We are truly much greater than what we can touch, see, or prove. - Cyndi Dale
Dear Readers,

Summer has finally come to most of the country. This is the time of year when we partake in more outdoor activities, spend time with our friends and family and just enjoy time outside. Our amount of exercise increases; we vacation and spend more time in the sunshine. All of these things are forms of self-care, aiding our health and well-being. Deb Reis offers more ideas for self-care using essential oils in her article in this issue.

Long days can offer additional time to relax and rejuvenate. These days also offer time for reading - check out the Good for the Mind section in the current issue. The articles in this issue offer insights and practical aspects on the practice of Energy Medicine from Aromatherapy to the aura to consideration of the back chakras. Core to every practice is the ability to center and ground oneself. Although these concepts are embraced in Healing Touch, they are central to any good energy medicine practice and also apply to each of us as individuals as we face the challenges of everyday life.

The warmer weather brings us wonderful fresh fruit and vegetables from our personal or local gardens and orchards. In addition to being delicious, fresh food offers us much more as Sharon Greenspan shares in her column The Energy of Food.

Be sure to take this issue with you on your summer travels. Read in one sitting or in snippets as you have time between other activities.

Blessings and happy reading.

Margaret
Tisha Jones, MSW is a grant writer for ProMedica and has been supporting the Cancer Institute and Healing Care Program for 10 years. She is an energy healer and Certified Clinical Aromatherapist. Tisha is passionate about helping others achieve their goals and dreams and is an advocate for patients wanting a holistic approach to their healing. She is active in her community, helping raise awareness and money for cancer.

Rumi Hashimoto, MSN, RN, HTCP/I, is a Holistic Nurse Practitioner and Professor of Nursing with over 30 years of experience as a clinician and educator. Her own path to healing from a chronic illness led her to study Healing Touch along with many other complementary and alternative modalities. Rumi is founder of Healing Touch Japan and CEO of the non-profit organization, Be Genki International.

Francesca McCartney, PhD, founded the Academy of Intuition Medicine® in Northern California and the Energy Medicine University. Dr. McCartney has been a professional Medical Intuitive for over forty years and has a dual PhD in Intuition Medicine® and Energy Medicine. Her current book is Body of Health: The New Science of Intuition Medicine for Energy and Balance. www.IntuitionMedicine.org

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Debra Reis, BSW, HTCP, CRM, is passionate about holistic healing modalities. She has done numerous presentations and works with people diagnosed with cancer who wish to learn more about essential oils and other therapies as part of their healing plan. Debra has co-authored articles on Essential oils which can be found in the Journal of Vascular Nursing. www.debrareis.com

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1| For countless people, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself. Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you’ll discover that you, too, have the ability to create an exceptional life!

2| E-Squared could best be described as a lab manual with simple experiments to prove once and for all that reality is malleable, that consciousness trumps matter, and that you shape your life with your mind. Rather than take it on faith, you are invited to conduct nine 48-hour experiments to prove that really is a positive, loving, totally hip force in the universe. The experiments demonstrate that spiritual principles are as dependable as gravity, as consistent as Newton's laws of motion. For years, you've been hoping and praying that spiritual principles are true. Now, you can know.

3| The goal of Ha, I laugh in the Face of Cancer is to provide simple solutions for complex problems. Some of Susan's solutions are: taking responsibility for your own healing from Cancer, as well as many other diseases, and removing the decision making from Medical Doctors to your own Great God Self! You are the determiner of your fate! You will decide the Set of your Sails and the destination that will Chart your ship, because you are the "Captain of Your Ship".

4| In 1968, Paul Horn slipped into the Taj Mahal with a flute and a tape recorder—and created an improvisational masterpiece that would signify the birth of a new genre in music. With a rare ability to capture in music the essence of sacred space, Horn went on to record a landmark series of albums in noted spiritual sites across the globe. On The Stillness Inside, this four-time Grammy® nominee shares for the first time his favorite compositions for the exploration of the sacred interior that each one of us holds within.
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7 Principles of Self-Care for Wellness

1. Physical Clearing: take care of your physical body, your physical existence
2. Emotional Clearing: express your hurts and pain, your joy and happiness
3. Mental Clearing: create new habits, new ways of doing things
4. Sacred Space: create your sacred space at home, create sacred space when you are away
5. Experience Silence: move into quiet, meditation, Holy Silence
6. Holy Leisure: bring balance into your life, restore yourself through leisure
7. Holy Relationships: commit to yourself and others

Core Concepts Expressed in Healing Touch

Health and quality of life are affected by the health of the human energy system.

