Never doubt your body. Both invisible and visible blend into your unique body, and that body is an image of unconditional love.

- Grand Master Nan Lu
Dear Readers,

Happy New Year!

Tucked in my warm office on this wintery morning it seems as though there are a million thoughts running through my head. In reality my thoughts have two themes; one revolves around John Lennon’s song Imagine. The lyrics that resonate with me are *A brotherhood of man, Imagine all the people sharing all the world . . . And the world will be as one.* My morning thoughts also revolve around a quote from Meister Eckhart, *If the only prayer you ever say in your entire life is thank you, it will be enough.*

As we read the news these days, the world is seemingly becoming more complex and disparate. We read about anxiety, separation, suffering, greed, political and personal strife, and war. On a good day, something positive on the human front is placed on the front page of the paper.

In a week’s time, I speak, or converse through Skype, with people across the country and often around the globe. In a heartbeat, I can talk to someone in a different time zone or halfway around the world. We connect as if we are sitting in the same room. Time, distance and separation seem to drop away. Recently, the conversation often turns to what we can do to move toward a more loving, compassionate world. For me, the answer lies in how I live my life. My thoughts, deeds, emotions and the way I treat others are things I can do something about. I can choose in each event how to act. I can work to still internal turmoil and bring harmony and consideration to my immediate world. Sometimes I am successful and sometimes I am not—but, I work toward this. Sometimes it does not seem like much in the greater scheme of things. Perhaps you will say I’m a dreamer, to quote Lennon.

Early this morning, I went to the post office with a number of large boxes. As I started toward the door with my hands full, a man asked if he could help me. It was raining and he was half way across the parking lot, but he came back and held both the outer and inner door for me. What a thoughtful act of kindness and I said thank you. Perhaps thank you is the best way to start 2017. If I live this
way throughout the year, maybe my life will have an impact—at least in the world around me. Meister Eckhart’s quote is on the wall in my office as a reminder.

When I look at the Energy Medicine community, I see lives that inspire, offer hope and extend light into the world. I see people personally committed to ideas and paths they believe can assist with healing others and offer something to the world at large. I see people committed to learning and exploring healing paths, some ancient and some new. They unflinchingly follow their convictions. I do not think they are dreamers, but rather practical people diligently pursuing ways to help others. They are much-needed adventurous and intrepid explorers.

May you experience a wonderful, adventurous and blessed 2017.

Margaret
Rev. Tiffany Barsotti, MTh, CHt, is a spiritual, medical counselor and researcher at HEAL and THRIVE in Encinitas, California. A focus of her clinical work is subtle energy, biofield therapies and energy psychology. With her spiritual and intuitive guidance, she serves as an integrative practitioner working alongside MDs, NDs, DOs and other allied health professionals. Tiffany received her Masters of Theology in Energy Medicine with special emphasis in medical and spiritual counseling from Holos University Graduate Seminary. www.HealAndThrive.com

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Lynne Gillespie is a third generation farmer. She has been gardening and working on her family farm for 29 years. Her dairy sheep flock is one of her pride and joys. The flock provides milk for cheese making and wool for spinning, weaving and felting. She has written two gardening books and created two online gardening video courses. www.TheLivingFarm.org

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Vera Kaur is from Sikh Indian origin. Holistic healthcare was part of her upbringing and in her twenties she visited ashrams in India where she observed the remarkable results of the self-healing practices used by traditional energy healers. Through her dreams and meditations, she was guided to write her book *Diagnose, Treat, and Cure All Dis-ease with Traditional Indian Holistic Therapies* to empower everyone with this ancient Indian wisdom and to take responsibility for their own well-being. www.VeraKaur.com

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Nancy Murphy is a muse, catalyst, and business coach who has helped hundreds of clients spark their brilliance into action to reach success and fulfillment. She has been marketing strategist for BMW of North America, the Benetton Group (Italy), and the Atlantic Committee for the Olympic Games, she brings tried-and-true success secrets to solopreneurs, entrepreneurs, and small businesses. She has a passion for making business fun and exciting for non-business people. www.InertialCombustion.com

Karin Ogren, HTCP, is on staff at Energy Magazine and owner of Healing Touch Studio of Seattle. Previous to her career in energy medicine, Karin worked in theatre administration and social services. Her passion for service to humanity and creativity continues in her Healing Touch practice.

Greg Storozuk has been a professional dowser for 34 years, primarily dowsing for water, oil, minerals, geopathic zones and various items. He is a Past President and Trustee of the American Society of Dowsers; taught basic dowsing at schools in the U.S. and Canada; and has been interviewed on television and radio both here and abroad. He has authored “A Dowsers Series” of booklets and been published in numerous journals.
1. **The Energetic Fertility Method™: Tools for a Healthy Conception and Beyond** synthesizes principles of energy medicine and applies them to fertility to help you conceive. Using the chakra system as a guide, it presents step-by-step advice on how to gain a deeper awareness of your body, mind and spirit in order to bring them into alignment for a healthy conception. Discussing everything from how your relationship to your body affects fertility, the impact of secrets, and much more, Nancy Mae offers a roadmap that can help you achieve the family you’ve always envisioned. This groundbreaking book will not only prepare you for the journey of fertility, it will provide you with tools that you can use for the rest of your life.

2. Rev. Dr. Busby investigates whether disincarnate spirits, or the souls of deceased persons, can provide us help in healing. He considers Biblical support for physicalism, the belief that we are purely physical beings, versus dualism, the belief that we are physical beings who have an immortal soul, and how the near-death experience (NDE) has become a challenge to physicalism. He describes what is known about the spirit world and how spirits would help us heal by working on our subtle energy body. He provides many examples of this help in the healing ministries of Harry Edwards and John of God.

3. Traditional Indian holistic therapies recognize that the symptoms of our dis-eases are merely the body’s innate method of correcting the imbalances within, to allow us to return to our natural state of wholeness. The human body is a latticework of energies that vibrate at different frequencies, making up the physical, mental, emotional, and spiritual aspects. Applying traditional Indian holistic therapies enables us to cleanse, balance, and empower our energies. This allows them to flow smoothly and harmoniously, instilling physical, mental, emotional, and spiritual well-being.

4. Can playing a drum help you tune your mind, body, and spirit? Can playing a simple rhythm improve your immune system? With an ever-increasing body of scientific evidence, music therapist Christine Stevens is making true believers out of doctors, healers, and business professionals all over the world. The Healing Drum Learning Program has everything you need use the art of drumming to ignite your creativity, relieve stress, and communicate with a power beyond words.

For more information or to purchase these titles click on the title’s image above.
**Welcome to Our New Events Calendar!**

To submit an event for consideration in the next issue write info@energymagazineonline.com.

<table>
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<th>Date</th>
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<td>JANUARY 1</td>
<td><strong>Happy New Year!</strong> Take time to reflect on your hopes and desires for this New Year. Set your intentions to assist you in bringing these inspirations into being.</td>
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| JANUARY 13 - DECEMBER 5 | **Energy Medicine Mentorship** With Astrid Pujari, MD, ABIHM  
pujaricenter.com |
| FEBRUARY 14 | **Set the intention** to open your heart today.                                                          |
| JANUARY 13 - 15 | **Integrative Therapies Institute - Orange County**  
This conference will cover Integrative Oncology, focusing on the essentials of the condition and integrative therapies that you can put into practice.  
imprimisrx.com |
| JANUARY 16 -17 | **Energy Psychology for the Energy Medicine Practitioner**  
David Feinstein, PhD  
innersource.net |
| JANUARY 24  | **Energy Medicine with Donna Eden**  
This evening will help you increase your health, resilience and your natural healing techniques. |
| FEBRUARY 8 -12 | **Scripps 14th Annual Natural Supplements: An Evidence-Based Update**  
Paradise Point Resort & Spa, San Diego, CA  
scripps.org/events |
| FEBRUARY 10 -12 | **Integrative Therapies Institute - Boston**  
This conference will cover Integrative Oncology, focusing on the essentials of the condition and integrative therapies that you can put into practice.  
imprimisrx.com |
| FEBRUARY 11 -12 | **Food as Medicine Symposium**  
Focusing on the intricacies of fermentation, autoimmunity, food allergies and the microbiome.  
foodasmedicine-institute.com |
| FEBRUARY 17 - 20 | **Bengston Energy Healing Method Training**  
Mill Valley, CA  
bengstonresearch.com |
| FEBRUARY 23 - 25 | **Integrative Healthcare Symposium Annual Conference**  
Multi-disciplinary practitioners come together as a cohesive community.  
ihsymposium.com |
| FEBRUARY 23 - NOVEMBER 5 | **Cyndi Dale’s Apprenticeship Program**  
Explore and experience your intuitive gifts.  
cyndidale.com |
| JANUARY 28  | **Connection Community Caring**  
A women’s evening of song, ritual and intentions with Karen Drucker and Rev. Karyl Huntley.  
karendrucker.com |
| JANUARY 24  | **Food as Medicine Symposium**  
Focusing on the intricacies of fermentation, autoimmunity, food allergies and the microbiome.  
foodasmedicine-institute.com |
| FEBRUARY 14  | **Set the intention to open your heart today.**                                                          |

**Jan/Feb 2017 | Energy Magazine™ 7**
Pain Management

Staying abreast of research in the Energy Medicine and Integrative Medicine fields is important. At Energy Magazine, one of our 2017 goals is helping you stay informed about the latest research, thoughts and movements.

The paper, “Evidence-Based Evaluation of Complementary Health Approaches for Pain Management in the United States” was published in the Mayo Clinic Proceedings in September of 2016. “Researchers led by Richard L. Nahin, PhD, MPH, lead epidemiologist at the NIH’s National Center for Complementary and Integrative Health (NCCIH), examined efficacy and safety evidence in 105 randomized controlled trials (RCTs) conducted between January 1966 and March 2016. The review—geared toward primary care physicians as part of the journal’s Symposium on Pain Medicine—focused on popular complementary approaches to common pain conditions.”

In November 2016, the JAMA Network published an article titled “As Opioid Epidemic Rages, Complementary Health Approaches to Pain Gain Traction” that referenced the above paper. The article began by stating that this review of clinical evidence “suggests that complementary health techniques have a legitimate place in a physician’s pain relief toolkit.” It also points out some of the gaps in the reviewed research and what the next steps in further research might be.

