Exploring the amazing and exciting world of Energy Medicine
In this issue:

3  Letter from the Editor

4  Contributors

6  Good for the Mind

8  The Speedy Startup: Building a Solid Energy Work Practice in 3 Months by Ryan West

14  Ethics Guidelines for Energy Healing Practitioners by David Feinstein and Donna Eden

18  Pendulums: Unlocking Our Inner Guidance by Deborah King

22  Healing (Yourself) Through the Akashic Records by Linda Howe

26  Happy, Healthy, Wealthy & Wise by Karen Druker

30  From Healing Touch Recipient to Healing Touch for Animals Provider by Juli Mahr

34  Connections

36  Energy Marketplace
Hello Readers

The field of Energy Medicine encompasses many healing modalities. At first glance, these modalities may seem quite diverse, however they all contain a common core; the exploration and use of energy for healing. Healing involves our whole being, body, mind and spirit or, said another way, the physical, emotional, mental and spiritual. Our goal is to explore and share this amazing and exciting world of Energy Medicine with you.

In this issue, Linda Howe, a leading expert in the field of Akashic Studies, Deborah King, The New York Times best-selling author of Be Your Own Shaman, and Karen Drucker, recording artist of original positive-message music, share their unique perspectives.

Energy Medicine extends to the animal kingdom as well and Juli Mahr shares the profound effects of Healing Touch she has experienced with animals in her work as a veterinarian. Ryan West shares her experience with starting a successful Energy Work practice and last, but not least Donna Eden and David Feinstein share insights on ethics for energy healing practitioners.

We also have a new presence on Facebook where we hope to keep you up-to-date with news from Energy Magazine. If you haven’t visited us yet click here to Like Energy Magazine and leave us a comment.

Blessings to you – our readers (over 20,000 of you) who make this magazine possible with your support and feedback.

Billy
Karen Drucker has recorded 14 CDs of her original positive-message music. Karen is known as a “music weaver” accompanying such authors as Alan Cohen and many others. Karen has been called “a master of communicating presence and spirituality through music.” She loves making music, making a difference, and touching hearts.

Donna Eden a pioneer in the field of Energy Medicine for more than three decades, is among the field’s most sought, most joyous, and most authoritative spokespersons. Donna has trained more than six hundred practitioners who are now certified in her approach to Energy Medicine. Learn more at www.LearnEnergyMedicine.com

David Feinstein, PhD, is a clinical psychologist who has served on the faculties of The Johns Hopkins University School of Medicine, Antioch College, and the California School of Professional Psychology. Author of eight books and more than 80 professional articles, he has been a pioneer in the areas of energy psychology and energy medicine. His books have been translated into 15 languages and have won nine national awards. His website is www.EnergyPsychEd.com.

Linda Howe is a dynamic speaker, engaging author and gifted teacher with a following of students from every walk of life. Linda is the founder of the Linda Howe Center for Akashic Studies and the leading expert in the field of Akashic Studies. She is also the author of How to Read the Akashic Records and Healing Through the Akashic Records. Linda enables her students to experience consciousness development and transformation.
Deborah King is *The New York Times* best-selling author of *Be Your Own Shaman*, which takes the reader on a one-of-a-kind journey into the powerful esoteric world of healing. Deborah was a successful attorney in her 20s when a diagnosis of cancer sent her on a search for truth that radically changed her life.

Juli Mahr, DVM, has been a veterinarian for 23 years. She has a degree in Veterinary Medicine and Surgery from the University of Illinois and a Ph.D. from Cornell University in Immunology. She was introduced to energy medicine as a way to help relieve her menopausal symptoms. She has since taken Healing Touch for Animals classes and incorporates her new found skills into her daily work with animals in shelters and in her practice.

Ryan West, HTCP, CMI, CQP, does energy work through her Bend, Oregon practice, Becoming Joy (www.BecomingJoy.com). She is certified in several energy modalities including Healing Touch. In addition to energy work, Ryan also loves helping other small businesses and wellness professionals meet their goals - offering marketing coaching as well as a full range of services through her company, Ryan West Marketing + Design. www.RyanWest.com.

Next Issue: Energy Medicine for Children and the Elderly
1 | Did you know that you have a rainbow within you?

_I am a Rainbow_ explores the chakra energy system within and around us. This book is an introduction to the energy field for anyone ages 7-99! Also recommended as a parent/child or teacher/student shared text. It presents and explanation of the energy system within a simple format to facilitate shared discussion.

The Master Teacher leads characters Joey and Marisa on a color journey beginning in the west as the sun sets. They are guided Eastward toward the light of a new day, experiencing gardens of color. As they travel through the gardens, the children learn to connect with their seven major energy centers assisted by the Master.

2 | A friend criticizes you. You grow impatient with someone you’re trying to help. A cell phone user annoys you on a train. Would your first response to these situations be kindness? In _The Kindness Handbook_, Sharon Salzberg explores with insight and clarity how kindness for ourselves and others can be the quality we choose to steer our lives by.

3 | When Robert G. Jahn and Brenda J. Dunne first embarked on their exotic scholarly journey more than three decades ago, their aspirations were little higher than to attempt replication of some previously asserted anomalous results that might conceivably impact future engineering practice, either negatively or positively, and to pursue those ramifications to some appropriate extent.

This text is their attempt to record some of the experiences encountered, and understanding acquired in the hope that their preservation in this format will encourage and enable deeper future scholarly penetrations into the ultimate Source of Reality.

4 | Most of us can remember a time when we felt completely awake—fully present, deeply engaged, our heart and mind wide open. We also know those periods of sleepiness when our purpose is unclear, we lose our way in relationship, and life’s challenges seem more than we can bear. In _Staying Awake_, Mark Nepo invites us to inhabit our truest selves “in all ways in all directions,” as we find our own voices in the One Conversation in which each of our lives is a story waiting to be told.

_Staying Awake_ is Mark Nepo’s offering to all of us who seek “the love of truth and the truth of love that help us live.”
Anomalies, in science as well as our day-to-day world, tend to get overlooked or at worst, shoved under the carpet. Anomalies tend to challenge our perspective of things, our worldview, and often it is much easier to overlook them than it is to explore what might be happening.

The field of Energy Medicine is full of anomalies that challenge our view of science, medicine and the world we live in. For many years it was restricted to forward thinking people who were willing to explore the fringes of traditional practices. Dr. Bernard Grad, McGill University School of Medicine, Montreal, Canada, whose studies date back to the 1950s, was one of the early researchers in this realm and explored the use of “laying on of hands” in healing among other things. Today Energy Medicine holistic practices are taking their rightful place and complementing traditional medicine because of such early pioneers.

It is important to continue to support the exploration of Energy Medicine and other anomalies. Several organizations are having an impactful influence on the future through such exploration and research.

