing Touch was done.”*

Today, he was walking without a limp, however, he was worried as he talked about the planter wart reseeding. He expressed

concern because his physician told him that additional surgery might be required.

During the next fifteen minutes, **Magnetic Passes: Hands in Motion** and **Hands Still**, as well as, the **Ultrasound** technique were used over the foot area. A week later, after a visit with his physician, he stated that his doctor said that further surgery would not be necessary, as the seed was at the surface of his skin. All the doctor had to do was flick it off.

This story reflects the benefits of integrative medicine. Blending together excellent medical care by a physician, the belief by the client that Healing Touch may be helpful and giving the energy field *“a little nudge”* seemed to work together. I clearly remember my friend saying, *“I know Healing Touch helped my foot heal.”*

As Healing Touch practitioners, we are aware of the benefits of a full sequence Healing Touch session. This little story reminds me to never underestimate the value of a few minutes of Healing Touch.

About the author:



Rev. Mary Ann Geoffrey, RN, a Healing Touch Certified Practitioner and Instructor, is a charter member of AHNA and received certification as a holistic nurse in 1998. She became certified in Neuro-Associative Conditioning through Robbins Research Institute and has led seminars in stress and life management skills. Completing studies in ministry from Sancta Sophia Seminary in Oklahoma, Mary Ann was ordained in 2002, and includes spiritual coaching in her practice to enhance the healing process of her clients. Currently, Mary Ann teaches 5 Levels of the Healing Touch Program and loves to incorporate humor in her teaching style. She is currently serving the Healing Touch Program as Lead Instructor for Levels 4 and 5 and in that role is helping to train and mentor new Level 4/5 HTP instructors.



Florence Nightingale, Healing Touch and the Year of the Nurse

By Mary Duennes, RN, HTCP/I

This is a story about nursing and about Healing Touch. Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. Janet Mentgen, RN, BSN formally created Healing Touch in 1989. The goal of Healing Touch is to restore balance and harmony in the energy system placing the client in a position to self heal. Healing Touch emphasizes compassionate, heart-centered care in which the provider and client are equal partners in facilitating wholeness.

At the end of March 2010 I was notified that I had been selected by the University of Cincinnati College of Nursing Board of Advisors to receive one of six Florence Nightingale awards to be given at a banquet in April. Over 200 nurses were nominated for the award. The six of us each received a beautiful bronze bust of a young Florence Nightingale and a check for \$1000. We were also invited to speak briefly at the dinner before 700 attendees. Nurses can be nominated by colleagues, patients and anyone in the community. I felt so privileged to be chosen for this award during the International Year of the Nurse and the occasion of the 100th anniversary of the death of Florence Nightingale.

The woman who introduced me that evening quoted from some of the nominating letters the committee had received. One letter told the story of Jim, a regular in the soup kitchen where I work as a parish nurse. Jim came up to me one morning and asked

me to look at his head. He and I had met often as I moved through the table area offering people an angel card or word for the day but he was a man of few words.

He had never even asked me to take his blood pressure. For him to ask me to do something for him was a big deal. He removed his knit hat to reveal a large burn on his scalp. Some kids had thrown a firecracker into his hat causing a severe burn, which was now clearly infected.

Jim has no health insurance and refused to go to the Emergency Department. So I set about cleaning the wound and cutting away the matted hair in the wound. I shampooed his hair over the sink, did Healing Touch and dressed the wound.

This went on several times a week for several weeks. Eventually the wound completely healed. He now proudly shows people the scar. What is remarkable about this story is Jim. He is a changed man. He's more sociable and out going. I believe that Healing Touch accelerated the healing process for this man. In addition, it gave me a way to engage with him and develop an ongoing relationship that has been a real gift.

In my comments at the awards dinner I thanked many people but this is what I said to my Healing Touch friends who came to the dinner that night.

"I'd like to particularly express my thanks and appreciation to my friends from the Healing Touch community. To be honest, I wouldn't be in nursing at this point in my life, if not for the practice of Healing Touch. Healing Touch was part of the holistic

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approach to nursing that invited me back to the bedside, where I reconnected with the reason I went into nursing some 37 years ago. That reason being - to make a difference in the lives of the people we are called to serve. Healing Touch and Holistic Nursing were like coming home for me. Once again I became aware of the importance of simply being present to my patients no matter what task I might be engaged in."

I spoke that evening about Nightingale as a healer, a visionary and a woman of deep faith, and a mystic. I quoted Florence Nightingale in my comments and although this was written about nursing it is clearly echoed in what is taught in Healing Touch. Nightingale said "*Nature alone cures*" and the goal of care is "*to put the person in the best condition for Nature to act on them.*"

So it is our job to do what we can and then get out of the way and let nature and the patient/client come to healing, whatever that means for each person and where they are in their life's journey.

I closed my remarks that evening with this quote from Nightingale about the spirituality of work. She said, "*Work your true work, and you will find God's presence within you.*"

This quote is true of nursing and equally true of Healing Touch. I believe I have found my true work in nursing. Healing Touch invited me back to my true work -- and for that I am so very grateful to Janet Mentgen and all those who continue to bring Healing Touch to the world.

About the author:



Mary Duennes is a registered nurse with more than 37 years experience in a wide variety of clinical settings. She received her BS in Nursing from the College of Mount St. Joseph and a Masters in Labor and Employee Relations from the University of Cincinnati. She is a Healing Touch Certified Practitioner and Instructor and has taught Healing Touch and other advanced energetic healing techniques and holistic wellness practices in the United States, South Africa and Lesotho.

Since July 2000, she has served as a Parish Nurse in an urban area of Cincinnati. She served as the Program Director for Capacitar for Kids, a 3 year grant from Catholic Health Initiatives from 2003-2006. Capacitar for Kids teaches faculty, staff and



students multicultural wellness practices to help them deal with stress, manage difficult emotions, and stay healthy. She co-authored *Capacitar for Kids: A Multicultural Wellness Program for Children, Schools and Families – Teacher's Handbook*, with Dr. Patricia Cane.

In April 2010, Mary was named one of 6 recipients of the Florence Nightingale Award (photo above) given by the Board of Advisors of the University of Cincinnati College of Nursing.

This article is also being featured on the 2010 International Year of the Nurse website (<http://www.2010iynurse.net>) under Nurse Tributes. The title of the story is *Nursing and Healing Touch: My "True Work"*

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Accreditation Fact Sheet

by Energy Medicine Specialists

What is a Credential? A credential is an award recognizing the achievement or aspect of a person's background and used to indicate they are suitable for something. Once a student has met HTP's educational standards, HTP awards the credential, Healing Touch Certified Practitioner (HTCP).