Following these publications, John Weeks, who is one of the nation’s leading advocates of integrative medicine and alternative healthcare, wrote a blog piece discussing this paper and the antagonists to integrative medicine. His blog article is well worth reading, especially as he speaks to what we can all do by respectful, honest human exchange that supports healthy dialogue. As he says “Humanly engaged, integrative health and medicine can be a beacon.”

Abstract - Evidence-Based Evaluation of Complementary Health Approaches for Pain Management in the United States

Richard L. Nahin, PhD, MPH; Robin Boineau, MD, MA; Partap S. Khalsa, DC, PhD; Barbara J. Stussman, BA; and Wendy J. Weber, ND, PhD, MPH

Although most pain is acute and resolves within a few days or weeks, millions of Americans have persistent or recurring pain that may become chronic and debilitating. Medications may provide only partial relief from this chronic pain and can be associated with unwanted effects. As a result, many individuals turn to complementary health approaches as part of their pain management strategy. This article examines the clinical trial evidence for the efficacy and safety of several specific approaches—acupuncture, manipulation, massage therapy, relaxation techniques including meditation, selected natural product supplements (chondroitin, lucosamine, methylsulfonylmethane, adenosylmethionine), tai chi, and yoga—as used to manage chronic pain and related disability associated with back pain, fibromyalgia, osteoarthritis, neck pain, and severe headaches or migraines.


References

1. JAMA Network Medical News & Perspectives, “As Opioid Epidemic Rages, Complementary Health Approaches to Pain Gain Traction,” Abbasi, Jennifer, Published online November 2, 2016. doi:10.1001/jama.2016.15029 (found at http://jamanetwork.com/journals/jama/fullarticle/2579926)
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The Art of Prophecy

Do you ever get a strong sense of what “should” happen? Feel as if you could guess the outcome of your clients’ actions—or know what they ought to do? Congratulations. You are a prophet!

People do not always want to embrace their prophetic gift. After all, that is the one for which the men and women of antiquity were so frequently stoned, imprisoned, hung and excommunicated. Not everyone likes a “truth knower” or a “truth teller,” but there are incredible ways to incorporate this gift in your healing practice.

Let me define what I mean by prophecy. In the religious sense, a prophet is someone who communicates a message from a supernatural source. The purpose of the message is to clarify what people need to do to align with their divine nature. In ancient days, there were strong consequences to being the bearer of truth. Remember poor Jonah? The Abrahamic god made it clear. “Go tell the people of Nineveh that their bad behavior is about to do them in,” said God.

Jonah was so addled that he boarded a ship heading the opposite direction. We know where that got him. He was thrown by the sailors into the sea and promptly swallowed by a whale. During the three days inside the whale’s stomach, Jonah most likely cursed not only the whale, but his gift of prophecy.

Prophecy is not unique to the Abrahamic religions of Judaism, Islam and Christianity. The wisdom of the prophets initiated the Vedic Scriptures, African religions, Zoroastrianism, Egyptian and Greek philosophies, and many Native American practices, among countless other spiritual approaches. Prophecy has also played a part in healing across the centuries—the sick granted wellness upon embracing the unconditional love of the One.

What might prophecy look like in a modern healing practice? Here are a few of the millions of permutations you might experience:

- Your client is overweight. She will not make better food choices or start exercising. You are filled with a sense of foreboding and know that her health will go downhill quite soon if she does not alter her behavior.

- Your client does not know what to do. He has trained for years to become a doctor, but now he wants to give up his education and become a teacher. You are filled with a certainty about the latter choice. It just seems like he is destined to be a teacher.

- Your client says that he longs for a mate. Your stomach twists. Trusting your gut, you ask if there are reasons that he might not actually desire a relationship at this time. Your client admits that he is actually questioning his sexual identity.

- Your client is excited. She is going to accept a new job! Something feels off about this opportunity though. You encourage her to hold onto her current job until she checks out the new opportunity. It turns out that the company is going bankrupt.

- Your client has recently had a mammogram and was given an “A-okay.” You sense something was missed and recommend that she get a different breast scan. She calls later and thanks you, as a lump appeared on the second test that did not show on the first. You sometimes struggle with knowing if you should say something or not, as you are not a doctor, but you are glad that this time you offered advice.

Do you relate to any of these scenarios? There are plenty like them in a healing practice and it can be hard to figure out what to share—or how. One of the difficulties is that prophecies do not usually come with bells and whistles—not even sounds and sights. While prophetic messages might be packaged as intuitive words or visions, they usually arrive as senses, awareness or feelings. This is because the prophetic gift, from...
a chakra point-of-view, is associated with the seventh chakra.

Your seventh chakra is located atop the head and is linked with the pineal gland. The pineal gland affects mood and sleep, but also produces hormones and other substances that create (or respond to) various states of higher consciousness. Hence the seventh chakra has long been known as the center of spiritual connectivity. Quite literally, it is the doorway through which we connect with the Divine and our divinity.

When we are in-flow during a session, our seventh chakra will be open. It will receive directives regarding our work but also spiritual insights for our clients. These revelations come empathically, or through our physical body, as the seventh chakra is an empathic rather than visual or verbal organ.

Verbal understandings are the expertise of the fifth chakra, located in the throat. Visual perceptions are logistically picked up by the sixth chakra or Third Eye, which is found in the middle of the forehead. Whereas the fifth chakra translates incoming subtle messages into verbal tones, sounds or words, the sixth chakra turns them into images and pictures, which can offer details about nearly any part of a client’s life, including possible future events.

Many people believe that prophecy is the same as foreseeing the future. It is not. As explained, the prophetic gift is managed by the seventh chakra and futuring is run by the sixth chakra. Many of the future-oriented images from the sixth chakra will come true, but some will not, depending on choices made by the recipient or others affecting them. There are not ethical considerations attached to sixth chakra foresights. Through the sixth chakra, we simply receive images of what might or could happen.

On the other hand, futuristic-like knowledge provided by the seventh chakra, which will be felt rather than seen, is value-based. These insights emphasize the power of choice. Choices are presented as better or worse according to which option will create an alignment with the Divine. Remember the example of the overweight client? It is not like you are forcing a health condition on this client, should she refuse to lose weight. Your prophetic sense is merely picking up on what might happen if she does not respond to her body’s need. In a nutshell, the role of the prophetic healer is to help clients perceive how their actions, activities or attitudes might best align them with their greater self.

Think about it. I bet that there is scarcely a session in which you are not sensing or sharing information that helps a client become more attuned. The most challenging part of the prophetic gift is to understand what you are sensing. Toward this end, here are ways you can accomplish this goal.

**Trust your body.** Have faith that your body will recognize what might be helpful for a client. Prophecy is essentially spiritual empathy. Your physical body will interpret what is happening with a client. Signs that there are problems include a twisted gut, negative emotions, an uncomfortable chill or heat flush, a sudden loss of energy or a sense of wrongness. Indications of positivity include a happy feeling, relief, excitement or calm, a sudden increase of energy or a sense of rightness.

**Encourage clients to trust their body.** Guide clients toward self-assessment, helping them search for the just-mentioned sensations.

**Ask for help.** The Divine and guiding spirits are always present, able to send messages and also analyze them. This guidance can help you frame insights in ways beneficial to the client.

**Suggest that your clients request help.** Whatever words clients use for the Divine, encourage them to pray or meditate upon matters.

**Create choices for the client.** You do not actually have to tell a client what to do. Because prophecy involves the revelation of choices, you can frame options so clients can make their own choices.

**Make room for error.** We all know that we can misinterpret our intuition. Because of this, assure clients that they can take your input as just that—suggestions, not law. The Twelve Step Program say it best: “Take what you want and leave the rest.”

In the end, prophecy can greatly illuminate and personalize your healing work with a client. Because of this, I encourage you to embrace your gift. Play with it. Add color and texture. At some level, we are all prophets and the good life is simply the fulfillment of the prophecies given to us by the Divine.

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.
Befriending Your Entrepreneurial Spirit

When you enter into a contract to do healing work and hold space for a healing or holistic practice, there is a requirement that you attend to your physical, emotional, mental and spiritual dimensions so that you can be a clear conduit for Spirit in and through your work. A familiar phrase for this activity is that we are committed to “our self-work.”

As healing or holistic practitioners, there is an undeniable intersection where our body, mind, spirit, giftedness and our practice overlap. Just as we are committed to “our self-work,” there can be a commitment to “our practice-care”—the activities of nurture for our practice. In my intuitive healing and mentoring business, an important aspect of doing my “practice-care” is tapping into my entrepreneurial spirit and being open to what arrives through it.

I define an entrepreneur as an individual who creates tirelessly and creates without fear, based on the intrinsic knowing that what he or she is creating is an essential element for the betterment of the future. This individual sees a changed future and creates a way to support that change. From an energetic standpoint, the spirit of the entrepreneur (or the entrepreneurial spirit) is the alchemical exchange of energies between the “art that you are” and “the future that you are creating.”

For your “practice-care,” I would like to introduce you to some of the energies that create and unfold in your entrepreneurial spirit. Becoming aware of these energies allows you to affirm them in your own energy system and invite them to feed into the design of your sacred practice. Our inner entrepreneurial spirits operate (or operationalize) through the following specific universal energies: wonder, insight, fearlessness and creativity.

Wonder
The energy of wonder (also known as awe or curiosity) allows us to bridge from a lower frequency of visioning (seeing what is) to a higher one (seeing what can be). Meditating or intentionally focusing on wonder connects us to “all possibility,” where at any given time, we are able to access energies of pre-conception: to the “idea of,” to the “possibility for.”

Especially for those of us in the healing arts, this “wonder-filled” energy is alive in our vital life force because we are dedicated to living our own process of awakening. In this dedication is an intrinsic link to the miracles that lie in the sea of infinite possibilities. When we are gifted by the energies of wonder, we are enlivened by possibility, by hope and by curiosity. From wonder, you create the opening and invitation for something new.

Insight
Unlike the energy of wonder, which is expansive and opening, the energy of insight comes in as a strong, clarifying vibration. In my experience, this energy actually “thunders” in with crescendo and focus. Insight underlies all our choices; it is the energy that allows us to know what and how to move forward.

Insight usually arrives as a feeling of rightness and resonance, as a template or foundation for a new thought or idea, or a vision—a story, picture or knowing. Insight is the gift of intuitive direction, of knowing, of understanding.

Insight is not always just the “thing that is known,” but also an energy that holds the templates for what is coming. It comes with either the specific details or is the placeholder for you to continue to imagine what is to be created next. The entrepreneurial spirit gives you the gift of insight as the garden bed that allows your professional projects to take root and begin to grow.