Organizations such as the Institute of Noetic Science (IONS), the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) and the Society of Scientific Exploration (SSE) continue to support, promote, acknowledge research in energy and healing. ISSSEEM is an interdisciplinary organization for the study of the basic sciences and medical and therapeutic applications of subtle energies. ISSSEEM was founded in 1989. (www.issseem.org)

Society of Scientific Exploration, founded in 1982, is a professional organization of scientists and scholars who study unusual and unexplained phenomena. The primary goal of the Society is to provide a professional forum for presentations criticism, and debate concerning topics, which are for various reasons ignored or studied inadequately within mainstream science. SSE publishes an online magazine, Edgescience that exposes the general public the groundbreaking research and discoveries made by SSE members. (www.scientificexploration.org)

The Institute of Noetic Science was founded in 1973. Its primary program areas are consciousness and healing, extended human capacities, and emerging worldviews. (www.noetic.org)
The Speedy Startup:

Ryan West, HTCP, CMI, CQP
When I started doing energy work in Port Townsend, Washington, everything seemed to flow very easily. People there seemed to understand what energy work was – or at least they had a framework for it in their minds already. So when I announced my start-up by sending emails to a number of listservs and my small personal network saying that I did energy healing and a little blurb about some of the benefits people could experience, new clients just called and emailed to schedule with me. Voila! Instant practice.

However, following a recent move to Bend, Oregon things were different. I knew no one. There were no community listservs in the same way. When I told people I did energy work they looked at me with a blank stare. I knew my approach to entering this market was going to have to be vastly different. Fortunately, with my background in marketing, I was already well prepared. But truth be told, the methods I am using could be employed by anyone and they would likely be just as successful.

When I arrived in Bend it took a little while to get settled. Feeling grounded at home had to come first. Also, I knew there was prep work that needed to be done. I found an office. I worked on developing my new brand - *Becoming Joy* - creating a logo and business cards, building a website. Finally, I worked on personal issues that I perceived might inhibit my success.

I knew to be successful I needed to network at a level that I never had before. To be good at that, I needed to feel confident and comfortable talking to people about what I did. This meant dealing with all those throat chakra issues about speaking my truth - and the mega challenge - coming out of the closet as an intuitive. I realized that I wanted to feel, at a core level, that the work was normal – not
weird in any way. If I was comfortable with the work and myself - other people would be too.

After a few months in my new town, I had done the necessary work and was good to go. I was invited to attend a women’s networking group as the guest of a chiropractor I had been seeing personally. She was my angel who generously introduced me to others at the event and made it easy for an introverted outsider. From that one event, I got three clients who paid me enough money to pay for my full membership to that group by the following month. It was the first networking event I had ever been to that I actually enjoyed and it gave me hope. Hope that I could do this. Hope that I could tell my story – really be the fullest version of me – and not die – literally.

Prior to this, the idea of walking into a roomful of strangers and talking to people I did not know was about the worst thing you could wish on me. However, I knew that doing this was part of my journey - part of being the new me. By the end of the first month of getting out there I was totally on board and there was no bad place to meet people. I started attending any event where I might have the opportunity to connect with a few people personally. Whether or not people were interested in what I had to offer did not matter. I was planting seeds and doing my job to spread the light, knowing that the rest would come together in perfect timing.

Everything that I did was mainstream - Meet-up groups, Chamber of Commerce events, networking events for green businesses, women’s groups. You name it, I was there. Each event seemed easier and easier. Over time, I discovered a strategy that worked well for me. When I arrived at an event, I found one person I knew and started there. Once I am grounded and centered in the room, it is infinitely easier to bravely walk up to some people I do not know and introduce myself.

The key with networking is this - you cannot just attend an event, meet someone once, and then expect that anything will come of it. You have to follow up. What is strange to me is that almost no one else does this – so you will be remembered if you do. Using the contact information on the business cards I was given at events, I sent an email saying (genuinely) how nice it was to meet the person and anything I appreciated learning about him/her through our conversation. If I had any resonance with a person at all, I sent an invitation to meet for coffee, lunch, or my favorite date - a walk by the river to get to know the person better. After that one-on-one I sent a hand written thank you card whenever I could. I set up one to three meetings like this per day until clients started taking priority over these appointments. Truthfully, quite a few of these people have become clients themselves.

Because most of the people I met had no idea what energy work was, they needed to connect with me personally to understand more about what I did and feel comfortable coming to see me or referring a friend. Having a lot of one-on-one conversations also enabled me to learn more about people to whom I might refer my clients and helped me find quality services I was interested in using personally. A distinct advantage was that each relationship I developed was one more person I knew in the room at future networking events.

Another thing I started doing was giving free talks about energy healing. My first one was to a group of 40, an event that was paid for and promoted by someone else. I was offered the gig through a woman I had a one-on-one with after we sat at the same table at a networking event. So far I have gotten at least four clients from that event, had my face and business name in every local publication at no cost to me, started developing a permission-based email newsletter list, and began establishing credibility in the community. Event better, the free talks have given me something to which I am able to invite people after I...
meet them at other events. If nothing else, they give me a reason to follow up and connect with them again, which I do individually, not by spamming an entire list with an invitation.

When I arrived to town, I placed one ad in a wellness directory which led to an article being written about me in the newspaper - resulting in five clients. I did not renew the ad because what I discovered is that there is too much education needed to really sell what I do in an ad. Yes, advertising is passive – but it is expensive. For me that money is better invested in an opportunity where I can connect with people over and over again face to face. Trust is everything here and people just do not believe ads. On the other hand, search engines optimizing my website have proven to be effective and have brought several clients through the door.

I traded a photographer and three models for my services and got great pictures for my marketing materials. The visuals made the process much less intimidating to people. Now when I meet someone new and explain what I do I often just hand them a brochure and point to the pictures as I describe what I do in more detail. The more straightforward I can make an unfamiliar process, the easier it is for people to feel comfortable with it.

What I have learned so far is that in a community where relationships are king, it almost always takes more than one point of contact for someone to choose to book a session (unless it is a referral). That is a basic marketing rule, but one that definitely has been proven true. My goal is to create as many opportunities as possible to educate people about the benefits of what I do so I am on the top of their minds when they need me.

I go to the same events over and over. Better to saturate a few groups well than spread myself too thin. Then I connect again by following up via personal email. I might have a one-on-one meeting with them. They might receive a personal invitation to a free talk. They might get my email newsletter. They might have heard me speak or they might have read about me in the newspaper. My target audience needs to see my name and business out there at least a few times a month. As I continue to show up professionally - eventually - when they are confounded by something in their lives and are ready for help – I know they will think of me as a possibility.

From the point where I had a business card and website and was actually ready to get started with heavy promotions, the whole development process unfolded over roughly three months. By month three I was seeing 10-12 paying clients a week. In a few more months I expect my schedule will be totally booked with 16-20 appointments every week.