- All life experiences are recorded and stored in the human energy system.
- Centering, grounding and attuning are the first steps in facilitating healing.
- Healing is a sacred process.
- Self-care is empowering and supports health and healing.
- Thoughts are a form of energy and precede forms. The human energy system is influenced by thoughts, emotions and actions.
- The energy of love has a wisdom of its own that calms, restores the body and promotes its natural ability to heal.
- Pure love is life's most powerful healer. Love is understood, felt and demonstrated through human thinking, feeling and actions.

7 Energy Centers

1. Root - Red
   Grounding, Abundance, Connection
   Sink deeply into this place of connection
2. Sacral - Orange
   Emotions, Feelings, Boundaries
   Honor the source of creation and life
3. Solar Plexus - Yellow
   Power, Purpose, Will, Identity
   Step into your own power
4. Heart - Green
   Love, In, Relationship
   Open your heart
5. Throat - Blue
   Speaking, Open, Truth
   Balance, speaking and listening - secure in the truth in each situation
6. Brow - Indigo
   Dreaming, Visioning, Intuition
  See, dream and visualize using your intuition
7. Crown - Violet-White
   Spiritual Connection, Connect
   Honor divine inspiration and your intuition
Bad Things and Good People: When Life Is Not Fair

Years ago, I bought a book with a title that presents one of life's most agonizing issues: *Why Bad Things Happen to Good People*. I never actually read the book. At that point in my life, I failed to see how any insight would suffice. There was something so—unfair—about the unfairness of it all.

My oldest shared the same opinion when he was younger. Despite giving it his all during try-outs, he failed to make the traveling baseball team two years in a row. That is a big deal with you are in sixth grade and all your friends make it—because their fathers are on the athletic board. The rejection threw him into a deep depression, the type that toppled his grades into the “D” end. We were even called into home economics one early morning and told by the teacher that Michael would lose his sewing privileges if he did not start paying attention.

The misshapen entity called a “pillow” was so limp, I did not see how he could further damage it, sewing privileges or not. During those two years, Michael was quite clear that he was not going to be happy until he felt like it; he was one of those “good people” to whom a “bad thing” had happened, and it was not fair. He did not grace me with a smile until he joined the eighth grade football team and found true companions, many of whom are still good friends.

I’m sure you have discovered that it is far more difficult to help clients heal when the wounding is unjust. When we are clearly responsible, we have only to deal with a bit of sheepishness. There was the time I broke my hand by running into a bus stop. (Go figure.) Besides feeling stupid, the healing was pretty much complete after six weeks in a cast. But when the injuries are not our fault? Worse, when the “good guy” is hurt and the “bad guy” is not? All our primitive instincts kick in—the amygdala, limbic system, “fight, flee, or fight” response—and everything in us wants to protest. The only problem is that if our survival instincts were powerless to prevent the trauma, they are equally powerless to create a solution. In fact, the primal urges will prevent healing, rather than encourage it.

I have a perfect example.

A few years ago, I met with two clients similar in age and injured within the same month. Drunk drivers had injured both young men in automobile accidents. In both cases, the offender had walked away with a slap on the wrist. My clients had not walked away at all. Both would spend the foreseeable future in wheelchairs, paralyzed from the waist down.

The first young man, whom I shall call Ben, was understandably bitter and angry. He had been prepared to attend college on a sports scholarship and believed his life was ruined. He wanted an instant miracle healing and would not believe in a god unless he got it. He also wanted revenge on the perpetrator.

The second man, whom I name Richard, was more circumspect. His first request was that I help him forgive the drunk driver. He was tired of obsessing about the offender. Secondly, he wanted to learn how to support his mother through this tragedy, as she was falling apart. Third he wanted to determine what he could do toward recovery, not only physically, but also professionally. As were Ben’s plans, Richard’s were in tatters, but he was committed to seeking a new path.

It is interesting that about a year ago, I heard from both men. Ben was working at a pharmacy and was still angry. He was also hooked on pain pills and still trying to get money out of the driver’s insurance agency. Richard had become a physical therapist and was engaged. Neither was able to walk, although both had made gains in that area, but the difference in their voices spoke of the world of difference between them.

Both were “good” men and neither “deserved” what hap-
pended to them. Look at how different their recoveries were, however, based on their responses to undeserved trauma.

Life often is not fair—and that does not seem fair, does it? Maturity begins—and ends—with accepting this fact, however.

Being able to control the people or events around us is an illusion, but society seldom teaches this truth. In fact, the American dream is such that we have only to work harder—be smarter, prettier, faster, and more powerful—to master reality. Spiritual theories, such as “the secret,” would have us think the same. We have only to think better to outsmart the chaos in the universe.

The reality is that there is no great force handing out justice or injustice, at least not on a personal level. We do not take the weather personally, do we? If it downpours when we are in the middle of a long hike, we do not think God is picking on us. The rain is not there because we are a “good” or a “bad” person. It simply is.

We just hope we have an umbrella.