Fearlessness
The entrepreneur gets comfortable with the feelings of fear and the different methods of creating change. As something comes up or feels off, almost by default, your spirit begins to tap back into the energies of wonder and “all possibility” which provide an opportunity to ask for informa-
tion about what is to come next. Fearlessness allows you to sit comfortably in change and fuels you to keep going without giving up. It also allows you to value the feelings of “off-ness” as a kind teacher. These feelings are equally as important as resonance.

Creativity
When you affirm the energy of creativity, you can tap into the ability to birth and to make manifest. Creativity does not always result in a “thing” like a program, workshop, talk or a new method—creative change can also be internal. It might be an opening, a deepening or just as easily could be a shutting down of something that is no longer serving you or your business. Whatever the outcome, the creative energy within you reminds you that at some point, it will be time to surrender, release and move directly into the creative pull, launching into an act of birthing.

The beauty of the entrepreneurial spirit is that these energies together give you complete support in the process of deepening your self and in your practice.

Five Quick Steps to Working with Your Entrepreneurial Spirit

1. Connect to the Universal Energy outside your individual energy field.

2. Invite this energy to stream in and through the backside* of your sixth chakra. This allows you bring the energy of “all possibility” into your system through your sixth chakra, opening you to additional new support.

3. Ask Spirit to begin to show you through a story, picture, words, feeling or knowing what and how this possibility can be created through you. (Depending on your sensitivities, you will get your messages in different forms.)

4. Open all the backside chakras by intent, and invite any and all new energy that is needed to support the manifestation of what is being created.

5. Ask Spirit to integrate the new energies that are needed for the manifestation and creation of this new possibility.

Amelia Vogler mentors holistic practitioners worldwide to create the practice and training programs of their dreams. She extends her gifts as the Executive Director of the Healing Touch Professional Association.

Her life’s work is seeded by the desire to bring more healing to all that share this beautiful planet.

www.AmeliaVogler.com

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“Creative Visualization”
During my travels, I have noticed that emotional eating has become something of an epidemic in busy societies. Many of us live our lives on the go, with a cloud of insatiable stress constantly hovering over us. The majority of people barely make the time to eat a proper meal, let alone express the anger, frustration, anxiety or sadness they have felt throughout the day. The energy of holding in unexpressed emotion further adds to the depletion that is already felt. I have noticed that when I have stored emotions, I feel heavy, tired and my eating suffers.

Instead of letting these emotions naturally flow out as they arise—and risk being labeled “weak” or “unreliable”—some look for a quick fix from unhealthy food to cram down the bubbling pot of feelings inside. I know I did several years ago—my vice was sugar! One study found that when women were feeling angry, stressed or fearful, they were significantly more likely to experience intense symptoms of bodily hunger and overeat than if they were feeling relaxed or calm.\(^1\) Another study discovered that when emotionally eating, participants were much more likely to eat sweet, high-energy foods like cake, ice cream and soda.\(^2\)

Clearly, by not engaging in the full dance of our energetic flow, we are risking our body and our health. We are also potentially setting ourselves up for a vicious cycle of emotional eating—unhealthy foods containing saturated fat and sodium have been linked to a negative mood over the next few days.\(^3\) Eating unhealthy food can make us feel down and depressed, so we eat more unhealthy food to “cope” with our emotions . . . and repeat.

Fortunately, there are ways to break the cycle of emotional eating once and for all. I have done it myself, so I will share with you my personal process of how I found a path out of the chaos. The following tips will help you to recognize, identify and interact fully with your emotions:

**Tap into your emotions:** Tune into your emotions with an easy inventory exercise. At the end of every day, set aside 5-10 minutes to write down the emotions you felt during the day and what may have caused them. Be as specific as you can, and remember that even the smallest emotions are important. After a week, you should notice patterns emerging—maybe your daily commute is bringing frustration and anger into your life that you combat with a packet of chips as soon as you arrive in the office. Take note of these patterns.

The second part, once you have identified these emotions, is to do a body scan by closing your eyes and going within to see where in your body you are energetically holding on to these stuffed-down feelings. As you find blocks, which can be perceived as color or temperature shifts, you will want to breathe in to each place to let them release. You may also want to do some journaling.

**Minimize exposure to things that cause negative emotions:** After completing the previous step, you should have a better idea of people and activities in your life that are causing you to feel negative emotions and where they are impacting your body. While it will not be possible to remove all these negative influences from your life, take steps to reduce the negative emotion load.

If your commute is a burden, consider using public transportation, so you can read a good book on your way to work or carpool with a coworker to reduce some of the driving load. By reducing the things in your life that...
cause you to feel angry, depressed, frustrated or stressed, you will be shifting your energy in a different direction, minimizing the causes of your emotional eating cravings, and likely, the cravings themselves.

**Express your emotions through activities:** At its root, emotional eating is just an unhealthy way of expressing our emotions. Instead of feeling our emotions in a natural, healing manner, we shove them down, only to have them rise to the surface in the form of cravings. When we give ourselves the chance to truly feel and express our emotions, we will likely find that our desire to eat emotionally is reduced. Allow your emotions to be expressed in ways that are healthy and comfortable, like through meditation, exercise, journaling and even talking with a friend.

Here is one of my favorite tips! The next time you feel a sudden craving for unhealthy food, give yourself fifteen minutes (known as the “fifteen-minute wait-out” in the world of addictions). In those fifteen minutes, let yourself engage in other activities: you may choose to journal, talk with a trusted friend or partner, or even meditate on the emotion, enabling yourself to feel it in all corners of your body. While it may be difficult to fight the feeling instilled within that showing your emotions is taboo, the result is worth it. Your cravings may subside after giving your body what it really craves—true emotional expression or, at the very least, movement and flow through activities.

While taking control of your emotional eating is not a quick or easy process, these easy steps will provide you freedom from the guilty cycle of suppressing your emotions with food. Not only will your body feel healthier and nourished, but your whole self will be relieved of the toxic burden of negative emotions and the energy they hold.

Dr. Deanna Minich is an internationally recognized, cutting-edge wellness and lifestyle medicine expert who has mastered the art of integrating ancient healing traditions with modern science. Her unique “whole self” approach to nutrition looks at physiology, psychology, eating and living within what she calls the “7 Systems of Health.” A five-time book author and founder of Food & Spirit, she continues to do detox programs with individuals to help them achieve better health. Her new book is *Whole Detox*, published by HarperCollins in March 2016. For more information, visit www.DrDeannaMinich.com.

**References**

Three of the most essential concepts for new students to grasp in the Healing Touch Level 1 class are—“ground, center and attune.” With a firm foundation in these three concepts, students and practitioners have a strong base upon which to build their practice, to keep them aligned with Source and to avoid depleting their own energy while doing the work.

To be honest, these concepts took me years to fully understand and some days I feel like I still have a lot to learn in order to maintain balance in my life. Therefore, I continue to practice and strive for balance through self-care practices such as the Healing Touch Self-Chakra Connection technique and meditation. I was inspired to write the following meditation as I gazed upon the image shown above, which was at the centerpiece altar during my Level 6 instructor training with Cynthia Hutchison, Program Director of Healing Touch Program. The Grounding Tree is the beautiful artwork of Cynthia’s talented daughter, Catherine Hutchison. I share this image and meditation with you, whether you are a seasoned professional or someone new to these concepts, in the hope that they bring some balance to your life as they do to mine. Feel free to adapt the meditation to your needs and use it with my permission for your personal use or in your classes.

The Meditation

As you get settled in your seats and create a space free from distractions, we will start the morning with a guided meditation. This will help each of us to feel more grounded, centered and attuned—which may be new terms for you. However, they are terms with which you will become quite familiar over time and with practice. Realize that your mind may wander and that is okay. If that happens very gently and kindly bring your attention back to my voice or to your own breath.

As we get started, I invite you to look at the image of The Grounding Tree. I will ask you to recall this image later in the meditation. Take three deep, cleansing breaths and as you do, release any stress and worry you may be carrying. The rush to get out of the house on time, the traffic, the parking challenges, anything that is on your mind. Gift yourself with ten minutes of self-care, which is so important to you. At your own pace:

Breathe in . . . and out . . . relaxing your body.
Breathe in . . . and out . . . easing your mind.
Breathe in . . . and out . . . connecting to spirit.
Breathe at your own comfortable pace now as you drop your attention from your mind . . . into your heart . . . into your belly . . . into your feet.
Ground, center and attune—these three concepts offer a strong base upon which to build, keeping you aligned with Source.

As you draw your attention to your feet, call to mind the image of The Grounding Tree. Recall the silhouette of a person standing in the form of a tree, arms extended like branches, feet growing roots. Feel your own feet on the floor. Imagine roots growing from the soles of your feet, extending into the floor, through the carpet, through the foundation of the building, into the rich soil, through rocks and lava into the center of the Earth. Connect to Earth energy, Mother Earth. Allow yourself to feel completely and firmly grounded—like a mighty oak or a great redwood. Feel the strength, the power, the support of the Earth energy flow into your roots. Allow it to feed you, welcome it into your feet and slowly allow it to rise to your legs and hips. You are in your body. You are comfortable, supported and safe.

Now visualize your legs and torso as the trunk of the tree. The Earth energy rises in you like sap rising in a tree, continuing into your abdomen and up your spine—making you feel strong and firm. Let this energy fill your chest and flow down your arms and out your fingers. The sap continues to flow to your neck, filling your face and head, extending to the very ends of your hair. You are completely connected to Earth’s healing, supportive energy and you feel this life-force flowing through your veins. Spend a moment savoring this power and integrating this strength into your being.

Now bring your attention to your heart. This is the center of your being. In the middle of your tree trunk, within all those rings, is a golden light. Bring your attention there and as your attention draws closer, the golden light grows brighter. You are allowing yourself to feel centered, coming back to yourself, remembering who you are and where you began.

I now invite you to allow that golden light from your heart center to flow naturally and easily to your arms, from the trunk to the branches on your tree. Bring your attention to your branches, your leaves, your flowers or cones. Marvel at your beauty and power. Feel the warmth on your leaves and branches. From where is that warmth coming? Your attention is drawn upward to the sky, toward the sun, toward the Universal Energy flowing into the top of your head. Trees naturally grow toward the light. So too, you reach your branches toward this beautiful warm light that is flowing into you, filling you with peace and connecting you with the Universe and the world around you. This light emanates from you just as it moves into you, attuning you to your environment, to those around you, to your experiences—giving you the fuel and the energy you need to put your intention into action. Savor this connection with the Universe and the world around you. Feel the connection to something bigger than yourself.

