The joy, fulfillment, and empowerment that come from the discovery of one's inner divinity and membership in the community of consciousness — is our birthright
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Dear Readers,

As we begin this New Year, I find a striking tone set in Larry Dossey’s words concerning One Mind and our intimate connection with each other and all of life. As we explore the concept that separateness is not reality, perhaps we begin to realize the impact each of our lives imparts. There is much, much more in this piece that provides “food for thought.” As Larry points out, the consequences of One Mind are profound.

Perhaps as we, in the healing arts, “touch” one, we are “touching” many in ways we yet don’t understand or have the ability to see. Perhaps what we experience in utilizing Energy Medicine therapies is a connection through One Mind. We reach out to an individual, and in turn reach out to everyone. We draw from within to help others and in turn are aided by eternal, infinite wisdom. We learn, grow and heal others, participating in a cosmic community.

There is much more in this issue for contemplation and incorporating into our daily lives and practices. The use of Energy Medicine is assisting those who have felt the impact of active service and intuitive, empathic children who don’t yet have the skills to understand and process their gift. We share with and heal our own children and learn about ourselves and the power in saying “No.” I hope each article offers you inspiration for the coming year.

In 2014 some roles, but not the team, are changing at Energy Magazine. I will be taking over as editor from Billy Courtney. Billy will continue to layup the magazine providing us with her excellent eye for beauty and design. Nancy Strict will continue to offer her superb editing skills. As a team, we hope to continue providing you with articles that inspire and offer you useful information.

May your year be filled with wonder, exploration and fulfillment,

Margaret
Karen Lee is a writer with a freedom obsession. She writes about her travels and living a location independent lifestyle on her blog. While visiting interesting places and meeting cool people, she also practices yoga, energy healing, and meditation. You can see what she’s up to at www.livingwithoutpermission.com.

Kim McCrimmon, BA, M.E.des., is a blogger from Canada who writes about becoming Unbusy On Purpose. Kim is an artist, energy healer and Mom. Learning to live on one income, co-parent her stepson, feed a family of five and love in the moment has taken Kim on the most incredible journey. Join her at www.unbusyonpurpose.com.

Larry Dossey, M.D. is a Texas physician, deeply rooted in the scientific world, who has become an internationally influential advocate of the role of the mind in health and the role of spirituality in healthcare. Bringing the experience of a practicing internist and the soul of a poet to the discourse, he offers panoramic insight into the nature and the future of medicine.

Niki Elliott, is the founder of Innerlight Sanctuary, a healing arts center in Altadena, CA. She is a master energy therapist, speaker, and author of The Intuitive Mother: A 21-Day Spiritual Journey That Will Change Your Family Forever. She is host of the live radio show, “Nurturing Intuitive Children with Dr. Niki” on Dreamvisions 7 Radio. Dr. Niki and her team travel nationally to train teachers and therapists to implement energetic balancing in schools and private practice.
Ana Palles Yelen, B.A., M.S., HTCP, C.S.P., CHTP, HWP, Co-Executive Director Healing Warriors Program, is an experienced management leader, spending 15+ years in the hi-tech corporate sector. Ana is also the Founder of Whisperingtree.net, an online resource for conscious living and wellness. Ana has a personal mission to support our service member community.

Do not believe on the strength of traditions,
even if they have been held in honor for many
generations and in many places;
do not believe anything because many people speak of it;
do not believe on the strength of sages of old times;
do not believe that which you have yourselves imagined,
thinking that a god has inspired you.
Believe nothing which depends only on the
authority of your masters and priests.
After investigation, believe that which you have
yourselves tested and found reasonable and
which is for your good and that of others.

-The Buddha, The Kalama Sutra
1 | **Manifest the life you truly desire**

Choose the most powerful words and let the secret energy of language attract abundance into your life! Join internationally renowned numerologist Michelle Arbeau as she shows you how to:

- Determine your top ten power words
- Work with the top one hundred positive and negative words
- Attract joyful energy with practical tips for positivity
- Calculate the vibration of a word through the language of numbers
- Learn from celebrities and clients who have successfully worked with the power of words

Negative words are energetic junk food. We can’t manifest our desires if we’re using words of lack and doubt. Learn how to eliminate negative vocabulary and replace it with positive personalized language that will transform your life into one of fulfillment and gratitude.

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2 | **In the moment that we give thanks, everything changes . . .**

Our hearts crack open. We are flooded with love. And in that exact instant, we shift to an awareness that is positive, joyous, and brimming.

Sharing uplifting stories that travel from the beginnings of life to the end, *Living a Life of Gratitude* shows you how to open your heart to a journey of reflection that will help you slow down and appreciate life for what it is. Whether you use it as a source for discovering inspiration or for strength in times of struggle, this book is a guide to finding light and love.

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3 | **Imagine a united consciousness, an awareness of which all of our minds are a part . . .**

Imagine a united consciousness, an awareness of which all of our minds are a part . . . and a potential way out of the division, greed, and destruction that threaten to engulf our world. In the 20th century, we were introduced to several subdivisions of the mind: the conscious, unconscious, subconscious, preconscious, and so on. But what we didn’t know was that there was another level of consciousness, an all-encompassing, infinite dimension of shared intelligence: the One Mind. This universal consciousness connects all of us through space and time.

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4 | **Transformational Meditation**

Transformational Meditation is the process of achieving profound change by breaking through the barriers that can hold all of us locked into old and painful patterns. It is a process by which you change energy, first from the inside, thus transforming your entire experience of reality. By giving 20 minutes a day to the process of focused attention on your goal, a shift will occur and a miracle can begin to unfold!
Become a Reiki Master Workshop
Phoenix, Arizona March 21st - 23rd 2014

This two-and-a-half-day transformative workshop is open to all levels of energy medicine healing knowledge.

“Marie is extraordinarily gifted both as a teacher and as a medical intuitive. In teaching, she brings all her powers of intuition to set a perfect pace for the students and to offer helpful individualized encouragement.”

Build your confidence and self-worth to magnetize your destiny, with these 50 fun affirmations!

A practical resource for accessing your intuitive abilities and using energy healing to enhance your well-being—presented by a gifted medical intuitive.

This book is also endorsed by Dorothea Hoover-Kramer, a founding elder of Healing Touch.

