Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.

— Robert Louis Stevenson
Dear Readers,

Outside my window it is dreary and cold — a typical winter’s day where I live. Inside, I am toasty warm, sipping a hot cup of tea and thinking about the book on my desk just waiting to be opened at the bookmark. Later there will be a nice, simple dinner in front of the fireplace with my loved one and then maybe a movie on the TV before bed. All is well here inside.

I have not yet begun to be restless at winter’s darkness, although I am sure that will come, and I am still enjoying the quietness and darkness. I am still internal, with my mind roaming from this to that, unfrenetic and easy. Even in my wildest imagination when I was younger, I never even thought about entering 2019. And now it is here at my doorstep with all of its possibilities.

Now I must admit that January 1st is just like any other day, because for me the new year begins with the Winter Solstice. When my world starts entering the light again, I celebrate the new year. I am drawn to the light and darkness like a creature in the wild — waking with the light and hibernating with the dark. Although my hibernation is mostly internal, my body still seeks more rest in the winter. With the Solstice, it is though I can feel the earth begin to slowly and gently unfold toward the light.

Now with the calendar open to a new year, I begin to think about what I want to explore, experience and accomplish. The dreams that were slowly hatching in the darkness are now daring to show themselves. I am sure there will be big changes this year, both in my life and the world around me. No doubt, there will be obstacles, yet I feel hopefulness and renewal of energy and spirit.

We, Energy Magazine, published our 100th issue in November of 2018 — an amazing milestone. Energy Magazine started as a newsletter for Healing Touch in 2006. Over the years we have grown into an online magazine that serves the whole Energy Medicine community — and one that is, in my opinion and from subscriber accolades, exceptionally informative and beautiful.

In every field, as knowledge grows the field changes. Energy Medicine is no different, it is changing, becoming more accepted, and we are learning new
techniques and ways to use it to heal ourselves and others. We are learning more about what “energy” is — with new thoughts and research that include information and consciousness. Openness is key to understanding and progress, both within each of us and within the field in general.

We know you are hard at work helping others — and, hopefully, taking good care of yourself. In 2019, we aim to continue providing you with information that will serve you well... along with a good dose of things that will bring you hope and renewal.

May each of your dreams unfold beautifully in this coming year!

Margaret
Michael Burton is a journalist-turned-corporate communicator currently working within the fast-paced medical cannabis industry alongside Sail. With a background in both weekly newspapers and glossy magazines, he is excited to take on the challenge of working in a healthcare startup helping to promote the therapeutic benefits of medical cannabis on a global scale. As a writer and editor, Michael aims to take the complicated matters of healthcare, cannabis and medicine, and simplify it for a universal audience. www.SailCannabis.com

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Barbara Evans is an award-winning author, artist and intuitive healer whose passion is to find a new way of living and being within the world — a way, based upon love, wisdom, peace, unity, joy, abundance and vibrant health. She has developed an exciting new Vibrational Healing Modality that assists people in awakening their potential and innate self-healing abilities by raising their frequency and consciousness. Learn more at www.ArtofRaisingFrequency.com.

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With the discovery of information as the basic ‘software’ of living systems came the realization that malfunction in the living system can be treated by correcting the information that causes the malfunction. With this milestone book the door is opened to every healer and physician to complement his or her healing practice by diagnosing the cause of their patients’ health problems before they manifest as disease and correcting the malfunction with non-invasive, testable and reproduceable ‘soft’ methods. This is information medicine, the cutting edge in the development of modern medical science.

Since the dawn of time, people have been drawn to gemstones, using them in burial rites, divination practices, healing rituals, spiritual attunement, and as adornment reflecting wealth, power, beliefs or societal roles. For millennia, crystals have been believed to restore and enhance physical, mental, emotional and spiritual equilibrium. Today they have emerged as the hottest wellness trend, embraced by celebrities, fashionistas and millennials alike. Colleen McCann is a certified Shamanic Energy Practitioner. Now, she offers insight and clear directions for harnessing the power of these magical minerals.

Empathy is undergoing a new evolution. In a global and interconnected culture, we can no longer afford to identify only with people who seem to be a part of our “tribe.” As Dr. Helen Riess has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With The Empathy Effect, Dr. Riess presents a definitive resource on empathy: the science behind how it works, new research on how empathy develops from birth to adulthood and tools for building your capacity to create authentic emotional connection with others in any situation.
As the perfect resource for starting 2019 on the right track, this effective resource offers you guidance and structure for creating your optimum self-care plan.

Self-care is important! It effects our mind, body and spirit. It is healing, helps us rejuvenate and be the best we can be for others in our life. We all talk about it — but do we practice it?

Make your self-care personal! Explore and create the plan that is the most effective for you. Choose things that will enhance your mind, body and spirit. The weekly planner will help you commit and track your progress. Throughout the year, you can use the self-assessment page to realize the changes that your self-care has made in your life.

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The Role of Healer

Think about how many life roles you play. The diversity struck me during my last birthday, the evening of which I spent eating dinner at my mom’s nursing home. When a piece of apple pie with a candle atop was delivered, about 75 people, including staff and residents, felt compelled to sing “Happy Birthday” to me.

I did not quite know what to do, and so, I simply basked in the unexpected. I did not really know these people even though I show up at the center quite regularly. Finally, one of the residents explained their affection.

“You are your mother’s daughter. That means that we are happy you are here.”

It is not unusual to be defined by what others believe us to be rather than by exactly who we are. To the residents, I am the good daughter who arrives with enough smiles to make sure everyone gets one. To my youngest son’s baseball friends, I am “The Baseball Mom,” the most consistent presence on the bleachers, albeit the only one using battery-heated socks, mittens and shirts. (You cannot blame me for my attire. Fargo, the home of my son’s college, is one of the most consistently cold cities on the planet.) In my neighborhood, I am the woman with the two big dogs. And to my clients, I am their healer, just as to your clients, you are their healer.

Being someone’s healer is a great honor. The role entrusts us with the mightiest of tasks, which is to assist a client in becoming more whole. A complicated role it surely is.

We dry tears and assure hope. We dispense encouraging words, many conjoined with painful truths. We release and direct energies and shine a light unto the darkness. We are healers.

The descriptive word “healer,” however, does not explain one of the most vital factors that affect the task, which is how clients perceive the job. Quite often, we are considered would-be miracle workers — maybe even avatars. Some clients might judge us all-knowing — similar to an animate crystal ball. Then again, our ability to gauge and shift energy can make us seem threatening. Our interactions with the invisible lie outside the normal parameters of safety. That can cause people to feel uncomfortable.

Want an example? Most likely, you have run into a client in public. I think that type of contact underscores my point.

For instance, I once bumped into a female client at the local mall. She looked at every fellow shopper but me, although I was directly in front of her. You know the drill. Most commonly we experience that sort of blank stare when we are trying to get the attention of a waiter who pretends they do not notice us. To spare my client her distress, I ignored her and moved away as soon as possible. The next session, she admitted that she had become frightened upon seeing me in public.

“After all,” she said. “I am not sure what people would think if I knew I saw a healer.”

I have another client who sneaks into my office looking like she is recovering from plastic surgery, her face hidden by a large hat and sunglasses. She does not want anyone to know she uses an energy worker, much less someone who employs the word “intuitive” in her work bio.

“My family would think I believe in the supernatural,” she admitted.

Then again, there are the clients who delight in claiming the fact they have a healer. Imagine my surprise when I was sitting at my youngest son’s eighth grade graduation, in a Catholic church no less, when a woman screamed at me from the other side of the room.

“There is my PSYCHIC! See her?”
I practically died on the spot. I do not even use the term “psychic” in my marketing; besides, I just wanted to take pictures of my son at his graduation.

We cannot control how our clients perceive us — only what we know ourselves to be. Before, during and after showing up for work, we are an individuated human being. Sure, I am simultaneously my mother’s daughter, my son’s baseball coach, my dogs’ companion, my clients’ healer and a lot of other things. But I am also me and I will be able to show up in the best way for others if I remember that.

Baseline, no matter what, we need to remain aware of our unique aptitudes, personality and ways of being. Of course, as healers, we all share a special responsibility. We are human representative of a greater force. Then again, should we not be that no matter what cloak we are wearing?

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](http://www.CyndiDale.com).
Anxiety and the Adrenals — Part 1
Unraveling Fear and Worry
(This is the first of six articles that will examine the debilitating impact of anxiety and Energy Medicine practices to help overcome it.)

Before we begin this journey into understanding the nature of anxiety, let’s hear from the folks who like to collect data.

Statistics from anxietycentre.com¹:
- Approximately 40 million adults in the U.S. suffer from some form of anxiety.
- An article published in the Journal of Clinical Psychiatry, The Economic Burden of Anxiety Disorders, discusses the cost of anxiety. In the U.S. alone, more than $42 billion a year is spent on anxiety disorders. That is one third of the entire $148 billion that is spent on mental health issues in the U.S.
- More than $23 billion of that total $42 billion is spent on the repeated use of healthcare services — anxiety symptoms that mimic physical illnesses.
- People with anxiety are three times more likely to go to a doctor and six times more likely to be hospitalized.
- Anxiety has become the number one mental health issue in North America. It is estimated that one third of the North American adult population experiences anxiety unwellness issues.

From National Institute of Mental Health²:
- An estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives.
- Among adults with any anxiety disorder, an estimated 22.8% had serious impairment and 33.7% had moderate impairment.
- A majority of people with any anxiety disorder experienced mild impairment (43.5%).
- Women have double the risk for anxiety disorders than men do.
- Anxiety can cause or exacerbate physical illness.
- Anxiety is considered a prime contributor to substance abuse.

Ok — sigh. Pretty overwhelming. Anxiety is a big deal for sure. Anxiety is a vague, intangible, fluctuating sensation that wreaks havoc on our bodies as well as on our minds. It settles over us without warning, draining joy, optimism, pleasure, wonder and contentment. Anxiety keeps us locked in a cycle of stress and worry that exhausts our body and shrinks our world.

Anxiety is classified as a mental health issue. The resulting assumption is that there is less bearing in the physiology workings of the issue of anxiety than say a diagnosis of osteoporosis. We think we know what causes osteoporosis. We also know what the healed state of an osteoporotic bone looks like. Osteoporosis is measurable in all its stages. Those who suffer from anxiety do not have the luxury of such assessments — we cannot look at an x-ray or read a blood panel and understand what ails us. It is different.

But I am here to say emphatically that anxiety is deeply rooted in your physiology. There are very strong biological patterns that are at play in a state of anxiety. There is a biological cause. There are very strong biochemicals at work to create and prolong a state of anxiety. In fact, anxiety enlists just about the strongest biochemistry we have — the adrenal complex — to create and perpetuate anxiety patterns.

There is real hope for sufferers of anxiety disorders with Energy Medicine techniques and treatments. Energy work, in any of its forms, is proving to be the real antidote to anxiety disorders. This 2019 series of six articles will teach and explain many practices that are easy to do on yourself as well as others to relieve the state of anxiety.

So, let’s begin by defining anxiety as the fear of future pain. Anxiety is the dread that something bad will happen in the future and you will not be able to cope with it.

- There could be a saber tooth tiger locked in the garage.
- You will not have enough money to deal with it.
- You will not have enough support to deal it.
- You will not be skilled/strong enough to deal with it.
- Anxiety is about your lack of perceived capacities, talents and skills.
- Anxiety is not bad things happening now; it is the
worry we feel about bad things potentially happening.
• Anxiety is about a possible reality.

So, let’s define fear.
• Fear is happening now.
• There IS a saber tooth tiger locked in the garage.
• Fear is reactive.
• Fear is useful and keeps us safe.
• We do not want to shut down or ‘overcome’ fear.
• Fear is protective, primary and very necessary for our survival.
• Fear is about an actual reality.