What is Accreditation? It is a process where an official body gives recognition or authority to someone or something when identified standards have been met. For HTP, the Accreditation would be the certification of HTP's HTCP award. Achieving Accreditation can ensure:

- Certified individuals are able to perform at an expected high level.
- Employers are enabled to identify qualified workers.
- Avoid regulation or obtain recognition from regulatory bodies.
- Meet the public's demand for standards.

What is the difference between Accreditation and a Credential? Essentially, achieving an *Accredited* credential is allowing an independent assessment and recognition of a program's Credential to a nationally recognized specified standard. This involves a significant financial and business model commitment to maintain.

Who is Accrediting HTP's Credential? The National Commission for Certifying Agencies, NCCA. This is the accreditation service offered by the Institute for Credentialing Excellence (ICE) (formerly the National Organization for Competency Assurance NOCA).

The NCCA has 21 Standards to be met:

- Purpose governance and Resources (5 standards)
- Responsibility to stakeholders (4 standards)
- Assessment Instruments (9 standards)
- Recertification (2 Standards)
- Maintain Accreditation (1 standard)

An Accredited Credential can affect or create:

- A certificant's employability
- A certificant's job promotion opportunities
- A certificant's ability to increase salary/compensation
- Reimbursement opportunities from healthcare insurers
- Generate brand recognition
- Create a standard of training in the field
- Enhance the program's credibility or prestige

Will I have to take an exam to become an HTCP?

Yes, the foundation to assuring a practitioner has met an educational standard requires an assessment of that individual's knowledge base. This will be in the form of a multiple-choice exam written to assess the knowledge of an entry level HTCP.

What is the status of the Accreditation project for HTP?

This is a lengthy managerial and financial process as required by the Institute for Credentialing Excellence (ICE) that involves meeting 21 identified standards.

Since the foundational piece is the Assessment Instrument (exam), progress has been in this main area. Many steps ensure that the coursework and exam are fair, complete, and represent the scope of knowledge of an entry level HTCP. The exam is based foundationally on a job analysis of an HTCP.

This analysis and other decisions are made by Subject Matter Experts (SMEs) who represent the demographic nature of the pool of possible test-takers.

The *SME Pool* is a volunteer group of certified practitioners that are contractually obligated for a period of time. This ensures that the exam is not only created fairly but also maintained as a current assessment instrument. There are various duties that an SME may be involved with:

- Periodic review and selection of items (questions) for the exam

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- Creating new items (questions) as needed, reviewing items for clarity, accuracy, content and structure
- Revising or reworking items as needed
- Overseeing items for content, task and cognitive skill
- Maintaining items for content, quality and difficulty and monitoring duplications
- Review criterion standards for candidates

What has happened to date?

Consultants contracted: Energy Medicine Specialists advises on the project plan and completion

Project Manager (PM) appointed: Chris Gordon manages the entire NCCA application project

Assistant to PM: Sue Walker communicator to the SMEs

Selection of an SME Pool: Chris Gordon and Sue Walker have assembled a list of HTCPs interested in becoming SMEs. [Please talk with Sue if you are interested.] Three committees have been formed.

Psychometricians contracted: Measurement Research Associates (MRA) analyzes the survey and defines major knowledge content domains based upon statistical analysis. They will conduct training on test question writing and do future analysis as well.

Learning Objective (LO) Committee: The second committee of SMEs convened in June and gave a week of their time to review the curriculum workbooks that initiated the formal process of defining the Learning Objectives for HT 1-5 and for Case Management. These are currently in available to SMEs in draft form and will be finalized shortly. The Learning Objectives are each matched to the knowledge domain and specific task that encompasses them.

Validation Study (VS): A validation study (job analysis) was completed in early May by the first committee of SMEs. From the VS, the major areas

of working knowledge and associated tasks were defined for the job of an HTCP. From this a survey was compiled and sent out to all HTCPs. The survey asked SMEs to rate knowledge areas and tasks in terms of importance and frequency of use.

What is next?

Question writing. The third committee of SMEs (over 80 volunteers!), needed to write questions for the test, is currently in the process of writing and submitting questions for the test. A tele-seminar was conducted, and comprehensive documentation has been distributed to train this group on how to write valid test questions (items). The goal is to write over 300 questions in 60 days. Once these are written, we will consult with MRA and a small group of SMEs to review each question for efficacy and identify the items that need to be modified, rewritten or discarded, and then prepare the pilot version of the test.

The time frame for the pilot test is currently planned for launch after the first of the year. Detailed plans will be completed and presented to keep Healing Touch Certified Practitioners informed and involved in the decision making process as we move along.



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Disease and Healing: Where's My Magic Bullet?

by Bonnie Thompson, HTCP, EFT-ADV

Recently, I listened with interest as my friend described to a small group how she had experienced serious back problems for 35 years. She shared with gratitude that she was now free from these back problems after one year of treatment with an alternative care provider. I was surprised when one of the women in the group expressed dismay that it had taken a whole year to heal.

In our quick-fix culture we are constantly being told that instant healing is a pill or a surgery away—or even a diet or an alternative treatment away. Yet, how many times have you (or someone you know) actually experienced an instant, permanent cure? Contrary to appearances, everyone has some healing work to do in this life. Illness and healing are simply a part of the school of life.

One of the most important aspects of healing is the learning and growth that accompanies the process. But often we see healing as a final goal, a destination at which we will arrive and be done.

In high school and college, good grades and the prospect of being “done” were my primary motivators. Happily, I rediscovered my love of learning when I began homeschooling my children. Now, the idea of being “done” with learning and education sounds terrible to me.

I find strong parallels between education and healing. Both are all about learning and growth. We can try to cheat and skip past the learning and growth, but in the long run that really does not serve our best interests.

As a homeschooler, one of my favorite philosophers is Charlotte Mason, an English educator who lived about one hundred years ago. I recognize much wisdom in her teaching methods, and my children (and I) have benefited greatly from her work. Mason

advocated “living books” for children and her primary philosophy was “*Education is an atmosphere, a discipline, a life.*”

In other words, education is something you live and do every day. It is never finished; it is a way of life.

Perhaps illness and dis-ease are a part of our education in this life. Healing is a part of life that brings learning and growth, if we are open to it.

I have worked with a number of people who expect miraculous results from just one session with me. In my experience, though, real healing takes time and active engagement in the process on all levels: physical, emotional, mental and spiritual.