Listen to the Marie Manuchehri Show Where Energy & Medicine Meet every Thursday at 9am PT live online @ energyintuitive.com.
The Magic Key to Dreams and Desires  
(Tip: A Three Year-Old Knows It)

It is the New Year! It is time to preview our deepest wishes, helping clients do likewise. As we open the treasure chest of hope that we usually lock away, we might want to consider using the “magic key” that will actually root our dreams, stretch our arms to the sky, and enable us to catch the stars falling to earth.

This key is the word “No.”

Many of us have heard author Anne Lamont’s statement: “‘No’ is a complete sentence.” Maybe that notion has spurred us to actually use the term once in a while, when backed into a corner or clarifying its pronunciation for a client. I have discovered, however, that healers have a hard time with the concept. We are givers. We share. We help. “Yes” comes more naturally than “No.” But without a well-seasoned sprinkling of the word “No,” our “Yes’s” get the best of us and we actually do not end up with much of what we truly desire.

One of our inner selves is ready to help us out. It is our inner three-year old, within whom is hidden the psychological edge (called stubbornness) needed to manifest our personal desires. Think of it. To a three year-old, “No” is more than a complete sentence. It is an entire vocabulary; a language unto itself.

As a mother, I have no end of examples from which to draw. Let us start with my oldest.

“Look at the pretty peas,” says mom, holding a spoon with shaky hands, knowing she has already lost the battle before the starting of it.”

“No!”

“Let us pretend the spoon is a rocket and you are a really cool astronaut; or how about you are flying a F14 and these tiny green pellets are the fuel you need to escape this high chair and return to the Power Rangers show?”

“No!”

Do you think Michael ate a single pea throughout that entire stage?

His brother did not really care much about peas, but do you think I could pry him out of his Batman costume or get him through the doors of a drop-in daycare? I pretty much relegated my parenting role to serving as the cape crusader Robin, having moved my business to the home.

During this seemingly intolerable stage, I started to spoon out my own dollops of “No’s.” No running in parking lots; no skipping every meal in lieu of ice cream; no hitting, pinching, and biting—although that one was a harder one to enforce. (Really, would you not be tempted to bite the fellow psycho-toddler hitting you over the head with a GI Joe tank?) Basically, however, my kids left toddlerhood with a pretty strong sense of personal boundaries, mainly because I was usually too tired to argue much.

As adults—as healers—“No” is seldom on the tip of our tongues. Many of us were raised under the obligation of “Yes,” which implies that we are perceived as more likable, compassionate, and generous if we are agreeable and affirmative. My own upbringing underscored these ideals, as my dad’s raised his three girls to “act like ladies.” (And if you were a boy, he would have insisted you become a “gentleman.”) Ladies say “please” and “thank you” and they never, ever say “No,” even when Great Aunt Hazel wants to kiss you with her red lipstick mouth, the kind that leaves bloody-crumbs on your cheek. We did our homework, agreed with our superiors, and did favors for everyone who asked.

This attitude is present in most forms of spirituality, which emphasizes the importance of serving others. How can you
Good for the Spirit

January/February 2014 | Energy Magazine™

So this year, when making a list of everything to which you want to say “Yes”, also consider what to which you are willing to say “No”. Encourage your clients to do the same. Just do not judge what shows up on your dream list. After all, what do you think those efficient three-year-olds are doing with their extra time? They certainly are not eating peas or working. If they are toting attaché cases, those cases are full of toys. Rather, they are donning their Mask Crusader costumes and creating adventures, blowing soap bubbles at hungry dogs and turning their vegetables into flying saucers. They are being and becoming, at the same time. They are using their “No’s” quite well.

As T.S. Eliot said,

Last year’s words belong to last year’s language. And next year’s words await another voice.

Cyndi Dale is the author of The Subtle Body: An Encyclopedia of Your Energetic Anatomy, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.cyndidale.com.
The HTPA Insurance Initiative Committee – Defining Its Purpose

Over the past several years, Healing Touch Professional Association (HTPA) has received many inquiries for information regarding “how” to get reimbursed by insurance carriers for Healing Touch sessions. As a result, HTPA has established the Insurance Initiative Committee to search for answers to this question. It is likely that any success the Committee has in uncovering the means for Healing Touch Certified Practitioners (HTCPs) to receive third party reimbursement will help other Energy Medicine Modality Practitioners accomplish this as well.

The Insurance Initiative Committee is pleased to share their Vision, Mission and Goals:

**Vision**: Healing Touch Certified Practitioners will have the option to be compensated via Third Party Payers due to the recognition that Healing Touch is a Complementary Energy Medicine Modality with a history of therapeutic results based on research and evidence-based outcomes. This will increase client access to the Healing Touch modality for their health and wellness.

**Mission**: Healing Touch Certified Practitioners and clientele will benefit from our three phase mission.

**Phase 1**: To investigate and execute the tools needed to achieve third party reimbursement and acceptance by CMS (Centers for Medicare and Medicaid Services).

Goals:
- Establish an alliance with HT Research to identify evidence-based outcome protocols necessary for third party reimbursement.
- Establish a NPI# (National Provider Identifier) Taxonomy for Healing Touch with CMS – Centers for Medicare and Medicaid Services.
- Educate the HT Community via quarterly communications in Energy Magazine.

**Phase 2**: Apply and be accepted for Healing Touch services to be a covered service with CMS (Centers for Medicare and Medicaid Services).

**Phase 3**: Educate HTCPs and the HT Community how to be a provider to Third Party Payers and how clientele can access HT services using their health care plans and healthcare reimbursement resources.

The Co-Chairs of this Committee are Gail Cox (IL) and Holli Brown (WA). Here are some thoughts from Holli about the role of this Committee: “Perhaps it is our mission on this Committee to rally the troops, get a grassroots effort going - from clients to the insurance companies - making sure that HTCPs are educated on how to facilitate the process for clients to push the demand for changes. As part of our strategy, we could have a tactic to educate insurance companies on our research data and our client base numbers.

One addition (to our goals) could be expanding relationships with other energy workers. Just returning from the NW
Regional HT Conference in Seattle reinforced that we are all of the same family. Most of the speakers were not HT certified and several people I met were there to be part of a network/energy practitioner community (not trained in HT). This could be part of our maturity as well, seeing ourselves as part of the whole rather than separate. Healing Touch, being the first to enter the healthcare industry as energy practitioners, opens the gates for our entire energy community to be accepted in the future.”