Discerning the difference between the physiology of fear and anxiety is not easy to do. The body is always in the present moment. The chemistry of stress kicks in whether we think there-might-be-one-day-it-could-happen a saber tooth tiger locked in the garage or actually have a saber tooth tiger locked in the garage. Our body will drop into a cascade of stress hormone/chemical reactions to the actual tiger AND the abstract tiger. Fear and anxiety feel the same.

Here is the first thing we want to do — we will spend time later in the year learning how to discern between fear and anxiety — but for now let’s just do something to begin to calm that cascade of stress chemicals that show up whether the tiger is really in the room or we think that the tiger will be in the room...

For the purpose of these articles I am going to use the word stress to mean the sensation we get whether the tiger is in the room or not. Stress is the sensation we experience when the adrenal complex of hormones/chemicals kicks in; this happens whether there is an actual reality or a possible reality — stress feels the same.

The ‘Oh My God’ Points
The frontal eminences — about an inch above the eyebrows and about an inch below the hairline — are points that control the blood flow into the neo frontal cortex. When we are hit with a stress the blood leaves the forebrain and is moved to the arms and legs. The biological purpose of this is so we can either run very fast, be very strong to fight or hold very still until the danger passes. When we simply hold our forehead the magnetic pull of our hands pulls the blood back into the forebrain and creates a relaxation response.

If there is real danger — it is not a good idea in the height of the danger to stop and hold your frontal eminences. You gotta get the kids out of the burning house and safe on the front lawn. However, if you find yourself in a fear state and the house is not on fire, hold your frontal eminences for 2 to 5 minutes. When you restore the blood, oxygen and glucose to the neo frontal cortex — the front brain — you turn off the fear response and encourage the relaxation response.

This very powerful technique — the OMG point hold — is deceptively simple. Do not underestimate how important it is to have blood, oxygen and glucose to your neo frontal cortex. The neo frontal cortex is the brain’s real estate of our highest learning and reasoning. If there is no imminent and immediate danger and the house is NOT on fire — it just a possible reality, not an actual reality — holding your frontal eminences reestablishes the energy to the neo frontal cortex and you are able to process what is true in the moment. Your ability to self-soothe and say “I am safe in this moment” is restored. Rather than wring your hands looped in worry, you might actually replace the batteries in the smoke alarms... a good decision in the face of the concern over a house fire. That is healthy neo frontal cortex thinking.

Over time, holding the Oh My God points while in the space of anxiety will begin to train the stress reaction to discern between an actual reality and a possible reality.

In the next issue we will discuss a series of acupoint holds to turn off the stress hormone/chemical loop.

References
Water, Energy and Life

If everything, animate and inanimate, is made of molecules, then what makes the difference between them? What provides the life force? As energy workers, we feel the energetic field of plants and animals and sense when energy shifts or is blocked. Many of us actively try to increase our own vibrational levels as well as those of others through our practice. One explanation for life force is that the presence of water in life forms allows for conductivity and transfer of electrical impulses.

Water is the most abundant molecule in the human body that undergoes continuous recycling. What is meant by continuous recycling is that humans drink water, use it for physiological processes and eliminate it with metabolic wastes. That little phrase in the previous sentence “humans drink water” is the piece that we can manipulate to our advantage. Water is the basis for all “bodily fluids” and as such is the medium for all processes like digestion, absorption and transportation of nutrients as well as the formation of cell structures. Becoming aware of the amount of water that is consumed and increasing it voluntarily can be one easy resolution that will increase vibrancy in 2019.

As a nutritionist and healthcare professional, I spend time with clients reviewing what they eat and drink and help them make changes that can influence their health in a positive way. Everyone knows that they need to “drink eight glasses of water per day” but there is really no minimal intake. What is becoming more apparent in health literature is that biomarkers for hydration status are taking on a more comprehensive role as predictors of total health and health outcomes. This represents a slow but important shift from looking at hydration status solely as a marker for athletic performance to looking at overall hydration as a means to obtaining optimal health.

Drinking water for health versus drinking water as a beverage is vastly underrated and underutilized as a health-promotion goal. Dehydration resulting in decreased sports performance is well documented and we all know that athletes are well versed in hydration. But, did you realize that there are studies showing a relationship between dehydration and hospitalization, decline in cognitive function, poor diabetes control and hyperthermia? These are not new studies! What this means is that total fluid intake from beverages, fruits and vegetables as well as plain water all can have an impact on total health and wellness. Water is particularly important to the health of kidneys as they are the organ through which all metabolic waste is filtered on the way out — and less concentrated urine is clearly easier to filter.

The bulk of the human body’s structure is formed from crystalline arrays of collagen — from bones to cartilage, tendons and fascia. These collagen structures are liquid crystals, which are not quite liquid nor completely solid. Our bodies are 70% water and part of the water makes up the ordered hydration crystalline networks of collagen. These networks rely on hydration for life force.

It could be argued that water as a nutrient cannot be separated from dissolved solids like electrolytes and this is especially true in the body where water and electrolytes are necessary for all bodily processes. If we go back to the first paragraph, you might just see where I am going with this. Energy workers may be able to obtain better results in well-hydrated individuals. Moving energy around the body requires that we have water and electrolytes to transfer energy along the body’s matrices. This is true for both the client and the practitioner. Staying hydrated will increase
our ability to let our energy flow out as well as move the energy of another.

Pure water is best and by that I mean filtered tap water, bottled water or even quality tap water. Reverse osmosis is considered the gold standard for filtration; however, a refrigerator filter or tabletop carbon filter is probably fine for most municipal water. Teas and other calorie-free beverages can contribute to water intake. The water found in fruits, vegetables, broths and soups is certainly valuable but should not count toward total intake if the goal is optimal hydration for vibrancy and flourishing. Pale, odorless urine signals hydration. Drink up!

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References

February 4th, 2019 is the first day of the year of the Earth Pig in the Chinese solar calendar. Based on the Chinese Five Elements system, the solar calendar has been used as a guide by emperors and royal advisors in ancient times and by the Chinese diaspora in today’s world for insights into how to live in balance with the environment. The elements, which are Wood, Fire, Earth, Metal and Water, are dynamic and represent the natural world with constantly changing compositions that are specific to each moment in time. The lack or excess of certain elements and their interactions with each other during the year can provide us with stories and images to look forward to.

Outlook for the Year Ahead

Whereas the year of the Dog in 2018 was dominated by heavy, pure Yang Earth, associated with mountains that also bring to mind images of blockages and stubbornness, the year of the Earth Pig in 2019 is a softer blend of Yin Earth on top (the “heavenly stem”) and Yin Water, the main element of the Pig, at the bottom (the “earthly stem”). In the Chinese Five Elements system, Earth and Water are not in a supportive relationship. Water becomes muddy when you put soft soil on top, indicating a year when conflicts and confusion easily arise. It is also a year to tread carefully and look before you step forward as appearance can be deceiving.

Yin Earth is the element of Mother Nature. We can expect environmental issues to take center stage, especially those affecting our water supplies, oceans and forests, as the Pig also contains Yang Water — associated with oceans, seas and rivers — and Yang Wood, associated with trees and woodlands. Since we are part of Mother Nature, it is our responsibility to nurture and treat our natural resources with respect, instead of just seeing nature as something to exploit, so that we can create a sustainable life for future generations.

2018 was a transitional year for many, with changes starting to take place but the new has not fully arrived yet. The Yang Earth element within the Dog, after all, was a creature of habit and resistant to change. With the arrival of the year of the Pig, the first of five consecutive years dominated by Water element, these changes will be implemented throughout the year duration, leading the world to the beginning of a new phase. How it affects us individually, of course, will depend on our unique environment, constitution and our own free will.

Self-care for, and awareness of, our own bodies is equally important as our connection to our inner and physical selves reflect our personal relationship with Mother Nature. Maintain a diet of clean, organic food.
to bring your spirit closer to the spirit of the land. Recent studies have shown that those who frequently eat organic foods have a lower risk of developing cancer, which in Traditional Chinese Medicine is associated with an imbalance of Earth — the dominating element of 2018 and 2019.

Since Water represents fear in the Chinese Five Elements system, it is essential that we work on cultivating inner joy (associated with Fire element) and transforming any anger into compassion (associated with Wood element) to keep the heart and mind open and our vision clear. A regular meditation practice will keep us centered and grounded, which is necessary for navigating through the year’s challenges and confusion.

Winter Ends: Stoking the Inner Fire

January takes us into the month of the Ox — the last month of winter in the Chinese calendar. While the rest of the world celebrates and makes their New Year’s resolutions in January, those in the Chinese diaspora will be tending to end-of-year traditions in preparation for the Chinese New Year in February. In the last two weeks of the month, a thorough cleaning of the house will be done — a symbolic ritual of clearing away what no longer serves to make space for the new.

With the coldness of Yin starting to decline but still dominating the season, it is best to stay warm and keep the inner fire strong. Taking in some sunshine and cooking your food are two simple ways of bringing Fire element into the body. Warm the soul with hearty soups, stews and braised winter greens. Add Fire element foods that are bitter in taste such as dandelion greens, celery and bitter melon to help reduce coldness and strengthen the heart, mind and spirit.

The month of the Ox is a transitional period of winter turning into spring. The elements are changing from late winter’s mix of Water and Earth into spring’s burst of Wood, with Yin (darkness) surrendering to Yang (light). To balance and center the body and mind during this changing of the season, add Earth element foods. Root vegetables such as burdock roots, carrots, sweet potatoes and sweet rice comfort the stomach and help bring warmth and grounding.

An imbalance of Water element, associated with winter, can bring fear, seasonal depression and moodiness. We all need a dose of fear to motivate us to act.

Spring Begins: Reinventing the Self

February 4th takes us into the month of the Tiger — the start of the new year — and the first day of spring in the Chinese calendar, which is a season ruled by Wood element. This is the time to get active again and do more Yang activities after winter’s quiet.

If you have always found it hard to keep your New Year’s resolutions, try changing your timing this year. Visualize and write down your intentions for the year ahead on February 4th. Observe how synchronizing with the elements can make a difference as January’s Water-dominated month is a time of retreat and contraction, whereas February, the first month of Wood season, is a time of growth and renewal.

Wood is the element of vision, expansion and com-
New Year, New Beginnings: A Guide to Flourishing in the Year of the Pig

passion. Associated with the color green, sour flavor and the liver, Wood has an upward energy that uplifts and supports; imagine a tree growing and leafing out toward the sun each year after being dormant in winter. We, too, tend to get more physically active as we shed the heaviness of winter and adjust to the brightness and expansiveness of spring.

Eat more greens to balance the body with the Wood season. Cook your food lightly at higher temperatures to enjoy the full vibrancy of spring produce. Sour ingredients such as vinegar, lemon and lime help boost the flavors and qi of seasonal vegetables. To bring harmony to the liver, add mildly pungent herbs and spices such as dill, basil, turmeric and ginger, associated with Metal element, and reduce the salty foods of winter, especially for those affected by anger-related disorders. A healthy liver helps bring a positive outlook, a calmer mind and better decision-making.

Having a clear vision, associated with Wood element, is key to growth in the year of the Pig as the prevailing Earth and Water elements are muddy and unstable. Wood also produces Fire in the Chinese Five Elements system, meaning everyone needs to turn any worries and fear into productive action.

2019 is the year to start planning for your own sustainability, gain a deeper connection with yourself and Mother Earth and do your part in contributing to the world at large. Every little step makes a difference.

Author Vicky Iskandar can be found at [www.FunctionalFengShui.com](http://www.FunctionalFengShui.com).

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You are about to embark upon a sort of pilgrimage with your “Inner Pilot Light.”