Think back to a time in your life when you were experiencing dis-ease (illness or emotional pain). Did you learn more about your strengths and weaknesses, and do you appreciate your good health more today? Now that you are on the other side of that experience, would you give up the lessons you learned?

According to Arnold Mindell in his book, [The Quantum Mind and Healing](#), symptoms are our allies, helping us on our path of learning and growth. He calls symptoms “*awareness indicators*” -- the key to healing -- when we pay attention on a subtle level. Our bodies are so amazing. We are truly creations of the Divine. Your body knows how to heal itself—you have experienced this anytime you have had a cold, a cut or a bruise, or a broken bone. Sometimes it needs some help with that process. Your job is to clear the path to healing and create optimal conditions for healing. Your body will do the rest!

So, here is the big secret in healing: Your body *is* the Magic Bullet.

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Instead of looking outside of yourself for healing, pay attention to those "awareness indicators," AKA symptoms. Set the stage for healing by clearing your physical, emotional, mental and spiritual blocks and supporting yourself on all of these levels. Yes, this takes time but you will learn and grow tremendously in the process. Now I admit that I am as impatient as anyone. However, I recognize that I have come a long way in my own healing and that helps me to continue moving forward.

Be patient with yourself and honor your own progress. You may even come to a point when you no longer need to be "done" with healing and find that you are comfortable just moving through the process.

"[Healing] is an atmosphere, a discipline, a life."

About the author:



In her quest for health and well-being, Bonnie has been led to travel off the beaten path for many years. When her son was diagnosed with eczema and asthma as a toddler, she began extensive personal research and experimentation with whole food nutrition and alternative health care. Her own struggle with chronic illness also drove this search.

After discovering Healing Touch and Emotional Freedom Techniques (EFT), she began practicing on herself and her family with excellent results. Encouraged by friends and family to share these gifts, she began her private practice in Fort Collins, Colorado in January 2007.

A strong advocate of personal empowerment, Bonnie loves to share the tools that she has found most useful, especially with families and children. Besides offering individual sessions, she offers workshops and publishes articles regularly on subtle energy, balanced living, and whole food nutrition.

Bonnie is a Healing Touch Certified Practitioner and member of the Healing Touch Professional Association. She and her husband have home-schooled their four children since 1997 (yet another alternative path).

Bonnie's website is www.healingtreewellness.com

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Marjie Clarke, Level 3 HT Student,
Graduate Barbara Brennan School of Healing 2010



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Doing the Work Level 4 Experiences

By Tammy Rogers, HT student

Tammy attended Cynthia Hutchison's Level 4 class in the Chicago area last July, which was held simultaneously in the same location with a level 5 class taught by Sharon Scandrett-Hibdon. She wrote these reflections two days after class completion and shared them with us. You can read more about the Level 4 curriculum by [clicking on this link](#).

It has been two days since returning home from my Healing Touch Level 4 training. This level marks the beginning of the HT Practitioner Apprenticeship year and focuses on preparation for Level 5 graduation and Practitioner Certification. This four-day workshop at a retreat center in Chicago offered uninterrupted, in-depth study of healing techniques, professional practice issues, as well as, a safe, trusting environment to continue personal healing. Since returning from this remarkable experience, I have been asked a dozen or so times how I am doing. People seem to ask without expectation, as more of a greeting. We all do it. However, I have been tempted to replace the usual “*fine, thanks*” with the truth - “*I’m processing.*”

I suspect most people would not know what to make of that - and neither do I. The beauty of it is that, as I continue learning to follow my energy and that of others, I am making room for the mysterious changes that are unfolding within me. Part of that requires that I politely ask my rational brain to take a seat in the corner while my feelings take their turn.

I am not always so gracious toward my feelings. During the workshop, as my partner and I finished our third session together, with me as the HT practitioner, I notice the time and realize that I am encroaching on the second hour. If I do not finish, she will not have enough time to give me a full session. Rather than motivate me, the idea has a ho-hum effect. Well, I

think, I do not really *need* a turn. Maybe due to the high vibrations in the room, I thankfully recognize this as the voice of fear. But fear of what?

I tell my partner, Kathy, about it, and complain of my thigh muscles feeling tight. She begins our session and after a moment has me turn onto my stomach. As she works on my back I cannot help but think that she may be off base. My shoulders are feeling pleasantly tingly, but shouldn't we do some *serious* work? By the time we finish and head to our lunch break, I know that *serious work* is exactly what has happened. I cannot seem to stay grounded. I try to eat but feel waves of anxiety. More than anything, I want to be alone, outside, preferably lying face down in the grass. But I do not want to miss the lunchtime conversations with Level 5 participants, who are sharing this weekend with us and providing valuable insight, support, and encouragement.

However, self care is an important part of the weekend, so I excuse myself. My shoes come off the minute I get outdoors and the hot asphalt feels wonderful under my feet. I find a spot under the trees, just past a shrine to St. Joseph. *Pray for Us* says the inscription in the cement, but the shrine is empty. I wonder if he is having some work done, too?!

With my back against a tree, I let the tears come. The emotions feel old but, strangely, are not attached to definite thoughts or memories. In a way, this is a relief. In the two years that I have been receiving Healing Touch treatments, I continue to hold a fear that, in releasing emotion, I will be forced to relive something unpleasant. What I have found is that the fear comes from the stories I have attached to the feelings, not the feelings themselves. This time the story is not the point. Instead of sentences, I am envisioning a finger painting - streaks and smudges and colors. Although my brain is not necessarily happy about being deprived of its *a-ha!* moment - my body knows that this is safe and right and needed. The energy knows. The Universe knows.

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By now I am in desperate need of a Kleenex. I have nothing in my purse but an Always panty liner. It will have to do. I unwrap it and dab my eyes, thankful that St. Joseph is not there to see, though I am sure he would understand. It is at this unlikely moment that I have the inspiration to write about this experience. What reassurance! Proof that I am *in spirit* and never alone, in this moment, as in every moment. The truth of it makes me cry more.

As I cry, one classmate passes by. Then another. Both pass silently, respecting my space. I'm thankful for the intricate and glorious cloth from which these women are cut and for the common threads that bind us. Mostly because they too simply *know*.

Some of them share their thoughts:

Participating in Level 4 has been a lovely way to be active in the necessary journey of Health Care Reform. We are each change agents. The more we deliberately focus on our capacities to heal and create healing environments for others to heal, the closer and more possible heaven on earth becomes. One light at a time! I feel quite blessed to be a witness to others' awakening,

and have deep gratitude for the presence of others affirming love to me.