Now the number of networking events I attend is definitely less than when I started. I am busy enough that I need to pay attention so that I do not burn out. I attend one meeting with the same group every week. Then there are four other events per month that I definitely attend. I go to additional events only if it works for my schedule and I feel drawn to attend. Currently, I schedule one-on-one meetings to get to know others in the community only one to two times per week. If my calendar feels pinched, this is the first thing I drop when I need more space to stay balanced.

All in all, it has been a full-time job building the practice I now have. However, it has been a fun adventure and I have had the opportunity to work through a lot of my personal issues which has helped me expand. By envisioning the practice I wanted to create, consistently showing up, and walking through the doors that opened easily, I have been able to create a sustainable lifestyle and business that feeds my mind, body, and spirit on every level. My personal experience proves that success in your energy work practice is possible, even probable, if you fully commit yourself to the journey.
We are thrilled to invite you to beautiful San Antonio this August for the 2012 Healing Touch Worldwide Conference as we come together in community to Celebrate Wellness!

Healing Touch Worldwide Conference 2012
Hyatt Regency, San Antonio, TX August 2-5

Together we are creating a Wellness Revolution!

Come and . . .
Experience
Explore
Discover
Learn
Celebrate
Grow
Laugh
Share
Rejuvinate

Go Home . . .
Refreshed
Connected
Enthused
Inspired
Fullfilled

Need Details?
Register Here!
Regional Conferences 2012

Attend your Regional Healing Touch Conference!

- Stimulate your mind with new ideas and soak in your local HT professional community for a few days.
- Experience interesting and inspiring discussions on a range of topics.
- Connect with old friends and build new relationships.
- Leave inspired, motivated and with a sense of joy and fulfillment for having deeply connected with your local community.

Start planning now to take advantage of this wonderful time of learning, connecting, networking and sharing with your peers.

Wellness: (noun) The state or condition of being in good mental and physical health
Revolution: (noun) A sudden, complete or marked change in something

Put these two concepts together in a focused way with a gathering of energy healers and you have yourself an exciting, inspiring event you do not want to miss out on!

Register Here!

Need Details?

West Coast Regional Conference - September 21-22 2012, San Diego, California
When we launched our practitioner certification program in Eden Energy Medicine in 2005, we knew of no models for teaching ethics to energy healing practitioners. We wanted our students to understand that ethics are far more than a list of rules that will restrict them – or a bunch of arcane requirements that should put fear in their hearts. How could we persuasively convey that ethics are the principles adopted by practitioners within a field to translate the desire to serve into the profession’s evolving wisdom about how best to serve? Ethics, in fact, guide members of a healing discipline on the lessons gleaned from the experiences of those who came before them about:

1. How to create and maintain a vital interpersonal context for providing healing services.
2. How best to navigate through the various types of challenges that may arise when providing those services.

Embracing sound ethical practices is no less than the third pillar for being able to provide outstanding health care services, right along with developing strong professional competence and taking robust care of one’s own health and well-being.

In addition to needing to provide a firm foundation in the ethical principles that apply to all healing professionals, we knew that many ethical challenges are unique to energy healing. For instance, you feel a heavy, painful sensation in your hand as you are working on your client’s stomach. The other two times

In one of the 50 vignettes from the Ethics Handbook, the following dilemma is presented: You are seeing a woman who has been having anxiety attacks during the past six months, and you are also seeing her husband for digestive problems. During a breakthrough session with the husband, you learn that he has been having a secret affair. It is immediately obvious to you that his wife’s anxiety is based on her sensing at some level, though you have also been working with some success on ways her anxiety seems tied to her childhood history, as well as, problems with triple warmer and bladder meridians. Can you continue to see her as a client? Him? Could you have taken any steps to prevent this crisis in confidentiality?

To further complicate our task, our students ranged from physicians and other seasoned health care professionals to those who had never had a course in ethics. We developed a case study approach to teaching ethics which proved highly engaging for students of all levels of experience. The human dilemmas in ethical issues cut across all bounds, and our role-plays, debates, mock ethics hearings, and penetrating discussions of the core issues were illuminating for us as instructors, as well as, for the students. As the cases...
Practice, Informed Consent, the Healing Relationship, Confidentiality, Personal and Interpersonal Boundaries, Record Keeping, Public Statements and Advertising, and Teaching and Presentations. For the case presented above, these are presented with the simple introduction: You are caught by surprise and are in a terribly awkward position. Guidelines to consider include:

1. Your client’s health and welfare are the highest priority in your professional activities. (General Principles-1)

2. Your client is the only person who has the right to determine who has access to information about his or her energy healing services. (Confidentiality-1)

3. If conflicts occur regarding your ethical obligations, you must attempt to resolve these conflicts in a responsible fashion that avoids or minimizes harm. (The Healing Relationship-15)

4. You do not enter into a dual relationship that could reasonably be expected to impair your effectiveness in the delivery of healing services. (Personal and Interpersonal Boundaries-13)

5. If you are working with more than one member of the same family, you must establish from the outset the kinds of information that may be shared, and with whom, and the kinds of information that may not be shared. (Confidentiality-2)

6. You seek to promote accuracy, honesty, and truthfulness in your communications and in the practice, teaching, science, and art of energy healing. (General Principles-4)

Discussion then proceeds to thinking through how to approach the case. The Handbook continues:

Even if a clear understanding about the bounds of confidentiality had been achieved, this could be a very difficult situation. To avoid situations like this, some health practitioners, if treating more than one adult member of the same family, make it clear and explicit with each person involved that any information voluntarily revealed by one family member can be shared with the others. Then each client has a choice and knows in advance that anything they choose to disclose may be shared. Other health practitioners take just the opposite approach, maintaining a seal of confidentiality with each client, even if in an intimate relationship or in the same family. Some health practitioners, particularly some psychotherapists, will not treat more than one person in the same family, in order to prevent situations such as this one.

The wording of this case suggests that confidentiality for each party was either established or implied, leaving you in a straightjacket as you review your options. Like many ethical dilemmas, there is no “right answer” or “ideal approach” for this situation. Whatever step you take next will provide some benefits while containing some risks. However, those steps can be informed by an understanding of the applicable ethical principles regarding confidentiality, dual relationships, client welfare, and how to proceed when ethical principles collide.

A place where you can start without confusion - about what you can say without breaking confidentiality - is with the husband. You can explain your ethical dilemma to him. Presuming that his wife’s symptoms of anxiety have been shared knowledge among the three of you, you could present your
belief that his wife is at some level aware of his affair, that this is contributing to her symptoms, and that the situation puts you into an ethical dilemma as long as you are continuing to work with her on that anxiety. Possible outcomes include that he might choose to tell her about the affair, might end the affair, might separate from her with the intention of getting counseling or of ending the marriage, or he might insist that it is your ethical obligation to maintain confidentiality.

If he opts to insist on confidentiality, or if you have decided not to discuss the situation with him, your choices include:

- You could continue to work with both of them and compartmentalize the information. However, should the wife learn that you were told about the affair, she may perceive you as being complicit with the husband in concealing it. This would likely violate her sense of trust and could undermine future work with her.