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Every life begins when a small spark of the Eternal Flame of cosmic consciousness splits off like a glowing ember of a universal bonfire. This unique spark ignites as the Organizing Intelligence that creates your organs, divides your cells, and develops you perfectly into a precious being decorated with thoughts, preferences, gifts, talents, emotions, and eccentricities. The Inner Pilot Light begins in every baby as the untainted, radiant, buoyant light of God/Goddess but often gets filmed over by trauma, conditioning, and the illusion of separation from the Eternal Flame from which this unique spark arises.

Although your Inner Pilot Light may grow dim as life’s inevitable challenges threaten to snuff out the full brilliance of this luminous fire, rest assured that your Inner Pilot Light never burns out.

Your Inner Pilot Light loves boundlessly but selectively, discriminates between what is and isn’t authentic to your true nature, and knows how to connect straight to Source. It guides the path, lights the way, navigates the journey, and asks only that you trust a mysterious process that won’t necessarily make sense to your rational mind. While making contact with your Inner Pilot Light is not quite as simplistic as rubbing a lamp and calling forth some inner genie that can magically make your life easy, you do have mystical magic within, which you can access through your sincere desire to connect with this inner Divinity.

Regardless of your spiritual orientation, consider this book a prayer of sorts, one that invites you to gently, quietly reunite with the purest, most loving core of your being, the part that will help you navigate the in-between space in your spiritual life.

How might this miraculous reunion with what religious leaders might call “the Imminent Divine” happen? It is your longing for this reunion that will fuel this prayer and throw lighter fluid on your Inner Pilot Light. Once this prayer is offered with sincerity and humility, it is like casting a wondrous spell. A great magic is invoked because the Universe wants nothing more than to help you reconnect and remember. That which you are seeking is desperately seeking you.

So sit back and get ready for a magical ride. Your beloved Inner Pilot Light is waiting to welcome you back to the home that’s always been your true sanctuary.
Darling Spark,

Not that you need anyone’s permission to follow your heart, but just in case you think you do, let this be your cosmic permission slip.

I hereby give you permission to be your truest, most radiant, most heart-full self, never feeling the need to apologize for the sacred beauty that alights you and never needing to explain why you’re following the path your heart chooses.

If others have been telling you that it’s not safe to shine my light, or if you’ve been telling yourself that it would be foolhardy to do so, let this be your wake-up call:

YOU HAVE FULL PERMISSION!

In case you’ve been holding back, waiting to shine my light without apology, this is your time.

Permission granted,
YOUR INNER PILOT LIGHT

Creating a Mindful Classroom

Niki Elliott, PhD

Anxiety, depression and emotional disturbance are on the rise in students from elementary through college age. The increase of mindfulness and other socio-emotional learning programs in schools across the nation show that education professionals have started taking notice of these alarming trends. Unfortunately, education reforms are very slow to trickle down to becoming common practice in every classroom. In my work as a holistic educator, I meet classroom teachers and university professors alike who ask me what they can do immediately to help students increase their sense of well-being, self-regulation and focus for learning. My answer is always the same — establish a mindful classroom.

What is a Mindful Classroom?

Mindfulness, as it is currently practiced in its secular form in public schools, offers various practices for becoming fully aware of what is happening in the present moment, both within the self and in the external environment. Such practices can include breath work, journaling, silence, gratitude affirmations, body scanning and guided meditation. By learning to focus attention on internal states, accepting what is (without judgement), students learn to reconnect with their senses and to feel their feelings. By observing their experiences at a deeper level, they learn to notice how they impact, and are impacted by, the learning environment. Through practicing this awareness over time, students begin to rewire their brains, thereby increasing their capacity to regulate thoughts, emotions and behaviors.¹

In mindful classrooms, the relationships formed between teachers and students, coupled with the structure of the learning space, form an “invisible classroom” that operates beneath the surface of the formal agenda of teaching and learning.² In mindful classrooms, teachers acknowledge that teaching is, in essence, an “emotional practice.”³ Therefore, teachers personally commit to practicing emotional mastery through mindfulness. They actively use these techniques to understand and regulate students’ emotions, behavior and learning by establishing emotionally safe environments. Mindful classrooms can only be created if teachers are as personally invested in transforming their own emotional states as they are in teaching students to behave. This is especially critical for teachers who work with children with learning differences or those who have been exposed to adverse childhood experiences such as trauma, abuse or neglect.

Establishing A Neuroception of Safety

The primary benefit of a mindful classroom is the
Creating a Mindful Classroom

establishment of a culture of felt safety. This type of safety allows students who have been exposed to toxic stress or trauma to gain greater access to the parts of the brain that control social connection and focused learning by reducing triggers of the sympathetic nervous system fight-or-flight response. Many people feel they have done their job of establishing a safe learning environment by simply ensuring students’ physical safety. Are video monitors in place? Are the doors locked? Have backpacks been checked for weapons? Yes, students may be physically safe in a classroom, but the more important question for learning and self-regulation is, do students have a felt sense of emotional safety in the space?

Dr. Stephen Porges, created the term neuroception to describe how the human autonomic nervous system continuously scans the environment for potential threats to safety at an unconscious level. Through neuroception, we are profoundly attuned to our environment, including the internal state of those around us. In a classroom setting, this means that students subconsciously register all of their teachers’ emotions, including their non-verbal body language, whether they are attuned to the present moment and whether they are genuinely liked and cared for by the teacher. The same is true for students as they interact with one another. Porges’ polyvagal nerve theory suggests that unless and until we engage in practices that create a neuroception of safety in the classroom, students will have an extremely difficult time activating the ventral vagal nerve — a critical component of the parasympathetic nervous system responsible for a calm body, positive social engagement, physical healing and focus for learning.

Mindful classrooms consistently offer ALL students a neuroception of safety — a place where they can settle into a ventral vagal state of relaxed alertness, open to human connection and trust that they are seen and heard with compassion. Teachers in a mindful classroom understand that by taking steps to balance their own nervous systems daily they are better able to co-regulate their students’ behavior on a physiological level. The ultimate goal of mindful classrooms is to make punitive behavior management strategies a thing of the past, especially for students of color and students with disabilities — two groups that experience the highest rates of exclusionary discipline.

Mindful classrooms can only be created if teachers are as personally invested in transforming their own emotional states.

Three Next-Day Mindfulness Techniques

While some mindfulness programs require extensive teacher training, there are some mindfulness-based practices that can be implemented immediately by anyone who would like to establish a safe learning space for students of all ages. The ones recommended in this article are safe to use in a classroom setting and take only a few minutes to complete.

1. The Vagus Nerve Breath – A very simple technique I share with teachers and parents involves bringing the body into a relaxed state by focusing on the breath. The ventral vagus nerve is activated when the practitioner’s exhale lasts about twice as long as the inhale. To do this, instruct students to make a complete inhale for a count of four, filling the abdomen, diaphragm and lungs with air. Without pause, exhale slowly for a count of eight, releasing all the oxygen from the body while drawing the belly button back toward the spine. We usually continue this practice for 2-3 minutes, followed by a few moments of focusing inward to become aware of what is happening in the body and mind. This is also a time
where students are invited to set a positive intention for what they want to accomplish that day.

I have found that most people initially have a difficult time with this breathing technique but find significant benefit once they master it. There is a wonderful website, www.xhalr.com, that allows practitioners to program various breath patterns. The program then provides visual cues that can be followed to know how long to inhale and exhale. My teachers love using xhalr.com to guide breathing practices for their students.

2. **Box Breathing** – Box breath is another simple mindfulness technique to teach students to help them develop **equanimity** — the ability to remain calm and even-minded, even under extreme pressure or stress. This technique is especially useful for students who experience test-taking anxiety. It can also be used to help avoid escalation during an upset or disagreement in the classroom. To practice box breathing, begin in a relaxed, upright position. Inhale for a count of four, hold the breath for a count of four, exhale for a count of four and hold the breath for a count of four. The xhalr.com site can also be programmed to guide box breathing for 2-3 minutes. Many teachers in my training program have reported that their students successfully utilize box breathing to prevent anxiety attacks and emotional meltdowns. They express surprise to see that students default to these practices without direct instruction from the teacher.

3. **Loving-Kindness Meditation** – This is one of my favorite tools for establishing a mindful classroom, especially when practiced consistently by the teacher. Research shows that regular practice of this meditation reduces implicit bias by promoting unconditional kindness toward self and others. This is critical for creating a neuroception of safety for all children, but especially for those who have been historically marginalized in school settings.

This practice helps teachers and students put space between their automatic, unconscious thoughts, giving them time to think differently and to choose a different course of action. One of my favorite guided loving-kindness meditations is led by Dr. Emma Seppala of Stanford University. It can be found at https://youtu.be/auS1HtAz6Bs. While this practice takes approximately 15 minutes and is ideal for personal practice, shorter versions, that are best suited for classroom use, can be found on YouTube. Based on the consistent data showing the benefits of this meditation, I firmly believe that a daily practice of this nature should be part of every teacher training program in the nation.

**Creating Routine and Ritual**

In teaching mindfulness practices to classroom teachers and university professors, one complaint I often hear is that there is not enough time in the day to lead a regular mindfulness practice. This is true even for educators who have a real desire to implement the practice. Curriculum demands and other concerns often take over and the time dedicated to maintaining a daily practice disappears. When I hear these concerns, I always stress the importance of creating routines and rituals in the mindful classroom that students can depend on consistently. Routines provide structure and they add to the sense of felt safety that the nervous system needs to relax into learning. This is especially true for students who may come from unstable home lives that lack order and predictability. It is critical that teachers understand the important role they play in creating a space of healing and restoration for their students through maintaining a predictable mindfulness practice. Choose the same time of day. Play the same song. Ring a simple chime before and after each session. Whatever practice you choose, create secular ways to bring an element of ritual to your mindfulness practice. Your students will benefit.

There is one thing I have found to be critical when leading mindfulness practices with students who have been exposed to significant toxic stress, trauma or community violence. They usually will not close their eyes when asked to participate in mindfulness. I always encourage teachers to respect this and to give students the option to keep their eyes open. After rapport has been established, I find that
Creating a Mindful Classroom

most students are willing to completely relax into the process with their eyes closed after we establish a few agreements. First, I promise to always stand at the door during our practice to prevent anyone from entering or leaving the room. We place a sign outside on the door so the principal, or anyone else, knows not to enter until we are done. Second, I ask all students to agree to remain still with no movement in the room so there are no sounds to cause a danger alert for the nervous system. Even if a student chooses not to participate, they all agree to create a safe space where the other students can enjoy their practice without fear. These agreements go a very long way for building trust, comfort and felt safety in a mindful classroom.

A Mindful Classroom for All Learners

After more than 25 years in the field of education, I have not found a more effective tool for supporting students’ social and emotional growth than mindfulness. The reduction in anxiety and increased sense of calm focus that I have observed in students of all ages continues to encourage me to do all I can to help educators and other student-serving professionals to develop these skill sets. While it is not an instant cure-all for every mental health or behavioral concern, mindfulness offers a significant tool of empowerment that helps both children and adults understand the innate power they have to positively influence their own state of well-being and the well-being of others. This form of awareness and collective action has the potential to generate the ideal social and educational landscape we all dream of creating for our children and grandchildren.

References


Author Dr. Niki Elliott can be found at www.InnerLightMethod.com.
I am an Energy Medicine Practitioner

I love what I do and feel confident in my abilities as a practitioner. I see a variety of clients for many reasons including: pain, trauma, anxiety, general well-being and more.

I also have confidence in my insurance plan through Energy Medicine Professional Association. They offer a plan that covers energy practitioners like myself. I no longer worry about losing my practice and livelihood due to a claim by a client or if someone falls in my office space.

Coverage through Energy Medicine Professional Association is affordable and starts immediately. It only takes a few minutes to fill out the application.