-Barbara Starke, Healing Touch Certified Instructor

The Level 4 experience assisted me to find my sense of calm and centeredness again, and provided me with the tools to maintain that calm in the midst of the storms of everyday life.

-Kathy Tanouye, student

Level 4 changed how I look at myself and my future. I am truly looking forward to my apprenticeship year and becoming a Healing Touch practitioner.

-Kathy Welhouse, student

It was amazing to meet such wonderful, thoughtful, intelligent women. I am constantly amazed at this healing, both in myself and others. It makes me happy!

-Tara Seider, student

If you have experiences from your own Healing Touch training levels you'd like to share, please consider submitting to Energy Magazine. We all learn from each others' journeys!



Opportunity for HT Practitioners - Alternatives for Healing Website

How does someone find an HT Practitioner?

Alternatives for Healing is a leading alternative and complementary medicine directory for finding holistic practitioners, natural products, books, CDs, DVDs, stores, magazines, schools, workshops, retreats, newsletters, talk radio, videos and more. It has over 100 therapies from which to search, 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.

Healing Touch Program has arranged a discount for HT Practitioners who want to be listed on the AlternativesForHealing.com directory. The annual charge for a listing is normally \$75. The discounted rate for HT Practitioners is only \$60 per year. This includes a listing as a Healing Touch Practitioner as well as a listing for any other modality you do, i.e. Massage, within the over 100 modalities posted on the site. Your listing can also

include posting workshops, articles, YouTube videos, and newsletters.

AlternativesForHealing.com was born with the intention of not only being an informational resource, but also reaching out to the public through a variety of media to catch the attention of many different segments of the public. They are dedicated to helping Practitioners get more visibility and clients, and making it easy for people to find a Healing Touch Practitioner in their area.

We feel this is a wonderful opportunity to spread the word about your practice for a very nominal fee. If you would like to take advantage of this opportunity, use coupon code C0941214699 when joining through the website or contact Sonja Torres at 303-476-1714.

Check out the Alternatives for Healing website at www.AlternativesForHealing.com

Essential Energy with Cyndi Dale

by Cyndi Dale

Touch From The Heart, Touching Our Elders

Last fall, I spent Thanksgiving vacation in the emergency room and hospital. On the lighter side, I fully experienced the truth of the phrase, "Hospital food isn't much to write home about." Who knew one could ruin canned cranberries? It made me feel better about my own cooking, especially the Thanksgiving I had forgotten to turn on the oven. That year we skipped the turkey and fixings altogether. On the more depressed side, I didn't have much appetite anyway. My mother had fallen and injured herself, thereby starting the long and painful slide from independent to assisted living.

Imagine my surprise to find a posting for Healing Touch on the chaplain's door. "Oh yes," asserted the floor nurse, "We're all fans of Healing Touch."

During the next few weeks, I discovered that many of our area's senior's facilities offered some version of Healing Touch, massage, or Reiki; some form of touch that heals. Minnesota might be a little off the grid for many folk, but we're right up there with complementary care.

The need is stupendous. Touch itself is a stand-alone need. Infants deprived of touch fail to thrive; about 100 years ago, 99 percent of babies in American orphanages died because they weren't touched. Conversely, touch truly does heal, as proven in a recent study. When massaged three times a day for 15 minutes each time, babies with a high chance of infant mortality or

developmental disorders gained 47 percent more weight than infants who were not massaged.

Older ages also benefit from healthy touch. In one study, children and teens with adjustment disorders, upon received massage, became markedly less anxious and troubled than their counterparts.

Lacking human contact, might we all turn our heads to the walls, perhaps to seek the window facing Heaven, the place from which we came?

To touch is to affirm life, to share care, and nourish intimacy. It's to bolster our immune system, improve our sleep, and create true communion. Healing Touch goes a step further, as it offers even more. To touch the soul is to create more spirit in this physical world, and it is this, which heals.

So what population is probably the least touched?

Think of how many of our elders have lost their life partners and friends. The lucky ones are visited by relatives. Most are not. Lack of mobility, either due to physical illness or loss of driving privileges, creates isolation. Those in nursing homes or hospice are dependent on their caregivers, who are often poorly trained and sometimes, neglectful.

Who is touching these individuals, our Elders? Who is even available to do so?

This question is rather depressing, as the numbers of elderly grow each year. The percentage of elderly amongst the total

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US population has tripled since 1900 and is expected to double between now and 2030.

Who is going to care for these people, the Elders on the way? Who is going to touch us in such a way that we know ourselves as nourished, nurtured, and attended?

Healing Touch professionals are in an enviable and vital position. To touch another human being is an honor. To provide curative touch—trained and directed love—is to honor another. To provide this gift of the spirit to one in dire need is to not only answer a prayer, but to become the prayer.

Personally I'd like to find a Healing Touch professional on every hospital room ward; in every hospice center; and staffing the emergency rooms. I'd like to hear about Healing Touch professionals included on medical missions trips and housed on Alzheimer's Wards. And you know, my sense is that this prayer just might be answered, because Healing Touch is already

responding. It is hearing the need of humanity and putting the "kind" back into "human-kind." It is following the command set forth by leaders including Abraham J. Heschel, who challenged us all with these words.

A test of a people is how it behaves toward the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old, the incurable, the helpless are the true gold mines of a culture.

About the author:



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing, including *The Complete Book of Chakra 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

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4/30-5/3/10	Long Island, NY	Pat Jeski 631-987-7337	Hovland
5/27-30/10	Calgary, Canada	Thelma Shulyk 403-288-3703	Hovland
9/2-5/10	St. John's, Newfoundland	Maxine Gladney 709-364-6919	Hovland
9/16-19/10	Atlanta, GA	Ines Hoster 404-257-1843	Lester
10/13-16/10	Chicago, IL	Kathy Van Duser 847-894-5951	Hovland
11/4-7/10	Suffolk, VA	Lynne Whitlock 757-934-4900	Hovland

Level 2 teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1

Date	Location	Contact	Instructor
4/8-10/10	San Diego, CA	Mary Jane Aswegan 760-633-6312	Hovland
11/19-21/10	Atlanta, GA	Ines Hoster 404-257-1843	Hovland

Level 3 studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

Date	Location	Contact	Instructor
5/13-15/10	Portland, OR	Linnie Thomas 503-454-0469	Hovland

