It is our birthright to live as the light that we are.  
- Cyndi Dale
Dear Readers,

We have just passed the peak of darkness and while the days are getting longer, it is hard to notice the incremental creep of daylight. For most of us, outside is still cold and dark. The temptation may be to hibernate—to sleep longer, to stay inside where it is warm and light, to curl up with a book or daydreams. This season invites introspection and reflection.

Layered on top of this natural inclination is our culture’s emphasis on the New Year, which has unfolded once again. Whether you set New Year’s resolutions or call them goals or simply reflect on life at this time of year, this issue offers thoughts on all aspects of our selves. We are whole beings: physical, mental, emotional and spiritual. Each of these is addressed in the following pages, bringing our whole selves into this New Year.

Dr. Deanna Minich discusses the aspect of our physical self through food and is an author you will be seeing more of—her article looks at how our food choices affect our energy systems and encourages us use food as a tool for personal growth. She will continue to contribute in 2016 as we expand our Good for the Body column to include her work as well.

The connection between our physical and emotional aspects is discussed in our new Professional Development column. We are pleased to introduce our new writers for that column, Dr. Ramona Rolle-Berg and Dr. Renee Rolle-Whatley, who bring years of experience as researchers and Healing Touch practitioners.

Marie Manuchehri is back to add to the discussion of our emotional selves—and how that aspect opens us to inner wisdom. Our mental selves are challenged by new research on Energy Medicine and Rivka Levy reminds us that including the spiritual aspect in our energy work can make all the difference for some of our clients.

We have included two articles on grounding—one is a great overview and the other offers tips on “how to.” As we look to the New Year, we need to be grounded in order to move forward and live our best lives physically, mentally, emotionally and spiritually.
We are more conscious of time marching on as we mark the close of one year and look to the possibilities of the new one. Barb Dahl’s reflections on aging mark the experience of time passing and living in our twilight years. Also in this issue, author Isabelle Morton talks about gemstones—their imperfections and their power to heal.

Essential Energy columnist Cyndi Dale writes of light and dark, the twin sides of our nature, a very pertinent topic in today’s world and one that effects both us and our clients.

We encourage you to listen to the stirrings to slow down and reflect. Grab a warm drink, possibly a journal to record your reflections and Energy Magazine.

With wishes for an energized, inspired and fulfilling New Year,

Margaret & Karin
Contributors Jan/Feb 2016

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Isabelle Morton received a B.S. in Agriculture from the University of Arizona in 1982. She has written several books on liquid nutritional supplements. In 2009, she founded GEMFormulas LLC and the Gemstone Therapy Institute. She teaches Diamond and Gemstone Therapy workshops in the US, Canada and Europe. A mother of five grown children, she lives with her husband, Bob, and a tankful of tropical fish. www.LearnGem.com

Jennifer Palmquist is a Spiritual Mentor, Transformative Coach, Narrative Artist and Earth Medicine Practitioner. Since childhood, her ability to perceive and communicate with a person’s authentic spiritual Self has allowed her to understand the interplay between a person’s ego and one’s true nature. Over her 40 years of working with clients, her gifts have allowed her to test and refine methodologies to further their personal development and unfolding consciousness. Please visit www.JenniferPalmquist.com.
1 Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they’ve become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

“You are not simply the sum total of the genes you were born with. You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting.”

For more information or to purchase these titles click on the title’s image.

2 The Intuition Guidebook provides help for those who feel they are too sensitive, hearing things no one else hears, seeing things that aren’t there, having dreams that come true—psychic. Dale leads readers through the gifts involved with being psychically sensitive, where each of these gifts comes from, and how to control them. Highlights are exercises to find psychic sensitivities, establishing guardians and focus upon protecting oneself and transitioning from sensitivity to psychic intuitive.

3 Imagine for a moment that you had no pressures in your life—no problems to fix, no deadlines to meet, no struggles to overcome. Do you feel that sense of spacious relief? It’s not an illusion, teaches Mary O’Malley. It really is possible to live with that profound openness all the time, even while tending to your everyday tasks and obligations. In What’s in the Way Is the Way, Mary offers practical guidance for meeting all of your experience with an abiding sense of ease, trust, and peace of mind.

4 Technology and culture have dramatically changed our world—yet we don’t realize how these external forces have triggered equally profound changes in our personal health. “Today we face health challenges our forebears never had to deal with,” teaches Caroline Myss. “Psychologically, energetically, and even chemically, we are radically different—and we need a different approach to our own well-being.” With The Anatomy of Your Health, this pioneering teacher presents a bold vision of wellness that empowers us to thrive in the modern age. 6 CDs (7 hours, 5 minutes)
The Nursing Diagnoses for disturbed energy field has been removed from the taxonomy in the Nursing Diagnoses: Definitions and Classification, 2015-2017 but was reassigned to a new level of evidence (LOE) 1.2, Theoretical Level, for Development and Validation.

Disturbed energy field formerly held the code 00050 and was defined as disruption of the flow of energy surrounding a person’s being that results in disharmony of the body, mind, and/or spirit.

The rationale for the move is that all of the literature used to support this diagnosis was related to interventions, and not to the concept of energy field itself, nor of the concept of disturbed energy field.

To be considered at this next level of evidence, the definition, defining characteristics, and related factors, or risk factors, must be provided with theoretical references cited, if available. Expert opinion may be used to substantiate the need for a diagnosis. The intention of diagnoses received at this level is to enable discussion of the concept, testing for clinical usefulness and applicability, and to stimulate research. At this stage, the label and its component parts are categorized as ‘Received for Development and Clinical Validation,’ and identified as such on the NANDA-I website (www.NANDA.org) and a separate section in the Definitions and Classification text.”

Light in the Dark

We all know that darkness walks the land. When violence and bigotry escalate, so does fear. Many people feel pushed to a breaking point, wondering if this is indeed the “era of Armageddon” or at least a good time to hide out. As healers, we wonder how to be, especially in regard to helping our clients.

Years ago, my youngest shared an insight that has inspired me.

He had been struggling with nightmares and boogey men. Because of that, he visited me nearly every night. Then out of the blue, I was “solo” for a week—no squiggling child, no one stealing my covers. I finally asked him what had changed for him.

“It’s not a big deal, mommy,” he said. “I figured out I just needed to turn on the light and the dark went away.”

Can the solution be that simple? Perhaps it is, if we understand that “turning on the light” involves two steps, one that involves a refusal, the other an affirmation. Before explaining what I mean, I want to first explore this idea of “darkness.”

In my mind, the most common signs of darkness include jealousy, addictions, abuse, envy, prejudice, judgment and blaming. Great harm comes from these ways of being. We are charged individually but also collectively, as a race, to stop or transform these attitudes or actions so they do not rule our nations or hearts. Extreme darkness is farther along the continuum and is often called evil.

Evil is typically defined as wickedness, malevolence, depravity or maliciousness, especially, and it includes the supernatural. Personally, I explain evil as “anti-consciousness.” Many people define consciousness as awareness. I believe that consciousness is the awareness and expression of our truest and innate human nature, which I believe is love. Because I think that people are basically “good” and here to create more love, I believe that the conscious person is also conscientious, concerned about his or her own wellbeing and also another’s. Evil would have us “cancel out” or ignore our most essential qualities, which always center on love.

A person, system, soul, force, energy, action or paradigm can deliver evil. We examine the roots of terrorism or childhood abuse or a corrupt government and we find evil. Terrorism is especially disturbing as it is both senseless and unpredictable. The fear of uncontrolled violence ripples throughout the world, visiting neighborhoods, nations, schools and all too often, makes a home in the heart of the innocent.

My client base has always been composed of true and brave souls seeking to recover from the effects of both common and extreme darkness. I am sure your healing practice has as well. The presence of heightened extreme darkness, or at least an increase in the cognizance of it, has intensified many of my clients’ fears and also triggered profound issues. Consequently, I find that many of my clients are surfacing previously hidden and extremely painful feelings and memories. To provide support at this level is an honor. I have also been progressively working with more clients who have been personally affected by terrorism and other extreme forms of evil. I find that I have returned to the wisdom shared by my son and the two steps involved in dealing with darkness quite frequently.

The basic protocol of being a healer often involves helping our clients take two steps. They must say “no” to darkness and shout a “yes” to light. Think of a client struggling with addiction. Recovery begins with refusing to engage with the addictive substance and an affirmation of more self-loving behaviors. There are usually many “no’s” and many “yes’s” involved with a healing process. Healing is not a one-time “two-step.” Sometimes a person must say “yes” to a positive before they can say “no” to a negative. Ultimately, however, to heal in the face of darkness involves taking these two steps, holding onto the vision of our essential nature.

Recently, I employed the same two steps in supporting a
woman who lost a relative in a terrorist attack. She was shattered. Everywhere she went, she shook, awaiting danger. She also wanted revenge. She desired nothing more than to hurt someone else as deeply as she had been hurt.

An evil act had killed her loved one. In other words, a group of people violated their own true nature—which is to be loving—to try and strip others of the same. This is the basic goal of darkness. It seeks to take from others what it believes it has lost.

Firstly, my client needed to grieve. She had lost her loved one, but also her sense of safety. At some point, it was time to feel her way through the “no’s” and “yes’s” involved in moving forward. Her first “no” was to refuse the compulsion to be ruled by fear. She also decided that she had to say “no” to her drive for vengeance. To live in fear or to seek revenge would draw her away from her essential nature. It would cause her to love less.

She then started demonstrating her “yes’s.” She returned to the restaurants she liked. She even visited the area where her loved one had been shot. Then she joined a survivor group and is now helping others face their losses in a loving way. She not only turned on a light, she became one.

I am not making a political statement about how to deal with abusers and terrorists. I am declaring that our role as healers is to help others arrive at their “no’s” so they can embrace their “yes’s.” In the words of Ogwo David Eminike, we uphold the right of all individuals to be like the sun from the east, to “continue to rise, smile and shine.” It is our birthright to live as the light that we are.