Many times the best (and most enduring) form of healing is not achieved with a single modality but with a combination of many approaches. – Richard Gerber

There are multiple Energy Medicine modalities that work to bring balance to the biofield and physical systems of the human body in order to restore and maintain health and well-being. In today’s world with ever-intensifying energetic shifts taking place on a Universal level, I sense there is an invitation from the Universe for humanity to strive for even more than just good health...we are being invited to discover vibrant health, through embodying our true essence. The new energies reaching earth at this time support such a move towards vibrant health, eternal youth, radiant beauty, inner peace, joy, prosperity and abundance. Our challenge as energy workers is to harness these possibilities and step into a new level of being and working. Our potential is infinite, yet mostly sleeping. Awakening more of this potential occurs as we continually raise our own frequency and consciousness, connect with more of our own true essence and strengthen our innate gifts and talents. We can then assist our clients in doing the same.

The challenge requires considerable ingenuity and conscious intention; it demands the application of new approaches to the body’s energetic systems and the use of multiple complementary energy healing modalities.

It is within this realm of Energy Medicine that the Art of Raising Frequency modality has been developed. I have had a powerful sense of being on a mission to find a new way of living and being within the world that maximizes health and innate healing potential whilst minimizing fear, pain and disease. The outcome is a new modality that brings together three individual approaches to create transformational energetic shifts in a unique and beautiful way.

The Art of Raising Frequency modality did not appear overnight; it has been an evolutionary journey of many steps, each one clearly guided, in perfect sequence, from the higher dimensions. The modality is a synergistic combination of:

- Channeled sacred geometry art
- Healing sound
- Crystals and minerals

This article introduces each of the three major components and provides an overview of how they synchronize to create powerful and transformative energetic shifts in the human biofield. We will also explore how the Art of Raising Frequency can be used to create custom treatment sessions for individual clients or integrated into other modalities with grace and ease.
Vibrational Healing with Art, Sound and Crystals

Sacred Geometry High Vibrational Art

It is now becoming clear that geometry... is the hidden law of nature... All the laws of nature can be derived directly from sacred geometry. – Drunvalo Melchizedek

Sacred geometry is often considered to be the “Language of the Universe”; its patterns are found throughout the natural world, including our own DNA as shown by electron microscopy. As such, sacred geometry speaks directly to the energetics and cells of the body, often bypassing the logical mind.

Sacred geometry is often considered to be the “Language of the Universe.”

My own introduction to sacred geometry came through the Flower of Life. I entered a metaphysical bookstore to learn about the term “Merkaba,” which I had recently come across. I asked the staff member if they knew the term, but they did not know. At that moment a man entered the store and the staff member immediately said, “he will know!” The man walked across the store and pulled a book off the shelf. On the cover was a gold embossed Flower of Life design... I was captivated by the image. I bought the book and placed it under my pillow that night, like I had read Edgar Cayce used to do. Just one week later I flew to England for a personal reading with a medium. I was in search of answers to the intense grief I was feeling after my mother’s sudden passing. A powerful message came through — I should “try drawing.” After contemplating this message, I felt guided to combine drawing with my new passion for sacred geometry. I chose to paint rather than just draw, and my first piece was a golden sevenfold labyrinth on a background of rainbow sky. From this very first painting, universal energies flowed through me and into the painting and there was a knowing that these creations were not only to assist me with my healing journey, but to also benefit all of humanity.

High vibrational sacred geometry designs of increasing sophistication have become the foundation of the Art of Raising Frequency. As tools of Vibrational Medicine, the energy of these designs can be felt by many who are sensitive to feeling or seeing subtle energy. Every detail of every image has been universally guided. They are like snapshots of ever-moving kaleidoscopic energies that call us to remember our wholeness. The designs bring into the world codes for the evolution of humanity. Their intention is to assist humanity in shifting to a place of joy, peace, love, beauty and abundance for all with a magnificent reverence and respect for all life.

Creation of the designs is highly complex. First, I receive a message — a clear knowing or excited intuition that there is going to be a new painting; then, over the following hours, days and sometimes months, pieces of information are received in various ways — maybe as a dream, or certain phrases that are read or heard become highlighted and accompanied by an intense energetic response of recognition. These pieces of information are recorded in my notebook like pieces of a puzzle that eventually fit together to create a “recipe.” When the time is perfect, I am guided to begin the translation of the “recipe” into the design. The timing often involves numerology or specific movements of the stars and planets; these movements capture within the painting special beneficial frequencies that reach the earth during planetary alignments. This is intense sacred work as layer upon layer is built into each image through the weaving of different aspects of the geometry, crystal energy, color and intention.

Sacred Geometry Symbols

The Flower of Life, an important sacred geometry symbol found in ancient sacred sites throughout the world, is said to hold all of the information upon which the Universe is built. When the central line of “petals” is vertical the Flower of Life is said to be in its masculine form, and when those same petals run
horizontally, it is in the feminine form. The double Flower of Life, with masculine and feminine forms overlaid, thus holds a sense of balance and wholeness or oneness. This demonstrates how, through different expressions of the same geometry, a different essence can be created within an image. The basic underlying pattern within the Flower of Life is seven circles... a central circle surrounded by six circles, all touching but none overlapping.

Another important symbol is Metatron’s Cube. Here, the seven underlying circles of the Flower of Life have been extended with six outer circles, and the center point of each circle is then joined to the center point of every other circle.

By following the patterns created by these straight lines you can discover within the image the shapes known as Platonic solids... the cube, tetrahedron, octahedron, icosahedron and dodecahedron.

The five Platonic solids are the building blocks of life and are represented throughout the structure of the physical world.

The guided designs that form the foundation of the Art of Raising Frequency are deeply related to the Flower of Life, Metatron’s Cube and Platonic solids, as they work to awaken our essence by bringing both healing and balance to the masculine and feminine energies that we all hold within us.

For example, at the center of Root of Peace (a painting to activate and balance the root chakra to new levels) you find the cube highlighted within Metatron’s Cube. The cube is the Platonic Solid related to the Earth Element and is therefore a powerful grounding tool.

The pale green surrounding the petals of the rose carries the energy of the crystal Moldavite — known for its transformational properties — and the 5-petalled rose carries the energy of Rose Quartz and Star Ruby, representing Divine Love, brings a sense of peace into the area of the root chakra, where we so frequently hold our fears of survival.

The images can be placed in a treatment room or home, where they transmit healing vibrations, raising the frequency of the room and offering all who enter an opportunity to make a positive, uplifting energetic shift. Alternatively, the images, in the form of healing discs, can be held in the hand, placed on the body or moved through the energy field so that the supportive energies can be experienced in a more direct and intimate fashion.
I have discovered a gift within myself to channel crystal frequencies and capture them within my paintings.

Sound

Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any disease.

– Dr. Mitchell Gaynor

Sound Healing is a vital contributor to the Art of Raising Frequency. Many tools are available, although my preference is for Alchemy Crystal Singing Bowls. These are amazing high-frequency healing tools in their own right, combining pure quartz crystal with other “alchemies” — other crystals, gemstones and precious metals. When the tones of these bowls are combined with the sacred geometry designs, a magical synergy is created that enhances the integration of the channeled frequencies deep into every cell. The bowls have been integral to my work since shortly after the Tsunami of 2004 when I received instructions within a dream to acquire one of these very special bowls and use it to create ceremonies for healing the waters of Earth. The resulting ceremonies were performed in many locations. Artwork and crystals formed an energy grid and the tones of the crystal bowl anchored the intention of healing into our planet. The ten-inch bowl, which is a combination of quartz crystal and platinum, has the tone of F for the Heart and not only was it used in these ceremonies, but it was also used in the creation of future paintings where I would place the bowl on the paper and play the bowl with my left hand while painting with my right.

The number and importance of the bowls I have has blossomed over the years. I now use multiple bowls in the creation of different paintings; their tones are captured within the fabric of the piece — their essence contributing to the symphony of the art. The synergy between the artwork and alchemy crystal singing bowls is so remarkable that as I was guided towards creating Art of Raising Frequency treatment sessions, it was no surprise to me that the bowls would be a foundational pillar.

Crystals

Multiple crystals placed in specific geometric patterns produce unified energy fields known as “gridwork systems” (or crystal grids). These systems blend the energies of multiple crystals together to manifest a powerful synergistic effect.

– Richard Gerber MD

Crystals have also played a vital role in developing The Art of Raising Frequency. In fact, the first major paintings appeared shortly after completing Crystal Resonance Therapy training with Naisha Ahsian. A vital step in this evolutionary process occurred after receiving a message, “You need to build your paintings and get inside.” Knowing deep within that this was a truly significant message, geometric grids were built with crystals upon the floor and the table used for painting was placed in the center. It is like bringing an ancient sacred stone circle into your home; the energy is amazing. These “grids” enhance connection to guidance, facilitate grounding to Earth and protect the purity of the art. In addition, individual crystal energies are channeled into the different colors of paint. The channeling of crystal energies is a technique taught in Crystal Resonance Therapy. I have discovered a gift within myself to channel crystal frequencies and capture them within my paintings. Furthermore, these frequencies are transferred from the original painting to any other print formats that are created. So, pink is not just pink; it holds the frequency of Rose Quartz, Pink Kunzite, Bulgarian Pink Calcite or Morganite depending on the guidance at the moment of creation.

Treatment and Healing Sessions

Two decades of knowledge, experience and incorporating feedback from so many gifted energy workers has enriched the design and protocol of an Art of
Vibrational Healing with Art, Sound and Crystals

Raising Frequency energy treatment session. During the development of the modality, I knew that the sessions would become extremely important from comments I received such as, “Barbara, you cannot keep this to yourself. You have to share how to do this with the world!” made by Dr Gail Van Kanegan.

Art of Raising Frequency treatments are all about energy, vibration and the creation of a healing environment around the client that creates and supports an energy shift to restore harmony and open up the path for self-healing. They are perfect when other treatments have reached a plateau or when a client is ready to make an important leap in their life and consciousness. A session is like a “reset,” helping to restore harmony to the cells and energetic systems, and an “upgrade” — awakening and integrating more of their entire DNA and true essence.

The practitioner becomes the conduit for universal energies as they interweave high vibrational art, sacred geometry, sound and crystals to create an energy cocoon that envelops the client, assisting them in raising their consciousness and activating more of their innate self-healing abilities. Interaction takes place on numerous levels including the biofield, the cellular level and the “spiritual DNA”.

A 1-hour treatment protocol might include the following elements:

• High vibrational art is placed around the perimeter of the healing space to set the vibrations for healing and protection within the room.

• The client lies on a treatment table in the center of the space.

• A crystal grid is then created in stages around the treatment table. The grid creates the energetic cocoon and is unique for each client. The first level of the grid is created with cards intuitively selected by the client from the Empowerment Cards, an inspirational card deck based on 18 channeled paintings. The client chooses the cards whilst holding a clear intention, thus the cards chosen are in direct response to the intention. These cards, with their sacred geometric art, transmit frequencies within the grid in a similar way to crystals.

• As the session progresses, crystals are intuitively chosen by the practitioner and used to expand and anchor the energies of the grid.

• Crystal Singing Bowls are played at each stage, their sounds touching every cell of the body while also helping to clear any negative energy and assisting the integration of the frequencies provided by the high vibrational art.

• Finally, high vibrational art is introduced in the form of healing discs, intuitively selected once again by the practitioner. They can be held by the client in their hands, placed under the body or moved through the energy field by the practitioner.

When the session is completed the client is invited to stand by the side of the table. The pieces of the grid are picked up from the floor and placed on the table in the same relative positions, together with the healing discs used in the session. This allows the client to see the components of the session’s signature grid and energy cocoon that was supporting their energetic shift to a place of healing, harmony and inspired well-being. A photograph of the signature grid is usually taken by both the practitioner and the client. For the client, this acts as a reminder and assists in them in staying connected to the session. For the practitioner, it is a great addition to their client notes and is a fascinating diagnostic, especially when monitored over time with repeat treatments.

