

Featured Healing Touch Instructor:

*Myra Tovey* RH, BS, CHTP, CHTI, HNC

## A Heart Centered Journey to Healing Touch

*1980* was a milestone in my life as a health care professional. Up to that time I was a traditional nurse who had worked in several areas: as a surgical nurse, a hospital staff nurse, an office nurse in family practice, and in the Fort Wayne Community School as a school nurse, and then as Supervisor of Health Services.

In 1980 Dr. Joy was an important milestone in my life. He was brought to Ft. Wayne by my yoga teacher who encouraged me to attend the workshop since I was a nurse. So I bought his book, *Joy's Way*, now used in the Healing Touch program, and read part of the book but I really didn't understand anything he was saying. I got to the page about the Chakra Connection and put the book down. Now I laugh because I've been doing the Chakra Connection for 27 years.

By attending his workshop, I saw the benefits of what it means to work from the heart center and I feel very fortunate that I was introduced to the heart center before I met Janet. We have all learned that coming from the heart center really helps to deepen the work. I have continued to study with Brugh Joy off and on since 1980 and I keep learning new things about the heart.

My Healing Touch journey began in 1988 when Janet Mentgen and I were both appointed to the board of the American Holistic Nurses Association. Two other nurses on the board, Dorothea Hover Kramer and Sharon



Above: Myra Tovey, RH, BS, CHTP, CHTI, HNC

Scandritt Hibdon, and I, learned that Janet had a program in Colorado where she was teaching an energy healing class. Since I had been studying with Dr. Brugh Joy, I knew about energy work. As the four of us gravitated together, Dorothea, Sharon and I encouraged Janet to take this program "on the road" – so to speak. We met with Janet to determine how this program could be taught on a weekend. I was one of the first certified practitioners and knew right away that I wanted to be an instructor. Dorothea, Sharon and I knew we had to get through the program so we could get the word out. I am being introduced now as one of the "Founding Mothers" of Healing Touch.

Janet's guidance was what developed the curriculum. She had been teaching a continuing education class on Therapeutic Touch at Red Rocks Community College (in Denver). Later, she began using other sources for energy work; Brugh Joy, and Barbara Brennan among them. The name Healing Touch happened through Janet's guidance.

AHNA offered to provide certificates for the program but required that a pilot study be done. The first pilot was at the University of Florida in Gainesville where Dorothea was on the faculty and the second was at the University of Tennessee in Memphis where Sharon was on the faculty.

I then coordinated the first Level 1 class in Ft. Wayne, Indiana February 9-11, 1990 which Janet came from Colorado to teach. We had about 25 nurses. I was director of the AHNA central states region at the time, so I had mailing lists for ten states. People came from Illinois, Indiana, Michigan and Ohio. My husband, David, and Beverly Rieger, who recorded *Beloved*, were asked by Janet to be at the workshop and to play live music. This was quite amazing and historical and fortunately, someone videoed the workshop. It wasn't very sophisticated...a camera was set up so whoever walked in front of the camera was on the video. I believe there were 6 tapes originally. I now have four of them which have been transposed to DVD.

As the Healing Touch program developed, it was a challenge because I was well known in Ft. Wayne as supervisor of Health Services of a large school district with 32,000 students. The medical people in my own family thought I was "off the wall". Numerous students were able to stay in school for the day when their headaches, stomachaches, asthma attacks, playground or sports injuries were relieved by Healing Touch. Healing Touch was so new at the time that I was afraid that if any of the school administrators found out what I was doing for the students, I might be fired. But I continued to talk about it and eventually I was asked to speak about Healing Touch at nurses meetings, conferences, and workshops. I was the first practitioner and instructor in Indiana and as the pioneer I am proud that we currently

have many practitioners and several instructors in Indiana.

In addition to teaching Level 1 and Level 2 to students, I am the lead instructor for Level 2 instructors. I also teach Healing Touch and the Principles of Hypnosis. To be a good practitioner daily centering and the intention to focus is required. In classes I tell the students to focus just on the person with whom they are working as if there was no one else in the room. The intention and focus needs to be totally with and on that person.