If you have any information that you think might help the Committee, please send it to Info@HTProfessionalAssociation.com

Symbolically the spiral has been associated with the seasons, the cycle of life, learning and growing, and the cosmic force. Some consider the spiral a symbol of the spiritual journey, passing over the same point over and over again but with a different awareness each time. As such, we learn, grow and change as we progress on our spiritual path. Each month in this calendar includes a striking image as a reminder of this path along with a core concept expressed in Healing Touch.

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Quantity discounts available
www.healingtouchprogram.com/store
Waking Up
Finding the Right Time for Healing
Kim McCrimmon

My daughter has always loved her sleep and usually is the hardest person to awaken in the morning. Her irritability and sluggishness used to drive me crazy. Not being much of a morning person myself, I found it extra hard dragging her out of bed and getting her ready for school.

My daughter is eight, and although she loves Healing Touch when she is sick or something hurts, it is often difficult to get through a whole session. She has a hard time laying on the table for any length of time. In addition, distractions, a short attention span and non-stop chatter become challenging for me as a healer. I find it hard to stay present and admittedly we often end up having some sort of power struggle. Not my best moments.

It was not until just recently, that I started coaxing her out of bed and into the day with healing principles learned through my study of Energy Medicine. It began purely by accident one morning when I noticed how warm, cuddly and relaxed she was. I, too, cherish waking up gently, and started by rubbing her feet and reminding her to draw energy from the earth. I spoke of getting grounded and breathing healing white energy up through her body, to awaken each cell and bring new life. She loved this and was happy to have a gentle experience to meet the day, instead of my regular grumpy and irritable approaches of the past.

As time went on, I introduced different visualizations and used the gentle tools of Energy Medicine to enter the day. One morning, I reminded her to collect all parts of herself from the dream world. To call back any parts of herself that had been left behind. My calm meditative voice was met with more and more receptivity and together we created a nurturing space for love to be the first experience of the day. I was so encouraged, that I found myself innovating and looking for new and different ways to connect in such a profound way.

My next discovery, was inviting her to turn on the lights in her body, before I turned on the lights in her room. Moving up from her root chakra, I guided her to turn on the red light, the orange light, the yellow light and so on as I moved my hands in unison following her chakras.

I am delighted that she is receptive in the early hours of the morning and welcomes this time together. I asked her how she likes this experience, and like a true big sister, she replies “I love it, because I get snuggles in the morning before my brother.”

What thrills me even more, is that I have had the chance to integrate this into my work with other children and delight in how they too respond. Finding the right time for healing provided a wonderful learning garden to form the words and visualizations needed for me to guide young people and even newcomers to the work of energy medicine. I am eternally grateful to be able to wake up together in this new way.
One Mind: How Our Individual Mind is Part of a Greater Consciousness and Why it Matters

Anything we love can be saved.
- Alice Walker

1. What is your book One Mind about?

It is about the nature of our mind. I show that our mind is not confined to our brain or body, as we have been taught, but it extends infinitely outside them. Our minds have no boundaries or limits, so they merge with all other minds to form what I call the One Mind. This greater mind appears to be boundless in time, so it is immortal and eternal. It is also a source of great wisdom and creativity. This picture is based on many lines of evidence as well as a variety of people’s experiences, which I explore at length in the book.

How do we know this? We know this because of two main reasons. First, people have experiences in which minds interact and share information at great distances. They could not do this if they were isolated; they must be united and connected. Second, there are hundreds of actual experiments that confirm these interactions. So: experience and experiments show that our minds are connected in ways that go beyond separateness.

My book is about how our individual minds are not just individual, but connected in the One Mind. It is about our relationships — how our minds are connected with one another and with all of life on earth, and why this is crucial for our survival. I am saying that you, your spouse, children, siblings, your lover, your ancestors, your descendants, even your mother-in-law and your dog and cat, are all members of a larger consciousness: the One Mind.

During the 20th century, we took the mind apart. I am putting it back together. We have been taught that our mind is fragmented, that it is divided into the preconscious, the sub-conscious, the unconscious, and the collective unconscious. This book looks through the other end of the telescope. It shows that our individual minds are part of a greater whole, a dimension of consciousness that encompasses all minds — past, present, and future, human as well as non-human.

Why is this important? This realization is our best hope for our survival on earth. Only by realizing, at the deepest emotional level, our connections with one another and the earth itself can we summon the courage necessary to make the tough choices that are required in order to survive. So this book is about
My book is about how our individual minds are not just individual, but connected in the One Mind.

2. How did you conceive this idea?

The concept of the One Mind has been around for a long time. We can trace it back 3,000 years to the philosophy of ancient India, where it was called the Akashic Records. It is echoed in the Hindu concept of the union of the human and the divine: tat tvam asi of “thou art that.”

Many traditions honor the experience of the One Mind. It has been variously called satori in Zen, samadhi in Yoga, fana in Sufism, and Christ consciousness in Christianity. Other terms include cosmic consciousness, illumination, awakening, enlightenment, and so on. The experience of the One Mind, however it is named, involves a direct apprehension of the universe and all in it as being One with no real dividing lines or divisions in it. Everything is connected with everything else. Partition and separation are illusions. As psychologist Lawrence LeShan wrote, “There is no separation between entities, neither by time nor by space. The whole universe is perceived as a one without a second.” This experience carries with it the sense that one has apprehended ineluctable Truth. (Source: Lawrence LeShan, Landscapes of the Mind. Guilford, CT: Eirini Press; 2012: 91).

There are allusions to the idea in the New Testament. St. Paul spoke of “the peace of God that passes all understanding.” As mythologist Joseph Campbell put it, Jesus said that the kingdom of heaven is within. Who is in heaven? God. This means, Campbell said, that God is within each person — infinite, boundless, immortal, one.

The American transcendentalists advocated a One-Mind concept — Emerson’s idea of the Over-soul. The Swiss psychologist Carl Jung’s idea of the collective unconscious is a version of the One Mind. William James, the founder of American psychology, was a proponent of a single, collective mind.

Many great scientists in a variety of fields have endorsed the idea. It has surfaced in modern physics in the writings of Nobel Prize winner Erwin Schrödinger, whose wave equations lie at the heart of quantum physics. The eminent physicist David Bohm also strongly supported the idea of a single, over-arching mind that includes all individual minds.

So the idea of the One Mind began millennia ago and persists to the present day, and it is supported by some of the outstanding figures in modern science and psychology.

Up to now, the concept of the One Mind has rested mainly on philosophy, spiritual insights, and reports
of people’s personal experiences. Not anymore! We have an abundance of empirical evidence pointing to the One Mind. But the evidence is little known. In One Mind, I try to bring together the numerous threads of evidence supporting the idea.