- You could tell him that while you will not break confidentiality, you can tell his wife that for reasons you cannot disclose, you are not able to continue to work with both of them and you must refer her to another practitioner. If he still refuses to disclose the affair, you would follow through on this. Your rationale could vaguely include that it is not turning out to be workable to have both of them as clients.

- Or, you could tell him that the next step is to tell her that you believe the couple dynamics are contributing to her anxiety and that you would like to refer them for couples therapy as a required adjunct to your continued work with her, or as an alternative to your continued work with her.

You would do well to discuss each of these or other options (such as breaking the confidentiality—an option that is hard to imagine choosing) with a colleague and to consider very carefully the possible outcomes of each course of action open to you, based on everything you know about each partner.

As you can see, these kinds of dilemmas do not have easy answers, but anticipating particularly challenging situations in advance prepares you to meet the conundrums that may come your way. With sound ethical principles being so vital to the success of our field, we are also initiating a free Ethics Forum so energy healing practitioners can run ethical dilemmas they are facing by their peers. The Ethics Forum will also include other features such as a database of useful articles, risk-management guidelines, and blog-like discussion of cases such as the one described above. You can ask to be contacted when the Ethics Forum is up and running by writing ethicsforum@innersource.net.
Pendulums: Unlocking Our Inner Guidance

Deborah King

Deborah will be a keynote speaker at this year’s Healing Touch Worldwide Conference in San Antonio, TX.
Do you find yourself inundated with outside advice and too much material to make sense of your life? Do you wonder if you should keep on your current path and stay in that same job, city, or relationship? Are you unsure about whether you are making the right choices for you and for your life?

Everyone has uncertainties in life and everyone is in need of guidance. While there is no shortage of advice to find from outside sources (both solicited and unsolicited), often the best advice you can receive is from your inner self. You are the only person who truly may know what works best for your highest good, so it is essential that you are aware that you can depend on your inner guidance.

Learning how to access this inner guidance can be tricky, but a pendulum is an excellent tool you can use to help you find your higher self and discover the answers and direction you are seeking. A pendulum can connect you to higher sources of information.

The good news is, anyone can learn to use a pendulum, but just like learning to play a musical instrument, the method takes some practice and patience to learn to do it properly. Once you master your pendulum and get to know its use, you will see that it can be a valuable tool for your own personal and spiritual growth.

Pendulums have been used for divination for thousands of years. The ancient Romans and the famous French seer Nostradamus were known pendulum users. They held the pendulum over a basin with characters of the Greek alphabet inscribed on it and allowed the pendulum’s movement to spell out answers to their questions.

Choosing a Pendulum that is Right for You

A pendulum is a simple object that is suspended by a cord. The pendulum recommended for beginners has a conical shape and is made of wood, rather than metal, crystal or stone. Metal, crystal and stone pendulums take quite a bit of training to use properly and require a higher level of consciousness from the operator. A crystal also contains a powerful field of its own that can distort the fields around it. So start with a wood pendulum, preferably beechwood, which will help give you the information you are seeking without the added interference from other energy fields.

Using your Pendulum

When you first get your pendulum, keep it close to your body for a few days so that it begins to resonate with your energy. Try carrying it around with you in a little pouch or your pocket. The first step in using your pendulum is to bless it. You can bless it by affirming that you want your higher self and your spirit guides, who are prepared to assist you, to help influence the movement of the pendulum. Make sure you bless your pendulum before each and every use.

Your next step is to hold the cord or string between your thumb and forefinger (hold this in your dominant hand), with your elbow resting on a table, the arm of a chair, or your knee so it is hanging freely. Try to keep your hand and arm completely still and make sure the pendulum is not touching anything. When the pendulum stops moving, you can ask a question. Please note that a pendulum requires you to ask only “yes” or “no” questions.

Start by asking a “yes” question for which you already know the answer. It can be something as simple as “Am I a woman/man?” Take note of how the pendulum moves in response to your “yes” question. Does it move side to side, clockwise, or counter-clockwise? This movement will define all of your “yes” answers. Not everyone will have the same movement for their “yes” answer, so it is important that you pay attention to what yours does. Try asking a few known “yes” answers to confirm your movement. Then try asking some “no” questions. The movement for “no” should be different. Practice a few more “no” questions and note the direction of the pendulum for those questions.
Once you determine the pendulum movements for both your “yes” and “no” questions, you are ready to ask questions in which you are seeking guidance. Your answers are waiting for you in your unconscious mind, your higher self and in the higher unified field of All That Is.

Seeking Answers from the Divine

Free your mind from expectations and make sure you are centered and relaxed. This is the most difficult part of the process, as you need to become quiet inside. You do not want to accidentally influence your results with an answer you want.

Phrase your question carefully and very specifically. Do not be vague with your questions – you are getting a “yes” or “no” answer so you want to narrow the scope of your question as much as you can. For example, asking “Will I ever meet the man of my dreams?” is too vague. Try instead, asking about a specific person and situation such as, “Will I start to see Bob, the guy I met at Starbucks this morning?”

Never use your pendulum for negative purposes. The ego can be a very powerful and negative influence in your life so be sure not to use your pendulum for egotistical purposes. The pendulum should be used only for the well-being of yourself or others.

Using your Pendulum on Others

Once you have become familiar with your pendulum for your own use, you can also use it to check the chakras or energy centers of others. A pendulum can provide you with feedback about the location of each chakra and its movement.

Here is the location of the chakras:

- **First Chakra**: at the base of the sacrum
- **Second Chakra**: halfway between the first chakra and the waist
- **Third Chakra**: halfway between the navel and the breastbone
- **Fourth Chakra**: in the center of the chest
- **Fifth Chakra**: in the center of the throat
- **Sixth Chakra**: between the eyebrows
- **Seventh Chakra**: at the top of the head

Begin by having a friend lie on his/her back, preferably on a surface that is at a height where you can keep a comfortable posture. Be careful not to be leaning into the person, as that may create a push and distort the movement. Hold the pendulum about 4-6 inches (10-15 cm) above each chakra. When the pendulum starts to move, make note of its movement and direction.

Here is how to analyze the pendulum movements:

- **Clockwise**: the chakra is open and the feelings governed by it are well-balanced and full.
- **Counter-clockwise**: possible blocked energy or negative experiences with the feelings related to that chakra.
- **Elliptical Swing**: a right- or left-side imbalance of energy flow in the body, possibly due to overusing either the right masculine side or the left nurturing side.
- **Erratic Swing**: this person may have recently changed his or her belief system or is going through a large spiritual upheaval, which may affect a chakra’s movement and make it behave erratically for a day or two.
- **No Movement at all**: either you are holding the pendulum in the wrong place on the body, or if you are in the correct place, there may be blockage in that chakra.