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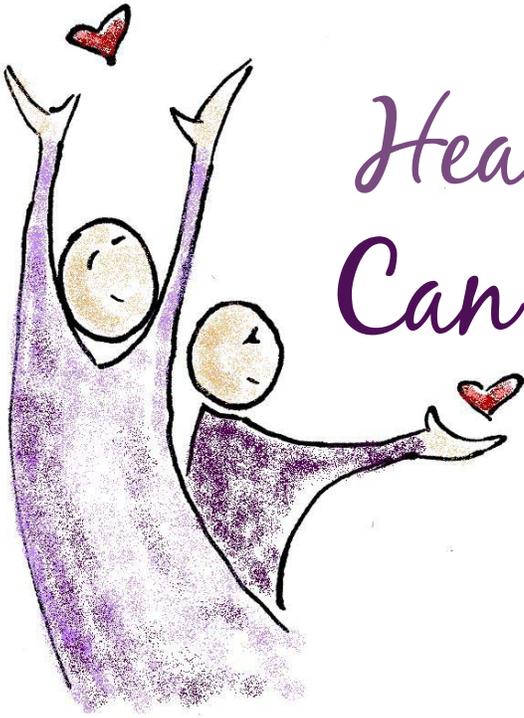
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Healing Touch: Can You See the Love?

by Janis Kleinberger, HTCP

“So gentle. So gentle. Wonderful.”

“You’re really magic!”

“I’m so relaxed, I can’t describe it.”

“I went to la la land.”

Testimonials from Hospice Patients

One day, after having served hospice and palliative care families with Healing Touch and reflexology for many years, I was asked to visit with an older woman receiving hospice care who was experiencing terminal agitation. I began clearing and balancing her energy field with Healing Touch, and she soon quieted down. Her daughter watched as her mother opened her sea-blue eyes wide, looked deeply into mine, and relaxed into the experience. She had not spoken clearly for days, but then she said with wonder, “Can you see it - the love? It’s so beautiful, the love.” I am forever touched by the profound connection and awe of that transcendent moment.

Healing Touch, an energy-based therapy, is gently powerful in easing the way for families confronting serious illness. It is well documented that the compassionate exchange in Healing

Touch and other complementary therapies (CAM) can improve the emotional, physical, mental and spiritual well being of hospice and palliative care patients. Family caregivers also benefit by being empowered with techniques to relieve symptoms of their loved one, and self-care to ease debilitating stress. For both patients and caregivers energy-based therapies can assist in allowing them to do the more subtle inner work that can gift the family with a more peaceful end-of-life experience. For this reason the National Hospice and Palliative Care Organization (NHPCO) strongly endorses the use of CAM in end-of-life care. As Valerie Hartman, Coordinator of the Holy Redeemer Hospice Complementary Therapy Program in Philadelphia and Chair of the Allied Therapy Committee of NHPCO, states, “*One of the greatest benefits of comfort massage and other complementary therapies in hospice care is to break the stress response in fear and ease stress related physical symptoms in all stages of the dying process.*”

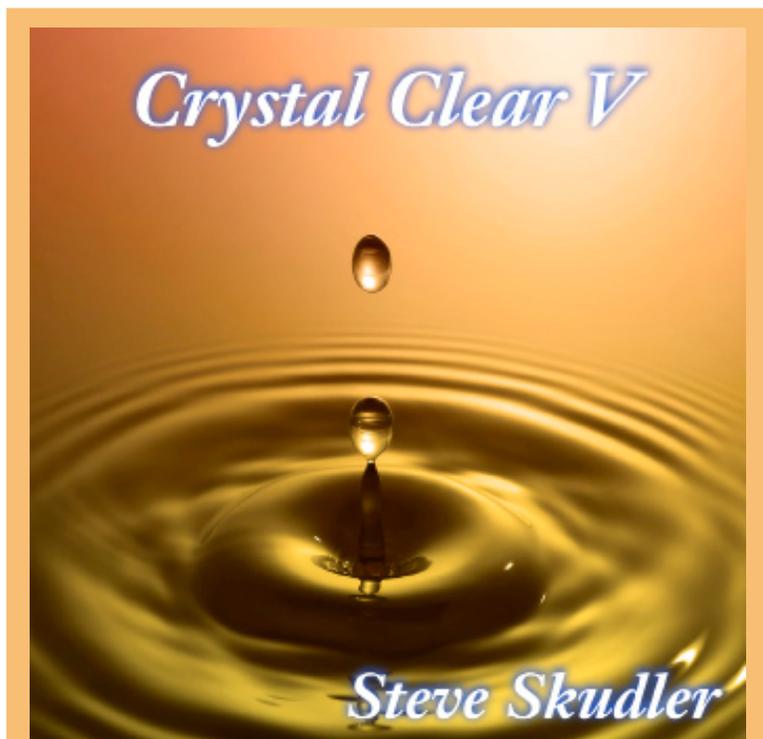
Collectively we must develop strategies to bring Healing Touch and other energy-based modalities to homes and community-based settings of the frail, vulnerable and underserved in our communities. Emerging Healthcare, Inc., a new non profit organization based in Atlanta, Georgia, invites you to collaborate in proactively improving access to integrative, community-based care and education. Through replicable model programs, together we can build bridges with conventional practices that demonstrate improved quality of life, as well as cost containment for our

continued on page 24

healthcare industry. Please contact Janis at 404.375.8678 if you would like to be part of this movement and create life changing stories that promote healing from the inside out.

"... You were such a wonderful gift for us and your healing hands and gentle spirit brought my dad relief, both physically and emotionally...It was such a trying and difficult time for us all and having people like yourself around definitely eased the burden. We always looked forward to seeing you at the door. We will never forget your kindness."

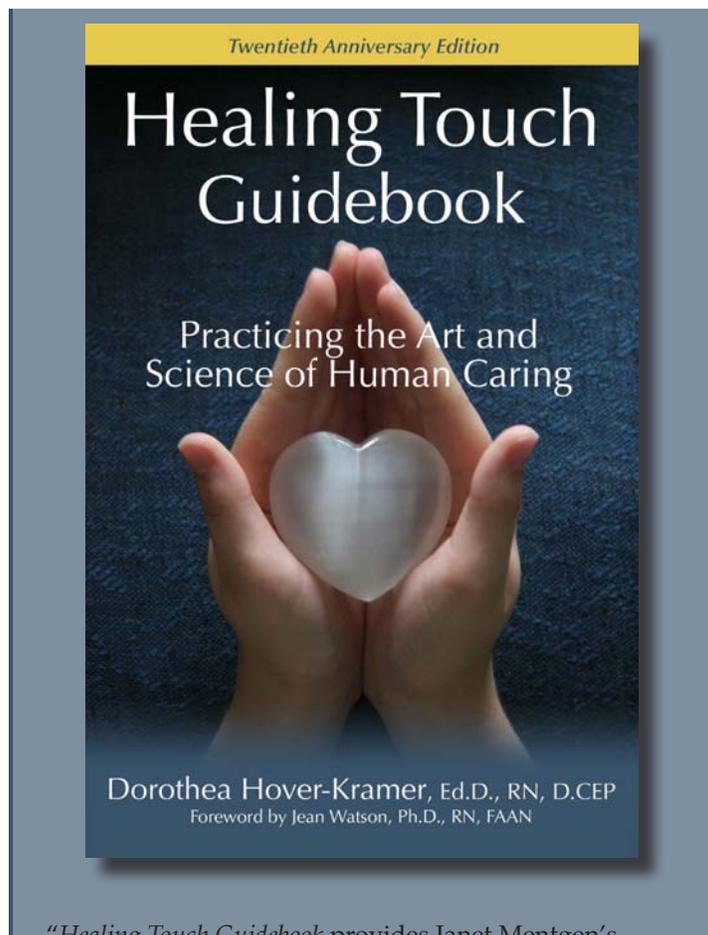
-daughter of a hospice patient who received
Healing Touch