There are basically two types of evidence. One is empirical evidence, which includes actual experiments. Another type of evidence is experiential and personal — the reports of thousands of individuals that affirm what the experiments are telling us. These two types of evidence reinforce each other.

3. What is the big deal? What difference does it make whether I believe in the One Mind or not?

The consequences are profound. Currently, we are taught that our consciousness is produced by the brain and is limited to the physical brain and body. This means that when we die, our mind, our consciousness, is annihilated. Nothing about our consciousness survives.

The One Mind is a wholly different view. Its premise is that our consciousness transcends the physical brain, body, and the present. The evidence overwhelmingly suggests that our mind is nonlocal in space and time. “Nonlocal” is just a fancy word for “infinite.” If something about our mind is infinite in space and time, then it is omnipresent in space and time and therefore immortal. Although the brain and body will perish, consciousness endures because of its nonlocal nature.

Therefore the One Mind redefines death. With the One Mind, immortality is back on the table. So the concept of the One Mind is not trivial. It is about our origin and destiny. It is about survival, which many people consider the greatest issue of all.

The One Mind concept also says we are intimately connected with every living thing that has any degree of mind or consciousness — which, I believe includes all living creatures to same degree. This makes possible a sense of relatedness and sharing that goes beyond the “merely human.” Our relations include all life on earth. This makes possible a degree of emotional connectedness that can spur us to the kind of action that is required for our survival as a species on this planet.

A new ethic and a sense of urgency arise. Just as a parent chooses to protect his or her own children, we sense, through the One Mind, that we must protect our relations with whom we share consciousness, which includes all of life on earth.

The new ethic makes it possible to expand and revise the Golden Rule. We no longer say, “Do unto others as you would have them do unto you.” Now we say, “Be compassionate to others because in some sense they are you.”

The One Mind makes it possible for us to access the wisdom we need to confront the formidable problems we face as an endangered species on earth. Anyone’s wisdom can be our wisdom, because of our intrinsic connectedness with all other minds.

4. You are a physician. Does this have anything to do with your interest in the One Mind?

Yes, definitely.

During my early career as an internist, I experienced several events that turned my views of consciousness upside down and inside out. I found these experiences unnerving.

I was a typical believer that mind and brain were essentially the same. But when I began experiencing precognitive dreams, gaining information from the future before the event happened, I began to question the dogma that says these events can not happen. It
was not just me; my patients, as well as nurses and other doctors, shared similar experiences with me.

In the late 1980s, experiments began to be published in medical journals assessing the impact of healing intentions and prayers on the clinical course of patients in distant hospitals and coronary care units. Similar experiments were done with non-humans and with organs and cells. These experiments strongly implied that our mind is not confined to our brain. Our intentions, thoughts, and wishes can reach out beyond the body and make a difference in “the world out there.”

Several evaluations of this field have been published, called systematic or meta-analyses. This is a way of combining the results of many studies in order to take an overall look at a particular field. Many of these analyses have been published in peer-reviewed journals. Most of them are positive, indicating that these effects are real. Still, they have not penetrated our awareness as they should.

It is vital to realize — and this is almost always ignored by skeptics — that scores of these experiments deal with effects not just in humans but in animals, plants, microbes, and even chemical reactions. Why important? Skeptics generally say that if a person responds to, say, the healing intentions of a distant individual, it is merely a placebo effect — the result of positive thinking, suggestion, or expectation. But if an animal, plant, microbes, or biochemical reactions are affected, the distant effect cannot be dismissed as a placebo even because, as far as we know, animals, plants, microbes, and chemicals do not think positively. They do not have placebo responses. So these non-human studies strongly suggest that the remote, distant, consciousness-mediated healing effects and similar nonlocal phenomena are real, and that we are not fooling ourselves.

These various experiments point toward the One Mind. They show that some aspect of our consciousness operates outside the human brain and body, and cannot be confined or limited, but is nonlocal or limitless. If limitless, the mind has no boundaries and must come together with all other minds.

Other studies called “presentiment” experiments or experiments in “anticipatory awareness,” show that we can acquire information from the future, before an event even happens.

Putting this evidence together, a nonlocal picture of consciousness emerges, which means that our minds are not localized or confined to particular points in space or time. If our minds are unbounded, they must in some dimension come together to form a single mind, a single entity: the One Mind.

5. You begin your book with the story of Wesley Autrey, an African-American who saved the life of a young white man from certain death in the New York subway. What does that have to do with the One Mind?

Wesley Autrey, 50, a black construction worker and Navy veteran, saw a young man fall onto the subway tracks in Manhattan while having a seizure in January 2007. He instantly jumped onto the tracks and tried to lift him onto the platform, but could not do so in time. As the train approached, Autrey shoved him into the slight depression between the rails and covered him with his own body. The train could not stop in time and several cars passed over the two men before it could be brought to a halt. Autrey was nearly beheaded; he had grease stains from the train’s undercarriage on his cap.

The reasoning goes back to my experience as a battalion surgeon in the boonies in Vietnam in 1968-1969, where I was involved in an experience similar to Autrey’s, which I describe in the book. Briefly, I rescued a helicopter pilot from his crashed chopper, when everyone believed it would explode. Fortunately it did
You say that the One Mind is crucial in confronting the great challenges we humans face. What do you mean?

Our problems are enormous: global climate change, environmental degradation, pollution, overpopulation, water scarcity, hunger and food insecurity, endless wars, religious strife, degradation and acidification of our oceans, on and on. Nearly all these problems are caused by individuals who represent a particular culture, race, tribe, country, or religion, who are competing with other individuals of different views. Put another way: we are fragmented, and we are destroying our life-support systems. We cannot see beyond our individual self, our tribe, our religion, our culture.

It is going to be difficult or impossible to confront these problems intelligently without dealing with our fragmentation and sense of separateness. We need a profound shift in our sense of how we are related to one another. I believe this shift is possible by re-imagining how we connect with others through our consciousness. The “us-against-them” competitive model is not going to see us through. A shift to a One-Mind perspective may be our best alternative — a sense of unity that is experienced at our deepest emotional levels.

Why would I, or anyone else, risk his or her life to save a perfect stranger? It goes against the premise of evolutionary biology...

I eventually came across an explanation by the German philosopher Arthur Schopenhauer, described by mythologist Joseph Campbell. Schopenhauer believed that at the decisive moment the rescuer identifies so completely with the rescued person that their minds have literally fused; they have become a single mind. Their mental union is so complete that the rescuer is not rescuing someone else, he is essentially rescuing himself. I felt deeply that this explanation described my own experiences in Vietnam.