Do not get discouraged if it takes you a long time to learn where the chakras are. With practice, you will in time master this tool and start to see results that will help you discern what is going on in others’ energy centers.
To clear and charge your pendulum, place it outside in the moonlight during a full moon (when the weather is dry, not moist). You can also “clear” your pendulum every time you use it with your intention. Be sure not to loan your pendulum to others unless it is for the purpose of testing your own chakras.

Connecting to the Divine

The pendulum is an excellent method to access your inner guidance and read your chakras. With the knowledge you are receiving from your inner self and higher consciousness, you will be able to reach a higher level in your own soul and spirit and be more connected to the unified field and All That Is. Your connection to the Divine will be closer and you will be better equipped to heal yourself and others. Everyone possesses the ability to find the answers to the questions they are seeking. The solutions to our problems are within. With a pendulum’s help, you can access these answers and solutions and trust in your inner wisdom and the wisdom of your spirit guides and the universe around you. Your higher self will thank you for it.

For more information on chakra balancing and healing, or to order a pendulum (made by hand and properly cleared to give you accurate information) online, please visit the Deborah King Center at: www.deborahkingcenter.com
Healing (Yourself) Through the Akashic Records

Linda Howe
Linda will be a keynote speaker at this year's Healing Touch Worldwide Conference in San Antonio, TX

Remarkably, today is a dramatically new day for healing and we are the healers we need! Unprecedented changes are afoot in our understanding of “healing” - the ways we perceive ourselves - who we understand healers to be - our relationship to healing - our expectations of results - assuming personal responsibility for our well-being - and - even appreciating the benefits of our distress.

Good fortune has provided me with the opportunity of participating in this shift through my work in the Akashic Records. My conscious quest for peace, relief and physical well-being began at age 24 during a moment of intense spiritual awakening. In that moment, I became aware of my oneness with every person and every living thing. I experienced a sense of being liked and loved by the spirit of Life, which, at that time, blew me away. Off I went to discover how to live my everyday life rooted in this awareness.

Decades later, I continue to grow into this startling realization -- I am loved. Along the way, I have encountered scores of useful approaches to self-awareness and enhancement which kept me intrigued and moving along my path. However, it was not until my encounter with the Akashic Records in 1994 that I felt anything close to that original spirited moment. I was simply riveted by the Akashic Presence, which I have discovered to be the convergence zone of the Love, Light, and Power of Life, with the compassion, wisdom and energy of the Source. Since then, I have taught thousands to work in the Records, with incredible results.

My early endeavors into the Akasha revealed it to be an infinite spiritual resource. Initially, I felt certain I knew what that meant. Years later, truth be told, I am just beginning to grasp what this infinite spiritual resource entails. I am constantly amazed that the Record has no ending, no finish line. Plumbing its depths, I see that this realm can never be exhausted.

Another insight that still amazes me years later is the simple accessibility of this infinite resource. Through a surprisingly simple process of living life, meeting challenges, exploring everyday human struggles from
within the Akasha and applying guidance gleaned, over time, I have adapted a new approach that reliably brings about significant change. Like yours, my life’s challenges have run the gamut - from health concerns to raising a child to caring for aging parents - all the while nurturing an intimate relationship with my spouse and assisting students and clients with all of the above. Working in the Akasha provides reliably consistent results, seemingly tailor-made to each situation, always providing me with inner peace and perfect outcomes.

What are the Akashic Records? What perspectives define the Akashic Approach?

How can this infinite resource support your healing? The Akashic Record is a vibrational archive of the journey of every soul, without exception. Akasha is a Sanskrit word meaning primary substance or essential life force, that which is unaffected by human intention, thought or feeling. Basically, this is the raw material of Life. Every set of Records has two parts - the blueprint of each soul’s potential and destiny, as well as, the corresponding catalogue of human incarnations, through which an individual soul grows into awareness of their blueprint and lives a human life expressing their magnificent truth. In other words, as I like to say, our Akashic Records tell the story of our becoming awake, aware and aligned with our soul and then acting to honor the truth of our fundamental goodness. From an Akashic point of view, this awakening takes place through space and time and is our ultimate destiny.

I use the Pathway Prayer Process to Access the Heart of the Akashic Records, which I fully describe in my first book, How to Read the Akashic Records. This Prayer is perfect for moving consciousness to a highly receptive state and then calling forward one set of Records at a time for review. This system is a marvelous crucible for examining issues, patterns, limitations, beliefs and actions from the perspective of the soul, looking at the identity of an individual, as well as, their purposes and intentions for this life within the context of all lifetimes. Ideal for personal empowerment and consciousness development, the Records are known for endless compassion, acceptance of human imperfection and an ability to bring the light of the soul into focus no matter what the difficulty. Quite different from fortune-telling, the Akasha contains all past, present and future possibilities, in an atmosphere suited for cultivation of growth. This is why I say healing “through” the Records rather than healing “by” the Records. Here, in the Akasha, we can register the Truth and allow healing to unfold through that revelation.

The Akashic Approach invites us to explore the governing absolutes, their influence on the atmosphere and how this relates to healing. Three imperatives safeguard the sanctuary of the Akashic Records -- “Judge Not,” “Fear Not” and “Resist Not.” The cooperative relationship of these principles ensures an atmosphere of kindness, respect, acceptance, appreciation and compassion. Making the effort to be less judgmental reduces our fears, and when fear is diminished, resistance becomes unnecessary. We are called to consider the possibility that everything in our experience is a component of a structure supporting us in recognizing the perfection of our own (and everyone else’s) soul, even when human behavior suggests otherwise.

Energy corresponds to human emotion and thought. Negative judgment and criticism act as crazy glue, attaching us to that which we do not want. Whereas, acceptance and allowance cause release of that which we do not desire. It follows then, that when dealing with undesirable conditions, it is energetically advantageous to accept what happens, freeing the condition for transformation. Do not confuse this approach with approval - I am not suggesting you prefer unpleasant or harsh circumstances. Rather, simply accept and see that, "Yes, this really is the way it is right now, and that's okay." Your acceptance is precisely what releases resistance and activates liberation.

As a healing resource, the Records are nonintrusive and noninvasive. From the altitude of the Akasha, the inherent integrity of the soul becomes obvious, as is the reality that everything exists as part of the grand conspiracy to awaken all souls to their immutable goodness and connection to the Source. From this vantage point, our relationship to human
imperfection and wounds begins to transform. Consciously connecting with the core integrity of a person disarms both need and impulse to send or receive energy. We already always have sufficient Light. Recognizing this Truth, one soul to another, facilitates a quickening. A recognized soul is an awakening soul. Just as science teaches that a particle observed is a particle changed, this idea applies here as well. As practitioners of the Records, we become “allowers” of our healing, so to speak, respectful of the greater wisdom of the Light.

