



Healing Touch Program comes to Mission Hospital

Part 3: A Nurses View

by Anne Boyd, MDiv., HTCP/I, DALF/I

“At first I was frustrated being the only one doing Healing Touch on my shift,” said **Karen Meadows**, RN, who has been using HT in the Neonatal Intensive Care Unit at Mission Hospital in Asheville, NC since she began taking HT classes. In an interview, she said she has been doing energy work for years; HT is the latest. “I knew once I ‘owned it’ (energy work) it was important to learn more so that I could be a catalyst for others within and without the medical system.”

Experience with energy work has taught Karen there is more than one plane of awareness. “And now,” she says “there’s an ‘institutional awareness’ coming from the top down, that is making a huge difference in the hospital. She is very grateful for the support from administration so that integrative therapies are offered at Mission Hospital.

The following is what motivates Karen and is so vital to her personally -- thus encouraging her to foster HT:

- She has attended classes in HT and other energy work, accruing over 100 hours.
- Frequently consults with other HT students and practitioners in the hospital.
- Attends monthly HT practice sessions.
- As a HT Level 4 student, she is now a Healing Touch Practitioner Apprentice and is doing a one year mentorship with a Healing Touch Certified Practitioner.
- Gathers networking ideas from other units such as posters for the unit bulletin board.
- Attends retreats and training “as renewals and for my self-care,”
- Frequently offers energy work to open-minded staff members.

- Mentions HT whenever possible so that she is constantly planting “seeds of interest.”
- Above all, she *uses prayer and intention - to attract energy to The Work.*

“I storm heaven’s gates,” she said, “and it works when we love what we do and do what we love.”

With all this, Karen feels that doors are opening for her. For example, she was notified that she would be pinned after winning her Holistic Nursing Resource Certification. When Karen showed the information to her Head Nurse, she was told “I’ll be there for you.” This was very significant to her, as was the subsequent five-minute “huddle” during shift report, where nurses complimented her on receiving the certification. “That was also a notable introduction to holistic nursing for some of the staff ,” she happily added.

Recently 20 nurses from her unit attended the special two-day retreat offered by Mission Hospital for staff. They were surprised and very interested in the “new” concepts of integrative medicine that was offered to them. “I believe their experiential and helpful exposure,” Karen said, “allowed the nurses to have ‘ownership’ of what they experienced.”

Karen also mentions the Alternative Health Options (AHO) plan in which Mission Hospital participates that offers discounts for integrative therapies to hospital employees. (AHO-network.com)

Finally, Karen Meadows urges hospital staff to take *any opportunity* to support change - be it attending a certification program, training, or whatever is offered -- and also -- to spread the word about other institutions that currently support Healing Touch.

We certainly appreciate Karen's sharing of her experiences in hopes of inspiring others in their hospital settings.

(For other helpful information concerning Mission's innovative program, read Parts 1 and 2 of [HT Comes to Mission Hospital](#) in the Oct. and Nov. issues of Energy Magazine.)

Your comments or ideas to me are welcome, please email me at homelight@aol.com.

About the author:

Anne, after 25 years as Spiritual study group leader, and Shaman Journey presenter, was trained in the 80's by Janet Mentgen and her core group; and became Certified as Healing Touch Instructor and Practitioner. She has been teaching since, in the U.S. and as volunteer to Romania over several years. She also teaches Life Force Healing and other energy work. And she adds Reikli Master, Hypnotherapist, and Intuitive Healer/Consultant credentials, to her practice. In 2006 she earned a Master of Divinity Degree and was ordained Minister of Peace with the Beloved Community.

Anne traveled with Janet Mentgen and an HT teaching group to Australia/New Zealand three times in HT's early years and was inspired to draw angels; she later created quilted energy pillows and gemstone pendulums.