Now that you are fully grounded to the earth, centered in your heart, attuned to the world around you and you have silently stated your intention for the
day, gently release this intention and allow the Universal Energy to do the magical work it knows how to do. Allow yourself to be an instrument in this work to bring about your hopes and desires.

Bring your attention back to your heart center and gently release the image of your tree self. Come back to your human limbs, torso and head. Take a few deep breaths and when you feel ready, open your eyes—feeling grounded, centered and attuned.

Author Lisa Golden is a Healing Touch Certified Practitioner.

Energy Magazine recorded Lisa Golden's morning meditation so you, dear reader, can easily start your day grounded, centered and attuned. This free self-care tool can be found here and on the website under the Downloads tab. Find a quiet place, listen to the guided meditation and energetically prepare yourself for the day ahead.
A Brief Tour Through the Body-Mind for the Purpose of Reaching Spirit

Tiffany Barsotti, MTh, CHt and Paul J. Mills, PhD

There are many important axes in human anatomy, including the Hypothalamus-Pituitary-Adrenal (HPA) Axis, the Liver-Stomach-Intestines (known as the Liver Triad Axis) and the Brain-Gut Axis. We will discuss another body-mind axis worth considering.

The Reticular Activating System (RAS), acting in concert with the Vagus Nerve (CN-X), directs and modulates consciousness and functions throughout the body to maintain a dynamic balance—both with respect to the external environment and the body’s internal environment (Turner & Knapp, 1995). Less well known to Western medical scientists is a parallel system supporting consciousness that develops in the subtle energy body of the human being. This energy body, while not visible with current Western and mainstream technologies, has been known in many of the ancient esoteric healing traditions of the East (Bailey, 1925; Hopking, Bailey, & Hopking, 2005; Settersten, 2011). According to these esoteric teachings, as the human being develops from a state of alert consciousness toward a condition of spiritually expanded or higher Consciousness, the locus of control over the functions of the bodies (physical and subtle) shifts from the physical brain to a higher mind within the developed subtle body. This shift occurs after activation of the alta major chakra (Figure 1).

This article proposes the RAS-Vagus Nerve-Alta Major Chakra Axis as the nexus of communication from higher Consciousness to the physical and subtle energy bodies of the human being (Barsotti, 2010). By “higher Consciousness” we mean distinct from the consciousness contained within the local domain of our physical bodies and often referring to a state of being alert and focused. This type of consciousness is used to describe states such as waking, dream states, drug-induced states, hypnosis and others. In most medical references, consciousness is largely used by neuroscientists to designate various states of mental alertness and focus. The term higher Consciousness is used here to depict the human connection to God/Source.

Figure 1. The alta major chakra resides in the etheric field, aligning with the location of the cerebellum, medulla oblongata and the Reticular Activating System (RAS).

Image credit: Sharon Belknap of Sharon Belknap Design
Reticular Activating System
Since its discovery over 60 years ago, the Reticular Activating System, or RAS, has been studied extensively (Magoun, 1951; Petty, 1996). The RAS helps direct, modulate and maintain functions throughout the body (Turner & Knapp, 1995). The RAS resides within the Reticular Formation (RF) (reticulum is Latin for “net like”), which serves as a gateway to conscious awareness (Figure 2). With its function as the afferent and efferent cholinergic conduit, the RAS activates a conscious status throughout the brain. The RAS is said to be the gas pedal that ignites the diencephalon (the hypothalamus and thalamus) as well as the cortical areas of the brain (Petty, 1996). Functional Magnetic Resonance Images (fMRI) have given us the view or neural maps of which brain cortices become activated with thoughts, emotions and memories. Results of MRI imaging, however, reveal only cortical brain activity, leaving out the important afferent and efferent messenger molecules through the brainstem, including the RAS.

The RAS is about the size of one’s little finger and sits centrally in the brainstem. Without a functioning RAS, there is no bodily connection. There is instead a type of disconnection akin to being “comatose” or “locked-in” (Young, 2009). The RAS responds to stimuli from all sensory systems through its afferent and efferent pathways, regardless of the state of consciousness. These pathways integrate sensory, visceral, limbic and motor functions. Reticular circuits branch throughout the central nervous system and exert important influences on autonomic regulation of vital organ systems, levels of alertness, sleep cycles, somatic motor activities, pain modulation and behavior. At this time, it has become increasingly apparent that the RAS is not only a neuronal superhighway, but also an active conduit by which messenger molecules (e.g., neuropeptides, neurotransmitters, hormones, neuromodulators) conduct signals along long and short pathways, afferently and efferently. Without its principal and crucial involvement, any other cortical activity in the so-called “higher brain” cannot be registered throughout the body.

During his retirement speech, it was purported that Wilder Penfield (Penfield & Rasmussen, 1968) admonished his peers not to look for the mind within the brain, that he spent his career searching and could not find it there. We may come to find that neither consciousness nor Consciousness is under the control of a single structure, responding instead to reflexes within an axis of structures. At this time, realistically, we can only measure the influence of consciousness on physiological or physical processes.

Vagus Nerve
The vagus nerve originates in the medulla oblongata.

Figure 2. Site of the Reticular Formation (RF) and the Reticular Activating System (RAS) within the RF, along with its projections throughout the brain. (neurobiologychapter3.weebly.com/reticular-formation.html)
The medulla is located in the brainstem above the spinal cord and ventral to the reticular formation, and considered the main site in the brain for regulating the autonomic sympathetic and parasympathetic outflow. The vagus (Latin for “wandering”) is the tenth cranial nerve (CN X) (Wilson-Pauwels, 2010). This remarkable nerve has a more extensive course of distribution than any of the eleven other cranial nerves and is the main nerve of the autonomic nervous system (ANS). Efferent impulses start in the central nervous system and pass peripherally along spinal or cranial nerves. Afferent impulses start out peripherally and pass into the central nervous system. The vagus nerve, through its extensive motor and sensory fibers network, communicates sensory and motor information bidirectionally between the brain and body, supporting and helping regulate consciousness (Angeles Fernandez-Gil, Palacios-Bote, Leo-Barahona, & Mora-Encinas, 2010; Shi, Flanagan, & Samadani, 2013). There is substantial experimental evidence that demonstrates that immune and inflammatory responses are modulated by communications along the vagus nerve (Pavlov & Tracey, 2015).

Expanding the Mind

One of the beliefs within the new paradigm in biology and physiology is that cellular signaling and communication are providing an infrastructure of biological and subtle energy systems. Just as cells use their receptors to sense the environment in which they exist, the outer body receives information using the five senses. Our sensory responses are evidence of human contact with the world at large, as well as our inner-world of mind and body.

Spirit, from the Latin root of *Spiritus* meaning the breath of life (vitality), is the principle of conscious life and the vital principle in humans, animating a body or mediating between body and soul—the nonmaterial, intelligent and sentient part of a person. *The Kybalion*, an ancient Hermetic text states, “The Lips of Wisdom are closed, except to the ears of Understanding” (Three, 1908). Esoteric healers know how to move within the subtle energy fields, access information and assist with bringing awareness to the person with whom they are working. The word *esoteric* is defined as “requiring or exhibiting knowledge that is restricted to a small group; and is designed for or understood by the specially initiated alone.” The esoteric texts teach us that the “specially initiated” are the ones willing to deepen self-awareness (Consciousness) and venture into unknown territory in a spiritually meaningful way.

**Alta Major Chakra**

Looking to the endocrine and lymphatic glands

Figure 3. Overlay of glandular system and the minor and major chakras. Overlays of the glandular system (in blue) as well the minor chakras (medium-sized yellow and black circles) and major chakras (multicolor circles). The small red circles point to “minor chakras” which are key points along the body’s energy channels; these behave similarly to other chakras, but are less energetically dense by comparison to the major chakra points. The inset image of the head shows the three chakras as spinning vortices, and make up the three points of one of the head triangle sequences. Energetically speaking, the glands are denser energy channels as they are in the physical body and coordinate with the nervous system as a whole. Major chakras are believed to correspond to major nerve bundles in the physical body. (Barsotti, 2010)
A Brief Tour Through the Body-Mind for the Purpose of Reaching Spirit

throughout the body, we find an uncanny mapping to the micro and macro chakra centers (Figure 3). Theosophists were influenced by the Hermeticists of ancient Egypt and maintained the Hermetic arts and sciences, which they taught since the mid-19th century. Their teachings included the anatomical and physiological mapping of chakras with the physical and subtle energy surrounding the body—connecting our inner-world to the outer-world and vice versa.

Esoterically speaking, the alta major center, or chakra, resides in the etheric body. It is the final chakra or energy center of the human form to be activated for Conscious connection to Spirit. When the alta major center is activated, human consciousness expands to merge with Consciousness. There are several points worth considering regarding the alta major center, including how it becomes activated, its placement and interactions within the etheric/physical energy field, aligning with the outcropping of the vagus nerve and the RAS. This etheric bridge-like position enables purposeful communication between the physical human life and the human Spirit.

The alta major center is considered a minor chakra, but functions as a major chakra according the teachings of Master D.K. (Hopking et al., 2005). In the head triangle, the alta major chakra has a unique position, first because of its relationship in the head triangle, and second due to its powerful link to the cerebellum, the medulla oblongata, the spine and vagus nerve (Figure 1). The cerebellum is part of the hindbrain and controls voluntary muscles and, therefore, movement, and is energetically linked to the root or base chakra. The medulla oblongata, also part of the hindbrain, is closest to the spinal cord and is involved, as is the vagus nerve, with the regulation of heartbeat and heart rate, breathing, blood pressure and the reflex centers. The medulla is energetically connected to the throat and heart chakras.

In Esoteric Healing, Master D.K. writes, “Healers would do well to remember that when the three centres [sic] in the head are linked up and the magnetic field is therefore set up and the radiance is present, the healer can then use the ajna centre [sic] as the directing agent for this ‘dispelling radiance’” (Hopking et al., 2005). (The ajna center, often referred to as the “third eye,” is related to etheric vision and can also be used to project energy.) You have, therefore, in the head three triangles, of which two are distributors of energy and the third is a distributor of force. The attention is placed; the magnetic field is spiritually vitalized; the generated vital radiance is then distributed and directed correctly through the medium of the third triangle (Figure 4).