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—**Barbara Dossey**, PhD, RN, AHN-BC, FAAN,
Author, *Holistic Nursing: A handbook for practice*
(5th ed) and *Florence Nightingale: Mystic visionary,*
healer.

"The Healing Touch Guidebook is an extraordinary resource for healers, healthcare professionals and anyone interested in gaining a better understanding of the dynamics involved in Healing Touch. This book is a must-read for those interested in the research, conceptual underpinnings, and practical application of Healing Touch. It is certain to become one of the seminal, foundational books that address subtle, energy healing."

—**Lucia Thornton**, RN, MSN, AHN-BC Past-President
American Holistic Nurses Association

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HEALING TOUCH

Class Schedule

2010

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Date	Location	Coordinator	Phone	Email	Instructor
Intro					
10/18/2010	TX Dallas	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Sharon S.Hibdon
10/24/2010	TX Dallas	Karen Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Karen Russell
12/5-6/2010	CO Colorado Springs	Joy Heartsong	(719) 328-9143	joy@heartsonghealing.net	Joy Heartsong
Level 1					
10/23-24/2010	CO Lafayette	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
10/23-24/2010	FL Tampa	Tammy Dragel	(813) 870-4766	tammy.dragel@baycare.org	Kimberly Gray
10/23-24/2010	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
10/23-24/2010	KY Louisville	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
10/23-24/2010	Stuttgart, Germany	Dora Koestlin	7117914083	dora.koestlin@gmx.de	Renate Reichenberger
10/23-24/2010	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
10/23-24/2010	CO Colorado Springs	Joy Heartsong	(719) 328-9143	joy@heartsonghealing.net	Joy Heartsong
10/23 & 30/2010	IL Godfrey	Lewis & Clark Communit	(618) 468-5777	debklueter@yahoo.com	Placek/Klueter
10/29-30/2010	OH Youngstown	Linda Morrison	(724) 658-5422	morlibrary@aol.com	Nancy Strick
10/29-31/2010	VA Midlothian	Ray Rust	(804) 378-4606	rayrust1@verizon.net	Ann Rust
10/30-31/2010	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
10/30-31/2010	NV Reno	Susan Patricio	(530) 342-7092	susanpatricio@yahoo.com	Susan Patricio
10/30-31/2010	TX Houston	Healing Touch Texas	(281) 856-8340	healingtouchtx@aol.com	TBA
11/6-7/2010	AZ Sun City West	Judith Axelson	(623) 584-3839	gaxelson1@juno.com	Judith Axelson
11/6-7/2010	NC Charlotte	Pardee Henderson	(704) 806-0146	Pardee@carolina.rr.com	Pardee Henderson
11/6-7/2010	ID Boise	Marilynn Jackson	(208) 318-6010	mj@intuitiveoptions.com	Jackson/Scepka
11/6-7/2010	CA La Mesa	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Lisa Goodman
11/6-7/2010	TN Knoxville	Margaret Leslie	(865) 607-0173	margaret_leslie@hotmail.com	Margaret Leslie
11/6-7/2010	SK Swift Current	Judy Ross	(306) 264-3653	djross@yourlink.ca	Betty Petersen
11/6-7/2010	CO Ft Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
11/6-7/2010	CA Long Beach	Katrina N Shibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
11/6-7/2010	TX San Antonio	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Rita Kluny
11/6-7/2010	PA Philadelphia	Jean M White	(215) 750-8884	jeaniew@comcast.net	Jean M White