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.
Are You What You Feel? Emotions and Your Immune System

Ramona Rolle-Berg, Ph.D., MS., HTCP

Just last week, I opened my mailbox and pulled out an envelope from the IRS. Talk about immediate stomach cramp and heightened anxiety. Turns out, it was an unexpected refund, though my pounding heart, cramping gut and throbbing head did not exactly get the message right away.

Perhaps you recall an emotional rollercoaster of your own? Hippocrates, the ancient Greek philosopher, certainly did and his teachings compelled others to begin investigating whether a balance of emotions was essential to good health. Well, 2000-plus years later we have proof. We know emotional balance is essential. We also know emotions can (and often do) affect health both positively and negatively.

What researchers still do not know is how it happens. To find out, clinicians, psychologists, endocrinologists and immunologists are collaborating in record numbers of cross-discipline investigations to uncover clues hidden in our minds, glands, brains and bodies. Putting the clues together invites new perceptions towards what researchers call a mechanism of action.

Their field is psychoendoneuroimmunology, PENI, and the researchers are looking to understand how: (1) emotional states (like stress or loneliness) cause alterations in the immune system; (2) changes beginning in our immune system cause alterations in our emotional states; and (3) evidence of emotional impairment (e.g., being depressed) might be predictive of physical disease.

Why is it important for us as Energy Medicine practitioners to make the time to read, think about, question, digest and apply the scientific findings about how our nervous, digestive and immune systems interact? For me, it is about priorities.

In order to become the best Energy Medicine practitioner I can be, I have committed to continuously improving and growing in consciousness. A part of that growth includes meditating. Another part includes reading and applying research results that may help me improve my emotional clarity.

I believe that my ability to heighten and strengthen the vibratory frequency of my connection to the infinite field of universal cosmic love grows as I put effort into being less restricted by my ego-based lower chakra emotions. To that end, I know that I need to transmute that first chakra will (survival) into the fifth chakra will (responsible action); that second chakra desire (personal pleasures) into the sixth chakra love (compassion, wisdom and intuition); and that third chakra focus on self (personal knowledge) into the seventh chakra focus on others (Universal knowledge).

If that means eating a more balanced diet so that I express fewer pro-inflammatory genes, I will. If that means practicing mindfulness to learn about living in presence with a non-judgmental attitude, I will. If it means learning to laugh more often, I will do that, too. Whatever it takes. It is a priority and a sacred promise to myself and to those with whom I attune in any healing partnership, whether friends or clients.

I recall recently re-reading an article authored by Dr. Jean Watson, founder-director of the Watson Caring Science Institute. In it, she reminded me that whenever I practice human caring and Energy Medicine, my impact is simultaneously individual and global. So true! When I am supporting, enhancing and facilitating a client’s self-healing capabilities, I am benefitted. That is why taking care of me and my emotions, benefits my clients.

So back to our PENI researchers. What do we know? Here are just four of many findings I believe might be relevant to...
us as Energy Medicine practitioners: if your client intake suggests a pattern of...

- *upper respiratory tract infections, you might look to whether the client has a more negative emotional style and set an intention of support for the client to develop a more positive approach.*

- *of loneliness, you might suggest opportunities for social engagement and set an intention to reduce inflammations that the client tells you about as these can be aggravated by social isolation that is chronic.*

- *rheumatoid arthritis, you might suggest watching humorous films as laughter has been shown to significantly decrease pro-inflammatory cytokines and suppress the heightened expression of growth hormone and insulin-like growth factor associated with the disease.*

- *gastrointestinal distress, you might look to whether the client also complains of suffering from stress, then set an intention to ease third chakra concerns, thereafter referring the client to his or her primary care physician.*

Ultimately, I set an intention for the highest good for my client with the awareness that Cosmic Energy is in charge.

In conclusion, the World Health Organization suggests that depression and stress will be a planet-wide epidemic by 2030. Autoimmune disease and allergies are next in line. Supporting our clients’ self-healing mechanisms through Energy Medicine is our contribution and our privilege.

I plan to start with me first. What about you?

Ramona Rolle-Berg, Ph.D., a partner at Rolle Integrative Healing Solutions, provides mind-body medicine solutions in support of client-driven healing and health care. A certified Healing Touch Practitioner, she serves a growing distance-healing community. She also conducts research into the connections between quantifiable physiology and integrative healing approaches. www.RolleIntegrativeHealingSolutions.com

References


A New Vision of Nourishment: Seven Ways to Feed the Spectrum of You Through Food

Deanna Minich, PhD, FACN, CNS

A new year means a new vision, which is why many of us create “New Year’s Resolutions.” Popular resolutions typically involve going on a diet or adjusting what we eat or how we live in the hopes of making a breakthrough on a particular goal. Lasting change extends beyond the notion of “going on a diet,” which implies a temporary regimen that we will eventually “go off.” If we continue to see food as a static diet, and not in the broader sense of being a dynamic tool for personal growth, chances are we will not be led to our inner potential through eating.

Therefore, I am going to challenge you to open your vision of “food” to a larger concept of “nourishment of the whole self,” which I believe will give you more sustainable changes and a renewed, fresh relationship with something as common as eating.

Our relationship with food can be broken down into seven aspects of the self. Discover which areas of nourishment may be particularly relevant to you in this coming year:

1. **Food is grounding.** Most people have a grounding relationship with food – it provides a way to be fully present in the body. It gives us the energy we need to exist. Our body provides us with the foundation for our entire being to survive in the physical world. How do you connect with your body and listen deeply for its wise messages? Are you tapped into your instinct? How do you create stability in your everyday life so you feel safe enough to make choices that serve your bodily needs?

2. **Food is emotion.** We have strong feelings about food—what to eat, when to eat, how to eat. Our eating becomes who we are and as a result, it can stimulate a wide range of feelings. Sometimes our feelings are trapped within and when we do not express them, we turn to our favorite foods for comfort. How can you take the concept of “flow” into your everyday creativity, allowing your emotions to be fluid and free? Are there ways that you invite a healthy dance between emotions and eating that satisfies YOU, not your cravings?

3. **Food is transformation.** Every act of eating represents one of transformation. We take in a food and turn it into our being. Often when we eat, we are not just taking in the food—we may find ourselves taking in the clutter in our mind and in our environment, including the conversations, the hustle-bustle of the everyday and all the tasks we have yet to do. How can you bring more concentrated, fiery transformation into your eating so you can assimilate what is surrounding you in a balanced manner?
4. **Food is love.** Our heart connects to the eating experience through a shared meal with others or giving and/or receiving food. If we feel moved, we may prepare foods for others or surprise them with a gift of food. When we make foods with love, we are extending the outreach of our heart and we may get gratitude in return. How can you find even more self-love by serving yourself and others by making nourishing, healthy choices that resonate with your heart?

5. **Food is our truth.** Speaking our voice about what we eat allows us to be authentically who we are. When we are presented with an array of choices, we have the ability to choose for our highest good — our best self. If we make these congruent choices, we are consistent on our path. How many times are you able to find your voice to speak what is on your heart? Are you open to making choices that will surrender you to an authentic life? By expressing your unique eating truths, you may open up to an expanse of opportunity!

6. **Food is mood.** What we eat can impact our overall mood and our mood can drive our food choices. How do you stay conscious of this rhythmic flow? Are you tuned in to your internal sense of intuition which can allow you to know what food is good for the type of mood you want to create? We contain all of the wisdom we need when it comes to knowing what is beneficial for us. The goal is to go within to seek this internal wisdom that can transition us from intellect to the insight we can harness in every moment.

7. **Food is connection.** Every bite of food we take represents the web of nature—from the field to the farmer to all the interactions that food had with the natural elements of animals, sun, rainbows, clouds, stars and moon, and to all of the hands it passed through to make its way onto the fork. There is something special about the act of eating. It is required for our bodily survival and at the same time, it gives us a pathway to seeing outside the constraints of our physical body and into the eternal landscape of connection. How can you get more connection in that next bite of food? If you can stay in the mindset of every meal being a miracle, you are on your way to filling yourself with the divine nourishment of connection.

Like a kaleidoscope that turns to reveal new patterns and colors, food is an everyday rainbow experience of nourishing the whole self. See what new themes emerge for you in 2016 — be ready to transform through the spectrum of discovery!

Author Deanna Minich can be reached at www.FoodAndSpirit.com

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*Every act of eating represents one of transformation.*
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I was introduced to the healing properties of gemstones in the late 1980’s when I was gifted with the most extraordinary experiences—inner conversations with the spiritual guardians of the gemstones. They taught me that the sphere-form of crystals was superior for healing because of the way it radiates the gems’ energies in all directions. Moreover, gemstone spheres can be therapeutic when worn as necklaces—the easiest way to enjoy their benefits—or in more sophisticated protocols that involve aura applications and making custom gemstone mandalas.

After learning the basics of Gemstone Therapy, I was introduced to the concept of color-ray-bearing gemstones. The mission of these gems is to be the vehicle for color to nourish the Earth and when worn in necklaces - to bring this nourishing color to the body. Color rays are more than the light they express and equally important are the sound frequencies associated with these colors. Light and sound are fundamental building blocks of creation—including your body. When the body is color-rich, it experiences health and wellness. Color depletion makes a person susceptible to stress, defenselessness, weakness and disharmony.

Fascinated with the concept, I explored further and learned that of all seven colors in the spectrum, one main color ray connects each person to his/her highest Self. If a person wears a gemstone that delivers this specific color, it becomes a constant source of nourishment and support.

Is this main color ray something with which we are each born—like an astrological sign? Is it related to your favorite color? Does it ever change?

I researched more. I learned that an incarnating Soul has the choice of seven possible doorways to pass through into the worlds of materialism, with each door representing a color on the spectrum. Seven colors, all delivering different experiences and gifts. The color Soul chooses will shape its experiences in this lifetime.