In Bailey’s Treatise on Cosmic Fire (Bailey, 1925),

Master D.K. explains, “The alta major centre [is] that nerve centre at the top of the spine where the cranium and the spine make approximate contact. When this conglery of nerves is fully developed, it forms a centre [sic] of communication between the vital energy of the spinal column (the kundalini fire) and the energy of the two head centres... (in the pineal, pituitary, carotid triangle) (Figure 4). It is the physical correspondence to the antaskarana [the antaskarana is a thread or channel between the personality (lower worlds) and the higher worlds of Consciousness].” In the full text version of this thesis, it is referred to as the Science of the Triple Thread.

The RAS-Vagus Nerve-Alta Major Chakra Axis

It was more than thirty years after the publication of
A Treatise on Cosmic Fire in 1925 (Bailey, 1925) that knowledge of the reticular formation first came to Western medical science (Magoun, 1951). Master D.K.’s words “the nerve center at the top of the spine” and “congery of nerves” could represent what we see as the reticulum and currently call the RAS and reticular formation. To know for certain there is a correlation here, a proper investigation will have to wait until there are more robust imaging capabilities since we cannot functionally evaluate the RAS using current fMRI technologies.

Interestingly, the Vedic tradition represents these concepts through the developed and energetically activated sutratma, antaskarana and antahkarana, which are energy threads comprising the sushumna (the central channel along the spinal column). The ida and pingala represent the male and female subconscious mind aspects and are the channels which allow for the interweaving of kundalini as it moves upward from the perineum. The proper raising of kundalini energy occurs with the development of the antaskarana and antahkarana, which once empowered and intertwined, supports activation of the alta major center (Figure 5).

There are specific practices, such as Kundalini Yoga, aimed at raising kundalini energy. While there are significant upsides to these practices, there are also significant downsides. Upsides include that the practitioner learns to move energies throughout the physical and subtle bodies. This can be very effective for clearing, cleansing and strengthening the energy centers and sushumna. Downsides include that not everyone is prepared to deal with what those energies are doing in the different energy centers. It is possible to raise energy much too fast and transfer “dirty” energy from one center to another. There is something called “Kundalini Syndrome” (Greyson, 1993; Modesto, 2016) which is a systemic energy contamination characterized by a host of symptoms including insomnia, over heating, hypertension, irritability, mood swings, increased sex drive, various pains and discomfort, and a feeling of overstimulation of the senses. From time to time, I (T.B.) have treated in my practice individuals with Kundalini Syndrome. I have found that if a person with Kundalini Syndrome has a lot of unfinished business, psychological disturbances, overly empathic or addiction tendencies, it is best for them to slow down the kundalini-directed practices or in some cases, it is much better for them to find a different type of yoga practice, such as raja or hatha yoga. In addition, breath work, regular salt baths and physical exercise, a diet without animal protein and pranic healing protocols that deal specifically with Kundalini Syndrome are very useful.

Dedication to the path of Consciousness means that the activated alta major chakra becomes the distribution center of life-force energy. This life-force energy moves down and up the antahkarana, the energetic spinal column, radiating magnetically to open the chakra centers. The RAS is the network hub of the physical nervous system, sending and receiving signals, creating connections using the endogenous hormones, neurotransmitters and neuropeptides.
that move throughout the body. The vagus nerve carries the signals that coordinate these collective movements and activations, creating a homeodynamically balanced nervous system within the body. The RAS-Vagus Nerve-Alta Major Chakra axis speaks to the anatomy of the Spirit in the self and may serve as a communication nexus between the physical systems and Consciousness, which when activated, consciously arouses profound spiritual connection.

Author Tiffany Barsotti, MTh can be found at www.HealAndThrive.com and author Paul J. Mills, PhD can be found at www.BehavioralMedicine.ucsd.edu/paul-mills-phd.html.

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Getting a Great Night’s Sleep with Wool

Lynn Gillespie

It is no secret that a great night’s sleep is important to your health. There have been many recent studies urging adults to get eight hours of sleep each night, if possible. Have you ever wondered if you could maximize those eight hours for the deepest rest possible? Our family farms over 132 acres where we organically grow alfalfa, grass hay, barley, oats and triticale as crops for our animals. We raise East Frisian dairy sheep, cows, pigs and poultry. The sheep are my passion. They are raised with love and kindness, hugged daily and even kissed on occasion. The farm keeps me very, very busy and especially during lambing season, I get very little sleep. Because of this, I was eager to find ways to deepen what sleep I got. It took me by surprise a few years ago when a friend told me I was actually sitting on the answer to my need for deeper and more comfortable sleep—wool bedding. I began learning about the benefits of sheep’s wool in the bedroom.

Wool stuffed bedding has been found to lower pulse rates during sleep in a study on the effects of wool bedding versus cotton and synthetic. This is just the beginning of the benefits of using wool bedding over synthetic materials. In the Medical Journal of Australia, the article “Effect of a Fleecy Woolen Underlay on Sleep” states “The use of a fleecy wool underlay enabled sleepers to be more ‘settled’ and improved their own assessment of sleep quality.”

Just how much more settled sleep can you get by sleeping on wool? That was the question I asked years ago and began to answer for myself. Here are the top three benefits that I found. These benefits have really helped me get a better night’s sleep.

1. Deeper Sleep
Wool has been found to increase the time of REM sleep as well as lower the resting heart rate of those who sleep surrounded by it. Wool helps maintain a fairly consistent body temperature, providing thermal comfort. This was found in a study on natural wool fabrics in physiotherapy.

The optimum sleeping temperature is 64-68 degrees. Too cold and your body is working hard to warm up. Any hotter and your body will be working to cool down. You can assume that your bedding will make an impact on how comfortable you rest at night. Down and polyester are not as breathable as you need and you will often be too hot. Many of us have had those too-hot nights. I know I have!

You can reduce the “thermal stress” on your body by choosing a more breathable bedding alternative and wool is just the ticket as it is a breathable, warming material.
Getting A Great Night’s Sleep with Wool

2. Hypoallergenic
Wool is naturally odor and moisture resistant. It is also naturally antibacterial and repels dust mites and fungal growth in ways that the majority of other bedding options cannot. Dust mites and fungal growth in bedding lead to many of the problems experienced by the majority of people who have issues with sleeping. The greatest bedding offender for these issues is your pillow. A pillow is a repository of sweat, dead skin, drool, dust mites and fungi. Robin Wright of The Washington Post writes "A 2005 medical study of pillows—said to be the first since 1936—found up to 16 species of fungi in a single pillow. Testing both feather and synthetic pillows that ranged from 18 months to 20 years old, University of Manchester researchers found several thousand spores of fungus per gram of used pillow—a higher count than you'd find on a used toothbrush. A minute's soak in hydrogen peroxide can kill the toothbrush spores; not so with a pillow.”

When I switched to using my own flock’s wool, fluffed into a pillow, the difference was amazing. The early morning sniffles were a thing of the past, and to think that it was caused by dust mites and fungi in my own pillow. No, thank you!

3. Healing
Wool as a natural fiber has also been found to be healing. The same study looking at its effects when used in physiotherapy settings found in cases of diabetes, arthritis and paralysis which used heat therapy, that wool products used alongside the heat therapies extended the healing effects and increased circulation to the skin beyond any other product tested. Another healing aspect of wool is that the fibers have a non-irritating roughness that creates a beneficial mechanical stimulation of the skin. This “micro-massage” stimulates circulation and has been found to diminish the sensation of pain.

For those of you worried about this “roughness,” wool truly is non-itchy. I know that a wool sweater might be itchy, but the majority of the “itchy” feeling you get from wool comes from the harsh chemicals used to remove debris from the sheep's fleece during processing. My farm’s wool does not have the itch factor that most of the wool you are thinking of has. We do not process our wool with harsh chemicals. Another characteristic that can cause that itchy feeling is the fineness of the wool fiber. Certain breeds of sheep produce a wonderful, fine wool fiber that does not have that itchy feeling for many people. Queensland Institute of Dermatology (QID) has been exploring the role that superfine wool knitwear has in the treatment of chronic dermatitis conditions. A pilot study undertaken in 2012 by the QID has shown that wearing suitably specified fine wool products will not irritate the skin’s surface, but in fact was found to benefit those suffering from skin issues such as atopic dermatitis. The theory is that the benefits are from the lanolin in the wool.

Understanding the benefits that wool can provide your sleep routine is helpful. Wool’s capacity to counteract temperature changes, its insulation properties and an almost immediate impression of warmth on contact with the skin provide beneficial effects on your thermoregulatory system that will greatly increase the quality of your sleep.

It can be a lot to switch over your bedding when getting started. I recommend beginning with your pillow—this will bring about a huge change quickly. Then you can slowly work toward transitioning the rest of your bedding into a woolly paradise.

When you are looking for any wool bedding, be sure to avoid those that contain the harsh chemicals usually used in processing. My recommendation is to find a small operation that promises that no harsh
chemicals are used and that their sheep are well-loved. As a small operation that creates wool pillows, I believe that if the sheep are treated as family, you will be sure to get a well-loved wool product.

Tonight is the night to deepen the sleep you are getting. Are you ready to get started? I am sure it is high time that you replaced your pillow anyway. Start looking for some wool-filled pillows today to enjoy the best night’s sleep possible.

Author Lynn Gillespie can be found at www.TheLivingFarm.org.

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5. Bender et al, 2007; Grass, 1982; Strass et al, 2002; Wright & Slukak, 2001

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The human body is a latticework of energies, vibrating at different frequencies, encompassing the physical, mental, emotional and spiritual aspects of our beings.

Our body has been perfectly created to function optimally, providing we observe the laws of nature.

When we divert from these laws, through breathing polluted air, eating food far from its natural state, drinking chemically laden water, ingesting toxic medication, smoking cigarettes, drinking alcohol, using inorganic body and household products, being exposed to electromagnetic pollution and even thinking negative thoughts, energy imbalances result within our physical, mental, emotional and spiritual body, creating dis-ease.

The symptoms of our dis-ease are merely the body’s innate method of correcting the imbalances within, to allow us to return to our natural state of wholeness.

