

# Featured Healing Touch Certified Practitioner



Nancy Battilega, HTCP

by Barb Dahl, BSN, RN, HTCP/I

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

**NANCY BATTLEGA**, HTCP

## Hero's Journey

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

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

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

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

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

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

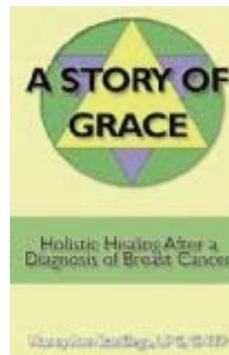
Nancy shares insights learned on her journey that are of particular importance for Healing Touch Practitioners; "All of us on the path of spiritual growth have a need to let go of judgments, comparisons, and the need to understand." Nancy suffered confrontations from people at times who were appalled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

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

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

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

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



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

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

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

About the author:

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