Wounds: from ordinary to sacred opportunity

One of my most precious insights has been the matter of Sacred Wounds. For many years, I struggled to make sense out of the injuries I sustained in life - emotional, mental and physical. Not only my own injuries, but also those of my students, each engaged in a valiant effort to heal and become free of limitations caused by their injuries. Initially, I was baffled that everyone I knew (and everyone they knew, too!) had all sustained injuries in the course of living, rendering them wounded or restricted in some capacity. Naively, I assumed that these wounds were deserved, perhaps part of some Karmic score-keeping or as a result of a faulty belief system. I convinced myself that these wounds (and their consequences) were evidence of human shortcomings, beliefs, behaviors and unworthiness, whether as a consequence of sin or a lack of enlightenment.

Taking this conundrum into my Records, I learned quite the contrary. In fact, I saw that every one of these wounds has the potential to become a portal for a direct encounter with Source! Furthermore, all wounds can be a key opportunity for a more conscious connection with ourselves and Source! Instead of evidence unworthiness, wounds are the gateway to deeper unconditional self love and awareness of an unshakeable oneness with Source.

This clarity rattled me at my core, as you can imagine. Shockingly, my old ideas were sufficiently shattered. What remained was a liberating perspective, enabling me to clearly see the spiritual value of our human challenges. We can be freed from self condemning points of view that have kept us trapped and victimized in cells of our own making! We can heal ourselves!

Considering every wound as a sacred opportunity radically shifts our connection with our injuries. Making peace with the reality of what exists liberates the Light to expand and do what is needed to be done. The concurrent state of peace and acceptance facilitate the best of all possible outcomes. Our definition of “healing” no longer applies to a specific “cure” but rather, to a change in our relationship and understanding of our wound and its consequences.

The ultimate opportunity of every wound, then, is to discover a way to love ourselves unconditionally, even with injury and imperfection. Healing occurs.

From an Akashic point of view, we recognize that loving ourselves in any and all circumstances is central to our soul’s human journey. This may take countless lifetimes, I know, and a constant donning judgment and fear along the way is required for transforming our opinions from condemnation to acceptance. Rest assured that this is precisely what unleashes the power of infinite Light to bring about whatever cure supports us at the time. In some instances, total physical transformation occurs, in others only partial change, and in yet others, the shift is in our relationship to our human condition. Gradually, we move toward mastery of unconditional love of self (and eventually, others) and awareness of our Source.

Firmly rooted in this Akashic perception, we can begin to see ourselves and others from this vantage point - considering that our wounds are facilitating the expansion of our awareness from condemning to inclusive. This posture weakens our resistance, empowers our embrace and propels us to our next
level of potentiality. Within this context, that every incident is ultimately supportive, our fears can dissolve and we are free to operate as healthy, happy, loving human beings.

Deep in the soul of every human there resides a sense of the possibility of personal greatness. This awareness amplifies the energy itself. Increased conscious connection with this energetic presence makes it easier still to surrender fear and judgment. Letting go of fear and judgment clears the path between the soul (that part of the self awareness of its divinity) and self-expression into life. This is the very essence of health and healing -- our ability to access and express our soul directly into life.

Details about the form of the healing and specifics of our preferred outcomes become secondary. Within the Akasha, we discover an innate ability to love ourselves in sickness and health, for rich or poor, in good times and in bad, for now and forever. This is the heart of all healing -- to be free of judgment, fear and resistance so as to accept the reality of our human condition’s mortality, and the infinite, eternal nature of our soul.

Healing Through the Akashic Records: Using the Power of Your Sacred Wounds to Discover Your Soul’s Perfection, is the guidebook I wrote to help you identify your Sacred Wounds. Recognizing your Sacred Wounds as the Path of Peace in your relationships with others - being able to move from resentment to forgiveness - practicing unconditional love of others - and - experiencing liberation from limiting patterns as you activate your Ascension Matrix (Gratitude, Grace and Generosity) -- will empower you to live in the world as it is and enable you to participate fully, completely aware that we are One. Yes, it is true -- each of us is loved by Life. Voila! And we are healed.
Happy Healthy Wealthy & Wise

Karen Drucker
Karen will be a keynote speaker at this years Healing Touch Worldwide Conference in San Antonio, TX
I am happy, healthy, wealthy, and wise.  
Happy, healthy, wealthy and wise,  
and I know the light, the light of love is shining in my eyes.  
I am happy, healthy, wealthy and wise.

A little birdie told me that life is so sweet.  
As I listen to her song, I know I am complete.  
I have all the keys to love, joy and peace.  
The power is infinite and love will increase.

I am happy, healthy, wealthy and wise.  
Happy, healthy, wealthy, and wise,  
and I know the light, the light of love is shining in my eyes.  
I am happy, healthy, wealthy, and wise.

From the Karen Drucker CD “Shine”  
© Taytoones Music BMI 2010  
www.karendrucker.com

Ok - play a little game with me. You fill in the musical jingle lines:

Plop, plop, fizz fizz, _______________.

You deserve a break today so get up and get away to________.

My bologna has a first name it’s __________.

Most likely, as soon as you read these lyrics you could immediately fill in the rest of the jingle. (and for those of you who were stumped--lucky you that you were not brainwashed like the rest of us--the answers are at the bottom.)

Commercial jingles and songs prove how a piece of music, when heard a few times, can stay in your mind and infiltrate your subconscious. The question to ask yourself is: Are these messages what you really want floating around in your head and unconsciously repeating over and over?

When I was learning to be a commercial songwriter, it was practically drilled into my mind that the main thing in writing a hit song or jingle was having a great “hook”. A hook is a line, phrase or repeating musical idea that literally “hooks” the listener into wanting to hear that song again. Remember when you were a teenager and you just could not wait until they played your favorite song on the radio? The problem I had with being a commercial songwriter was that I was encouraged to write songs with themes of loneliness, despair, my-man-done-left-me kind of songs. I would plumb the depths of my soul, writing lyrics that would recount bad relationships, how hard life was, and basically celebrate victim consciousness. I would write songs hoping for a hit. I never imagined that singing these negative messages could be affecting my life.

Then one day it happened. I was asked to sing at a New Thought church and only accepted the gig because it was close to home and easy money. “Just sing a few happy songs”, the Minister told me. So I sang my songs (I did have a few positive messages in my repertoire!) and after listening to the Minister’s message, and seeing how people reacted to my lyrics -- I got it! I made the connection between singing positive lyrics and how it made me feel inside. I was
hooked! I began writing melodies to my affirmations, and came up with simple chants and songs affirming my prosperity, health, having thin thighs -- anything and everything that I wanted in my life -- and it felt great! I began recording this new music and a whole new career was born.

Research reveals that we have over 60 thousand thoughts a day. I began to wonder how many of my thoughts during the day were positive and affirming, or negative and self-deprecating. When I started to turn my attention to writing songs and chants that had a positive message, I was amazed at the changes in my life. I was healthier, happier, more money was coming to me and bad relationships disappeared. I started to notice the messages that I was singing were miraculously manifesting in my life.

My friend Alan Cohen says in his book, *A Deep Breath Of Life*, “If you hold an image in mind long enough and feel it as real, you can manifest it -- hold in mind images of the life you desire, and refuse to feed thoughts of what you do not wish. Watch your words.”