When we attempt to treat our dis-ease through the administration of medication, we are merely temporarily suppressing the symptoms. We are not addressing the root cause of our dis-ease, i.e. the energy imbalance. The medication causes further imbalances, disrupting the body’s natural immune system, which is rarely given the opportunity to fulfil its role. Over a period of time, our initial dis-ease re-appears with more serious symptoms. Our body, once again, is attempting to correct the imbalances within, to restore the healthy flow of energies. Our new symptoms are diagnosed as a new dis-ease, stronger medication is administered and the vicious cycle continues.

The traditional energy healers of India had a wealth of knowledge on how to diagnose, treat and cure dis-ease by empowering the body’s innate ability to self-heal. Through the generations, a great deal of this ancient wisdom has been kept alive, some of which is described below.

**Acupressure**

This is the holistic practice of treating the root cause of dis-ease by applying intermittent pressure on specific areas of the hands and feet that correspond to specific organs, glands, nerves, bones, tissues and so forth. This regulates the vital energy within the body part, empowering it to function optimally. Traditional Indian medicine widely recognises that the physical root cause of all dis-ease lies within our endocrine and exocrine glands. These glands have a profound effect on our entire being as they regulate the functions of our systems and organs by secreting the numerous vital hormones essential for our well-being. Traditionally, the application of acupressure was the only method of re-balancing and re-charging
Traditional Indian Holistic Therapies

Our body has been perfectly created to function optimally, providing we observe the laws of nature.

Body's natural healing response. Traditionally, mudras were practiced in conjunction with pranayama (yogic breathing exercises) to attain a higher state of consciousness or to channel the vital flow of energy to an area of the body that required healing.

Mudras
This holistic practice of balancing the vital energy throughout the body joins different combinations of the fingers and thumbs. It is believed that the human structure is a miniature form of the universe, composed of the five elements—earth, water, fire, air and space, each of which corresponds to a specific finger or thumb. Holding specific fingers and thumbs together for a short period of time allows the elements to regain equilibrium which creates a positive effect throughout the entire being and encourages our body's natural healing response. Traditionally, mudras were practiced in conjunction with pranayama (yogic breathing exercises) to attain a higher state of consciousness or to channel the vital flow of energy to an area of the body that required healing.

Pranayama
The holistic practice of controlling the breath by a number of different techniques increases the vital energy within the body. Our breath is the life force that flows through each and every cell within our body. By expanding our life force, we can harmonize with the life force of the universe to receive cosmic healing energy. Our thoughts and emotions can have a detrimental effect on our breathing patterns, affecting all our bodily systems. However, with the regular practice of pranayama, we can influence our physical, mental and emotional states in the most positive of ways to initiate the body's natural capacity to self-heal. Traditionally, pranayama was practiced to release negative emotions, re-balance the body's energies and prepare the mind for meditation.

Meditation
The holistic practice of quieting the body and mind through awareness encourages a state of deep tranquility while remaining fully alert. Meditation has been practiced in India for centuries to promote good health. It allows us to re-connect with our true selves to experience inner peace and contentment which we can draw upon in times of external stress and chaos to remain calm, centred and in control. Meditation is immensely therapeutic and with regular practice, it enables our entire being to rest, recharge and recuperate to release negative thought processes, deeply rooted emotional trauma and pain. Traditionally, meditation was practiced to discipline the mind to attain spiritual purification or enlightenment.

Chanting
The holistic practice of repeating a mantra, for a short period of time, to detach from the external world brings our awareness to the present moment and returns us to the essence of our being. A mantra is a rhythmic speaking or singing of a word or sound. It is believed to calm the restless mind and rid it of negative thought processes to create tranquility and mental purity. Chanting starts loudly, gradually becoming quieter and ends almost silently. This resonates with the energies of the physical, mental and spiritual aspects of our body to restore inner peace and awaken our latent healing energies. Traditionally, chanting was practiced with great devotion to reconnect with the divine light and love within us to experience the unity of life.

Facial Acupressure
This is the holistic practice of balancing the energy throughout the bodily systems by applying gentle pressure to specific points on the face that correspond to the body's organs and glands. It is believed that our face reflects our inner physical, mental and emotional health. The upper, middle and lower areas of our face are associated with the upper, middle and
lower parts of our torso. Indian energy healers study the face as a means of diagnosing health imbalances. Self-facial acupressure is effective for restoring our skin’s youthfulness and assisting our natural capacity to heal, as it re-activates the vital energy flowing through our bodily systems. Traditionally, facial acupressure was applied during an Ayurvedic head massage to calm the mind, body and spirit.

Chromotherapy
The holistic practice of applying specific colors to parts of the body by various methods heals energy imbalances. The sun is comprised of seven colors, each of which possesses its own unique energy vibration and carries its own healing property. Each of the seven colors is associated with our seven main energy centers known as the chakras. Color can be absorbed by our body through our chakras from sunlight, artificial light, the earth’s natural stones, water or visualization to restore harmony by correcting physical, mental and emotional energy imbalances. Traditionally, the sun was worshipped for its ability to provide the necessary healing energy required by the body to treat and prevent dis-ease due to its abundant and unlimited source of solar energy.

Crystals
The holistic practice of placing the earth’s natural stones within the body’s magnetic field restores the flow of healthy positive energy within and around the body by removing the toxic negative energy. The earth is crystalline, as it is composed of minerals, and our bodies are crystalline in essence. Therefore, our energies resonate harmoniously with the vibration of crystals. Each crystal possesses a unique chemical make-up which determines its healing property and appearance. Placing a crystal in our energy field or on a chakra allows our body to raise its vibration to that of the crystal. Traditionally, the earth’s natural stones were well known for their capacity to encourage self-healing and were widely used to treat the organs and systems of the body, mind and spirit.

Yoga Asanas
The holistic practice of physical postures known as asanas, each of which has specific physical, mental, emotional and spiritual benefits, unites the body, mind and soul. Yoga alleviates numerous health conditions by restoring the healthy flow of our energies. The breathing carried out during the practice improves our cell oxygenation and increases our lung capacity which is beneficial to every bodily system. Regular practice of the asanas instills a calming and balancing effect on our endocrine and nervous system, relieving stress and anxiety. It is believed that as our physical body becomes more relaxed, flexible and open, this promotes a similar effect on our mental and emotional body. Traditionally, yoga asanas were practiced to purify the body and quiet the mind in preparation for meditation.

Barefoot Walking
The holistic practice of walking barefoot on the natural earth draws upon the powerful and unique energy source that lies within the earth. The earth is composed of minerals and the human body is mineral in essence. Therefore our body’s energies resonate perfectly with the earth’s energies. It is believed that through the practice of barefoot walking, our body absorbs the antioxidants it requires to counteract harmful free radicals. Sleeping outdoors during the summer on a natural fiber placed directly on the bare earth is immensely therapeutic and described as charging the entire being with the vital healing force of the universe. Traditionally, humans were aware of the benefits of connecting their body with the earth’s surface—sleeping and sitting on natural animal skins and walking barefoot.

Healing Visualizations
The holistic practice of creating positive images of healing within the mental body allows the emotional body to respond by becoming receptive to the healing, which subsequently initiates the healing process in the physical body. Our body and mind are intricately connected and our thoughts have a direct influence on our physical health. By using the power of our mind to envision our healing in process, we are disciplining our nervous system to react in a positive way, resulting in the desired outcome. The regular
practice of healing visualizations allows us to detach from our past limited beliefs to release our fears. This brings our awareness to the present moment to enable us to create a healthy future. Traditionally, there was an innate awareness of the mind, body, soul connection and healing visualizations were practiced through daily prayer.

**Raw Food Diet**
The holistic practice of eating food in its whole, un-refined and un-cooked form that is positively and negatively balanced supplies the body with a plentiful supply of solar energy and active enzymes. Food eaten in its raw, natural state has a detoxifying, calming and balancing effect on the energies of our body, which instills a similar effect on the energies of our mind and emotions. All of the nutrients required by the body are available in plant-based food in a form that is easily assimilated. Traditionally fasting was recommended during illness to allow the body’s energy reserves to be directed towards self-healing. However, adopting a raw food diet for a short period of time can have similar health benefits.

In today’s modern world, we strive to create balance in our bodies, tranquillity in our minds and harmony in our lives to experience inner peace and contentment. We can benefit enormously from the ancient Indian wisdom of self-healing practices to cleanse, calm and empower our energies, ensuring they flow smoothly and synchronically—enabling physical, mental, emotional and spiritual well-being.

Author Vera Kaur can be found at www.VeraKaur.com.
I am an Energy Medicine Practitioner

I absolutely love my Energy Medicine practice.

My clients come to me for a variety of reasons: pain, trauma, depression, self-care, anxiety, prevention and general wellness. I enjoy spending time helping them heal.

One of my main concerns is that my clients are protected from an unforeseen occurrence while they are in my care.

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We have all read or at least have heard, *The Little Engine That Could*, the popular children’s story about a small engine that despite all odds, pulls a huge train over a mountain top while repeating, “I-think-I-can, I-think-I-can.” These simple words have illustrated the power of affirmations for nearly 100 years. While this story might feel corny, according to Lissa Rankin, MD, author of *Mind Over Medicine*, “Thinking positively about getting well may stimulate natural endorphins, which help ameliorate symptoms, relieve pain and lift your mood.”

I founded a company, Ready Set Recover, to help people with surgery. One of the action steps we offer to help people prepare for surgery and recover in a better way is creating Surgery Sayings. "I-think-I can, I-think-I can," might not work for everyone, so we have outlined a process to create Sayings that participants can make their own. The Sayings can be short, tackle any fears or simply be a reminder of what participants already believe or hope in their heart. While our participants focus on the moment of surgery, anyone can create these sayings for their daily lives as well.

**Step One**

In the present tense, describe what is true in an ideal scenario or from a positive perspective. Use language that is comfortable to you. Make sure the Sayings are concise, easy to remember and easily repeatable. Some samples to use or modify:

- I am taking great care of myself and my body.
- My body and mind are strong and healthy and well-prepared for surgery.
- The surgery will be successful.

Write or print several copies of your Sayings and post them in easily visible places such as the computer, bathroom mirror, inside closet door, refrigerator or wherever you will see them often. The more often you have a reminder to reinforce what you already think is possible, the easier it will to be believe it can happen.

**Step Two**

These Sayings are positive thoughts, which can create positive reactions in your body. Say them out loud with conviction and be proud you are doing all you can to get yourself back to better! If you feel somewhat uncomfortable, just smile and know others have felt the same in the beginning. But no one is watching. No one is listening. It is just about you and
Simple Sayings Can Change Your Life

what your goal is. The power of positive affirmations has been shown to reduce the need for pain medication and healing time post-surgery.