I sensed that I was drawn to the indigo color ray. Its properties fit my mission in this lifetime—to delve deeply into the mysteries of life, to grow my intuition. I began wearing the indigo gemstone (a translucent, gem-like form of sodalite), and noticed how its color ray fed me on all levels, drawing me into a higher state of consciousness—important whenever I was solving a problem, resolving conflict, accessing greater creativity or trying to do something better today than I did yesterday.

Since I am also a scientist in the study of gemstones, I tested this choice. When a certain point on my body was presented with all seven color-ray gemstones, the
only gemstone to which my body was attracted was indigo. It was definitely my main color ray, for life. So I thought.

Fifteen years later my life completely changed. I suffered heart failure and in February 2005, I received a heart transplant.

After the heart transplant, I knew that something had shifted. I was now drawn to the purple color ray, which is found in the amethyst gemstone. It was as if my main color ray had changed as soon as my physical heart changed.

This puzzled me and contradicted the information I had obtained all those years ago. I wondered if my heart donor’s main color ray had been purple. Perhaps my original understanding—that a Soul passes through a specific color ray “door” on incarnation—was not complete.

I watched and waited, using the amethyst to heal. It worked so well, I knew it was right for me. For two years post-transplant, I went through a great deal of post-traumatic stress – unable to drive or leave the house without a panic attack or the fear of having one. A heart transplant is indeed a traumatic experience and my bodies (physical, emotional, mental) needed special help to recover. Amethyst soothed my nerves. Finding that I craved the purple color, which vitalizes and feeds the nervous system, wearing amethyst each day helped settle them.

A few years later, when I could finally drive on my own, I began to notice that I was less inclined to wear my amethyst gemstones. I no longer needed so much purple ray, because it had served its purpose and helped me heal. I retested my main color ray by presenting each of the seven color-ray-bearing gemstones to my body and learned that my main color ray had returned to indigo. Wearing the indigo gemstone felt like a homecoming.

My heart transplant allowed me to see a miraculous aspect of the main color rays. I learned they step aside to allow another color to come forward in times of great need.

Every color offers a journey. Follow any one and you will learn more about life and yourself, from the unique perspective of that color.

**We need all colors to address the multitude of situations that appear in our lives every day.**

My understanding of the incarnating Soul matured. Soul always lives in the spiritual worlds. In its human experience, it places attention on the worlds of manifestation and extracts life lessons. I used to believe that Soul stepped through a door that corresponded to a color ray. Now I realize that Soul looks through a window at its human experience. When a person has wrung enough lessons viewing life through a certain color window, it may turn its attention to a different one. Unlike our astrological chart, our main color ray can change.

I find working with the main color rays to be extremely valuable for people. A main color ray can help you connect with your innermost self. It becomes your best ally to find peace and contentment, centeredness and a heart connection.

Some practitioners use visualization to bring in a main color ray. This works, but I have found that wearing a gemstone that carries the color is even more effortless. It gives you color nourishment throughout your day, even when you are not consciously attentive to that color.

We need all colors to address the multitude of situations that appear in our lives every day.
Another benefit of wearing a main ray gemstone is that it calls in all the colors of the spectrum. This effect can be verified with a gemstone color ray test.

We need all colors to address the multitude of situations that appear in our lives every day. When I wear my indigo gemstone necklace, I know it will help me achieve my personal best, enhance the flow of creativity in my life and support me through the challenges I encounter.

Creative Visualization for Working with Your Main Color Ray

Start with a favorite color, as that is often a person's main color ray. Visualize a door painted in that color. Imagine walking through that door into a world filled with that color. Does someone greet you? What does the landscape look like? How does it feel to breathe in that color?

Take the path that lies before you. It leads to a cascade of water imbued with that color. Do you stand under the waterfall, swim in the pool beneath it or merely test the waters with your toe? If you find yourself standing under the waterfall, it can mean you have been depleted in that color and sorely need it. Drink in as much as you can. If you decide to swim in the pool of color, it means that working with this color will help enrich your life and bring more joy. If dipping a toe into that color is all that feels comfortable, it means you do not need much of that color at this time, so try the exercise with a different one.

When you find a color that delights you, explore it further by finding its exact hue. For example, is your green more blue-green or yellow-green? Is it light green or dark? Also look for the sound of your color. To nourish yourself with it fully, imagine this precise color and listen to its sound while thinking of something you love. This will open your heart to the color which is a sure way to receive its healing benefits.

Main Color Ray Gemstones

Red (Ruby)
Red color ray teaches you to be strong and capable, inwardly and outwardly, and humble at the same time. Wear ruby to support forward momentum, overcome procrastination, replenish inner reserves, and strengthen the heart spirit. Physical exercise requires abundant red ray, as does practicing self-discipline and self-control. Red nourishes the first or root chakra, muscles and the heart.

Orange (Carnelian)
Orange color ray teaches you about vitality and the joy of being alive, the patience required when vitality moves out of reach and the gratitude that comes when it returns. Wear carnelian to encourage healthy relationships with people, places, things and also within your body (among your cells and organs). Enjoying happy times with your friends and family is an experience rich with orange. Orange nourishes the second or sacral chakra, connective tissues and the endocrine glands.

Yellow (Yellow Sapphire)
Yellow color ray teaches you how to be the captain of your own life, lead others and when following, what qualities of leadership you admire most. Yellow Sapphire helps nurture self-esteem, self-identity and self-empowerment. Bringing something new to manifestation, making transitions, leaving situations gracefully and letting go of something you no longer need are experiences rich with the yellow ray. Yellow nourishes the third or stomach chakra, the digestive system and alimentary organs.

Green (Emerald)
The green color ray teaches you to experience the abundance of life, gather every detail and learn to relax when life seems to provide little or nothing that you want or need. Emerald enhances your ability to
Exercise your individuality and stand up for yourself and your beliefs. Realizing your specialness in the universe and respecting the individuality of others is an experience rich with green. It will help you learn how to avoid disharmony in your life, and if found, to correct its cause. Green nourishes the fourth or heart chakra, as well as, the visceral organs.

**Blue (Blue Sapphire)**

Blue color ray helps you learn how to think clearly and to use the many facets of the mind, whether analytical or creative. Working with a well-integrated and balanced mind is an experience rich with the color blue. Blue Sapphire also supports clear and appropriate communication, including verbal, written and telepathic. It helps you identify and let go of negative thoughts and improves your sense of order. This color nourishes the throat or fifth chakra, sensory organs, vessel walls and nerve sheaths.

**Indigo (Indigo)**

The indigo color ray supports you to enhance your intuition, improve dream recall and recognize inner knowing. Choose the indigo ray when you want to study the mysteries of life and learn what it means to let go of the mind and trust your inner knowing in every circumstance. Sensing the rightness of things is an experience that is rich with the indigo color. Indigo also encourages introspection, contemplation and the ability to envision your life. It vitalizes the sixth or brow chakra, bones and teeth.

**Purple (Amethyst)**

Purple color ray helps you identify your purpose in life, set priorities and see the positive in all challenges. Amethyst helps you view life from a spiritual perspective and inspires spiritual unfolding. Finding the rightness in a situation and seeing the deeper message within it is a skill rich in purple. Purple nourishes the nervous system plus the seventh or crown chakra, which brings uplifting, life-giving and transformative heaven-energy into your body.

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Connecting to Your Emotional Body and Knowing All Things

Marie Manuchehri, RN

In 1997, I became aware of my spirit guides—beings that I believe are devoted to the evolution of those of us living in human spirit. To be human can feel like one is separated from awareness or guidance, but spirit guides work diligently everyday to help bridge the misperception that we are alone and only guided by over-thinking mind.

My three spirit guides—one male and two females—instructed me, through visual scenes and auditory explanation, on how to quiet my mind and spend time with my emotions. At the time, I believed my thoughts were attached to my emotions because most of my thoughts led to feelings—lots and lots of feelings.

The guides highlighted my abdominal area—just below the navel—and gently encouraged me to rest there, asking me to imagine a spring meadow covered in wild flowers. As I rested where they suggested, I heard this explanation: “knowingness, that all beings possess, is assessable through the emotional body. Energetically, this body of authentic feeling is located about one foot away from the physical body within the aura.” This aura is an insane amount of energy that surrounds your body like a seven-foot thick eggshell.

They went on to explain that resting in the pelvis is suggested because of the close vibrational relationship between the second layer of the auric field (the emotional body) and the second chakra. They stressed that getting out of the mind is key to connecting to one’s energy. Not thinking is highly recommended.

Since my first introduction to the emotional body, I have been resting daily with the energy of my authentic feelings. I have come to a deep understanding that feelings generated by thinking are mind made rather than created from an accurate emotional response. Most feelings, derived from over processing thoughts, are negative. Generally, the theme of the over-thinking mind is warped with scary predictions of an unhappy future or burdened with regret of an unfulfilled
lies within the human form. Spending time there will produce a knowingness that we all seek about our current life situation and future. Once acquainted with this area, intuitive answers will emerge.

Let us review. You have an orange ball of light (a chakra) living in your belly that communicates energetically with all of your reproductive organs, as well as your lower back, bladder, appendix, kidneys and those all too important adrenal glands. This ball of light (the second chakra) also has a deep and intimate relationship with your aura, in particular the part of your aura that holds your personal emotions. The proximity of your second chakra to your head is quite a distance and for a very good reason. Even though your brain is home to the third eye (or sixth chakra), thinking has nothing to do with intuition; thinking actually blocks intuition. In my experience, resting in the pelvis will allow you to establish a relationship with your emotional body where all wisdom

Marie Manuchehri, author of *Intuitive Self-Healing* can be reached at www.EnergyIntuitive.com
Aging Considerations and Quality of Life

Barbara Dahl, BSN, HTP/HTI Emeritus

Forward - The following “article” consists of excerpts from blog entries written over one and a half years by Barbara Dahl, BSN, HTP/HTI Emeritus, a long time Healing Touch Certified Practitioner and Instructor. Barb shares her thoughts and considerations as she experiences the aging process. She begins each blog with corresponding musical lyrics – familiar to the elder generation.