In researching my book, I accumulated a number of life-saving stories. They are not just human-to-human events, but they also involve humans rescuing animals, animals rescuing humans, and animals rescuing animals — every possible combination.

So what is going on? What’s the pattern? I think Schopenhauer nailed it: there is a fusion of apparently separate, individual minds into a single, collective consciousness. In these instances something larger than individuality takes hold: the One Mind is bridging and uniting individual minds.

A dramatic example of this shift, which I write about is the “Overview Effect” experienced by astronauts and cosmonauts returning to Earth. They sense profoundly that our planet is an integral whole. The customary edges and borders are not fundamental.
Our disagreements and divisions are seen as petty, arbitrary, and utterly wrong. This shift in perception can be life-changing for the astronaut. An example is Edgar Mitchell, the lunar module pilot of Apollo 14.

If we genuinely believe we are “of One Mind” with all others, our existential premises shift. Our resentment and hatred of “the other” diminish. Not only is our attitude toward other humans transformed, but toward the earth and all its creatures as well.

7. OK, the One Mind is important. How do we access it?

Good news! It’s easier than you think.

Our membership in the One Mind already exists. We are already a part of it. It is not something we have to engineer, acquire, generate, or manufacture — no assembly required. We just have to become aware of it. We have to get out of the way, so the realization comes through. That can happen in a great many ways. Some people are just born with this awareness — advanced souls who come into life knowing their larger connections.

Unexpected events can pave the way. We can experience an epiphany. This is a sudden, spontaneous knowing of how we fit in, usually accompanied by a sense of joy, meaning, and purpose in life. Millions of people have described this expanded awareness following a near-death experience. People may also experience a powerful telepathic, clairvoyant, or pre-cognitive event that demonstrates they are more than their brain, and that their consciousness can operate outside the here and now.

We can invite this awareness through meditation or some other type of spiritual work, in which we learn to set our ego and sense of self aside and permit a larger, more expansive awareness to bubble up from our unconscious mind — an awareness that has always been there, but which we have not allowed to surface.

All these processes have this in common: the dominant sense of self, of ego, is transcended in favor of an expanded notion of who we are.

Every section in the book is an example of how we can become aware of our participation in the One Mind. For instance, the chapter “Dream Pathways” reveals how people often enter this awareness through detailed dreams of far-off or future events, which jolts them into realizing their consciousness is not stuck in their brain or the present moment. The chapter “Telesomatic Events,” in which people share similar physical symptoms and feelings with a distant person, is also a doorway to One-Mind awareness. Sections on children who remember previous lives is another; so too are the chapters on remote viewing, near-death experiences, communication with the deceased, presentiment effects, and so on throughout the entire book.

But when all is said and done, you do not have to do anything to experience the One Mind. Most people who come to this realization do not have any dazzling experience. They simply grow into the realization of connectedness. It simply appears as a natural process, an awareness that is part of our psychological and spiritual maturation. It becomes part of who we are.

For many, the old-fashioned way works best: turn off your smart phone, sit down, shut up, be quiet, and pay attention. To what? To whatever comes through. Call it meditation, contemplation, or something else. The point is to turn down the chatter, the stuff that crowds out everything else in our waking life. Let your inner wisdom surface. You may be surprised to discover what you already know.

The Law of Reversed Effort works here: the harder you try, the more it eludes you. So set an intention, open up, invite the wisdom to enter, and go with the flow.
8. Then why is it so difficult to be aware of the reality of the One Mind?

Bad learning. We are victims of a collective hypnosis, a cultural trance that has convinced us that the One Mind cannot possibly be true. Our culture emphasizes the importance and uniqueness of the individual — pulling our selves up by our own bootstraps. This has an isolating effect that blinds us to the ways in which we are connected with everyone and everything. Another reason is that we are wired biologically to focus on our separateness and individuality — the survival of our genes or those of our kin. This makes it more difficult to acknowledge our unity with one another — but not impossible.

The ways in which we encounter the One Mind are so numerous and varied that it is quite easy to be aware of our membership in it — but only if we can break the trance. So our goal is to break the hypnotic spell of the cult of the individual.

It is not that individuality is bad, but that it is limited. It can also be destructive if pushed too far, as our species is discovering. A coin has more than one side. Our task is to honor both sides of the coin — our individuality and our unity, as appropriate. Some people think it has to be one or the other side of the coin; both sides cannot be valid. But both sides are valid, and we must honor our bodily individuality, separateness, and uniqueness along with our oneness and unity of consciousness.

We are born with a sensory array — our ability for sight, touch, hearing, etc. These senses lead to a world picture that psychologist Lawrence LeShan calls our “alpha world” — a world “out there” that is made of a huge variety of separate physical objects and things, including separate human beings. Our sensory perceptions are so immediate and vivid that we assume we are sensing an absolutely true picture of our world. Accepting this world picture as true is required if we are to survive as individuals and as a species. As LeShan says, “If you wish to continue bodily functioning, you had better act as if it [your individuality] pictures reality.” (Landscapes of the Mind, page 84).

There is a saying in the field of transpersonal psychology: “In order to transcend the ego, you must first have one. In order to go beyond the self, you must first be one.”

So we are not trying to banish or de-throne our individuality but honor it, as our situation requires. Our individuality is not all we are, and we must keep our individuality in its place and prevent it from blinding us toward the unitary aspect of our individual minds, our One Mind.

I emphasize the need for a dual identity that honors both our individuality as well as our collective unity with one another in the One Mind. This is an example of what physicist Niels Bohr called complementarity — the coming together of apparent opposites to produce a more accurate picture of the whole.

There is a saying in the field of transpersonal psychology: “In order to transcend the ego, you must first have one. In order to go beyond the self, you must first be one.” It’s the same in developing an awareness of the One Mind. Our awareness that self, ego, and individuality are not all that we are empowers our awareness of the One Mind. It is a paradox, but it is valid.
The problem is that we have become practically hypnotized culturally to think that we are isolated individuals, connected with each other only through our see-touch-hear-feel senses. We are taught that our mind is locked into our brain; it does not go wandering through space and time to unite with other minds. Actually, that is the far-out view. It is far out because evidence shows it is not true. The ordinary situation is One Mind unity and connectedness. We have turned reality upside down.