With increasing client and practitioner experience, it is becoming clear that Art of Raising Frequency treatment and healing sessions are indeed profound. Tangible shifts and benefits at every level of Body, Mind and Spirit are commonplace, and in many cases the results are transformational. For example,
one practitioner with a gift for seeing the biofield and breaks in the field caused by fragmentation resulting from trauma has reported seeing the broken place beginning to heal and then suddenly going back into place as she used the healing discs.

The varied background of practitioners who have undertaken formal training in the Art of Raising Frequency is testimony to the broad application and easy integration of this new modality. Graduates of the training program include Medical, Naturopathic and Oriental Medicine doctors, Psychotherapists, Nurse Practitioners, Nurses, Massage Therapists and Practitioners of Healing Touch, Reiki, Eden Energy Medicine and Body Talk.

This innovative approach to Energy Medicine represents just the start of fulfilling my vision to usher into the world a new way of living and being — a new way of promoting vibrant health. I am certain that future developments will open up even more possibilities as we continue to raise our consciousness and embody deeper levels of our true essence.

Author Barbara Evans can be found at www.ArtofRaisingFrequency.com.
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My goal is help you open your “essential energy,” the powers and perspectives unique to you.

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Zelda gives us an unflinching view of the human spirit surviving adversity, confronting despair with stubborn

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I believe that each person can bring harmony and success into their life by aligning with circumstances.

Music and Song
Karen Drucker will lead us, through music and song to the core of ourselves. She will help us take the “healing bridge” we create back out into the world, our healing work and our practices.

Space is limited - register early.

Yes, I Want to REGISTER
As the stigma attached to cannabis continues to decline, a plant that has once stirred up immense controversy is slowly becoming a normalized part of North American culture. As a result of sweeping legalization on both medical and recreational levels, cannabis has become a vehicle for patients to find their own state of wellness.

The therapeutic values of cannabis as a medicine continue to draw attention from those seeking alternative treatment to opiates and antidepressants — trading in a medicine cabinet of pills for dried herb and concentrates.

As clinical research on cannabis is being published, new questions are arising from curious, potential patients who are hoping to discover what cannabis can do for their own health and wellness. The truth is, however, that for many patients interested in cannabis, the journey from prescription to medication is more complicated than it needs to be. The work I do with my company, Sail, aims to simplify the cannabis journey from beginning to end, for both patients and physicians. We hope to promote and showcase the therapeutic potentials of CBD, guiding patients along their cannabis journey.

No Need for Smoke or Fire
What began with the discovery of the cannabinoid THC would lead to the discovery of the framework that makes cannabis work within the human body. The endocannabinoid system has been a heavily researched topic fueling further discussions on how cannabis can promote a general state of wellness, balance and homeostasis.¹

The second most well-known cannabinoid, CBD, presents itself as a unique option for many patients who wish to medicate with cannabis without the impairment that is so often tied to THC.² As a non-psychoactive cannabinoid, CBD binds to receptors within our endocannabinoid system offering the benefits of cannabis without the “high.”³

This cannabinoid in particular has immense potential for patients, especially those suffering from chronic pain and epilepsy.⁴ Within many medical cannabis programs in North America, CBD is available in not just the typical dried herb, but also as oils that can be consumed in food products or administered through tincture under the tongue.⁵ While regulations differ from state-to-state, many laws allow for specialized cannabis products like CBD oil tailored to heal, which the recreational market simply does not offer. Research continues to flow into the public sphere asserting that CBD can mitigate seizures attributed to epilepsy, manage chronic pain and even address certain mood disorders like anxiety and depression.⁶ CBD marches on as an attractive treatment option for patients who are hesitant to try cannabis.

Finding Wellness with Medicinal Cannabis

Michael Burton
Embarking on The Cannabis Journey
Those looking to become a patient who uses cannabis will need to obtain either a prescription or recommendation from their physician. Depending on where you live and the legal status of medical cannabis in that area, the conversation you have with your doctor about cannabis can be complicated and maybe even awkward. For the 29 states that have a legal framework in place for medical cannabis, patients may be turned away when requesting a prescription for cannabis from their own family doctor, likely because of the stigma tied to cannabis or a lack of education on the topic altogether.

Bridging the Cannabis Knowledge Gap
The reason for these awkward conversations with doctors is rooted in their own reluctance to recommend a medicine that they are uneducated on. Many physicians are experiencing a “cannabis knowledge gap” as their medical school education did not include anything on cannabis and physicians would not know where to begin if a patient asked questions about what strain or product would work best for their condition.

As a medicine, cannabis does not have a one-size-fits-all approach and patients are likely to try multiple products and strains to discover what best aids in their condition. Healthcare professionals need a way to accurately dose and recommend cannabis, use tools that leverage clinical data from cannabis patients and guide them in their decision-making process.

The knowledge base of clinically validated resources continues to grow and as hubs like PubMed continue to host articles on cannabis that focus on the efficacy of the plant as a medicine, my hope is that doctors will further utilize cannabis as a legitimate treatment option in clinical care. The ultimate goal is to aid patients in acquiring cannabis and setting them on a path towards healing.

For the patients that are beginning their cannabis journey, they need easy-to-understand, clinically validated resources that help them make informed decisions about their own cannabis use. The hope is to make this trial-and-error process of the cannabis journey as easy as possible, simplifying the process from beginning to end. Sail stands as unique clinical decision support to leverage data in a way that helps physicians make informed decisions on recommending cannabis that will set their patients on a path towards healing. Through Sail’s software, we hope to offer understanding of the therapeutic potentials of CBD and offer guidance for patients. This software allows potential patients to connect with healthcare professionals and collaborate with Sail community members.

Promoting Wellness with Cannabis
While cannabis may be intimidating, the pros continue to outweigh the cons. Harmful opiates that have the potential for addiction and overdose continue to be prescribed to patients with chronic pain, yet alternative treatment methods like cannabis are available. Cannabis has no potential for overdose, does not require patients to ramp up their doses and is not physically addictive.

While opiates have their place in modern medicine, their harms are extensive, and it continues to be a mystery as to why opiates have such a prominent role in modern healthcare. I hope that cannabis becomes a more normalized part of society, offering a path of healing for patients.

Author Michael Burton can be found at www.SailCannabis.co.

References
Ten Signs You Are a Shaman and Do Not Know It

Lissa Rankin, MD

Because I want to be sensitive to the insults of cultural appropriation and because my intention is to bow down in great respect to the indigenous shamans who have blessed me with their teachings, please let me begin by saying that I wrote this article to honor the shamanic tradition, not to violate it in any way. I feel indebted to the shamans who saw themselves in me and helped me understand why I have always felt like I do not belong in mainstream medicine. When I was sitting in a hut with Q'eros shamans in their village at 16,000 feet in the Peruvian Andes, these shamans recognized and spoke to the shaman inside of me, initiated me and gave me my first “mesa,” or medicine bundle. I realized I am not alone in being a doctor who would likely have been deemed a shaman if I had been raised in an indigenous village. Yet, when you are one of those shamans who does not know it, it can be hard to fit into mainstream culture.

Because modern culture does not have a role for the shamanic archetype, many people who grow up outside indigenous villages are shamans and do not know it. Many naturally wind up in healing professions, such as medicine, psychology or life coaching. But some wind up in professions where they may feel like they do not fit in at all. Even those who enter the healing professions may feel out of place because the systems of Western medicine and psychology leave little room for a shaman to practice his or her natural healing art. Many will wind up in various forms of sacred activism — healing the planet, for example — rather than healing people.

Are you a shaman and you do not know it? Here are some telltale signs that you might fit the shamanic archetype.

1. You sense that you are meant to participate in the global shift in consciousness that is currently underway.

We can all feel it — this impending shift that New Agers have talked about for decades. But those with the shamanic archetype do not just feel it... they feel it pulling them — like a magnet, towards leadership positions that help facilitate this transformation of human consciousness and evolution of the species.

2. You have been through a difficult initiation, which has prepared you for this leadership role.

In some indigenous cultures, the village knew who the shaman was because he or she was struck by lightning and survived. In modern culture, you may not literally be struck by lightning, but you may have survived some other life-threatening or heart-threatening ordeal. You may have experienced childhood abuse,
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sexual violence, a near-death experience or some other trauma that put you through the crucible and forged you into the healing Earth shaman you are becoming.

3. You are an introvert.

Shamans are multi-dimensional beings who dance between the realms of the seen and unseen worlds. So if you are of the shamanic archetype, you may have a hard time navigating the 3D realms of this dimension, which may cause you to withdraw into yourself so you can visit the realms of consciousness where you feel most at home.

4. You feel most at home in nature.

The shamans of a culture are the bridges between nature and humans, serving as translators between the mountains, oceans, rivers, animals and people. You may sense that nature is talking to you or that you get your most “tuned in” downloads when you are surrounded by the natural world.

5. You are very sensitive.

You may feel things others do not feel, see things others do not see, hear things others do not hear, smell things others do not smell and sense things others do not sense. This may make it hard for you to be out in public where you may feel accosted by overstimulation of your senses. If you embody the shamanic archetype, it is likely that you are the kind of person others feel is “too sensitive.” But this sensitivity is a blessing. It is part of your gift.

6. You feel a sort of spiritual calling to ease the suffering of people, animals and nature.

As I describe in my book, The Anatomy of a Calling, many healthcare providers are called to medicine the way priests are called to the priesthood. But you do not have to be a healthcare provider to have the shamanic archetype. It may transmute itself into healing service to animals, sacred activist causes or conservation of Mother Earth.

7. You may have physical ailments that fall under the category of “shaman sickness.”

In the indigenous cultures, shamans who have been called to service but have not yet said “yes” to the call often wind up struck with physical ailments. In modern culture, these shamanic sicknesses may fall into difficult to treat categories like chronic fatigue syndrome, fibromyalgia, chronic Lyme disease, chronic pain disorders and autoimmune disorders. Acceptance of the call to shamanic service often resolves the symptoms of shaman sickness. If you are suffering from one of these illnesses, ask yourself, “Am I a shaman who has not said yes to my calling yet?”

8. You tend to have vivid dreams.

The unseen realm may be communicating with you through your dreams, so try analyzing your dreams. Pay particular attention to any animal totems that may appear in your dreams. Google search the animal and “spirit totem” and see if you can find any messages from the animals in your dreams.

9. You may discover unusual spiritual superpowers or what the yogis call “siddhis.”

You might be psychic. You might get healing visions. You might realize that you can heal people with your hands or that you can telepathically communicate with animals, people or even inanimate objects.
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10. You have always felt like you do not quite belong anywhere because you are a bridge.

Shamans tend to live on the outskirts of the village for a reason. They are not like the others — and this can be a blessing! In village life, this is understood and recognized. But in the modern world, it may leave those with the shamanic archetype feeling like they do not ever fit in. But do not despair. You DO fit in. Your role is essential. You may find that you fit in best with others who share this shamanic archetype. Among your fellow shamans, you will feel like you are with family.

Embrace Your Bridge Work

Because shamans are always bridging between worlds, you may find that you are bridging mainstream culture and the culture that wants to be born in the new consciousness, and this may feel uncomfortable. When I realized that I am a bridge between mainstream medicine and the new world of medicine that is being co-created by others who share the shamanic archetype, it brought me such a profound sense of relief! This relief is shared by the healthcare providers who participate in the Whole Health Medicine Institute I founded for doctors and other stealth shamans. If you are one of those bridge workers, please know that you belong with all the other stealth shamans in this program, designed to merge medicine and spirituality.