All of us witness and experience aging. When we are younger, our lives are filled with work, play, children and more. Aging does not seem to impact us personally unless we have an aging family member or loved one. At some point in our lives however—aging becomes a very personal affair and one that cannot be sidestepped. We become aware can no longer do all of the things we once did. Sometimes this awareness creeps in slowly and gradually, at other times it comes like a bolt of lightning.

Although this article is not about Energy Medicine specifically, the thoughts and considerations presented offer insights and information for our personal growth, our own aging process and that of our clients.

It is of particular interest to note that growth, wisdom and curiosity are for those of all ages. The choice of whether to pursue these things is ours.

Dreams of Doing

Lyrics: People/ People who need people/ Are the luckiest people in the world. (Popularized by Barbra Streisand in Funny Girl)

A columnist quoted a woman, who was counseling residents in a retirement home, “to keep their world as big as they can.” It is easy to let the outside world shrink as we move from careers and family responsibilities of parenting our young and taking care of home and yard. If we are fortunate, we ease into our elder years with health intact and finances to cover expenses with enough left over to fulfill those dreams of—cruising down the Amazon, learning how to tango, celebrating grandchildren’s graduations, etc.

My world recently shifted and opened up another notch via attendance at two different Circles. In indigenous cultures, Circles are the sacred gathering place for wise elders to hold and share important conversations and connection. The first Circle I attended, the Circle of Friends, is based on the work of a German healer, Bruno Gröning. I only recently learned of this remarkable man and healer and was drawn to the Circle, one of hundreds around the world keeping his legacy alive. Like the Buddhist concept of the Bodhisattva, the belief is that a spiritually elevated being survives beyond death to serve sentient beings in their spiritual growth. Bruno, who died to this dimension...
One of my concerns regarding retirement living is the homogeneous environment made small by sameness.

I know there are vibrant people living in retirement homes—I have met them and worked with them. Still, one of my concerns regarding retirement living is the homogeneous environment made small by sameness, where the topic of conversation relates to poor health and negativity—mostly related to the many losses we experience the longer we live. According to Christianne Northrup, MD, research shows that it is the people with whom we hang out who determine our beliefs about aging, and I might add, just about all of our beliefs. I like choosing the folks with whom I hang out and especially those with whom I live.

The Next Chapter
Lyrics: When I was seventeen IT WAS A VERY GOOD YEAR…But now…I’m in the autumn of the year/And now I think of my life as vintage wine from fine old kegs/From the brim to the dregs. (Songwriter: Ervin Drake - a Frank Sinatra classic)

The first day of the Sage-ing Conference I found myself partnered with a lovely gentleman to share thoughts about what we wanted in this elder stage of our lives. My response came readily and even surprised me—I want to know my purpose. I am no longer a wife, a working nurse, a Healing Touch instructor—roles that directed and gave purpose to my life. Those roles were not, of course, the only roles. I am still a mother, grandmother, sister etc., but I sense that although very important to me, they are not primary at this stage of my life. I think there is a greater purpose for these elder years.

Guten Tag
Lyrics: Like a tunnel that you follow/ To a tunnel of its own/ Down a hollow to a cavern/ Where the sun has never shown. (Windmills of My Mind, Songwriters: Michel Legrand, Alan and Marilyn Bergman)

My mother, who lived just long enough to observe 100 years, struggled with painful arthritic knees and other conditions often associated with aging. Like many others, she often declared that getting old was not easy. While attending the Tapping Summit, I listened to a presentation by Pat Carrington, PhD on Aging Gracefully. She is in her late 80’s, without any health problems, does not take prescription medications but does take supplements. Certainly her perception on life and aging is different from others her age or even younger. One of her health tools is tapping.

Our culture fosters growth in our young, i.e., growing up. Growing old has a whole different connotation, a negative one. Carrington focuses on the word grow. “We need to see ourselves as growing.” Part of her tapping script is, “I choose to notice how different I am than I was a year ago or even a few months ago. I choose to find it natural to learn new things.”

How am I different than I was one year ago? I am wiser. I was eight months into widowhood then and
saying a final goodbye to my mother. I have had to
deal with a plethora of challenges—I have had to
grow. I have had to grow up just as a first grader has
to learn and grow. Some lessons are harder than oth-
ers. I have had to learn to do my taxes! Currently I am
learning German in anticipation of a trip to Germany
later this year.

My newly acquired wisdom is teaching me to em-
brace the challenges and not resist. It is an important
lesson. As they say, what you resist persists.

Tidying Up
Lyrics: It's time to see what I can do/ To test the limits
and break through/ No right, no wrong, no rules for
me/ I'm free. (Let it Go, from the animated Disney
film, Frozen)

I am living above chaos—with a basement that seems
like a wasteland. Little by little I fill a bag of discards
and transport it to the collection truck but at this
rate I question whether I will live long enough to fin-
ish the job. Before our current home, we had never
lived longer than eight years in one place and every
move was a process of elimination - sorting through
our stuff and choosing what to keep and what to
leave. In the twenty-seven years in this home, very
little has been discarded and much has been ac-
cumulated. Most of the accumulation is cluttering
the basement. A currently popular non-fiction book
is The Life-Changing Magic of Tidying Up by Marie
Kondo. Originally written in Japanese, it is subtitled:
The Japanese Art of Decluttering and Organizing. I
bought it—thinking there may be an easier way to
clean out the basement. Perhaps there is a happy
shortcut other than setting fire to the mess.

It is strangely comforting knowing that many are deal-
ing with the same problem or this book would not
be a best seller. But what does it have to do with the
Aging Adventure? For the very reason that no matter
what form of elder living is chosen down the road—
independent, retirement home, adult family home,
moving in with a family member, it will most likely be
smaller than the space currently housing that lifetime
collection of stuff. Unless your stuff includes materi-
ally valuable items, your heirs probably will not be as
attached to your things as you are. So, it is purge time.

My mother thought a lot about the disposition of her
belongings and together we created an inventory list
of items and their desired destination so that by the
time she downsized to her final residence, many items
were already in the possession of her heirs. What was
left landed in my basement. It should be easy for me
to clean out the basement but it is not. I feel like I am
giving away a bit of my mother again and again. Let-
ting go is hard.

What’s in Your Bucket?
Lyrics: To dream the impossible dream... To try when
your arms are too weary/ To reach the unreachable
star. (The Impossible Dream from Man of La Mancha)

Those in the know have observed that individuals
having the most difficulty in the last stage of life—as
they prepare to pass through the veil—are those
with the most regrets. Thus, we have coined the term
Bucket List for those things we want to do before we
die. When you consider the really important things in
life, I have been truly blessed and in terms of what is
left to do—I have a fairly short Bucket List. So when
a dear friend shared her excitement about a new
program for holistic nurses, I was surprised at how
much I regretted that it was no longer an option for
me. The regret is more a holdover from years ago than
something I truly desire to do today.

Now retired from acute care hospital nursing and
from my role as a Healing Touch Instructor, it is chal-
lenging to find what I can do, what dreams remain. In
my adolescence, I dreamed of being a movie star. Dur-
ing my stint as editor of our high school newspaper, I
had the thrill of lunching with alumni journalists who
had risen to the top in the Seattle Post-Intelligencer
and The Seattle Times. So, naturally, as I prepared to
go to college, I fantasized about being a journalist.
I never dreamed or fantasized about being a nurse
and yet that was my calling. I had not even heard of
Energy Medicine and yet I was called to it. To what
Defining Quality of Life actually proved more difficult than I expected and the conclusion we reached was that the definition can change with age and condition.

For my dad, it was pain. He hurt, and at age 94 he could not do the kind of things that had given him pleasure and satisfaction. When paramedics took him to the hospital where he was admitted, he refused all tests and treatment. This particular hospital offered in-house hospice care and a doctor’s order was obtained with the objective being total comfort care. The nurses had a way of assessing the pain level of a hospice and semi-comatose patient that differs from asking a conscious patient to rate their pain on a scale of one to ten and dad was kept comfortable with IV drugs.

Ask most people and they cringe at the idea of a nursing home. Dr. Atul Gawande writes in Being Mortal about a doctor, Bill Thomas, who took the job as Medical Director of a nursing home and was appalled by the lack of Life Quality. His solution was out-of-the-institutional-box. He brought in two dogs and two cats for every floor and 100 parakeets. Each resident was given a pair of parakeets to look after. It was transformational. People now had a purpose. Success of the program was measured in lower amounts of medication needed for anxiety and psychosis. The residents became more active and lived longer because life was now worth living. This approach to nursing home care became known as the Eden Alternative and functions now as a non-profit that provides resources, tools, and ongoing support to Eldercare organizations and home-based consumers.

The presence of animals would definitely add quality to my life as would a window that looked out on the changing seasons and wildlife. Recently, as I stood watching a hummingbird drink from the feeder, it flew inches from my nose and vibrated there for several seconds before darting off. Let there be a hummingbird feeder outside my window. I could happily skip yet another rerun of Law and Order or Castle, but now and again a concert from Lincoln Center would be nice, a Rick Steves tour of Europe and a PBS mystery. If I am blessed with good eyesight, let there be books and books to read. Hopefully I will be interest-
We learn from each other and we grow together spiritually.

...ing with some heavy topics, but there is laughter and hope generated in the sharing. We learn from each other and we grow together spiritually. We leave the Circle connected and refreshed.