Once we get comfortable with the basic idea of One Mind and open up to the ways in which our unity reveals itself, we will wonder how we could ever have swallowed the conventional view that we are individuals who are isolated in a sea of others.

9. You have written extensively in previous books about healing and spirituality. What is their connection with the One Mind?

The healing experiments I have written about extensively are entry points to the One Mind.

They reveal that our compassionate intentions can influence what happens “out there.” These studies reveal a nonlocal feature of our consciousness — that it can function outside the brain, at a distance, to change the state of the physical world, in this instance the clinical condition of someone in need. Healing experiments reveal an unbounded, unlimited side of the mind — and if unbounded, minds must come together in some dimension to unite as a single mind.

There is a major overlap of spirituality and the One Mind. Spirituality involves a sense of connectedness with something greater than the individual self or ego, whatever term we use — God, Goddess, the Divine, Allah, Universe, etc. That is why One Mind experiences are often experienced as epiphanies, awakening, or enlightenment — that sudden awareness that, as the Hindu aphorism says, “tat tvam asi,” or “thou art that.” These experiences involve an awakening to our intrinsic divinity, “the god within,” our innate infinitude, our citizenship in the One Mind. In other words, “You are it!”

10. This sounds blasphemous: humans becoming God.

Not really. The evidence does show that we possess qualities via the One Mind that we have traditionally attributed to the Divine, such as infinitude in space and time. That is not the same as being God.

A metaphor that helps clarify this relationship is that of a drop of water within the larger ocean. The single drop of ocean water has the same composition as the ocean itself, but it is profoundly different in terms of power, quantity, and extent. It is the same, but different. Just so, the relationship of the human and the Absolute or Divine.

11. You mention creativity often in One Mind. What is the connection?

The connection is profound. The literature on creativity shows that creative breakthroughs often occur out of the blue, with little connection with logic or analysis. This happens in all areas — science, art, music, mathematics, etc. The creator, inventor, or artist often feels connected with something outside herself — a source of awareness that is far greater than one’s individual mind.

Thomas Edison, America’s great inventor, summed this up, saying, “People say I have created things. I have never created anything. I get impressions from the Universe at large and work them out, but I am only a plate on a record or a receiving apparatus — what you will. Thoughts are really impressions that we get from outside.” (source: Neil Baldwin, Edison: Inventing the Century. NY: Hyperion; 1995:376.)
The eminent German physicist and philosopher Baron Carl Friedrich von Weizsäcker agreed: “[In any great discovery] we find the often disturbing and happy experience: ‘It is not I; I have not done this.’ Still, in a certain way it is I — yet not the ego ... but...a more comprehensive self.” (source: C. F. von Weizsäcker. Introduction. Gopi Krishna. The Biological Basis of Religion and Genius. New York, NY: Harper and Row; 1972: 35-36.) Edison’s “impressions from the Universe at large” and von Weizsäcker’s “more comprehensive self” point to the One Mind, an infinite source of wisdom and information.

12. What difference in your own life has awareness of the One Mind made?

Awareness of the One Mind has contributed enormously to my peace, tranquility, and joy. You see I am an introvert by nature, inclined toward aloneness. Awareness of my place in the One Mind has helped me overcome my innate tendency for isolation. I feel I have found a more authentic place in the Universe. It is rather like coming home and realizing that you never left. It is a sense of belonging, of finding your natural fit in the great scheme of things.

The great human dread of death goes out the window. As a physician, this is important to me, because I believe the fear of death and annihilation has caused more suffering throughout human history than all the physical diseases combined. The One Mind reduces that fear and the suffering that goes with it. Why? The One Mind mandates immortality by way of our infinitude in space and time.

One-Mind awareness has affected the way I relate to other people. I have become much less competitive, more giving, more supportive, more understand-
Healing Warriors Program Clinic: A Season of Growth

Ana Pallés Yelen, BA, MS, HTCP, CSP, CHTP

One hundred sessions delivered to veterans! Healing Warriors Program reached this important milestone Thanksgiving week 2013. It was Thanksgiving week 2012 that Healing Warriors Program received 501c3 nonprofit designation, a record two months after filing. We have always felt the hand of spirit guiding us and showing us the path forward, but this message of Thanksgiving is a powerful reminder of deep blessing - both in giving and receiving.

Healing Warriors Program delivers Acupuncture, CranioSacral Therapy and Healing Touch to service members and their families for relief of pain and symptoms of Post Traumatic Stress (PTS) and Traumatic Brain Injury (TBI). We provide five sessions at no charge, with additional sessions offered at a subsidized rate of $30 or on a sliding scale as needed.

Healing Warriors Program clinic launched in July 2013, through the generosity of Dan and Jackie Cooper of Good Juju, LLC who provided us with our very first treatment room. Jackie, a Healing Touch Certified Practitioner, maintains a beautiful suite of clinic offices - holding a warm, healing space. This was the perfect soil for Healing Warriors Program to germinate.

In just a few short months, the fledgling clinic outgrew its space and the Northern Colorado Clinic Director, Sue Walker, BSW, HTCP, CRM, and Board Member Ed Woofter, BS/AS, MS, LPN, began a search for an office that would provide us with a second treatment room and a reception area. Once again feeling conscious of spirit’s guidance, a clinic space with two treatment rooms and a reception area were located and we moved the clinic into the new space on Thanksgiving day. In October 2013, Healing Warriors Program acquired registered vendor status with the local VA medical centers in Denver, CO and Cheyenne, WY for acupuncture services. Being a registered vendor means that we are eligible to provide acupuncture to VA patients when their physician writes an order for treatment.

From the beginning, one of the primary goals of the Healing Warriors Program clinic has been to reduce pain. We all know that living in a chronic state of pain has serious consequences on a person’s sense of hope and well-being. Pain impacts a person’s ability to participate in work and family life and places stress on relationships. Alleviating that pain can make a profound impact on the quality of life, not only for the service member, but for their families, co-workers and their community. Each day clients walk into the clinic.
with high levels of pain and leave feeling refreshed and reporting relief.

However, pain is not the only issue. What we learned as we saw more and more clients is that in addition to pain - anxiety - one of the primary symptoms of Post-Traumatic Stress - was another critical piece in the healing formula. As we who practice energy therapies know, Healing Touch and other energy therapies offer powerful means for reducing stress and anxiety.

Effective pain and stress management enables service members to readjust to civilian life. In addition, you may notice the ripple effect throughout the entire community. Service members who feel better and are less anxious, have the opportunity to become better neighbors, employees, parents and spouses. The focus of day-to-day life gradually transforms from pain and stress management, to re-engaging in living a fuller life.