In our culture, it can be quite challenging to be a stealth shaman. Yes, it is a blessing to have the opportunity to help people end the story of separation, to dissolve the apparent duality into oneness, to fulfill our callings to bring the worlds together, to heal people, animals and the planet. But it can be lonely, disheartening, scary and isolating. I sense that many of us stealth shaman bridge workers have scores of past lives during which we were persecuted for our attempts to bridge the worlds, so no matter how much we know in our hearts that we are all one and we do belong, we have cellular memories of past traumas, during which we were literally killed because we refused to fit in. Therefore, it takes tremendous courage to come out of the spiritual closet as someone who embodies the shamanic archetype. In order to keep being brave, we need to feel safe. To feel safe, we need to foster a sense of belonging so that we do not feel isolated on top of feeling scared. In order to feel safe enough to keep bridging, we need each other.

Are you a shaman who is still in the closet? If so, please know that there are many of us and we hold you close in our hearts while you muster up the moxie to claim your place in the world. Again, I pay my respects to the shamans of all cultures, especially those of the First Nation people who, for so many years, have held safe the gifts we are now ready to receive.

Author Lissa Rankin can be found at www.LissaRankin.com.
The Alchemy of Choice

Jeanette Schneider

*Everything in your life is a reflection of a choice you made. If you want different results, start making different choices.* — Dr. Wayne Dyer

I have had the great blessing of sharing final conversations with loved ones as they left this world. At the end of their lives they no longer spoke of frustrations, squabbles with relatives, our religious belief systems or old stories and sins. It was as if they were going from maligned to wise in real time. I was profoundly struck with the clarity to which they all shared some variation of “none of this matters” mindset as they reviewed their mistakes, their ego and their beliefs. They all asked me to get out of my head, into my heart and find my own way — my devout grandfather going so far as to referring to the religious leaders of my youth as “just men.”

I did not take their advice to heart right away. It was not until I became the mother to a very bright and inquisitive little girl that all of their wishes and concerns came flooding back to me. Having had my teachings and beliefs tossed on their heads, I began to view my choices from the end of my life, wondering if my future self (and my grandparents) would approve. It was through this practice that I truly decided to unmake, reprogram and get clear with this new woman who was to build another human being from the ground up. Any new mom will tell you that at first, we are just thrilled that we can keep them alive, but to build their beliefs after ours have been debunked? Well, that is an undertaking.

Self-exploration is a tricky business. With it comes a lot of forgiveness (of self and others) and deep self-awareness. You understand more clearly the messaging of your past, why you respond to certain situations as you do and who did what and why. Sometimes boundaries are enacted, relationships ended or made stronger, but unfortunately this seems to be where a lot of people stop. They do not then create a relationship with choice in order to build their new life on a stronger foundation than the one they have just unearthed, uprooted and leveled. You must move from a place of story to a place of action.

Do you still find yourself using blaming sentences? Do you have unrealistic expectations of others or find yourself disappointed by someone else’s behavior, yet remain locked in a pattern? Are you operating from a place of passivity and awaiting the answers, a savior, a sign, or have you moved to one of action? Your personal power can be wielded only by you, but you have to choose it and the alchemy it offers.

My executive coach refers to this as the right to harm versus the right to choose. He suggests that we have the ability to move from a place of reaction, an ego-based orientation, to one of creation where all is pos-
Self-exploration is a tricky business. With it comes a lot of forgiveness (of self and others) and deep self-awareness.

Yes, we choose our relationships in all their glory and gunk. The magic is in allowing our choices to be active as opposed to passive or story-based, and that requires significant self-awareness.

Learning to tap into our inner dialogue and achieving self-awareness is the first step in shifting our orientation. We have to consciously notice when we are triggered, become our own observer and study that soft spot. We can choose to react, of course. We all have people who know exactly what buttons to push. When they do, and we suddenly want to scream, cry or throw things, we should take a moment, pause and ask ourselves what they have triggered in us.

We must choose to take notice and study ourselves. We have to learn to move from the vulnerable place of feeling the feeling and its external emotional response to the place of noticing it. What is this right here? Yes, I see you. You smell like fear, abandonment issues, unworthiness. Hi, friend.

My executive coach once told me the story of Siddhartha Gautama, who became Buddha, and the demon, Mara. Mara continually tried to pull Siddhartha from his path to enlightenment by acting as his serpent of sorts. Again and again he offered him distractions — lust, greed, anger and doubt. Siddhartha remained firm and became enlightened. Mara persisted, but instead of driving him away or ignoring him, the Buddha would calmly acknowledge him. “I see you, Mara.” He then invited him for tea as an honored guest and offered him comfort and hospitality.

Invite your fear and pain for tea. Learn to see them. Granted, at times, it is hard to figure out how you feel about something — just that it is off, uncomfortable. You go into a static mindset or what feels more like mind-rest and allow things to swirl and happen around you without moving to active orientation. You process and feel things you cannot quite name. You begin making passive choices with your inaction.

You should lean into those moments. Notice the inaction — the passive stance. Start by recognizing there is a feeling swirling around your subconscious and ask yourself what it is there to teach you. As you become consciously aware of your own hesitance, pain, fear and inner workings, smile at it and say, “I see you, Mara. Come have tea.” After dining with your demon, you will find a more direct path to action. The act of noticing and accepting creates a path toward active-choice orientation.

Some questions to ask yourself as you consider your shift from passive to active choice orientation:

- It is your last day on this earth and you are making peace with it.
- What would you wish you had accomplished?
- What experiences do you wish you had not missed?
- What is your biggest regret? Whom do you wish
you would have shown more love to?
- Is there anything that seems onerous, expensive or time consuming that you would regret not doing during your lifetime?
- When you look at the foot of your bed, at your loved ones, imagine their eyes.
- Is there anything that should be forgiven now?
- What choices have you made recently that could be unwound or reconfigured to move you closer to the future self you imagine?
- Knowing that this day would come, what different choices would you start making tomorrow?
- Write them down. Today.
- Start with the fundamentals.
- Who surrounds you?
- Who influences you?
- Who is in your ear and taking up space in your head?
- Who do you spend your time with? Do they cheer for you when you achieve?
- How are you showing up in life?
- Do you believe in your value and worthiness?
- What choices are you making to better yourself?
- Who are your role models?
- Who are your influencers?

Choice is powerful and alchemical. You have the power to build your life, your team and your relationships. Do not wait until you are looking wistfully or regretfully back at your life. Start with the most important person first — you.

Welcome to your power.

Thank You Spirit

Thank you, Spirit for
the gift of life
the blessing of family
a constant cocoon of faith
the sanctuary of home
whispers of intuition
unexpected grace
the tenderness of a guiding hand
the soothing energy of mother earth
innate trust to remain open
the glorious feeling of creativity
love that knows no limits
connection with all, to all
the treasure of days strung like pearls
on a strand bequeathed to me.

– Carolyn Chilton Casas

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Shamanism is a universal spiritual practice that was gifted to humans over 100,000 years ago by helping, compassionate spirits who volunteered to help the human race and all of life.

The word “shaman” comes from the Tungus tribe in Siberia. Shamanism has been practiced in Siberia, Asia, Europe, Africa, Australia, Greenland and native North and South America.

A shaman is a man or woman — “one who knows,” “healer” or “one who sees the dark.” Shamans have acted, and still act, as healers, doctors, priests and priestesses, psychotherapists, mystics and storytellers. They perform healing ceremonies and bring back spiritual guidance for individuals or the community at large.

Shamanism embraces the teaching of unity. We are not just connected to nature — we are nature. Every living being on this planet has a spirit and we are interdependent on every life form. We refer to the web of life that encompasses all the species of life that we share Earth with. It has been the shaman’s role to keep harmony and balance in the community by communicating with and learning from other species.

There are a variety of ceremonies that shamans perform. They lead ceremonies to welcome the birth of a child, perform sacred marriages, help people transition to a good place at the time of death and perform ceremonies to mourn the death of loved ones. There are important initiation ceremonies performed to mark certain transitions in a person’s life such as moving from puberty into adulthood. People in shamanic cultures perform ceremonies to mark the sacred passages of time; for example — during the change in seasons and lunar phases. They also perform ceremonies to heal environmental issues.

Today there is a remarkable resurgence in the practice of shamanism. One of the shamanic ceremonies thousands of people all over the world are engaging in is called a “shamanic journey.”

A shaman can move into an altered state of consciousness and travel outside of time into the hidden realms that many term “non-ordinary” or “unseen realms.” The transcendent unseen realms are called “The Dreamtime” by the indigenous people of Australia and “The Other Worlds” in the ancient Celtic tradition.

In these unseen realms all shamanic cultures recognize that there are helping, compassionate spirits who volunteer themselves to humans to help them grow, evolve, heal and be a person who contributes strength to their community. They also can provide a broader perspective to planetary issues as they...
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are looking down on life on Earth while we are so engaged in the game of life and cannot always see around us. The helping spirits help us to build the “spiritual muscles” necessary to ride the times of turbulent change.

Some shamans travel into the invisible unseen realms by using some form of percussion such as drumming, rattling, playing click sticks, bells, Tibetan bowls or the didgeridoo. In Lapland and Norway the Sami people were persecuted for practicing shamanism. This is true in many places throughout the world. The Sami shamans buried their drums and started using monotonous chanting called “joiking” to enter a shamanic state of consciousness.

In many cultures, such as among the shamans of South American and Central America, they use plant medicines to enter a shamanic state of consciousness.

Shamanic art from all around the world depicts a variety of non-ordinary territories that the shaman can journey to. These worlds are referred to the Lower, Middle and Upper Worlds where the shaman has access to a wealth of compassionate spirits such as power animals like Bear, Hawk and Octopus who volunteer to help. Other nature beings such as Bee, Snake, Spider, Dragonfly or even Tree might volunteer to be a guardian spirit. These helping spirits, that include power animals, nature spirits and teachers in human form, are seen as intermediaries of the divine who volunteer their protective help to us. We call these helping spirits guardian angels in our culture.

Shamanism is a system of direct revelation. This is actually what attracted me to the practice of shamanism. We all have the birthright to meet and speak with our helping spirits without any authorities being involved. These helping spirits work directly with the shaman to bring healing to individuals, the community and the environment. They are also consulted with when guidance is needed.

Becoming a shaman is not a role or profession you choose for yourself. Your community members might call you a shaman if you get great results with your healing work. Becoming a shaman is part of one’s destiny and shamans are chosen by the spirits. At the same time, we can all practice shamanism and journey to receive our own guidance, help to heal others and perform powerful healing ceremonies alone or in our communities. Watching the remarkable resurgence of shamanism in the modern world and how tens of thousands of people around the world are embracing the work is such a clear statement about how the power of shamanism is helping people to heal and grow.

Illness from A Shamanic Perspective

When a client visits a shaman, he or she will perform a ceremony to journey into the unseen realms to look for a spiritual imbalance. An illness might manifest on an emotional or physical level, but the shaman is looking for spiritual imbalance or disharmony.

From a shamanic perspective there are four classic causes of illness: 1) power loss, 2) soul loss, 3) a spiritual intrusion or 4) a possessing spirit. (Each are discussed below.) Typically, a client has combination of causes. The helping spirits of the shaman diagnose the cause and then help to perform the required treatment for healing. The helping spirits can see what is truly happening for a client where the shaman’s vision might be clouded by the rational mind. These helping spirits are allies with and partners to the shaman and help bring through healing energies from the unseen realms. There are unlimited healing ceremonies that can be performed to create a cure. The shaman acts as a “hollow bone” where he or she merges with a helping spirit and the power of the
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universe to be a channel for healing energies.

Power Loss

One cause of illness is power loss, where a helping spirit leaves a person. Typical symptoms of power loss are chronic depression, chronic suicidal tendencies, chronic illness and chronic misfortune.