So take the time to listen to what that voice inside your head is actually saying. I believe that our inner critic is simply doing its job of keeping us stuck in old belief patterns that do not serve our highest good. You can make the changes and choose to input positive thoughts. You can choose to listen to music that uplifts and inspires you. You can become conscious and replace the negative self-talk with fun, positive musical messages. The changes can be amazing.

When I teach my chanting workshops, I demonstrate this technique. We take the negative self-talk, discover the truth of who we really are, and then turn it into a song. Just taking simple songs and adding in whatever you want to claim in your life can bring about change. One student talked about a job interview about which she was nervous. She wanted a melody that would be like an anthem and would empower her when she felt nervous. We chose the song “This Land Is Your Land.” I asked her to write lyrics focusing on a positive outcome. Then I had her visualize that the interview was successful, that she landed the job, and how wonderful she felt.

She wrote:
This job is wonderful!
I am so happy!
I am creative, and I am free!
I make great money with paid vacations!
This job is made just for me!

A few days later, I got an e-mail from her. She said singing that song over and over helped her to “tame” that critical voice. It made her feel good, radiate positive energy and centered her when she felt nervous.

I was not surprised when she said that she was hired on the spot!

Now the music that I write and record now is all about reprogramming my inner critic and affirming what I DO want in my life. I am hoping that my songs do the same for other people. I feel so blessed when I hear how my chants about healing are helping people with cancer, or my chants about gratitude are part of someone’s daily spiritual practice.

So I ask you -- What is your voice saying? What kinds of things does your inner critic say when you are moving out of your safety zone and moving towards your dreams? I encourage you to listen to the music that resonates with the positive qualities that you want to affirm in your life. Dance to it, sing along with it -- you will be amazed how good it will make you feel!

Answers to the jingles from page 27:
1. Oh what a relief it is
2. McDonalds
3. O-S-C-A-R
Liability Insurance for Energy Medicine Practitioners

The perfect fit for your Practice

Do I need to have Liability Insurance for my Energy Medicine Practice? This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there’s always some risk that someone with whom you interact will be dissatisfied. Professional Liability Insurance protects you against covered claims arising from real or alleged claims in your work.

From Healing Touch Recipient to Healing Touch for Animals® Provider

Juli Mahr, DVM, Ph.D.
My name is Juli Maher, I am 47 years old and have been a veterinarian for 23 years. I knew I wanted to be a veterinarian when I was six years old, and am lucky enough to have achieved that goal with lots of help from my family. As a child, I wanted to heal animals who were sick and to stop the pain of animals injured by hunters. I also felt accepted and at home around animals, large or small, and preferred their company to humans. Subsequently, I graduated with a degree in Veterinary Medicine and Surgery from the University of Illinois in 1988.

I currently work as the permitting veterinarian for the Chula Vista Animal Care Facility, a municipal shelter south of San Diego, and as an associate veterinarian at Lake Murray Village Veterinary Clinic in La Mesa, California. My interests are shelter medicine, care of the aging pet, arthritis and rehabilitation, and Healing Touch for Animals® (HTA). My goal has always been to make the lives of animals healthier using traditional Western medicine, until I met Kermit and tried an unconventional technique that saved his life and changed mine. In this story, I will tell you about an energy-based therapy called HTA that restored his will to live.

Kermit (named by Chula Vista staff) was a typical poodle mix from Mexico. I have treated hundreds of dogs like him in my years of practicing at the Mexico/San Diego border. They begin life as starving, worm and flea-infested puppies, sold out of trucks in parking lots and flea markets at three to four weeks of age, and smuggled across the border inside dashboards. Kermit came to my attention because he suffered complications after his neuter surgery. He began chewing at his incision the day after surgery, so I repaired it with surgical staples and prescribed antibiotics and pain medications. I expected him to recover quickly. However, he deteriorated over the following week, becoming incontinent, urinating blood and losing a large amount of weight.

Reluctantly, I took him to surgery again, thinking that damage to the neuter site was causing the bleeding and urinary incontinence. I was surprised NOT to find the answer for which I was looking. When surgery failed to yield the source of bleeding, my technician, Arlene, suggested that we x-ray his abdomen. We found the culprit - a huge bladder stone! Surgery was clearly not over for the day. I went back into his abdomen and removed the stone from his bladder. We also found middle ear infections in both his ears due to embedded foxtails. Now that his underlying medical problems were corrected, I expected him to rebound quickly. I was saddened when instead, every day, I saw him cringe as he helplessly tolerated more ‘doctoring’ for his ear and bladder infections. I sensed he felt trapped and lost in a nightmare of medically-related pain, not knowing when it would be over and losing hope of ever feeling normal again. I was afraid he was losing his will to live.

That is when I turned to HTA techniques that I had been learning, largely out of curiosity, to treat him. HTA is an energy based therapy that relaxes the physical body, clears energetic blockages in the physical and energy body, and allows self-healing to occur.

So I reviewed Trauma Release™ in my HTA Level 2 book, thinking that the weeks of medical trauma were blocking his will to live and reasoning that if he released it, he would get better. I concentrated on Kermit and took the time to do the techniques, which were Bridging™, Grounding and Focus™, and Trauma Release™. When I finished, I saw a tentative, tiny spark of hope in his brown eyes. Over the next days and weeks, I watched his attitude brighten, his appetite grow and his will to live return. He gained over one pound in a week, which is a lot for a 7 pound dog. I was beaming inside and felt a wave of emotion - I believe it is a phenomenon called elation - whenever I looked at him. That's when I became determined to use HTA techniques whenever I could.

Kermit was lucky. He was lucky to encounter me when he needed me most - and I was lucky to know him. His recovery opened my mind to the potential good that non-traditional therapies could do for my patients. He was lucky enough to have other HTA practitioners, who are dedicated volunteers, treat him at our monthly volunteer practice sessions. I recently had a chance to recheck him before he was placed with a rescue group on the East Coast. He blossomed...
into a fluffy 14 pound dog with no ear problems and no urinary tract infections!

My interest in Healing Touch for Animals and becoming a practitioner occurred because of my own experience of receiving Healing Touch for humans. This is how it came about. I asked my friend, Maura, for the name of her acupuncturist because I was having severe menopausal symptoms. I was hoping that acupuncture would be a drug-free way to treat my symptoms of irritability, hot flashes, constant fatigue, no interest in sex, mental dullness and a bad attitude. I sought help when I nearly threw a brand new coffee maker on the kitchen floor the day after Christmas, 2010, because it was taking up too much counter space.