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Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
11/6-7/2010	NJ Hackettstown	Jennifer Kirkman	(908) 797-9573	jenncorgi@aol.com	Jackie Page
11/6-7/2010	NY Saratoga Springs	Nina Lockwood	(518) 695-9266	nina.lockwood@gmail.com	Nina Lockwood
11/6 & 13/2010	CT Greenwich	Beth Wright	(203) 561-4883	beth@bethwright.net	Beth Wright
11/8-9/2010	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande B. Douglas
11/12-14/2010	PA Harrisburg	Mary Pat FitzGibbons	(607) 217-7023	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
11/12-14/2010	AB Calgary	Mount Royal College	(403) 440-3833	therapeuticbalancing@gmail.com	Betty Petersen
11/13-14/2010	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
11/13-14/2010	MD Frederick	Krista Hall	(301) 865-1514	khealenergy@comcast.net	Krista Hall
11/13-14/2010	ID Idaho Falls	Marilynn Jackson	(208) 674-1201	mj@intuitiveoptions.com	Jackson/Scepka
11/13-14/2010	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
11/13-14/2010	Ags Rincon deRomos, MX	Nora Sonia Sanchez Roc	14659510516	norita_mar@yahoo.com.mx	Connie Silva
11/13-14/2010	NC Charlotte	Arlene Mauney	(704) 724-1912	afmauney@yahoo.com	Pruett/Mauney
11/13-14/2010	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
11/13-14/2010	CA Lafayette	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
11/13-14/2010	VA Suffolk	Marilyn Stulb	(757) 539-4413	mhstulb@yahoo.com	Marilyn Stulb
11/13-14/2010	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
11/19-21/2010	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
11/20-21/2010	TX Kerrville	Susan Russell	(817) 781-3387	kbrussellrmt@yahoo.com	Susan Russell
11/20-21/2010	WI Fond du Lac	Marian Blazer	(920) 921-9404	marianblazer@gmail.com	Rosann Geiser
11/20-21/2010	IL Edwardsville	Lewis & Clark Communit	(618) 468-5777	debklueter@yahoo.com	Lynn Placek
11/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	TBA
11/30-12/2/2010	S.L.P San Luis Potosi, MX	Dra. Martha Landeros	(011) 524-448179949	landerosmartha13@hotmail.com	Connie Silva
12/4-5/2010	OH Cincinnati	Daniel Snyder	(513) 221-1660	daniel44@fuse.net	Daniel Snyder
12/4-5/2010	OR Tualatin	Linnie Thomas	(503) 454-0469	linnie@iafeh.com	Linnie Thomas
12/4-5/2010	AZ Tucson	Judi Gaston	(520) 744-0039	jpgastonaz@msn.com	Barb Hart
12/11-12/2010	PA Elizabethtown	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page
12/11-12/2010	TX Houston	Healing Touch Texas	(281) 856-8340	HealingTouchTX@aol.com	Bonnie Morrow
1/14-15/2011	TX Tenaha	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
01/15-16/2011	PA Elizabethtown	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page
1/15-16/2011	CO Ft Collins	Lauri Pointer	(970) 484-2211	LMPointer@aol.com	Lauri Pointer
01/22-23/2011	AZ Sedona	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
1/22-23/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
01/23-24/2011	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
01/29-30/2011	CA Long Beach	Katrina N Shibata	(714) 330-4030	HealingTouchConnection@gmail.com	Rumi Hashimoto
01/29-30/2011	CO Lafayette	Nicole Kasemir	(303) 478-1617	nk@health-options.net	Nicole Kasemir
2/4-5/2011	CT Greenwich	Beth Wright	(203) 561-4883	beth@bethwright.net	Beth Wright
2/5-6/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
2/11-13/2011	VA South Hill	Marilyn Stulb	(757) 539-4413	mhstulb@yahoo.com	Marilyn Stulb
03/1-2/2011	PA Elizabethtown	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page
03/19-20/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
4/1-2/2011	WI Fond du Lac	Marian Blazer	(920) 921-9404	marianblazer@gmail.com	Rosann Geiser
4/2-3/2011	PA Elizabethtown	Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
04/16-17/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
04/16-17/2011	CA Long Beach	Katrina N Shibata	(714) 330-4030	HealingTouchConnection@gmail.com	Rumi Hashimoto
06/11-12/2011	AZ Sedona	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
07/16-17/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
9/10-11/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison

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Date	Location	Coordinator	Phone	Email	Instructor
Level 1 continued					
09/17-18/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
10/22-23/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
Level 2					
10/23-24/2010	NY Binghamton	Mary Pat FitzGibbons	(607) 217-7023	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
10/23-24/2010	WA Seattle	Keela Marshall	(206) 545-7387	kwellness@earthlink.net	Keela Marshall
10/30-31/2010	PA Elizabethtown	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page
11/6-7/2010	TN Memphis	Donna Donato	(901) 832-7665	dona44@aol.com	Donna Donato
11/6-7/2010	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
11/6-7/2010	MO St Louis	Catherine Beckmann	(314) 749-2016	ccabes6@sbcglobal.net	Linda Elaine Smith
11/6-7/2010	IL Northbrook	Marcia Bregman	(847) 831-3680	mbreght@comcast.net	Marcia Bregman
11/6-7/2010	CO Highlands Ranch	Janna Moll	(303) 346-3809	janna@hearthealingcenter.com	Janna Moll
11/6-7/2010	AZ Tucson	Judi Gaston	(520) 744-0039	jpgastonaz@msn.com	Barbara Hart
11/6-7/2010	PA Philadelphia	Jean M White	(215) 750-8884	jeaniew@comcast.net	Maureen McCracken
11/12-14/2010	VA Midlothian	Ray Rust	(804) 378-4606	rayrust1@verizon.net	Ann Rust
11/13-14/2010	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
11/13-14/2010	GA Atlanta	Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
11/13-14/2010	NY Amsterdam	Sr Rita Jean DuBrey	(518) 841-7146	dubreyr@smha.org	Sr Rita Jean DuBrey
11/13-14/2010	IL Warrenville	Ann OMalley	(630) 674-8040	annoma@gmail.com	Ann OMalley
11/13-14/2010	TX Austin	Veronica Rice	(512) 835-7146	varice@austin.rr.com	Rita Kluny
11/13-14/2010	Stuttgart, Germany	Dora Kostlin	7117914083	dora.koestlin@gmx.de	Renate Reichenberger
11/13-14/2010	CO Ft Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
11/16-17/2010	Ags Rincon deRomos, MX	Nora Sonia Sanchez Roc	14659510516	norita_mar@yahoo.com.mx	Connie Silva
11/18-19/2010	NC Asheville	Denise Anthes	(828) 213-1042	denise.anthes@msj.org	Denise Anthes
11/20-12/2010	AZ Sun City West	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
11/20-21/2010	QUE Quebec	Yolande Boule Douglas	(418) 574-3461	yolande.boule.douglas@gmail.com	Yolande B. Douglas
11/27-28/2010	MN St Paul	Joyce Rudenick	(651) 254-1497	joyce.m.rudenick@healthpartners.com	TBA
11/27-28/2010	ON London	Cindy Palajac	(519) 685-1670	cpalajac@rogers.com	Cindy Palajac
12/3-4/2010	S.L.P San Luis Potosi, MX	Dra. Martha Landeros	(011) 524-448179949	landerosmartha13@hotmail.com	Connie Silva
12/3-5/2010	AB Calgary	Mount Royal College	(403) 440-3833	therapeuticbalancing@gmail.com	Betty Petersen
12/4-5/2010	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
12/4-5/2010	CA Long Beach	Katrina N Shibata	(714) 330-4030	healingtouchconnection@gmail.com	Rumi Hashimoto
12/4-5/2010	MD Glen Burnie	Zinda Wienke	(410) 439-0601	z.wienke@verizon.net	Nancy Lester
12/4-5/2010	CA San Diego	Lisa Goodman	(619) 233-6036	lisa.goodman@sharp.com	Lauri Pointer
12/11-12/2010	MO St Louis	Kay Cook	(314) 773-8333	kaycook@prodigy.net	Kay Cook
12/11-12/2010	CA Lafayette	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
01/15-16/2011	PA Harrisburg	Mary Pat FitzGibbons	(607) 217-7023	marypat_fitzgibbons@yahoo.com	Mary Pat FitzGibbons
1/15-16/2011	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
1/15-16/2011	CO Ft Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
01/22-23/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
1/28-29/2011	TX Tenaha	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
2/4-5/2011	CT Greenwich	Beth Wright	(203) 622-6338	beth@bethwright.net	Jackie Page
2/5-6/2011	WI Fond du Lac	Marian Blazer	(920) 921-9404	marianblazer@gmail.com	Rosann Geiser
2/19-20/2011	CA Long Beach	Katrina N Shibata	(714) 330-4030	HealingTouchConnection@gmail.com	Rumi Hashimoto
2/26-27/2011	CO Ft Collins	Lauri Pointer	(970) 484-2211	LMPointer@aol.com	Lauri Pointer
2/26-27/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
03/12-13/2011	PA Elizabethtown	Jackie Page	(717) 361-7972	healingintention@comcast.net	Jackie Page