When a shaman is shown that power loss has occurred, a variety of ceremonies might be performed to retrieve a former power animal or guardian spirit to help restore power and protection for the client. It is the role of the helping spirits to let the shaman know what kind of healing ceremony needs to be performed. The unique ceremonies used around the world are awe-inspiring and have quite the impact on a client who is suffering from power loss.

Soul Retrieval: How Shamans Heal Trauma

A classic shamanic healing ceremony is called a “soul retrieval.” It is believed that whenever we suffer an emotional or physical trauma, a piece of our soul flees the body in order to survive the experience. The definition of soul that I am using is: soul is our essence or life force — the part of our vitality that keeps us alive and thriving.

Soul loss is caused by any kind of abuse: sexual, physical or emotional. Other causes could be an accident, war, terrorist act, acting against our morals, being in a natural disaster (a fire, hurricane, earthquake, tornado, etc.), surgery, addictions, divorce or death of a loved one. Any event that causes shock could cause soul loss within an individual, and what might cause soul loss in one person might not cause soul loss in another.

It is important to understand that soul loss is how we survive pain. During a head-on car collision, the last place I would want to be at the point of impact is in my body. When we suffer a trauma a part of our soul escapes to a safe territory in the non-ordinary realms.

The role of the shaman is to go into an altered state of consciousness and track down where the soul fled to in the alternate realities and return it to the body of the client.

There are many common symptoms of soul loss. Some of the more common ones would be dissociation, where a person does not feel fully in his or her body, alive and fully engaged in life. Other symptoms include chronic depression, suicidal tendencies, post traumatic stress syndrome, immune deficiency problems, coma and grief that just does not heal. Addictions are also a sign of soul loss as we seek external sources to fill up the empty spaces inside of us whether through substances, food, relationships, work or buying material objects. Anytime someone says, “I have never been the same since” a certain event (and they do not mean this in a good way), soul loss has probably occurred.

We are also seeing symptoms of global soul loss today. So many people feel empty and life holds no meaning they try to compensate with gathering more money and material possessions. And to witness how people dishonor each other and nature is a sure sign of people “not being home,” for a person who is whole and fully in their body would have more consciousness about respecting life.

Now, with the resurgence of shamanism, we have a wealth of wonderful shamanic practitioners reintroducing the practice of soul retrievals into our culture with amazing, life-changing and transformative results.

After a soul retrieval people feel more present in their bodies and in the world, they become more conscious of behavior that might be out of balance and disharmonious. When we are numb we might be aware that things in the world are not right, but we can easily distract ourselves from feeling a need to change. When we are fully “inspirited” there is no place to retreat to and we are more inspired to change our lives.

Spiritual Intrusions and Possessing Spirits

When a person is missing a guardian spirit or his vital
soul essence there is an opening in the body. Since the universe cannot stand a void, something might come in to fill up that space and sometimes this might be a foreign spirit. Shamans might perceive a spiritual intrusion that has entered a client who is missing power and vital soul essence.

Spiritual intrusions come from negative thought forms. In indigenous cultures people understand the difference between expressing energy and sending energy. We often do not understand the difference in the West.

As human beings who were born to have a full experience of what it is like to be human, we have an entire range of emotions that come up throughout the day from joy to sadness to frustration, bliss to hate and so on. From a shamanic point of view, unless we transform the energy behind our emotions, negative thoughts flood our collective and can even impact our health as our negative thought forms can act as psychic arrows.

In shamanism it is understood that thoughts are things. Emotions are to be expressed fully. If we repress or deny them they can act as psychic darts that we send to ourselves.

These psychic arrows cause spiritual illness or spiritual blocks. The shaman’s helping spirits assist the shaman in diagnosing the nature of the spiritual blockage in the body; they also help determine the ceremony needed to remove the intrusion from the body. This powerful healing ceremony, called a shamanic extraction, has helped to heal thousands of people who are suffering from a host of illnesses.

**Psychopomp Work and Possessing Spirits**

Shamans heal both the living and deceased. They heal the deceased by performing psychopomp work. This word comes from the Greek word “psychopompous,” which literally means “leader of souls.” When we die there is usually a graceful transition into a transcendent reality. In shamanism it is understood that when someone suffers a tragic or unexpected death such as murder, accident, war, drug overdose, suicide or death in a terrorist attack, there is a possibility that the soul might need assistance in crossing over into the transcendent realms.

Typically, when someone dies they transcend out of what we call the “Middle World.” The Middle World is “Earth School” where we have the opportunity to create, be in relationships, experience the beauty of the senses and all that comes with being human.

With an unexpected or traumatic death, a soul might not know that he or she died. This is sometimes witnessed with major accidents that happened long ago where souls are still waiting for the ambulance to arrive as they do not know they died. This is just one example. Sometimes a soul does not want to leave the Middle World because they are attached to their lives or a loved one.

A spirit stuck in the Middle World might just wander this world or it might enter a person who is missing his vital soul essence or power. Thus, this might cause a possession. From a shamanic point of view, this is one cause of schizophrenia and multiple personality.

In this case it is the role of the shaman to perform a de-possession where he or she guides the spirit out of the Middle World to a transcendent reality.

**Once any kind of shamanic healing work is performed it is up to the client to look at how to create a healthy lifestyle and attract healthy relationships.**
Curing Versus Healing

Once any kind of shamanic healing work is performed it is up to the client to look at how to create a healthy lifestyle and attract healthy relationships that will support wholeness and a life filled with healing. How do we want to use the energy that was returned from the soul retrieval and our returned vitality to create a positive present and future for ourselves? And how do we bring passion and meaning back into our lives again so that we thrive instead of just survive? All these issues I call “life after healing” and are crucial to create long-term healing after a shamanic healing session.

In shamanic cultures children are taught from birth about the gifts, talents and strengths they were born with that will help them contribute to the survival of their community. They are taught about the energetic power of words and how they can be used to bless or curse oneself, the community or the planet. All community members are taught healthy ways to express their feelings. At the same time, they are taught about how words, thoughts and daydreams create the world we live in.

In some ways, in our modern-day Western World, we are entering the path of shamanism backwards. These life skills that were taught in shamanic cultures to children are life skills that we need before stepping deeply onto a shamanic path.

In Conclusion

Shamanism is still being practiced today. That is amazing to say about a practice that is universal and dates back tens of thousands of years. Shamanism has always been a result-oriented practice. If the shaman could not heal the people, offer divine food sources and medicines as well as keep harmony between nature and the community, people would have died.

There are ancient forces we can communicate with when we practice shamanic ceremonial work. Earth is 4.6 billion years old; Wind is the first life form to inhabit the Earth and the Primal Sea is billions of years old. Think about how ancient the sun, moon and stars are. Our ancestors support and love us and always have our backs; they are potent allies for us. There are also compassionate ancestral spirits who have lived through turbulent times as we are now. They are singing songs of encouragement and waiting for us to meet them so that they can guide us forward to a new time.

The key to our shamanic ceremonial work is letting go of the outcome and letting go of our expectations about when we should see change from our work. We are only here for a short time. From a shamanic point of view, it is our destiny to share our gifts and strengths with our community and to honor ourselves and all of life. The helping spirits are always waiting to provide healing help, guidance and encouragement so we can create a good life for ourselves and for all that exists in the web of life.

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The purpose of this article is to provide unlicensed energy healing practitioners with some basic information about whether or not they need a license to touch if they use hands-on energy healing methods with clients. Often in my consultations with clients or during one of my presentations, I get asked the question “do I need a license to touch?” The answer is not necessarily and it depends. The real question is, is the “touch” you are using with a client considered the practice of a licensed profession? There are a number of energy healing methods where practitioners touch clients if they are having in-person sessions such as Healing Touch, Reiki, Therapeutic Touch and the Havening Techniques. Some energy healing methods such as Emotional Freedom Techniques (EFT) or other meridian tapping techniques are generally self-administered by the client. However, there are circumstances when during a tapping session the practitioner may tap directly on a client. Also, some energy healing practitioners incorporate applied kinesiology or “muscle testing” as part of their practice.

I think it is reasonable to argue that using the touch of a human hand as a tool for moving and harmonizing the body’s energies and fields, “tapping” on a client or using applied kinesiology would not be considered the practice of a licensed profession such as medicine, nursing or psychotherapy — provided the practitioner was not diagnosing or treating medical conditions or mental health disorders. However, in some states using human touch in this way is considered the practice of massage. Consequently, in those states the practitioner would need to be a licensed massage therapist in order to perform energy healing methods with clients.

How do you know if your state requires you to be a licensed massage therapist in order to offer energy healing methods to the public? The first step is to research or seek professional advice to determine if your state regulates the practice of massage. Most states do require licensure to practice massage but a few states do not. If your state does regulate the practice of massage, the second step is to understand the law and how it defines the “practice of massage” and to determine if there is an exemption to the law for hands-on energy healing methods.

Most states have a broad legal definition of the practice of massage that does not specifically address the use of energy healing methods. This type of definition generally means that the licensing board has broad discretionary powers. Just because a massage practice act does not include hands-on energy healing methods in the definition of the practice of massage does not necessarily mean that you do not need to be a licensed massage to practice hands-on energy healing methods. As an example, below is Nebraska’s law that defines the practice of massage:

**Nebraska’s law that defines the practice of massage:**

Do Unlicensed Energy Healing Practitioners Need a License to Touch?
Do Unlicensed Energy Healing Practitioners Need a License to Touch?

The real question is, is the “touch” you are using with a client considered the practice of a licensed profession?

Message Therapy Practice Act Nebraska
38-1706. Massage therapy, defined. Massage therapy means the physical, mechanical, or electrical manipulation of soft tissue for the therapeutic purposes of enhancing muscle relaxation, reducing stress, improving circulation, or instilling a greater sense of well-being and may include the use of oil, salt glows, heat lamps, and hydrotherapy. Massage therapy does not include diagnosis or treatment or use of procedures for which a license to practice medicine or surgery, chiropractic, or podiatry is required nor the use of microwave diathermy, shortwave diathermy, ultrasound, transcutaneous electrical nerve stimulation, electrical stimulation of over thirty-five volts, neurological hyperstimulation, or spinal and joint adjustments.

In reading the law, you might reasonably conclude that hands-on energy healing methods do not meet the criteria to be considered the practice of massage and therefore, you do not need to be a licensed massage therapist. However, in a blog article published in 2016 by Eric Boehm, the Nebraska Massage Therapy Board took a different position with a Reiki practitioner. I would argue that even though Reiki involves touching, it does not resemble massage therapy in any other way. For example, clients remain fully clothed throughout the session and there is no physical manipulation of soft tissue. Nevertheless, the Board sent a cease and desist letter to the Reiki practitioner for practicing massage without a license and she was forced to close her practice. The Reiki practitioner could have hired an attorney to argue that Reiki is not the practice of massage and therefore, she does not need to be licensed to have a Reiki practice. She may have prevailed but due to the high costs of defending her case, she did not have the financial resources to hire an attorney and argue her case before the Board.

Tennessee like Nebraska does not include hands-on energy methods in the definition of the practice of massage but it does have a policy statement regarding hands-on energy healing methods. Below is Nebraska’s policy statement which basically states that if you touch a client doing “energy work” you must be a licensed massage therapist.

Policy Tennessee Massage Licensure Board Reiki and Energy Work
Massage is defined by statute as “manipulation of the soft tissues of the client with the intention of positively affecting the health and well-being of the client.” T.C.A. § 63-18-102(3). Any person practicing massage for compensation must be licensed by the Tennessee Massage Licensure Board unless otherwise exempt. T.C.A. § 63-18-104. The Board has been asked whether Reiki or other “energy work” (including but not limited to “healing touch therapy,” “quantum touch therapy,” etc.) constitutes the practice of massage in Tennessee. It is the Board’s opinion that any technique that does not include any touching of the body does not meet the definition of massage in Tennessee. However, the Board is aware that Reiki and other “energy work” often involves the practitioner touching the client’s body and manipulating the client’s soft tissues through various techniques. It is the Board’s opinion that any technique that does include such soft tissue manipulation constitutes the practice of massage in Tennessee, and the practitioner should therefore be licensed by the Board unless otherwise exempt pursuant to T.C.A. § 63-18-110.