I made an appointment to see Amielle Moyer, MS, LAc, HTCP, a licensed acupuncturist who also does Healing Touch (HT), intrigued by how it might feel. From the first time I received HT from her, I could see energy patterns and colors in my mind when the energy was flowing to me from her hands. When energy was not flowing, the patterns, which looked like fine lines, waves or ovals, stopped. I began seeing Amielle for acupuncture and Healing Touch every week because it improved my mood and energy so much. Over the last several months, I see patterns less and symbolic images more. The last time I went, I had a vision of my body, covered by grass, plants and flowers. My skin had become the carpet of plants. As my chakras (my energy centers) filled with energy, they lit up. One by one, I saw all the images that represented that chakra to me over-layered on my green skin.

From the start, I did not need any convincing that HT was real, because I directly experienced it. But after I watched a video about HT for humans, on the www.healingtouchprogram.com website, I was inspired to become a practitioner. The part of the video that moved me most was the interview with a doctor expressing his heartfelt desire to help kids with cancer experience less pain and fear by using HT techniques. Since I am terrified of hospitals (hence my awareness of medical trauma), his earnest desire to relieve pain touched me. Although I may never be fortunate enough to meet a doctor who believes in Healing Touch, as a veterinarian, I want to learn HT techniques for animals for the same reasons. Especially since I work with shelter pets, with unknown histories that may include trauma and neglect, I want to use energy medicine and energetic detective work to complement my physical diagnoses. I took my first HTA class in March of 2011. Over the past year, I have completed levels 2, 3 and 4.

The Healing Touch practitioner uses his or her intention to allow energy from the Universal Energy Field, or Source Energy, to flow into the patient/client using specific techniques designed to clear energetic congestion from the physical body (such as joint pain) or energy body (such as fears, phobias, and traumatic experiences), to balance and charge the energy centers that reside in both the physical and energy bodies.

There is a chart in our books (see chart on right) that illustrates how the body responds to healing through energy medicine. When energy, fueled by the intention and compassion of the practitioner, flows into the body, the brain and nervous system release endorphins. One effect of this is relaxation of the muscles. As muscles all over the body relax, including the intestines, the blood vessels supplying them open up, too. The increased blood flow elevates oxygen levels in the tissues. These tissues then absorb nutrients more efficiently and release toxins. Healthy cells begin to grow and produce enzymes, growth factors and hormones. As hormones and growth factors are produced, the immune system regulates itself toward physical health.

As a veterinarian, my goals for incorporating Healing Touch for Animals in practice are twofold. First, I propose to make HTA techniques part of the treatment plan for every ill patient, and administer it the way I would medication. Second, I am using HTA in the shelter medicine setting to determine if treatment can have a positive effect on lowering the recurrence rate of some common infectious diseases.
How the Body Responds to Healing through Energy Medicine

When energy, fueled by the intention and compassion of the practitioner, flows into the body, the brain and nervous system release endorphins. One effect of this is relaxation of the muscles. As muscles all over the body relax, including the intestines, the blood vessels supplying them open up, too. The increased blood flow elevates oxygen levels in the tissues. These tissues then absorb nutrients more efficiently and release toxins. Healthy cells begin to grow and produce enzymes, growth factors and hormones. As hormones and growth factors are produced, the immune system regulates itself toward physical health.
Connections
Energy medicine classes, practices, workshops, happenings and conferences

The Divine Mentoring Program
“Become an Energy Healer, with ease”
Victoria F. Stewart, HTCP, HTACP
www.energytherapyspecialist.com
443.454.9018

My philosophy as a mentor is to work personally with you to make certain that your package is complete and meets all the requirements for a successful certification.


Linda Howe
Founder and Director, Center for Akashic Studies

Akashic Records Classes, Certifications, & Consultations
with Linda Howe, author and teacher.

Learn to be an Energy Healing Practitioner

Healing Touch Program is an accredited, international, continuing education program in energy-based therapy.

To find a class in your area click here.

nursing and massage CEs available

Monthly Business Support Conference Calls
2nd Tuesday of each month 9:00pm-10:15pm EST

Available to ANYONE interested in "making a living" practicing Healing Touch, teaching Healing Touch and/or coordinating HT classes.

Click here to learn more

MAKE A DATE WITH YOUR ELECTED OFFICIALS . . .

September 12, 13, 14, 2012 • HOPE on the HILL, D.C.

VOICE FOR HEALERS OF PLANET EARTH

www.HealingTouchforAnimals.com
303-470-6572

voiceforhope.org
This could be your ad
being viewed by over 20,000 readers with a
direct link to your website or store.

Prices start at only $50 per issue

Click here to download our
media kit for more information.

Energy magazine™

2nd Annual Healing Touch
West Coast Conference
September 21-22, 2012
San Diego, California
Courtyard Marriott Old Town
www.healingtouchprogram.com/conference/regional

- sponsored by Healing Touch Program

Earth, Wind, Sun and Sea
Joyful Healing for You and Me

Healing Touch for Babies
Giving babies their best start in life
classes for:
nurses
parents
grandparents

www.HealingTouchforBabies.com

Cordially invites you to …
Expand your Healing Touch
by becoming
A Certified Surgical Coaching Practitioner

VISIT OUR WEBSITE:
www.BeyondSurgery.net
for class dates and program details

Program Directors and Instructors
Judy Lynne Ray, MS
Nancy J. Blue, M.Ed

Society for Scientific Exploration

EdgeScience
Free On-line Magazine

Scientific knowledge is still full of unknowns.
What remains to be discovered - what we don’t know - very likely dwarfs what we do know.
And what we think we know may not be entirely correct or fully understood.

www.scientificexploration.org/edgescience

Copyright © 2006-2012 Healing Touch Program Inc.
Healing Touch Worldwide Foundation

www.HTWFoundation.org

Spreading Healing Light Worldwide

“Healing Touch is a wonderful guide for re-embracing your natural healing abilities. It shows you how to use your hands to bolster the energies that are at the foundation of health.”

—Donna Eden, coauthor of Energy Medicine and Energy Medicine for Women

Presented by founding elder Dr. Dorothea Hover-Kramer, Healing Touch takes readers through 18 fundamental exercises for applying this scientifically validated energy medicine for yourself and others.

Available through Sounds True
Click here for more details or to purchase.

This could be your ad

being viewed by over 20,000 readers with a direct link to your website or store.

Prices start at only $50 per issue

Click here to download our media kit for more information.

Get Involved with Healing Touch! Join the HTPA now.

New Membership Categories
• U.S.A. Membership - $100
• International Membership - $50
• Elder Membership - $75
• Full-Time Student- $55
Want more Clients and Students?
Grow your practice & increase enrollment with these books!

Creating a Successful Holistic Health Practice
Navigating the Continuing Education Approval Process
Teaching Workshops Effectively
Reiki I & II Manuals - you can copy.

Dawn Fleming is a medical intuitive, holistic practitioner, author, educator and life coach with over 22 yrs experience. Order these books and ebooks today at:
http://www.energytransformations.org

Explore the 2-CD meditation set students, practitioners, beginners and energy practitioners from the healing community are using to enhance their self-care practices.

2-CD Set Includes:
5 Complete Meditations!

$30 Plus S&H

www.BoulderHealingTouch.com