Harvesting Life

Lyrics: *To everything – turn, turn, turn/ There is a season – turn, turn, turn/ And a time to every purpose under heaven.* (Turn, Turn, Turn! From Ecclesiastics, Sullivan, Peterik, and Seeger)

I like the concept of harvesting, defined by the author of *From Age-ing to Sage-ing* as “gathering in the fruits of a lifetime of experience and enjoying them in old age.” He observes that elders “have not been schooled in the high art of enjoying their achievements.” One of the exercises we did in the *Inner Journey of Aging* class was to take our lives as one cycle of a year divided into segments of seven years and jot down the highlights. So, for example, the first seven years was January. I am now in the November (ages 70-77) of my life, a time to reflect on achievements.

I recently did a little walk through a portion of my history while cleaning out a box of papers and reading emails saved from years ago. I was surprised by how many things I actually did. Efforts that were not particularly successful then but, in retrospect, led to something else that was more successful. “When we harvest our lives, we receive return on our investment in the form of inner riches.”

A Summer’s Day

Lyrics: *Starry, starry night/ Paint your palette blue and grey/ Look out on a summer’s day/ With eyes that know the darkness of my soul.* (Vincent, Don McLean’s hit song)

Imagine wanting to grow up to be an astrophysicist.
After a visit to the Hayden Planetarium at age ten, that is all Neil deGrasse Tyson ever wanted to be and now he is Director of the Hayden Planetarium. After watching him on 60 Minutes, I had to Google to learn more about his boyish enthusiasm and adult passion for the stars, universe, cosmos, and his explanation of why we humans are made of stardust. I was left wondering if he is one of the scientists who believes in a higher power, that creative spiritual force called God. Science can not prove God and because of that inadequacy science then denies Her for lack of proof. I can not prove Her either but I know that the scientific method is limited because I have experienced the scientifically unexplainable.

I believe the same could have been true for the artist Vincent Van Gogh. What did he actually see when painting that starry night? Musician Don McLean had a special sensitivity to the artist and perhaps because of my many years as a nurse in a psychiatric setting, I, too, suffered for his sanity. During the depth of his psychosis did Van Gogh actually see the turbulence of his starry night that is generally considered the last unsolved mystery of classical physics? “Is it possible that Van Gogh’s mind, warped by disease, was prepared to grasp phenomena that have baffled physicists for centuries?” (Discover Magazine, October 2006, Kathryn Garfield) I think of all the times I have spent listening to psychotic patients’ delusional talk and felt I understood on some level what they were experiencing, “what you tried to say to me,” wanting to understand the particle of truth in their delusion. There is that fine line between sanity and insanity and artists often butt up to the edge.

Science can not prove there is a higher power nor can science disprove it. For that matter, institutionalized religion can’t prove it either. Religion can only talk about what they believe to be true from reports of others, and religions do not agree on that. It is why we turn to artists, poets and nature.

Why am I thinking about Neil deGrasse Tyson and Vincent Van Gogh on a summer’s day? Because I am supposed to. Because if I am to become a sage and Spiritual Elder I must continue to grow mentally and spiritually and that requires that I wonder, ponder on the unknown and satisfy my curiosity. That is how we grow and evolve at every age.

Today I am curious about stars, the cosmos and Van Gogh’s turbulence.

Today I am curious about stars, the cosmos and Van Gogh’s turbulence. Next, I am going to be curious about goose bumps – the Blue Angels are in town.

What are you curious about?

Author Barbara Dahl’s blog posts can be found at www.RosesInJanuaryDotCom.wordpress.com
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The practice of grounding is a connection with the earth that provides health benefits. Grounding is a free, natural inducer of emotional and physical health. Grounding helps you settle into yourself and create a calm mood when you are overwhelmed by people, activity or your surroundings. Before you enter a potentially stressful situation, close your eyes, take a deep breath and visualize your body as a redwood tree rooting you into the earth. Continue to imagine the roots settling you into the earth until you feel relaxed and your mind begins to clear. Use this intuitive grounding imagery to feel at home within yourself wherever you are.

The term grounding has different meanings in different fields. In electrical terms, a grounding circuit serves as a release valve for excess electricity. The surge protector your computer is plugged into uses such a grounding circuit. If there is a sudden burst of energy that exceeds the capacity of the computer, the surge protector directs the excess energy into the grounding circuit and into the earth, where the energy is neutralized or grounded. In physics, gravity is the force that attracts bodies or particles of matter toward each other. Technology uses a comparative system, earthing, that relates to the live parts in electronic systems that have one or more direct connections to earth.

A strong intuitive grounding connection also provides a stable base from which to operate in the world. It creates a feeling of safety, centered awareness, clarity and self-assurance. For most people, this grounding connection is inconsistent. Some activities tend to enhance the strength of their grounding and others tend to weaken it. What does grounding mean to you? How do you know when you are grounded? Are you grounded right now? The first step in learning to ground more consistently is to recognize the times when you are ungrounded in your life.

Think about the items on the lists below and use your own intuition to assess which ones apply to you.

How it feels to be . . .

<table>
<thead>
<tr>
<th>Grounded</th>
<th>Ungrounded</th>
</tr>
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<tbody>
<tr>
<td>- Peaceful</td>
<td></td>
</tr>
<tr>
<td>- Physically coordinated</td>
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</tr>
<tr>
<td>- Confident, calm and in control</td>
<td></td>
</tr>
<tr>
<td>- Mental clarity</td>
<td></td>
</tr>
<tr>
<td>- Feel aware of self and body</td>
<td></td>
</tr>
<tr>
<td>- Anxious, unsure, uneasy</td>
<td></td>
</tr>
<tr>
<td>- Bumping into things, stubbing toes, etc.</td>
<td></td>
</tr>
<tr>
<td>- Nervous and not in control</td>
<td></td>
</tr>
<tr>
<td>- Spacey, overwhelmed, confused</td>
<td></td>
</tr>
<tr>
<td>- Cold feet and legs, poor circulation</td>
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</tbody>
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Grounding Is Good Medicine

Francesca McCartney, PhD
Gravity Grounding

In our quest for grounding, we have a silent, invisible, yet powerful ally—the force of gravity. We feel it all the time—it keeps our feet planted on the earth. It is a force of which we are often unaware. My medical dictionary defines gravitation as the force of attraction by which terrestrial bodies tend to fall toward the center of the earth.

Imagine lying on a sunny beach and feeling the warmth of the sand. Imagine those feelings and visualize dropping all resistance from your body into the earth. Do you feel heavier, denser and more relaxed, with an overall sensation of being pulled toward the earth? You are experiencing the pull of gravity. The constancy of nature gives us gravity as a powerful, healing force—a force that brings us back to our own center. Indeed, without gravity we would be floating off the ground! Working with the force of gravity helps you experience and strengthen your personal grounding connection.

Ground Your Life

Energy follows thought, affirmation, intention and visualization. If you think, affirm, intend and visualize that you are grounded, then your energy will be grounded. Visualization is an extremely powerful way to enhance your grounding.

You may already have techniques that help you feel your grounding connection with the earth or you may be looking for new ways to experience it. Be creative—experiment with changing your grounding imagery at different times of day. Use specific visualizations that center you during exercise, public speaking, writing—whenever you want to be grounded. Here are some visualization images to explore in your grounding practice:

- A ship’s anchor
- Beams of light
- An electrical cord plugged into a socket at the center of the earth
- A waterfall
- Two connecting magnets (you are one, the earth is the other)

Try This

You can experience the power of gravity grounding in the bathtub. Next time you take a bath, do not get out of the tub when you pull the plug. Instead, lie there as the water drains. You will be treated to a very tactile sense of gravity’s power. Human bodies are naturally buoyant, so water reduces the effect gravity has on us. If you have been soaking in water for at least twenty minutes, you will have a sense of being glued to the bottom of the tub when the water is gone. That is the feeling of gravity grounding!

Your ability to walk through the world grounded and aware will assist you in accessing the wisdom of using your intuition as good medicine.

Author Francesca McCartney, PhD can be found at www.EnergyMedicineUniversity.org

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Groundedness is a state of being during which our energetic self is present throughout our physical body and we are observant of ourselves, our relationships with others, and our surroundings. A person, consciously in this state, is referred to as being grounded. Alternatively, not being in this state is being ungrounded, which is the state that most of us are in most of the time. Being in an ungrounded state is so common in fact that it is our norm, which is why groundedness is so poorly understood. When we are not grounded we tend to be easily distracted, scattered, or preoccupied with thoughts of the past or future. We may be lethargic or hyperactive. We may lack focus or be so focused inwardly as to be unaware of our immediate surroundings. We may even be present, but so involved in a situation, as to not be self-observant. Most people experience groundedness too infrequently to have an experiential knowledge of what it is actually like.

When grounded, our energetic self—those energies that comprise our emotional, mental and spiritual side—is evenly distributed throughout and around our entire physical body. Groundedness, like acceptance, is not an all or nothing trait. For many who are not grounded most of the time, their energetic structure surrounds their head. They think much more than they feel or they may not feel at all. This all too common energetic distribution is reinforced by a society that rewards thinking more than feeling. For some people, the majority of their energetic structure is located from their heart up. They feel to a greater extent, but still not completely. Very few people have their energies evenly distributed from head to toe most of the time.

Our state of groundedness is a direct reflection of our intention to be fully present in our bodies and consciously aware of ourselves, our situations, and the world around us. Being grounded is a manifestation of our will to be so. Being grounded narrows the gap between our personal life on Earth and our spiritual life. Our body is the juncture between the two. It is the meeting place between the matter of form and the energy of spirit.

Our body can be viewed as a bar magnet, made of matter. Moving through and around our body is our energetic self, akin to a magnetic field. Imagine that the South Pole of the magnet is more identified with the Earth and the North Pole more identified with the spiritual realm. Our bodies are formed from the matter of, and sustained by, the Earth, whereas our energetic selves originate from the realm of spirit, bringing forth consciousness. The two poles create a magnetic...
force of attraction binding spirit to form, energy to matter. Our free will determines the strength of attraction and thus, how well our energetic self is grounded in the physical. Being more grounded has its payoffs. It increases the likelihood that we will feel more peaceful and fulfilled, enjoy work and life, and have deeper more satisfying relationships because our personal lives will be more impacted by our spiritual natures. However, there is a price to pay.