When my client Gina was in pre-op, she quietly but confidently said her Surgery Sayings. The nurse asked what she was doing. After explaining about Surgery Sayings, the nurse responded, “EVERYONE should be doing that pre-op! It would make things so much better.”

**Step Three**
Record your Sayings for one minute. Listen to the affirmations upon waking, prior to going to sleep, when you are walking or anytime you can. As you listen, visualize your body and all its healing capacity responding to the surgery with ease and strength.

**Step Four**
Send one of your Sayings to a friend or supporter so he or she can repeat them as well. Edit the Saying slightly so your supporter is saying your name with the Saying. For example, if your saying is *I am strong enough to get through this*, you would edit it to say *Heather is strong enough to get through this*. Your supporter becomes your own personal cheerleading squad, adding his or her positive energy to yours. You can think of your supporter saying these words for you and with you, cheering you on. Let your supporter’s voice combine with yours in your head to hear the words even more strongly.

Surgery Sayings are positive thoughts, which can create positive reactions in your body. Whether you practice these steps before surgery, before a big event or just in your everyday life, every time you choose to express your thoughts as positive sayings, you are focusing energy to heal. By engaging others in this practice, you expand the possibility of transforming your health and well-being, which ultimately can shift the world.

Author Heather Campbell can be found at www.ReadySetRecover.com.

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Dowsing

Greg Storozuk, Professional Dowser

The craft or skill of dowsing is most easily recognized by someone walking a property searching for underground water using a forked wooden stick. Dowsing has long been a part of American folklore since our founding days and is kept alive today despite many scientific advances for one simple reason. It works. In fact, it works so well that major companies, industries and cities around the globe still hire dowsers to locate water, oil, minerals and other targets when conventional means fail or are rendered ineffective.

To date, science has been unable to offer an adequate explanation as to how the skill operates. Therefore, frustration levels tend to relegate dowsing to folklore, superstition or worse—despite dowsing’s higher than normal success rate when compared to modern means of exploration. And so, unfortunately, dowsing remains the victim of ridicule from modern day “experts” who, because of their ignorance of the skill, choose not to take advantage of it. Dowsing adherents ignore the ridicule, but most are still reluctant to publicly admit using “unproven science.”

The purpose of this article is not to prove or disprove the efficacy of dowsing but rather to offer a possible explanation, overlooked by modern science, to the elusive “how” dowsing came into being.

So, speaking as a dowser for the past 40 years, (professionally for 34 of those years), here is one dowser’s attempt to answer the question:

Energetically speaking, how does dowsing work?

To answer this question in a comprehensive way, one would have to ask every dowser who practices the skill, since ideas and opinions vary with each practitioner. The attempt of this article, therefore, is personal and backed up only by personal experience. Since I feel brevity is best when answering difficult questions, I have come to several conclusions about how dowsing works and would like to share these thoughts and opinions with you.

The Source of dowsing’s energy is part of a Universal Triad. The totality of Consciousness, Intelligence and Energy of all that exists, whether tangible or intangible, is referenced in many ways. Most commonly, the terms used are God, Unity, Deity, Oneness, Allness or Isness. Regardless of the term used, the concept of a Grand Totality is normally in the form of a singular Creator.

If this is so, then it is the dowser, the practitioner, a creation of the Creator that makes dowsing “work.” How could it be otherwise? Following the same logic, the connection between them would also infer that there is a form of communication that takes place between Creator and Created. This is what I call “Dowsing.”
In my opinion, the answer to any question has already been created and therefore, is already known. All the dowser has to do is to ask the proper question and then receive the answer. It is that simple, although “uncomplicated” would probably be a better term. Please note that I am saying that dowsing is simple, not that it is easy. There is a big difference.

As a survival skill, humans discovered their ability to locate underground water wherever they traveled. At some point in time, curiosity led our species to discover new uses for the skill which eventually evolved into modern day dowsing and the continuing evolution of Consciousness, Intelligence and Energy in the ever expanding Triad of Creation. It has long been said in the dowsing community that as far as your mind can reach, that is how far you can dowse. In essence, this means that there are no limits to applying the dowsing ability as long as the simple basics are being followed. Since our modern technological discoveries have increasingly ventured into the unknown, this will undoubtedly lead to further dowsing discoveries by our highly experienced practitioners.

The dowsing skill is primarily mental. Therefore, communication between each segment of the dowsing routine must be clear, crisp, exacting and perfectly understood, as well as being honest, sincere, balanced and well intended. This is where things tend to get complicated and may begin to unravel. We are human. Our egos enter into the dowsing routine in a variety of ways and with different intensities and desires. These varying energies throw off the necessary balance which is essential to communications. Garbage in—garbage out.

This also means that a dowser cannot just seek “water” as in the olden days when water was more pristine and shallower to dig. What dowsers now look for must be specific, such as an underground supply of fresh, flowing, potable water with sufficient recovery volume to supply all household needs, located at a reasonable depth, everlasting—and will never go dry even in the worst drought.

“Simplicity” has evolved into more complex questioning techniques, yet the basics of Consciousness, Intelligence and Energy have remained the same.

To receive accurate answers, the dowser must not only ask the proper questions, but ask them in the proper frame of mind. To identify one specific segment of a dowsing question now becomes more difficult. One must form a single question covering each element applying to that specific target or else ask a series of individual questions pertaining to a single element, receive the answer and then move on to the next question.

Complexities increase when particular targets are being sought. Since the answers are already known, but remain covered until the proper question is asked, many of today’s dowsers have adapted and developed their techniques to enhance their abilities to locate both tangible and intangible targets previously thought to be only in the realm of the “experts,” such as oil, gas, minerals, missing items, etc.

However, along with the more complex target structure comes the intangible mental aspects of the human ego. Thoughts of wealth, greed, desire, fear, emotion, errors and anxiety come into play. These “thought forms” are known to disrupt the dowsing state of mind which must of necessity be quiet, relaxed, allowing, still and perfectly balanced in order to perform accurately. Continued on page 42
Dowsing for Hearing Aids
Karin Ogren, HTCP

We trekked through the tall grass, veering around rusted-out old trucks and abandoned construction equipment with our pendulum and dowsing rod swinging in full force. My dad and I were on a mission to find his lost hearing aids that had presumably disappeared while he was photographing the dilapidated vehicles a week earlier. As Energy Magazine's Assistant Editor, I had read Greg Storozuk's article submission, "Dowsing," and my interest was piqued. My dad is notorious for losing things, much to my mother's chagrin. Would this technique be a viable tool for recovering some of his wayward possessions?

Greg states that Energy is one part of the Universal Triad that is the Source of dowsing. I am a Healing Touch Certified Practitioner. I know something about energy. But the ins and outs of dowsing were new to me and I wondered if I could effectively use energy to find the lost hearing aids as Greg describes in his article. My dad, eternally suspicious of anything that could be considered "woo-woo," was up for the challenge. What could it hurt? And if it worked, it could save him several thousands of dollars in new hearing aids. That is a great motivation to suspend disbelief.

So we trudged over the rough ground, following the spin of my pendulum and the point of his dowsing rod (made from a wire coat hanger cut and bent into the shape of an "L," then one end inserted into a plastic drinking straw so it could spin freely). While using a pendulum to determine the health of a chakra is old hat to me, trying to figure out what a spinning pendulum meant in the context of dowsing was entirely different. Did a circular spin mean I was going in the right direction? Was it supposed to swing back and forth in the direction of the object? And what about a still pendulum or oval-shaped swing? It was an exercise in experimentation. And patience.

It was also an exercise in letting go. We had to fight the urge to think about what we were doing, and instead just follow the guidance of our dowsing tools. In his article, Greg explains that there is a "dowsing state of mind which must of necessity be quieted, relaxed, allowing, stilled and perfectly balanced in order to perform accurately." Fear of failure or anxiety while dowsing disturb the connection between dowser and dowsing's source, which clouds the answers to a dowser's questions. Dowsing seemed to require the same meditative mindset that is needed for doing energy healing.

It took us about an hour, but each of us finally found a lost hearing aid. Once my dad was in the vicinity of one hearing aid, his dowsing rod swung to point at the same spot, regardless of where he moved. Upon finding it, his jaw dropped and he stood frozen for a moment. The look of shock on my dad's face was priceless as he exclaimed, "I'm a believer!" By then, I was closing in on the second hearing aid. My pendulum was spinning so fast over the spot where I unearthed it in the matted grass that the spin was horizontal, swinging in the widest diameter possible. It was clearly trying to tell me something.

Surprisingly, when I found the hearing aid and held it up, my dad's dowsing rod swung around and pointed at it. We were both thrilled and amazed that it worked. Hopefully my dad can replicate this method for finding lost things in the future. And my mom can breathe a sigh of relief.

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This brings the *wholeness* of the dowsing state, the Creator and the Created, into the Unity of combined thought. In short, the realm of the modern day dows-er is rewarding, exciting and ripe for new discovery. It is also entrenched with the same frustrations scientists face unless the simplistic concepts of Consciousness, Intelligence and Energy are being followed.