My advice to anyone who is considering becoming an instructor is to realize that this is their work, that they have a passion for it, and that they practice what they teach. For example, it is important that when they talk about daily centering they need to be practicing that and have the discipline to do the work. Becoming an instructor not only takes time, it also takes commitment.



Above: (back row) Judy Turner, Myra Tovey, Lisa Mentgen-Gordon, Bill Mentgen, (front) Cynthia Hutchison and Margaret Nies

For people who may be interested in taking classes and have questions about HT, I tell them we are more than a physical body and that we have an energy system made up of an energy field, energy centers and meridians which has been proven by research. I also say that when we are in balance we live a more focused life. In HT we teach you techniques to do this for yourself and for oth-

ers. I also say that it helps a person live a more balanced life because when you do HT you have to be in that centered place and have a quiet mind. Having a quiet mind is necessary so you can focus on the person with whom you are working.

In June 2005, at the last instructor meeting Janet conducted, she talked about the history of Healing Touch. She said she considered Sharon the “warrior”, because she insisted the program be a certification program and not just a certificate program, Dorothea was the editor and did the writing and that I was the heart energy of the program.

When I teach Level 1 and Level 2, I stress how important it is to come from the heart. Now I’m teaching my own workshop called Heart Centered Living. A week before I was diagnosed with breast cancer in 2005, David was meditating one morning and afterwards said, “Myra, I think you are supposed to open a Center” and I said, “Oh, some day”. That “some day” came in September 2006 when I opened my own Center.

I want people to teach at my center but they have to come from the heart. In order to do that, anyone who is interested will need to study with me for one year. The training includes attending my monthly energy practicum, and monthly mentoring sessions. They will also have to take my monthly dream classes because dreams help you know where you are in life. Trainees will not learn anything new intellectually, but they will know how different their lives can be when coming from a centered heart. It takes discipline and daily practice which is not easy.

Thus far five people have gone through the program and seven more people are signed up. I also have an Educator program for people who do not live in my area. This is set up so that they can attend a few of my workshops and be involved in a phone mentorship program.

My prediction for the future of Healing Touch is the same as Janet’s...that it will continue for seven generations. What we all started back in 1988-1990 is growing and the curriculum is growing and being carried on by

Janet’s children. I heard Janet say many times “I want to walk into a classroom and recognize that it is a Level 1 or Level 2”.

Some people have tried to change the way it is taught but it was given to Janet through her guidance. So I really feel that for the purpose, and especially for it to continue in its pure form, we have to stay with the original guidelines and the original curriculum and not change it. I really think that is how it will last and as more people teach HT in its original form...it will continue to build energy all around the world. 🌍

*For more information about Myra and her work, call Heart Center (719) 622 0703, visit [www.heartcenteredliving.net](http://www.heartcenteredliving.net). Or email Myra at [myra@heartcenteredliving.net](mailto:myra@heartcenteredliving.net).*

### **Myra’s Bio:**

Myra is the founder and director of Heart Center, located in Colorado Springs. Heart Center offers classes, Healing Touch sessions, workshops, counseling, and other services with a heart centered focus. Myra is a charter member of Healing Touch International, Inc, and the lead instructor for the Healing Touch Principles of Hypnosis. She was appointed to the HTI Board of Directors in 1997, and is a certified Healing Touch Instructor who teaches energy concepts, stress management, and dream study groups. Myra supported Janet in envisioning and founding the Healing Touch Program. She is the lead instructor for Level 2 Curriculum. Myra has over 40 years of nursing experience (26 of which were in school nursing) and is a member of the national honor nursing society, Sigma Theta Tau. In 1986 she was honored as the Indiana School Nurse of the Year and is a member of the American Holistic Nurses Association, having served on the council for five years as the North Central Regional Director and Secretary. In 2003, Myra authored, *Yes, I Will*, an autobiography about heart-centered living.