Although the above states have chosen to require hands-on energy healing practitioners to be licensed massage therapists, other states have chosen to exempt them from needing licensure. Several national organizations such as the Healing Touch Professional Association and the International Association of Reiki Professionals have been able to get laws passed that
Do Unlicensed Energy Healing Practitioners Need a License to Touch?

exempt hands-on energy healing methods from the practice of massage. As an example, below is North Dakota’s law that exempts hands-on energy healing practitioners from being licensed massage therapists.

**North Dakota - Chapter 43-25 Massage Therapists**

43-25-04. Exemptions. The following persons are exempt from this chapter…6. Any individual practicing healing by manipulating the energy field or the flow of energy of the human body by means other than the manipulation of the soft tissues of the human body, provided that the individual’s services are not designated or implied to be massage or massage therapy. For purposes of this subsection, a light touch or tap is not a manipulation of the soft tissues of the human body.

**Conclusion**

Based on the foregoing discussion, it is important to determine if you need be a licensed massage therapist in your state in order to offer hands-on energy healing methods to the public. In addition, you also need to make sure that the way you advertise your energy healing services are is not perceived by the authorities to be the practice of medicine or psychotherapy without a license. Licensing boards routinely review websites and other marketing materials to make sure alternative healers are not practicing illegally. The best risk management strategy is to seek professional advice. I hope you have found this article informative and of value.

Author Midge Murphy can be found at [www.MidgeMurphy.com](http://www.MidgeMurphy.com).

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Find Balance with the Best At-Home Bath

Juliusz Dzierlatka

After a long day at work we have a tendency of grabbing the closest snack, reaching for the remote and spending much of the evening in front of the television. Not only does this not alleviate tension and stress from the day, but it is also an unhealthy habit. Instead, unwind and de-stress yourself from the day’s issues with a relaxing and soothing bath.

This is not only a ritual for cleansing the body; it is also a great way to remove the weight of stress after a long day. A well-prepared bath saturates both the body and the mind, helps calm you down and improves regeneration of the body. Here is how you can prepare your at-home bath, just like a professional!

Bathing Does Not Have To Be a Boring Routine

Therapeutic bathing properties have been known for centuries. The word “spa” is probably an abbreviation for the Latin term “Sanus per aquam,” meaning “healthy thanks to water.”

Spas offer a great variety of relaxing services, but unfortunately, due to the lack of time or financial reasons, regular visits are often inconvenient. Instead, have an affordable, private and relaxing spa night right at home!

How to Prepare a Relaxing Bath Like a Pro

In order for a bath to help us relax and unwind, it must be properly prepared. Start by creating the right mood; incorporate scented candles, your favorite music and even a glass of wine if you would like. Most importantly, make sure you have time, that you are in no rush and that no one will stop your blissful relaxation session.

Introduce aromatherapy to your ritual, which works on the senses. With the addition of candlelight and relaxing music, you can create the perfect relaxation mood. When choosing aromas for bathing, consider including lavender, sweet floral notes and ylang-ylang. These fragrances will help calm you down and allow you to relax. Avoid strong, fruity fragrances, as they bring the opposite effect by stimulating the senses and we are attempting to calm them. Use one to three drops of lavender for every ounce of water; add this mixture to a spray bottle and create a stress-relieving spray. Or, put the drops directly in your bath. You can also combine 10 drops of your preferred oil along with a teaspoon of honey and add them before you step into your bath.

Salt that contains lavender extract is a perfect addi-
Finding balance with the best at-home bath

As well as relaxing and anti-stress properties, the salt will relax tense and aching muscles and will expand the pores, so that the skin can cleanse toxins more effectively, as well as help absorb minerals. Or, add salt with rose extract, which will have a nourishing and caring effect on your skin, strengthening it and adding softness. After such a bath you will know the true meaning of relaxation.

Relax in the Bathtub

A home spa will help you relax and unwind after a hard day. However, it is worth remembering a few basic rules.

- Bathing should last no longer than 30 minutes. Extensive exposure to hot water may have the opposite effect — drying out the skin and damaging the epidermis.
- The water temperature should be in close to a regular body temperature, or around 37° C (98.6° F).

After the bath, apply the appropriate balm or oil to the entire surface of your body to moisturize the skin. It is worth purchasing products that help retain moisture in the epidermis and rebuild the protective lipid coat of the skin. These products can be found in most cosmetics stores. Look for balms and oils that include vitamin E, calendula, argan and jojoba oils. Do not forget to gently massage a nourishing cream on the face, neck and chest area in a circular motion. Consider purchasing maracujan cream for extra nourishing effects. This will help will facilitate lymph drainage and remove swelling.

After you have a relaxation session, it is best to finish off with a wonderful sleep or short nap if you have the time. When you get some shuteye, your relaxed and muted body will regenerate better and much faster.

Author Juliusz Dzierlatka can be found at www.Versum.com.
Healing Sounds as Energy Medicine

Jonathan Goldman

Having researched, studied and taught the use of sound for health and transformation for almost 40 years now, I have learned, in part, two very interesting things. The first is that sound is an amazingly powerful way of creating a positive shift and change in our physical, emotional, mental and spiritual being. The second (and the one thing I find most interesting) is the fact that many people do not recognize sound as being a form of Energy Medicine. Yet, in reality, it most certainly is. In fact, it is, in my opinion, one of the most powerful forms of Energy Medicine.

The idea of Energy Medicine is simply that everything in the universe is in a state of vibration — whether it is perceived of as being light, scent or some other form of energy. Through using Energy Medicine, we are able to bring into alignment parts of our body — physical, emotional, mental and spiritual — that are vibrating out of harmony. Most often, we perceive this energy as being very subtle, such as the energy discussed in practices like “Reiki.” However, sound is also a subtle energy. It is simply the least subtle of energy forms because it is slow moving. If, for example, you take a sound wave and you double it 40 times, it moves into the realm of light. And indeed, whenever a sound is created, subtle vibrations of energy, called “harmonics” are also created and manifested. Harmonics are geometric multiples of the frequency of the sound that continue to double, conceptually going into the frequency of light and beyond.

Our ancient mystics, of course, were aware of sound being so profound and powerful that it was considered the original creative force. So many spiritual traditions have statements such as: “In the beginning was the Word!” Quantum physicists are validating that everything is vibration and that this vibration can be perceived as sound. An example of this is called “Superstring Theory,” which incorporates the concept of simultaneous realities that are resonating at different frequencies — parallel dimensions that co-exist together — vibrating like the string of an instrument that has been plucked.

There are two basic ways that sound affects us. The first is called psycho-acoustics. Here sound enters our ears and goes into our brain, affecting our nervous system, our heart rate, respiration and brain waves. I consciously utilize my knowledge of psycho-acoustics, coupled with powerful intention of purpose and effect, when I create my recordings utilizing sound as a healing modality.

The second way that sound affects us is called vibro-acoustics. This occurs when sound vibrates our physical body, affecting us down to our cellular structure and even our DNA. Self-created sounds, as well as instru-
ments such as crystal bowls, Tibetan bowls and tuning forks can create a deep resonance on a physical level.

In addition, both of these powerful components of sound occur when, for example, we tone different sounds or chant mantras. When we do this, these tones and mantras can affect all aspects of our being, including our subtle bodies and our chakras — putting us in resonance with deeper levels of consciousness and higher levels of being.

Because sound is so powerful as an Energy Medicine, it is important that more people experience the therapeutic benefits of it. Yet, often when I talk about “sound” healing, many people think that I am talking specifically about music and they believe it is necessary for them to be trained musicians or vocalists to receive the powerful, life-affirming energies of sound. This is simply not true. Recently, my wife Andi and I published, The Humming Effect, which is the first professionally published book dedicated solely to the sound of the hum. We did this because we wanted to find a sound that everyone could relate to and experience. Humming is a sound that everyone can and does make. We hum and experience the soothing effects from it, whether we are consciously aware of it or not. Thus, our book explores the therapeutic and transformational benefits of humming for everyone. Also included is scientific and medical information that validates this extraordinary power along with review information about the physiological benefits of humming.

Self-created sounds that we make such as humming have amazing abilities to create shift and change.

Some of the beneficial physiological effect of self-created sound include:

- Increased oxygen in the cells
- Lowered blood pressure and heart rate
- Increased lymphatic circulation
- Increased levels of melatonin — a hormone that, among other things, enhances sleep
- Reduced levels of stress-related hormones
- Release of endorphins — self-created opiates that work as “natural pain relievers”
- Boosted production of interleukin-1, a protein associated with blood and planet production
- Increased levels of nitric oxide, (NO), a molecule that is a vasodilator, which relaxes our blood vessels, lowers blood pressure and is associated with promotion of healing
- Release of oxytocin — the “trust” hormone

These are just a few of the many benefits of humming that have been scientifically proven. There are also many subtle body and etheric positive effects that occur from humming. These can include balancing the chakras and enhancing the rise of Kundalini.

“Conscious humming” incorporates information from a formula I created many years ago: “Frequency + Intent = Healing.” Intent is the consciousness that is encoded upon the energy of sound and it is one of the components that make certain sounds so powerful. When I first developed this formula in the mid 1980’s, the idea of intention was something that seemed far-fetched. Nowadays there are many books, television specials and films that focus on the importance of intention. There is also scientific data that validates the power of intention. Whether we call it intention, feeling, placebo effect or belief, I believe these are just different names for the consciousness that we can encode upon sound. Among other aspects, the power of placebo, for example, demonstrates the extraordinary connection between our mind and our body.

Another way of perceiving this formula is: “sound + belief = outcome,” which means that the sound we make, when coupled with the belief of what this
sound can do, will create the outcome we desire. I think that this concept seems to be in alignment with quantum physics and the realization that we help create our reality.

When we teach people to consciously hum, we have people sit quietly, breathe slowly and deeply, close their eyes and hum. We ask that they first project a specific intention onto the hum. Then they make the sound. The responses we receive when people hum in this manner are astonishing; they include everything from the relief of pain from headaches and sore throats to the blissful experience of resonating with higher levels of consciousness. Relaxation, deep healing and even journeying into divine levels of being can occur through humming.

As we journey into the world of humming, we learn deeper and more powerful exercises that seem to enable people to experience physical, emotional, mental and spiritual healing. There is even an advanced form of sonic yoga (Shabd Yoga) called Bhramari Pranayama that incorporates humming as its main sound.

Humming is certainly not the only form of sound that falls into the category of Energy Medicine. In fact, all sounds, depending upon their use — including “ultra sound” — can be considered Energy Medicine. Ultra sound, which is high frequency sound beyond the range of human hearing, is now being found to be very effective for treatment of many neurological injuries. Similarly, I believe that humming and other self-created sounds may soon be discovered to create neuro-genesis — the generation of new cells in the brain. It is our thought that the self-created sounds of the hum for example, will ultimately prove to be an extraordinary tool for various and amazing forms of healing that we have always had at our command but have simply ignored.

I would like to suggest that you work with sound as Energy Medicine whether it is through listening to relaxing music or by making tones that resonate your subtle bodies. Using crystal bowls and Tibetan bowls, as well as specifically created tuning forks, are other ways that you can use sound to shift and change your vibrational rate, bringing you into states of health and harmony. Whatever you do, whether it is through humming with your own voice or feeling the frequencies of a tuning fork, sound is an extraordinary form of Energy Medicine that I trust you will explore.

Author Jonathan Goldman can be found at www.HealingSounds.com.
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