**Scientifically Speaking**

Results are the physical evidence of dowsing’s veracity. As yet, the lack of provability in a laboratory setting does not allow dowsing to meet scientific standards. Some scientists, such as Dr. Zaboj Harvalik, a professional physicist (and dowser), have been able to prove after years and hundreds of hours of testing, using an artificially induced electromagnetic field on a random generator, that 80% of his subjects were able to obtain a dowsing signal when exposed to a signal strength above 20 milliamperes with the rest successfully recording signals down to two milliamperes and a few to half a millampere. (A milliampere is one thousandth of an ampere for small electric currents). He said:

> If one assumes that man is able to detect magnetic anomalies by using dowsing techniques, one is utterly amazed by the sensitivity of the human body to such anomalies. Magnetometric measurements indicate that a dowser reacts to magnetic gradient changes as weak as one millimicrogauss, or expressed another way, 10 to the -9, or .00000001 gauss.¹

Another scientist, Dr. Edith Jurka, MD, Diplomate of the American Board of Psychiatry and Neurology, conducted tests on brain wave patterns of seven gifted dowsers on a sophisticated electroencephalograph called the “Mind Mirror.” Her testing showed that the dowsers had wide amplitude beta and delta voltages with an alpha peak not only while performing their dowsing, but also during normal conversation. She referred to this as the “fifth state” pattern. She also noticed that when performing dowsing, most of the time the beta and delta voltages were so high that they sent beyond the 160 microvolts that the Mind Mirror could register.² Technically, the dowsers were both wide awake and sound asleep at the same time and were the only group who tested this way compared to TM Meditation, Zen Meditation and lucid awareness. In addition, a 10-year field laboratory study was conducted by the German government under Dr. Hans-Dieter Betz, a physicist at the University of Munich. This program involved over 2,000 drillings in arid regions of Sri Lanka, Zaire, Kenya, Namibia, Yemen and other countries, and was considered the most ambitious experiment with water dowsing ever conducted. Briefly, Betz stated:

> The outcome was striking. An overall success rate of 96% (by dowsers) was achieved in 691 drillings in Sri Lanka. Based on geological experience in that area, a success rate of 30-50% would be expected from conventional techniques alone. What is both puzzling but enormously useful, is that in hundreds of cases, the dowsers were able to predict the depth of the water source and yield of the well to within 10 to 20 percent. We carefully considered the statistics of these correlations and they far exceeded lucky guesses.³

**Three Prime Undercurrents**

From these studies and personal experiences, I have been able to deduce three prime undercurrents for the dowsing ability:

**First**—Spirituality: A higher form of Consciousness, Intelligence and Energy that exists beyond our current understanding.

**Second**—Simplicity: Following simple laws of logic using the above concepts.

**Third**—Natural Law: The use of the basic simplistic governing tools applied to each creation from its inception.

In conclusion, dowsing is evolving as the Universal Triad and humankind evolves. Along with this evolution, dowsers have become more attuned to the core of the questions and have learned to allow the ego to diminish into the background regardless of increased complexities. With practice, dowsing can be used by anyone to successfully receive answers to any questions they may have.
Author Greg Storozuk is a professional dowser.

References

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Energy Medicine and End-of-Life Transition

Melinda Chichester, HTCP/I, End-of-Life Doula

Are you in a season of change? Are you setting an intention for transition? Maybe you are looking for a new romance, a different job or a new home. If so, you understand what it is to be in transition and how important support is during this time.

As an End-of-Life Doula and Healing Touch Certified Practitioner/Instructor, I empower end-of-life clients to set intentions that support their personal journeys. Setting an intention is a small step for clients, which allows them to experience achievement and peace, even if the goal is never reached. I help the dying and their families by encouraging them to use strategies that will honor their intentions. A recent hospice patient, a 97-year-old retired Catholic priest, wanted his back pain to decrease, his dizziness to stop and to feel joyful and peaceful. After his Healing Touch session, his only word was—"soulful." Although he received no relief for his dizziness, pain reduction was a meaningful outcome of his session.

In May 2013, my husband and I embarked on a life transition when we sold our home in Pennsylvania, said goodbye to family and friends and began traveling in our RV. We set the intention for a semi-retirement, but little did we know that the RV lifestyle would nearly founder our marriage! To save our relationship, my husband and I transitioned from the RV to a beautiful home in Colorado Springs, Colorado.

As we settled in Colorado, a series of transitions began the change in our lives. Of course there were difficult challenges—repairing the marriage, finding work and meeting new friends and connections. But among the trials, there was also tremendous growth. Through personal development, self-care and an inspirational teacher/mentor and friend, I learned to trust the pace of my journey. I learned to identify how life is symbolic of my lessons and how fears indicate the patterns, showing me where my lessons unfold.

Transitions are scary for most of us. However, I have found conversations with a friend, a magical moment in nature or the words of a song are the things that reinforce that I, and my life, are going to be okay.

In 2008 I discovered Healing Touch. During the introductions at one of my classes, a student from Texas shared her life’s passion as a Birth and End-of-Life Doula. I felt goose bumps up and down my spine as I recalled a hospice experience I had twenty-five years before. It was 1991 and I was supporting and caring for my dying aunt. At the time of her passing, my aunt shed a single tear while taking her last breath. I began to cry as I realized her tear was a symbolic sign of gratitude for the love and care she had been receiving. What a magical and memorable moment!
In the minutes after my aunt’s passing, her only surviving sister started crying and yelling at me, “What have you done? It’s your fault she’s gone.” The hours passed and the funeral director escorted the body from our home. I was in shock to see my surviving aunt at the top of the stairs, suitcases in tow—storm out of the house. It was at that very moment when I realized that I was setting an intention to support those in transition and to educate families that there is nothing to fear when their loved one dies. My aunt and I never spoke again.

While working as the Director of Volunteer Services at a local Pennsylvania hospice, I quickly began to support the dying through Healing Touch. I realized that my passion was to empower the dying and support an easier transition for my clients and their surviving family members.

Throughout the years, I have continued my personal growth with advanced training in Energy Medicine, which allows me to identify congestion, blockages and/or trauma being held in the client’s energy system. As an End-of-Life Doula, I use Energy Medicine methods, including Healing Touch, to assist the client’s transition. I support the dying by initiating discussion on life’s meaning and legacy, create guided visualizations and rituals, plan how the space looks, sounds and feels and inform family about symptoms and signs of imminent death. In the last days of life, caregivers feel exhausted, anxious and ill-prepared. By providing respite care for the family, they are assured that the patient will not die alone.

Recently, I had a hospice patient who was mentally confused but alert, bubbly and rambling that she was enjoying her vacation at her time-share. (She was actually a patient in an in-patient hospice unit dying of end-stage leukemia.) I began the session with an intake interview with the hospice nurses and the patient’s daughter since the patient was not cognitive of her situation. I received information about an earlier trauma when the patient’s husband was tragically killed while she was still raising three very young children. In addition, as I observed the patient, she was clearly unaware that she was in hospice. Her daughter shared that she did not understand why her mother was still “hanging on.” The daughter and I set an intention for her mother to release any trauma that was not supporting her highest good during this transition phase.

The dying can communicate through the energetic assessment/expression of their energy system or through a single tear shed at the time of death.

As an energy practitioner, I use a pendulum as a diagnostic tool to assess the client’s energy system. During that assessment I identified that the patient’s Hara energy, her unique energetic expression, was completely missing. I offered a Healing Touch treatment to facilitate the relaxation response and to enhance the transition process. In addition, a Hara Re-patterning technique was done to re-shape the Hara column to hold more Divinity or the highest expression of the client. This technique is based on the advanced coursework from Energy Medicine Specialists. The Hara energy is the subtlest aspect of the energy body and is the unique energetic presence you choose to bring with you into this life from Divine Source. The Hara runs centrally through and around the body from the Higher Consciousness to the Earth Crystal.

After I completed the energy treatment, my patient rested peacefully. I returned a couple of days later to find an extraordinary shift. The bubbly, chatty woman I first met was now non-communicative and in the active phase of dying. It was at this time that I offered a second Healing Touch treatment, the
Chakra Spread, to create a sacred atmosphere and support her dying process. When I left the room, her daughters were by her side. The hospice nurse called me the next day to report that the patient passed away peacefully and effortlessly.

Is it possible that by re-patterning the patient’s Hara she was able to release the trauma being energetically held in her Hara? Did the Chakra Spread allow her to release all that was no longer serving her? I do not know if I have the answer to all these questions, but I know energy work at end-of-life offers additional physical, emotional, mental and spiritual support. Hospice programs offer quality and compassionate palliative care, but with the additional help of Energy Medicine techniques, I have seen an easing of stress-related symptoms in all stages of the dying process.

My career continues to develop as an End-of-Life Doula. My passion is to support a loved one’s end-of-life journey by helping to identify the near-miraculous ways in which the dying person communicates his or her needs. The dying can communicate through the energetic assessment/expression of their energy system or through a single tear shed at the time of death. A tear helped me to identify in “symbolic language” a journey or change soon to occur. When I listen with a different set of ears, I find hidden messages from dying patients. Many families do not understand what their loved ones are saying as they near end-of-life. With an open mind and heart, I help them to identify the “symbolic language” their loved ones are revealing.

Author Melinda Chichester can be found at www.HealingTouchTransitions.com.
Choosing the Right Look and Feel for Your Practice

Nancy Murphy

As I am sure you have noticed, there is a whole lot more to being an entrepreneur than just having a great idea or being really good at that thing you do. If only it were that easy!

As a small business owner, you have to wear a variety of hats to make your venture function properly. Let’s face it, some hats are best outsourced—especially when it comes to things that do not lie within your area of expertise.

One of the first things business owners hand off to an outsider is the development of a logo by a graphic designer, a college kid with a computer or a nine-year-old art student. We have all seen some spectacular designs created by the aforementioned, as well as some really scrappy work by each category. So what separates the good from the bad?

The first step is always keeping an eye out for work you like and finding out who created it. Or ask for recommendations from friends and colleagues. Once you get a few names, go to their website and check out their work. Is it diverse or do they appear to replicate the same look and feel for all their clients? Once you have determined who you would like to work with, do a little prep work before your initial meeting. Prep work on your end will save you time and money in the long run.

I have long maintained that a designer is only as good as the direction they are given. That means great design lies in your ability to communicate your vision, your goals and the essence of your brand—not in a designer’s ability to guess what you are looking for.

Meeting with a designer and saying something like “I’m thinking about something purple” is not enough direction to arrive at a design you will be happy with. If that is all you have got, a good designer will take the time to interview you and find out what drives your brand or they will ask you to complete a design brief.

What is a design brief? It is a project blueprint. A detailed design brief sets you and the designer up to create great design. It answers all of the questions a designer needs for the project and sets you up for cost efficient success.
Choosing the Right Look and Feel for Your Practice

To Do
Before you meet with a logo designer, complete the answers to these questions:
- Who are you and what do you provide?
- What problem do you solve?
- What are the qualities of your business that competitors cannot easily duplicate?
- Who is your target audience?
- Who are your competitors?
- What tone or image do you want to portray?
- What key emotives/message you would like your audience to take away?
- Do you have a color palette preference?
- Does this project need to align with existing materials?
- Is there a particular style you like or dislike?
- Do you have a tag line?

Remember, the most memorable logos are clean and simple and translate well into black and white. This link will let you see the logos of the top global brands - http://interbrand.com/best-brands/best-global-brands/2015/ranking.

Author Nancy Murphy can be found at www.InertialCombustion.com.

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[Image of a book cover titled "Whole Detox"]


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[Image of a person meditating]

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[Images of a CD and meditation guide]

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[Images of people meditating]

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