Very few people are willing to confront their conscious and subconscious fears. As a consequence, they remain in an ungrounded state. Why? Living in a grounded state increases our conscious awareness. This results in our being more present in our physical bodies, which causes us to more completely feel our physical body, our emotions, and become aware of our painful beliefs when they are triggered. How often are you willing to feel fearful or experience other negative emotions and encounter beliefs about yourself that are unpleasant?

In order to avoid these experiences we remain in an ungrounded state. It serves that purpose. Avoidance is our payoff. We move into a reactive, subconscious mode and utilize our coping strategies to avoid feeling our fears and confronting our issues. This perpetuates our ungrounded state. We avoid a more grounded state because we do not wish to stay present with our feelings and thoughts. We purposefully loosen the forces of attraction between consciousness and form, energy and matter. It is our choice to do so.

When was the last time you intended to be completely grounded? Have you ever done so in the face of your fears? 🕊

Authors Dan Cohen, MD and Jennifer Palmquist can be found at www.ToolsToAwaken.com
Susie was raised in an abusive home, where verbal and physical violence was rife. She left home at 18, found the strength to put herself through university and never looked back. She met and married ‘Mr. Right’ in her early twenties, had a couple of kids by 30 and was running her own successful company. Life looked wonderful, perfect even—until the wheels came off the bus just a few short years later.

By the time she was 35, Susie was spending three hours a week on the therapist’s couch and had developed a whole range of strange physical symptoms that conventional medicine simply could not explain.

“I felt stressed to the max all the time,” recalls Susie. “I had so much internal pressure that I used to wake with my fists tightly clenched and my skull wedged against the bed’s headboard. Emotionally, I was still managing to keep a lid on things, but it was getting harder and harder to function. I felt tired all the time. I had weird aches and pains. I was frequently depressed and I dreaded spending time with my kids because I just did not have the energy or patience for them. It took super-human effort not to explode at them every few minutes and I had to literally lock myself in my room to prevent myself from hitting them.”

“I felt that the nightmare scenario I had been fighting against all my life—namely of turning into my violent, neglectful parents—was materializing before my eyes. There was nothing I could do to stop it.”

However, that did not stop her from trying. Fed-up with the lack of progress she was making in conventional therapy, Susie decided to try the holistic health route instead. “It started with switching to a healthier diet which definitely helped with some of my physical issues. But internally I still felt I was fighting emotional fires all over the place and I could not extinguish them.”

In the meantime, Susie was steadily working her way through every holistic therapy in the book. She tried naturopathy, acupuncture, shiatsu massage, aromatherapy, biofeedback, yoga – you name it. “As time went on, I felt like I was doing more and more stuff, and seeing less and less results. I had quit my job in the meantime and was still struggling with my family responsibilities, and things were starting to look pretty bleak.”

Susie was doing her best to solve her problems, but kept hitting a brick wall. “The shiatsu woman I was seeing kept telling me that I had a lot of anger and that until I could let go of my anger, nothing was going to move. I tried, man, I tried! But it was like I just kept getting pulled back into rage at the way my parents had treated me, especially when I found myself...”
Doing similar things to my own children.”

Susie got her breakthrough when she attended a God-based holistic health class where she first heard about the ‘Laptop’ paradigm of human health, as follows. Computers, like people, need three things to function at their maximum potential:

- **An energy source**, i.e. the Higher Source, or God.
- **The right software**, i.e., healthy thought patterns and emotional responses.
- **A bug-free basic operating system**, i.e., the body.

“That was the first time I heard someone put God into the healing picture,” says Susie. “And initially, it was pretty hard for me to swallow. My abusive family was ‘religious,’ and while I still believed in God on some level, I was just so angry at Him for what He had done to me. Up until that point, my God was a God of punishment and pain, not a healing Presence in any way, shape or form. At the same time, I could feel that what I was hearing was true. I just was not ready to accept it.”

Energy Medicine practitioners are well aware of the fact that emotions and physical health are connected. Gallbladder meridian and its associated health issues are related to feelings of rage and being judgmental. Trauma can cause the triple warmer meridian, responsible for our “fight or flight” response, to go haywire. We know that when people do not like themselves very much, they often experience issues related to the liver meridian, and associated functions.

Very often, Energy Medicine techniques and Energy Psychology techniques like Emotional Freedom Technique (“tapping”) and the Tapas Acupressure Technique (TAT) can and do achieve some radical movement in freeing the trapped emotions that are causing havoc to our clients’ health and peace of mind.

Getting the underlying negative emotions to move out is one thing. Keeping them out is often much more challenging, particularly when dealing with victims of abuse. In Susie’s case, she could not permanently move past her anger at her parents and start to heal until she was given a spiritual framework that would enable her to do so.

“Well-meaning people would tell me ‘forgive and forget already, and move on!’ and I would want to punch them in the face. I spent two years in therapy trying to forgive and move on, and I could not. I would get stuck each time on the apparently random cruelty and unfairness of it all. Children are innocent. I did not deserve the treatment they had doled out to me and I could not get past it.”

Despite her huge mistrust of anything remotely ‘religious,’ Susie agreed to try some God-based holistic healing after being reassured that the God part was strictly limited to connecting to her Higher Source in whichever way felt best for her – no dogma, no creed, just a conversation with the Creator.

In her first session, she was given a visualization exercise to do at home. Susie was to imagine that she was talking to God and that she had permission to say **ANYTHING** to Him. She could tell Him how angry she was, how upset she was, how much she hated Him – anything. There was to be no censoring of herself.

Once she had her say, she was to continue to sit quietly for a period of time and to give God the opportunity to answer. The first time Susie attempted this homework, it flopped badly. She was still so angry and distrustful that she could not even begin to speak. However, she tried again.

“Initially, I was so angry no words would come. But...”
then it was like I got this flash of clarity that it was exactly this feeling of unexpressed anger that was behind my health issues and constant tension. Once I realized how holding on to it was actually killing me, it gave me the motivation to start telling God what I really thought. Once I started, I could not stop. I was screaming, raving, ranting, crying buckets. My body was shaking violently and I could literally feel the poison gush out. It was the most cathartic experience of my life.”

Of course, Susie’s problems did not all disappear overnight, but once the emotional dam had burst and she had made the commitment to regularly reconnect to her Higher Source, she started to get more and more insight about her situation and experiences.

“All the therapists I saw, all the people who treated me, no one could tell me why. Why had this happened to me? Why did I have to go through so much suffering?” recalls Susie. “A few weeks into the talking-to-God process, I finally got the guts to ask Him directly and the answer I got just made complete sense. I came out of the conversation and for the first time I could remember, I did not feel angry any more. Not at God, not at my parents and not at myself or my kids.”

Human beings are vastly complex beings and as Susie continues to uncover new layers, she is discovering new areas of work all the time. “Health-wise, things started to clear up pretty fast. The issues I had with bloating, gas and migraines disappeared almost immediately. When I did get a migraine or gas attack, at least I knew that something had probably flipped my anger switch again, without my realizing it. I had to go back, figure out who or what that was, and deal with it properly.

“Gradually, I noticed that my hands started to unclench. First it was just a finger or two, until finally I woke up with my palms open, for the first time in my life. But probably the biggest present of all was the new reserves of patience I had for my children. With my own inner tension decreasing, I found I had a lot more energy to spend with them and a lot more tolerance for their demands, noise and childishness. Over a few months, my relationship with my family literally transformed in front of my eyes.”

Today, Susie still eats pretty healthily. She traces her own meridians most days and Energy Medicine by Donna Eden and David Feinstein is a constant companion on her bookshelf. But the thing that pulled it all together for her and really got her out of her emotional rut was plugging back into her Higher Source.

“I soooo was not a God person!” she laughs. “But when you are as desperate as I was, you will try anything. All I can say is that if you have gone around the bases, and you are still stuck with the same problems and the same issues despite your (and your therapist’s) best efforts, give God a try.”

When it comes to identifying and addressing problems at their root, Energy Medicine techniques are unequalled at working across the mind, body and soul to find a solution. But sometimes, it can be easy to forget that the soul is like the battery pack powering-up every other facet of our mental, emotional and physical health.

The more practitioners can encourage clients to plug back into the Source and help them to develop a meaningful spiritual context for the hardships and challenges they face – the easier their jobs will be. Clients will learn that their suffering is not random, that there is always hope that things can turnaround, that they can find answers to their questions – even the most disturbing ones.

All names and identifying details have been changed.

Author Rivka Levy can be found at www.TalkToGod.Today
A Randomized Pilot Study

The Impact of Healing Touch on Oncology Patients’ Perception of Fatigue and Health Related Quality of Life
St. Joseph Medical Cancer Center Institute, University of Maryland, Towson, MD
Richard Schaeder, Rose Wolf and Patricia Johnson

This research studies the effects of Healing Touch on two groups of participants: those who receive standard of care measures and those who receive standard of care measures with Healing Touch sessions, also. The goal is to enroll women undergoing radiation therapy, with or without chemotherapy, for breast cancer. All participants complete a weekly questionnaire designed to assess physical and emotional well-being, pain, fatigue, sleep and any challenges they are experiencing. Half of the group receives weekly Healing Touch interventions for six weeks of the study. At the beginning, middle and end of the study, the patients complete a Fatigue Visual Numeric Scale (FACT-G version 4) and submit a sample for salivary cortisol analysis.

The study began in September 2014. To date 14 women are enrolled. The project will be completed when 24 women have completed the research protocol.

Funding Opportunities

The mission of the HTWF is to distribute funds to assist, to encourage and to advance the philosophy, objectives and techniques of Healing Touch. To that goal, the following categories are available for funding consideration:

Research – supports research into the effects of Healing Touch of which the anticipated results impact the Healing Touch community by proving evidence based practice.