The next phase of implementation for Healing Warriors Program is the self-care education and training piece. This kicks off in January 2014 when we will gradually introduce various self-care tools such as Jin Shin Jyutsu, yoga, EFT and more.

We have exciting growth planned for 2014! We invite you to join us in supporting our valued Service Member community and take part in creating a new model for health and wellness. We look forward to 2014! Website - www.HealingWarriorsProgram.org

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Energy Therapy for Empathic and Intuitive Children

Niki Elliott, PhD

When I registered for my first energy therapy training program, I knew very little about energy fields, chakras or what it meant to be an empathic intuitive. I was not drawn to the practice by an altruistic desire to heal others or change the world. Honestly, my focus and singular mission was quite self-serving. I needed to stop feeling other people's illnesses, pains and emotions in my own physical body. This overwhelming experience began to consume my life after the birth of my first child in 2002.

Over a ten-year journey, I became a Reiki Master Teacher, a certified Kundalini Yoga Instructor, and an Advanced Theta Healing Practitioner. I studied numerous systems of energy healing and spiritual healing in a quest to understand how I could enter a room feeling perfectly healthy and, within minutes, begin to feel the headache, knee pain or breast cancer that belonged to someone else in the room. Thanks to my energy healing teachers and mentors, I came to understand what it meant to be an intuitive empath (someone who can intuitively connect with and sense what others are feeling). Over time, I learned techniques to distinguish other people's pain and illness from my own, how to strengthen my own energy field and how to avoid empathically blending with others on a subconscious level. That is when my life's purpose came into clear focus.

I am an elementary school educator by training. When I earned my PhD in Education Policy at UCLA, my passion was to build alternative learning environments for Twice Exceptional Children, those with very high cognitive ability who also present with behavior, mood or learning challenges like Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, anxiety disorders, etc. My personal quest for energetic healing collided with my professional aspirations one day as I watched a small group of children get in line at the nurse's office for their afternoon dose of medication. My heart danced when I dared to ask myself, “What if many of the children here do not have a ‘disorder,’ but are instead suffering from the same type of empathic and energetic overload that previously affected my own life?” From that day forward, I began practicing energy therapy for children and dedicated my career to developing the Innerlight Method, a specific form of energy therapy designed to help balance empathic and intuitive children of all ages.

The Struggles of An Empathic and Intuitive Child
When Matthew (name changed) started first grade, he could not walk into the school building without...
experiencing a third degree meltdown. Each day he would scream, fall on the ground and refuse to go inside. In the school cafeteria, he could not handle the smells of the food or the noise of the other children, so he retreated to the other side of the playground where it was quiet. Matthew’s mother took him to numerous physicians with no success. He was diagnosed with extreme anxiety and recommended for medication. The only way Matthew could remain in school was if his mother stayed with him for the entire day, which she did—until her vacation and sick days were exhausted. At that point, she and her husband hired a teacher’s aide to stay next to Matthew at school all day. Needless to say, it was an expensive act of love.

His mother, Anne, spoke to the mother of one of Matthew’s friend’s, a boy I had previously supported with energy therapy. She told Anne that her son’s anxiety proved to be energetic sensitivity, and that energy therapy stopped her son’s bedwetting and night terrors in one session. She encouraged Anne to bring her child to see me and try energy therapy before the school talked her into medicating her child.

Within three days after our first Innerlight energy therapy session, Matthew walked into the school building without crying and ate lunch with the other children. After the second session one week later, he no longer needed the aide near him; she simply waited on standby - reading magazines in the school office. After our third energy session, Anne released the aide because Matthew was able to play, learn and engage with his classmates without fear or hesitation. He began to wake each morning excited to go to school and proudly informed his mother, “Mommy, I don’t need help anymore. I can go to school by myself.”

Recognizing Empathic and Intuitive Children
Parents and teachers often ask me how to identify an energetically sensitive child who can be helped with energy therapy. I find that energetically sensitive children tend to be empathic and intuitive, with nervous systems that are extremely affected by the energy around them.

While most children have access to the basic five senses, children who are energetically sensitive experience one or more of their senses at a heightened or amplified level. Often these children have sensory experiences that are far beyond the average child. For example, a visually sensitive child may see auras of color, or even beings that others do not see. A child with auditory sensitivity may hear sounds at two or three times the level of most children. I have even worked with telepathic children who can hear their teachers’ and parents’ thoughts. This is especially overwhelming if the adult is thinking negative thoughts about the child who can actually hear those thoughts.

These heightened sensitivities create challenges for
the energetically sensitive child and for their families. A child with a heightened sense of hearing may not be able to function well in loud environments that are appealing to many other children, such as Chuck E Cheese or Disneyland. Energetically sensitive children often complain about clothes touching them, such as labels, tags, or seams in socks. Some energetically sensitive children cannot stand to wear closed-toe shoes, and would rather go barefoot, even in the wintertime.

A child with a heightened sense of smell may be bothered by the slightest odor. They may only be able to eat bland food and often have a complete meltdown when sitting at a table with multiple types of food, because the strong, competing smells are too much for them. Imagine the lives of families who cannot take their children into a restaurant.

Empaths, or emotionally sensitive children, often have meltdowns in crowds or busy classrooms. Sometimes they can only manage five or six people in a room at a time, because they are feeling the emotions and pains of the people around them. They can pick up on the emotional energetics of classmates as well as teachers, and may act out with aggressive or “overwhelming” behaviors.

Unfortunately, these children often are labeled as anti-social, poorly behaved or worse. People might see them as whiny, or think they just need to “grow up” or “suck it up.” But imagine what it must be like to live with such heightened sensitivity. For an average adult, it would be like being trapped in a heavy metal concert that never ends!

The Innerlight Method of Energy Therapy

The Innerlight Method of energy therapy was developed as a result of my own background as an educator, and after more than a decade of studying energy medicine. This method combines intuitive communication through applied kinesiology and hands-on healing. The technique allows the practitioner to communicate with a child’s energy body to understand where the energetic overload exists. The client’s energy field directs the practitioner to the system (mental body, physical body, spiritual body, energetic field or family soul) that needs to be addressed and balanced. The practitioner then serves as a witness as the client begins to facilitate his/her own healing. The Innerlight Method does not make assumptions about the source of an imbalance or energetic overload, nor does it diagnose. I always encourage parents and educators to utilize other health care resources and follow all advice from licensed medical professionals.