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Date	Location	Coordinator	Phone	Email	Instructor
Level 2 continued					
6/4-5/2011	PA Elizabethtown	Jackie Page	(717) 756-1861	healingintention@comcast.net	Jackie Page
06/11-12/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
07/16-17/2011	AZ Sedona	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
07/16-17/2011	AZ Sedona	Dee Gerken	(760) 774-1512	dgerken@q.com	Dee Gerken
10/15-16/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
11/12-13/2011	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Vickie Smith
Level 3					
10/29-30/2010	OH Canfield	Stephanie Parrott	(724) 667-8193	stephanie.parrott@gmail.com	Barbara Starke
11/6-7/2010	CA San Francisco	Carol Kinney	(415) 454-9689	cskinneyenergyhealing@comcast.net	Carol Kinney
11/6-7/2010	MO St Louis	Kim Finck	(636) 259-0097	luv4badger@yahoo.com	Lynn Placek
11/12-14/2010	OH Cincinnati/Loveland	Theresa Kajs	(513) 683-0987	tmkajs@cinci.rr.com	Theresa Kajs
11/13-14/2010	WA Brisbane, Australia	Monica Nebauer	(073) 851-1664	monicanebauer@optusnet.com.au	Barbara Rogers
11/13-14/2010	CO Ft Collins	Lauri Pointer	(970) 484-2211	LMPointer@aol.com	Lauri Pointer
11/20-21/2010	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
11/20-21/2010	NV Las Vegas	Teresa Kunz	(702) 493-0695	terry@terrystouch.com	Sharon Myrah
11/20-21/2010	OH Cincinnati	Holly Stetter	(513) 985-6736	holly_stetter@trihealth.com	Charlette Lev Gordon
11/20-21/2010	VA Newport News	Dottie Graham	(757) 890-2940	gisaoftva@aol.com	Dottie Graham
12/4-5/2010	NC Charlotte	Susan Thomasson	(704) 355-3921	susan.thomasson@carolinas.org	Donna Duff
12/4-5/2010	CA Sacramento	Susan Reed	(707) 928-6565	blueskyz@idiom.com	Susan Reed
12/4-5/2010	TX San Antonio	HT Program	(210) 497-5529	registration@healingtouchprogram.com	TBA
12/4-5/2010	CO Highlands Ranch	Janna Moll	(303) 346-3809	janna@hearthealingcenter.com	Janna Moll
12/4-5/2010	GA Atlanta	Ines Hoster	(404) 257-1843	ines@healingquestinfo.com	Ines Hoster
2/26-27/2011	TX Tenaha	Karen Chin	(903) 927-1423	goldenphoenix54@yahoo.com	Bonnie Morrow
2/26-27/2011	NC Asheville	Anne Boyd	(828) 252-9419	homelight@aol.com	Anne Boyd
4/2-3/2011	CO Ft Collins	Corinna Kromer	(970) 310-9444	corinna@healthawarenesscoach.com	Sharon Myrah
4/9-10/2011	CO Ft Collins	Lauri Pointer	(970) 484-2211	LMPointer@aol.com	Lauri Pointer
4/16-17/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
4/16-17/2011	WI Fond du Lac	Marian Blazer	(920) 921-5290	marianblazer@gmail.com	Sharon S. Hibdon
11/19-20/2011	CO Boulder	Deborah O'Sheerin	(303) 447-3264	lightworksht@hotmail.com	Cynthia Hutchison
Level 4					
10/20-23/2010	CO Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lauri Pointer
10/21-24/2010	SK Swift Current	Judy Ross	(306) 264-3653	djross@yourlink.ca	Betty Petersen
10/28-31/2010	MB Winnipeg	Margo Reimer	(204) 219-6610	margoreimer@shaw.ca	Betty Petersen
10/31-11/3/2010	Munich, Germany	Petra Berger	(089) 850-9254	pberger2@gmx.de	Ines Hoster
11/3-6/2010	NC Asheville-Sold Out	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Mary Ann Geoffrey
11/25-28/2010	S.L.P San Luis Potosi, MX	Dra. Martha Landeros	(011) 524-448179949	landerosmartha13@hotmail.com	Connie Silva
12/2-5/2010	OH Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Lynn Placek
10/27-30/2011	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwatersca@yahoo.ca	Betty Petersen
Level 5					
10/20-23/2010	CO Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
11/3-6/2010	NC Asheville-Sold Out	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
11/19-22/2010	S.L.P San Luis Potosi, MX	Dra. Martha Landeros	(011) 524-448179949	landerosmartha13@hotmail.com	Connie Silva
12/2-5/2010	OH Loveland	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Sharon S. Hibdon
03/17-20/2011	AB Calgary	Sharon Lennox	(403) 949-3619	peacefulwatersca@yahoo.ca	Betty Petersen

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Date	Location	Coordinator	Phone	Email	Instructor
Level 2 continued					
Level 6					
11/9-12/2010	CO Boulder	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
Advanced Practice 1					
10/22/2010	Stuttgart, Germany	Dora Kostlin	(071) 179-14083	dora.koestlin@gmx.de	Ines Hoster
2/12/2010	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
Advanced Practice 2					
2/13/2011	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
Advanced Practice 1 & 2					
2/12-13/2011	CO Boulder	Healing Touch Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison
L 2 Instructor Advancement					
12/3/2010	CA San Diego	Lisa Goodman	(619) 672-6498	lisa.goodman@sharp.com	Lauri Pointer
Mentorship Training Course-Spring					
2/8-4/5/2011	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
2/10-4/7/2011	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Janna Moll
HT Presentations Class					
10/21/2010	Stuttgart, Germany	Dora Kostlin	(071) 179-14083	dora.koestlin@gmx.de	Ines Hoster
Self Care Training- FOR INSTRUCTORS ONLY					
	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Barbara Starke
Childrens Class Training- Level 4 and Above					
	Online	HT Program	(210) 497-5529	registration@healingtouchprogram.com	Cynthia Hutchison