Service – supports service and outreach programs which promote Healing Touch across the globe through humanitarian efforts and events

International Education – supports U.S. certified Healing Touch Instructors travelling to foreign countries to teach Healing Touch classes, or Instructor Training of certified practitioners of foreign countries as Healing Touch Level 1, 2 or 3 Instructors.

Application Process: submit a pre-proposal submission form. If approved, a Full Grant Proposal Application will be required by the next deadline. Forms and information can be found at www.HTWFoundation.org/grants/grant-information.
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A Reference Tool for Healing Touch in Hospital Practice

Dr. Clara W. Boyle, RN, HTCP

Working with volunteers who had completed Healing Touch Levels 1, 2 and 3 in a Mid-Atlantic hospital, Dr. Clara W. Boyle, RN, HTCP developed this reference tool. The hospital began offering Healing Touch sessions in April 2014 in response to nursing staff requests for additional non-pharmacological pain management modalities for patients. Several nurses, the hospital chaplain and the Director of Mission were instrumental in establishing the program. The hospital’s Auxiliary provided grants to fund the purchase of supplies and provide tuition for Healing Touch classes levels 1 through 3 for seven staff members.

The visitation process is simple: members of the Healing Touch team make rounds two afternoons a week. After explaining Healing Touch to the patient, s/he is asked to sign a consent form. A Healing Touch sign is placed on the room door. Music is played during a 30-minute session. The session is documented and a note is placed in the patient’s chart. Most often, the patient is left dozing.

Staff nurses, the chaplain, physicians and Palliative Care made 427 requests for Healing Touch from April to December 2014 and 516 as of September 2015. Brush downs and Scudders are offered to visitors, family members and hospital staff.

The benefits of this new tool include a convenient, easy reference to help team members apply appropriate Healing Touch techniques based on a patient’s condition. Knowing what technique to select has increased team members’ confidence. For easy access, the reference tool was reduced and laminated so that it is worn with other personnel information badges.

The Pain Drain Flush is a new technique devised by Dr. Boyle as she was working with another Healing Touch practitioner on a friend who had pneumonia. The purpose of the Pain Drain Flush technique is to help reduce pain, loosen congestion in any body area and in the case of pneumonia, energetically clear fluids from the lungs.

The Pain Drain Flush requires two people, standing on opposite sides of the patient’s bed. The flush is based on the Pain Drain technique taught in the Healing Touch Level 1 class. One person places a hand over the body part to be flushed and holds the other hand down toward the floor to drain the body area. The second person stands on the other side of the bed, holds one hand up to fill the space with energy as the other hand is held over the body part to be filled. The hands are positioned on a diagonal axis across the body with the filling hand higher than the draining hand. Thus, the energy goes across and flushes congestion out of the person’s body.
## A Reference Tool for Healing Touch in Hospital Practice

<table>
<thead>
<tr>
<th>Healing Touch Technique</th>
<th>Purpose</th>
<th>Conditions for use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chakra Connection</td>
<td>Connect, open and balance the energy centers to enhance the flow of energy throughout the body</td>
<td>Anyone</td>
</tr>
<tr>
<td>Magnetic Passes/Hands in Motion</td>
<td>Clear congestion or density in the field, smooth disturbed energy field, assist blocked energy movement, clear emotional debris, promote relaxation, decrease anxiety, reduce tension and stress and create a sense of well-being in mind, body and spirit</td>
<td>Clear congested energy away, relieve or reduce pain, smooth energy field, promote relaxation, clear the auric field</td>
</tr>
<tr>
<td>Magnetic Passes/Hands Still</td>
<td>Reestablish flow and balance, energize a depleted field</td>
<td>Facilitate wound healing, deliver energy to a specific area, assist healing in fractures</td>
</tr>
<tr>
<td>Magnetic Clearing</td>
<td>Clear congested energy, promote relaxation response</td>
<td>Reduce pain, release toxins and side effects of chemotherapy and radiation, clear emotional debris and feelings of fear, anger, worry or tension</td>
</tr>
<tr>
<td>Ultrasound</td>
<td>Clear congestion and blockage of energy, loosen an area prior to pain drain</td>
<td>Any part of the body, return bowel motility after surgery</td>
</tr>
<tr>
<td>Pain Drain</td>
<td>Remove physical pain and congestion</td>
<td>Any pain area</td>
</tr>
<tr>
<td>Sealing a Wound</td>
<td></td>
<td>Close post-operative incisions or leaks in the energy field, remove phantom pain</td>
</tr>
<tr>
<td>Chakra Spread</td>
<td>Open chakras and produce a deeper level of healing, reduce stress, prepare for change, prepare for dying transition</td>
<td>Assist with transitions and life changes, preparation for dying, physical or emotional pain, pre and post-surgery</td>
</tr>
<tr>
<td>Mind Clearing</td>
<td>Alter mental/emotional state of the person to be more relaxed and centered, relieve headaches</td>
<td>Anyone</td>
</tr>
<tr>
<td>Scudder</td>
<td>Calm and relax, release accumulated stagnant energy, promote energy flow in the meridians</td>
<td>Anyone with stress, visitors and family members, person who has maintained one position for a long time</td>
</tr>
<tr>
<td>Lymphatic Clearing</td>
<td>Flush and clear the lymphatic system</td>
<td>Edema</td>
</tr>
<tr>
<td>Pain Drain Flush</td>
<td>Clear fluid, pain or congestion</td>
<td>Pneumonia or congestion in a body area</td>
</tr>
</tbody>
</table>

*Dr. Clara Boyle has given permission for use of the above tool.*
2016 AHNA 36TH Annual Conference

Interconnectedness: the Soul of Holistic Nursing

May 31 – June 5, 2016 • Bonita Springs, FL
We came across the following article on the website of The Journal of Alternative and Complementary Medicine and want to share it with you, our readers. It is reprinted with edits for length from The Journal of Alternative and Complementary Medicine, published in Volume: 21 Issue 6: June 2, 2015. It was specifically offered as “open research” that could be reprinted and read by the public. The complete article can be viewed at www.online.liebertpub.com/doi/full/10.1089/acm.2014.0157.

The researchers used an interesting methodology—they recorded the results of one specific energy medicine practitioner applying his unique technique to patients in a community hospital setting. Charlie Goldsmith, the practitioner followed in the study, uses an energy healing technique that he was “gifted” with. This research is of interest and beneficial to all of us in the Energy Medicine field regardless of the technique we use.

Summary of Study
Background: Energy medicine (EM) derives from the theory that a subtle biologic energy can be influenced for therapeutic effect. EM practitioners may be trained within a specific tradition or work solo. Few studies have investigated the feasibility of solo-practitioner EM in hospitals.

Objective: This study investigated the feasibility of EM as provided by a solo practitioner in inpatient and emergent settings.

Design: Feasibility study, including a prospective case series.

Settings: Inpatient units and emergency department.

Outcome measures: To investigate the feasibility of EM, acceptability, demand, implementation, and practicality were assessed. Short-term clinical changes were documented by treating physicians.

Participants: Patients, employees, and family members were enrolled in the study only if study physicians expected no or slow improvement in specific symptoms. Those with secondary gains or who could not communicate perception of symptom change were excluded.

Results: EM was found to have acceptability and demand, and implementation was smooth because study procedures dovetailed with conventional clinical practice. Practicality was acceptable within the study but was low upon further application of EM because of cost of program administration. Twenty-four of 32 patients requested relief from pain. Of 50 reports of pain, 5 (10%) showed no improve-
Feasibility of Energy Medicine in a Community Hospital

Introduction
Energy Healing and Energy Medicine (EM) are terms derived from the theory that a subtle biologic or spiritual energy surrounds and permeates the body and can be influenced for therapeutic effect. Known by various names in 97 different cultures, the concept of energy healing has been recorded throughout history. The National Institutes of Health includes energy healing therapy in its list of popular complementary and alternative medicine (CAM) methods.

Practitioners of EM treat the patient in close proximity (often with minimal or no physical contact) as well as at a distance (from a different room or even a different time zone). Studies have shown EM to improve pain, anxiety, wound healing, functional status, blood pressure, immune function, relaxation, well-being, cancer outcomes, fatigue, mood, fibromyalgia, phantom limb pain, and carpal tunnel syndrome. No report was found in the published literature of increased mortality, morbidity, or serious adverse effects, although some caution in patient selection is advisable.

Even though mechanisms of EM have not yet been established in terms of biomedical science, theories have been advanced, and EM is increasingly being offered to both inpatients and outpatients by major hospitals. The growth and acceptance of EM have resulted largely from patient satisfaction, with some surveys reporting the percentage of “satisfied users” as high as 98.

Many forms of energy medicine are practiced by trained practitioners within specific traditions, such as Reiki, Healing Touch, and Therapeutic Touch. In addition, however, some solo practitioners discover their ability to effect positive health status changes and practice EM without or in addition to formal training. Many studies have investigated trained practitioners from various schools, but few have explored how solo practitioners (those unaffiliated with a particular system of EM) can feasibly be integrated into clinical care.

Bowen et al. suggest that feasibility studies are valuable when few published studies or data exist for a particular intervention and the sociocultural context of an intervention is unclear. Both of these considerations apply to patients and providers at community hospitals with respect to interventions involving solo EM practitioners. Bowen et al. believe that feasibility studies can lay the foundation for more rigorous research of therapeutic interventions by exploring their acceptability, demand, implementation, and integration, among other factors. Investigations for these dimensions of EM are needed to make future research in community hospital settings possible.

The present study investigated the feasibility of implementing EM with a single solo practitioner in the conventional inpatient, outpatient, and emergent settings of a community teaching hospital. Aspects
Feasibility of Energy Medicine in a Community Hospital

of feasibility examined were acceptability, demand, implementation, and practicality, assessed in part through clinicians’ qualitative responses. The study also documented conventionally recorded clinical changes immediately following EM.