The major goals of the Innerlight Method are to:

1. Energetically balance the nervous system and digestive system to calm the body’s response to being bombarded with heightened sensory input. I have found that almost all empathic children have problems with stomachaches, digestion and/or constipation.

2. Strengthen the electromagnetic field to help the child establish stronger energy boundaries. This allows them to interact with crowds without feeling overwhelmed.

3. Help the child “dial down” heightened energetic or sensory input to manageable levels so the child can function in his/her physical body. This is the energetic equivalent of turning down the volume of a radio or television.

4. Teach children tools of “energy hygiene” such as yoga exercises and breath work they can use to manage their own energy in all settings.

I have found that if a child is responsive to the Innerlight Method of energy therapy, there is a dramatic reduction or complete elimination of their symptoms within three sessions. At this time, approximately 75% of the children I see show a significant reduction or complete elimination of behaviors within the time frame of one to four weeks.
Energy Therapy for Empathic and Intuitive Children

Bringing Energetic Healing to Schools
My current team of Certified Innerlight Practitioners is composed of former credentialed school teachers and counselors who, like me, are committed to helping restructure learning environments to take into account the needs of energetically sensitive, empathic and intuitive children - believed to be 10-20% of children in schools today. Energy healing and attention to the energetic needs of these children can be the key that transforms a struggling student into an enthusiastic, confident learner. Instead of labeling these children as disordered, we are excited to do all we can to help them achieve their full potential as gifted individuals through the use of energy therapy.

For more information on the Innerlight Method, visit innerlightsanctuary.com.

My long term vision is to see energy therapy being offered in every school to help significantly reduce the number of children who are referred for medication and other behavioral protocols in cases where it may not be necessary.

At Aveson School of Leaders in Altadena, California, a K-5 charter school with 400 students, I led the design of a classroom for highly sensitive children where we combined energy therapy, energy clearing exercises, yoga, and use of color, light, and music therapy. In our trial there, we ended with a zero referral rate for out of classroom behavioral support within the first year. Based on our success over a four-year trial, my team and I have established a partnership with the school to train faculty and staff to use the Innerlight Method as a significant component of their school-wide student support program.

Equilibrium Energy + Education, 47 W. Polk Street, Suite M5, Chicago, IL

In this two and one-half day, highly experiential workshop, Dr. William Bengston teaches in-depth training in the method that produces tangible results in the laboratory as well as in people and animals. The basis of the therapy is a unique process called “image cycling,” the key to stimulating the body/mind to restore itself to a natural state of wholeness. No special beliefs or previous training in energy modalities are required, image cycling is a skill anyone can learn to access a deep source of profound healing intelligence.

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This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.
The Age of Lawsuits: What It Means For You and Your Healing Practice

Karen Lee

Alternative therapies, including various modalities of energy healing, have become mainstream. Western physicians are making referrals for these complementary services, or are expanding their own practices to include integrative therapies. With the inclusion of energy healing into the larger scope of medical practices, there has been an accompanying expansion of malpractice laws to govern them.

Be Aware Of The Inclusion Of Energy Medicine In Malpractice Laws

Lawsuits brought against alternative practitioners have been less frequent than for your counterparts in traditional Western medicine, and in most cases, less dramatic. The difference can be accounted for in part by sheer mathematics; you are far fewer in numbers than physicians. Patients also may not see an energy healer as having the deep pockets of a physician. However, you can expect that to change. As alternative medicine practitioners become more prevalent, so may the litigations against you.

Understand How Malpractice Laws Apply To Your Energy Medicine Practice

In a general sense, to make a malpractice claim it must be proven that the healer owed a particular responsibility to the patient according to the modality used, that it was violated, and that it caused harm that resulted in actual damage to the patient. The problem is in the interpretation of what constitutes a reasonable standard of care. That determines what the responsibility of the healer is to the patient, and what would be a violation of that responsibility.

As energy healing continues to become more standardized and have established best practices within a particular modality, then those standards will serve as the basis by which you can be judged in a case of malpractice. If it can be demonstrated that you provided substandard care in relation to other similar providers, and that it resulted in harm, you will be open to litigation under malpractice laws.
Consider The Factors That Mitigate The Possibility Of Lawsuits

As an energy medicine provider, you may open yourself up to liability by not recognizing that a health condition is beyond your ability to treat within the scope of your modality, or by discouraging a patient/client from trying another approach, including Western medicine. Be cognizant of the benefits and limitations of your practice, and openly discuss them with your patients/clients as they apply to them. However, if the patient/client refuses your advice to explore all options and continues solely with your treatment, it will be very difficult for that patient/client to later prove malpractice.

Having credentials from educational institutions that are recognized in a particular healing modality, obtaining required state licensing, and holding a membership in professional organizations that set the standards for practitioners, and legitimize your business. These factors along with adhering to standards of care all lessen the probability of litigation against you, and are considerations in court if you do face a lawsuit.

When you, an energy medicine professional, have collaborative relationships with your patients, it reduces misunderstandings and the chance of malpractice accusations. Most energy medicine practitioners put patient responsibility at the center of their treatment already, so collaboration should be familiar territory. By educating your patients and making them full partners in their health, they are less likely to view you in an adversarial or authoritative role, again diminishing the chances of litigation.

Include Safeguards In Your Comprehensive Business Plan

Another important “must do” is to present new patients with an informed consent document prior to treatment. The consent form should fully inform them of the scope, methods, and duration of treatment, and manage their expectations of the energy medicine practice. While presenting the informed consent document, you have the opportunity to discuss clearly what your practice consists of. This will build a trusting relationship between you and your patient reducing possible future malpractice accusations.

Despite all your best efforts, there may come a time during your career when you are faced with litigation. Liability insurance can save your finances and your energy medicine practice from the devastation of a lawsuit. Considering the low cost of a liability policy, especially when weighed against the astronomical costs of a lawsuit or the loss of your business, it makes sense to be insured.

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Niki Elliott, PhD
Founder, Innerlight Sanctuary
Energy Therapist, Instructor, Author and Speaker
Niki Elliott specializes in energy therapy sessions for empathic and intuitive children. She teaches The Innerlight Method™ of energy therapy to teachers, mental health practitioners and other wellness professionals who are interested in serving children and their families in a holistic manner. You can find information about the upcoming 2014 six-month training program at www.innerlightsanctuary.com or by calling 626-797-3737.

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