Method
This feasibility study and prospective exploratory case series were conducted at Lutheran Medical Center, a full-service community teaching hospital located in Brooklyn, New York. The hospital’s institutional review board (IRB) approved the study by expedited review in 4 days. The last author (K.J.) was the administrator of the IRB but was not a voting member or reviewer of the IRB. He was asked to meet with the medical director, the chair of the IRB, and the vice president for professional affairs to answer questions about EM, the practitioner, and the study before approval.

A solo EM practitioner with 14 years of experience who had recently seen patients at the YinOva Center, a holistic wellness center in Manhattan, provided the EM sessions. The director of the YinOva Center (J.B.) founded the inpatient acupuncture program at Lutheran Medical Center in 2003 and was a trusted colleague. The decision to work with the EM practitioner and conduct the study was based on the director’s experience with and knowledge of his work. While Lutheran Medical Center had osteopathic residency programs and an osteopathic medical school onsite, was oriented toward whole-person care (body, mind, spirit, and community), and was open to CAM, no CAM or EM programs other than osteopathy and acupuncture existed at the time of the present study.

The EM practitioner was oriented to the medical center by the Volunteer Department, through which he was processed. The last author (K.J.) approached the physician unit leader and head nurse manager of three patient centers in the hospital to obtain permission to conduct the study on their units. Permission was granted for all three, after which this author conducted a brief in-service training for the unit’s physicians, nurses, and allied health staff. The forms of energy medicine and the process of the study, including inclusion and exclusion criteria, were explained in a session lasting 15 to 30 minutes, depending on questions. The process of approaching the units and obtaining approval took about 2 weeks.

After the training, any health professional on the unit was eligible to identify a patient for potential inclusion, a process that took an additional week and required personal encouragement by the last author to initiate. The EM practitioner was supervised by attending physicians, residents, and nurses in study locations. Study physicians and the patient’s attending physician approved each patient’s participation and verified inclusion and exclusion criteria. Approved patients were approached by a member of the study team to obtain informed consent. Outpatients and nonpatients were evaluated and enrolled in a similar way.

Using their clinical judgment, physicians identified as potential participants adult patients, employees, or friends or family of employees who had signs and symptoms that were not responding to traditional medical therapy or were only slowly responding. Patients deemed to have secondary gains for their medical condition or who were unable or unwilling to communicate with the research team regarding the effects of the energy medicine session were excluded from the study. Assessments by which improvement was typically gauged in this clinical setting were specified for each individual patient on the basis of the judgment of his or her treating physician.

During each session, the solo EM practitioner was accompanied by a research team member and usually by other hospital staff already working with the patient, such as a nurse. Pretreatment assessments were made and recorded by a research team member with respect to the patient’s expressed chief complaint. The EM practitioner was introduced to the patient and inquired about symptoms and goals for treatment, sitting at the bedside or in proximity to the patient. He sometimes positioned his hands over the affected area. No physical contact occurred between him and the patient. This generally lasted
Feasibility of Energy Medicine in a Community Hospital

For some patients, the practitioner “energized” water that the patient then drank.

for a minute or two at a time, allowing the practitioner to receive ongoing feedback from the patient. He repeated the process several times as needed to address different problem areas, adjusting his method on the basis of information supplied by the patient. For some patients, the practitioner “energized” water that the patient then drank. This was done as follows. While with the patient, the practitioner placed his hands in proximity to a cup of water already in the patient’s room and mentally directed energy to it without touch, in the same way as with the patient. The patient would then drink the water.

At the session’s conclusion, post-treatment assessments were recorded by the research team; these assessments of pain and other clinical indicators were carried out according to the hospital’s standard of care. Some patients received additional sessions as reported in the tables, depending on improvement, availability, and the patient’s wishes.

Summary descriptive statistics were created for two subgroups of patients: those with complaints of pain and those requesting help with symptoms or signs not related to pain. Improvement of pain was rated as none (no change), slight (pain scale improvement of 2 points or less, or qualitative rating only), moderate (pain scale improvement of 3–5 points), and marked (improvement of 6 points or more). Pain that resolved completely (pain scale score, 0 of 10) was also classified as a marked improvement. Improvement of symptoms and signs other than pain was also rated on a scale of none, slight, moderate, and marked. The system by which standard assessments in our setting were converted into this rating scale was developed by consensus of all authors.

Acceptability of EM was investigated by determining whether physicians would recommend patients for the study and whether patients would accept such treatment. Demand was investigated by recording the complaints for which patients and physicians requested EM sessions. Implementation was investigated by assessing whether the study’s in-service and referral system resulted in a manageable number of sessions. Practicality was investigated by assessing the resources, time, staffing, and credentialing needed to carry out the study.

The chi-square or Fisher exact test was used to determine significance of differences between assessments of change by subgroup of demographic and clinical characteristics.

Results

Thirty-two patients were treated with EM as part of the study. The 24 patients who requested relief from pain had a mean age of 55.5 years (range, 25–87 years). Four (17%) were male and 20 (83%) were female. Eighteen (75%) were inpatients, and 6 (25%) were outpatients or employees. To view Table 1, Results of Energy Medicine with Pain, click here. Of the 50 individual reports of pain, 5 (10%) showed no improvement; 4 (8%), slight improvement; 3 (6%), moderate improvement; and 38 (76%), marked improvement.

Twenty-one patients had a wide variety of issues other than pain. To view Table 2, Effect of Energy Medicine on Symptoms Other Than Pain, click here. Their mean age was 59.9 years (range, 22–87 years). Eight (38%) were male, and 13 (62%) were female. Seventeen (81%) were inpatients, and 4 (19%) were outpatients or employees. Of the 29 non–pain-related symptoms and signs, 3 (10%) had no, 2 (7%) had slight, 1 (4%) had moderate, and 23 (79%) had marked improvement. Assessments of change did not differ by sex, age, location of symptoms, use of charged water, or severity of symptoms in either the
Feasibility of Energy Medicine in a Community Hospital

In patients who perceived positive clinical results; most did not inquire about the outcome. Regarding practicality, the study was practical in our setting because it was time limited, relied on assessments physicians typically make, and was staffed on a volunteer basis. The resources determined from carrying out the study that would be needed to implement EM as a formal program in the hospital were not available on the hospital’s tight operating budget; thus, this EM program was not practical in our setting outside the study.

**Patient example 1**
Patient 31 was a 45-year-old woman with a diagnosis of metastatic breast cancer since 2003. Given the progression of her disease, pain became a major morbidity. On this admission, she presented with severe upper abdominal pain that had worsened in the previous 2 days. She reported that pain intensified with movement or touching of the affected area. During EM, she lay on her bed. In the room were two medical attendings and the EM practitioner. On initial assessment, the patient stated that her abdominal pain was improved to a score of 6 of 10 since admission but that she had significant (7 of 10) mid-lower back pain. The practitioner placed his hands approximately 10 inches above her right upper abdomen for approximately 20 seconds without touching her. Immediately afterward, she rated the abdominal pain to be 0 of 10. He addressed her lower back by placing his hands several inches over her umbilicus, after which she reported a pain score of 0 of 10. The practitioner asked her about the location of the cancer and did further work on the liver area. The patient was reassessed 15 minutes later and reported a sustained relief from pain in both areas.

**Patient example 2**
Patient 24 was a 72-year-old woman who presented to the emergency department with bilateral worsening knee pain, inability to walk, and inability to bend her knees. She had been told that she needed bilateral knee replacements, but her cardiac status contraindicated surgery. The patient arrived with her husband, who was sympathetic to her pain and frustrated by her inability to ambulate and the ineffectiveness of her

![Clinical Assessments of Change](image)

FIG. 1. Percentage of assessments of improvement in patients with pain and nonpain complaints.

Regarding acceptability and demand, physician referrals came largely from a small group of early adopters on each unit and, within 2 weeks of the first in-service, training met the capacity of the single EM practitioner. Most patients were favorable to EM once approached. Those who declined EM did so for various reasons: religious beliefs, pain so intense they did not want any interaction, “not wanting to be bothered,” or a conviction that it would have no benefit (nonbelief). Most patients who found improvement exhibited both relief and surprise, to varying degrees. Some felt disappointment after an unsuccessful attempt, but most patients in whom the intervention was unsuccessful were neutral, perhaps an indication of low pre-intervention expectations.

Implementation of EM was smooth. The study team found no significant change introduced by the EM sessions in their routine medical practice because it dovetailed with conventional goals of care and clinical assessments of progress. A few referring physicians commented that the speed of recovery was enhanced
pain medication. Before EM, her pain was 10 of 10 in both knees. She had less than 5 degrees of active range of motion. Passive range of motion was 3.5 degrees in the left knee and 0 degrees in the right knee. After the session, her pain was 0 of 10, and she had full active range of motion in both knees. She stood up and walked with a cane, smiling. Her husband applauded and said that he hadn’t seen her do this in many years.

Conclusion
The authors found the results of this feasibility study encouraging regarding the acceptability, demand, and implementation of energy medicine in an inner-city community hospital setting. The practicality of carrying out a study with a single volunteer practitioner was good, albeit different from implementing an ongoing program that needs to be supervised by hospital staff. The next step regarding feasibility could be a study that explores methods for finding and screening local EM solo practitioners (whether volunteer or paid) and for integrating them into conventional clinical settings.

This study provides some guidance as to how EM can be applied clinically, especially in inpatient settings. It suggests that EM has a beneficial effect in some patients and provides some methodologic information that could be used in the design of stronger studies, such as funded feasibility studies of the integration of EM into conventional clinical settings.

Acknowledgments
The authors would like to thank EM practitioner Charlie Goldsmith for providing sessions free of charge; David Tompkins, MD, and Michael Timoney, MD, for design consultation; medical students Tanuj Sood and Melissa Qazi for assistance with data collection; and Mary Sabo for initial study coordination and drafting of the proposal.

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