My son Michael felt victimized by the baseball judges because they selected their sons over him for the team. What they did was unjust, but he was not being singled out. His quality as a player had little to do with their decision, as he could not match the singular criteria of nepotism. Neither were Ben and Richard singled out by the drunk drivers. The crucial point is that no situation, as unfair as it is, can steal everything from us. Michael lost his opportunity to play traveling baseball, but not his athleticism. Ben and Richard lost the use of their legs, not their essential selves nor their minds. As healers, we cannot justify the injustice, but we can help our client search for the silver in an otherwise dark lining.

I recognize that some people will insist that the offense was personalized—that they were singled out, perhaps to be bullied, hurt, or taken advantage of. We have all been there. I have a relative who gossips about me without cessation, and not nicely. It started when I suggested she go to treatment. She has not. Even though her attacks sound customized to me, they actually are not. They are projections of her attitude toward herself. I do not need to own them and when possible, I establish boundaries. At times I have clarified the situation with other relatives and refused to participate in events with alcohol. As healers, this is another area with which we can help our clients. Only after someone stops personalizing another’s behavior can they create parameters—parameters that recognize we cannot affect another’s behavior, only our own.

Over the years, I have found some of the following steps beneficial in helping clients who have been harmed by life’s unfairness. You might find them helpful as well.

Concentrate on the self not the perpetrator. Focusing on “why” the perpetrator was so mean/drunk/stingy/unpunished feeds a victim mentality and keeps the important person—the self—stuck in the trauma, feeling powerless. Over time, this rut leads to entitlement, summed up in this sentence. “I did not cause this problem so others have to fix it for me.”

Assist your client with determining what they have lost versus what they perceive they have lost.

Help your client grieve what they will not experience again, from innocence and naiveté to an emotional or physical equilibrium—and then move on, for there is more to gain from life than the grieving of the past.

Cultivate the truth of transformation: We can only create change from a positive mindset, not a negative one.

Encourage the spiritual viewpoint, which reveals that no matter our material-based condition, we are truly much greater than what we can touch, see, or prove.

It is also important to recognize that we do not have to wait to be fully over an event, or even fully recovered, to enjoy our lives. As quoted by J.M. Barrie, who writes in Peter Pan, “No one ever gets over the first unfairness; no one except Peter.”

As lovely and light-hearted, as magical and effervescent as Peter Pan was—and is, he is yet an immature boy with no spiritual sensibilities. He will never grow up to tell stories about deeper truths or embrace his children. He will never feel the proud accomplishment of forgiving another or fighting to take a step rather than simply leaping forward. And yes, I have now read the book, Why Bad Things Happen To Good People. In fact, I treasure the aged volume, as well as the gems gained from life’s unfair events.

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.
Presenting the Pros for Third Party Reimbursement for Energy Medicine Practice

Irene Bigot, RN, MS, HTCP

As you have seen in previous articles of Energy Magazine the Healing Touch Professional Association (HTPA) Insurance Initiative Committee has been researching documentation that will allow energy healers to receive payment from various insurances. In this article we will offer information on the background, current status and the advantages of submitting billing to Medicare, Medicaid and private insurance companies.

Let us begin by looking at the history of what has happened to support energy healers, like Healing Touch practitioners, during this process of moving toward reimbursement for services. In 1990 there were 425 million visits made to Complementary/Alternative Medicine (CAM) providers (currently most CAM services are included in the growing profession of Energy Medicine and fall into the category of energy practice). This exceeds the number of visits to conventional health care providers by over 40 million appointments. In the same year, The American Academy of Pediatrics encouraged parents who were frustrated with traditional scientific methods to turn to CAM therapies.

In 1995 Washington State was the first state to pass a law requiring insurance companies to cover CAM. Since 1996 CAM has been covered by insurance in Washington, Oregon, Alaska, and California. In California most of the Health Maintenance Organizations (HMOs) cover CAM services such as, acupuncture and chiropractic care. In 1997 The Matthew Thornton Health Plan (specific to New Hampshire) began reimbursement for CAM services. Additional Insurance companies in our nation have, and are providing, CAM coverage. In 2002 The National Institutes of Health (NIH) found that 36 percent of Americans used some sort of alternative therapy in the previous year. In 2013 the Centers for Disease Control (CDC) reported 54.4 percent of Americans use CAM. Consumer demand is having a huge influence on the establishment of insurance reimbursement for CAM therapies. Healing Touch is an established CAM/Energy Medicine modality.

What is the current situation? Healing Touch has been implemented in various hospitals, the Department of Veterans Affairs (VA), and cancer clinics around the country. The validity of evidenced-based outcomes in the practice of Healing Touch is recognized in these established organizations. National statistics prove that stress, anxiety, back pain, and mental illnesses, such as depression, are the leading cause for employees to call off work. Some Health Benefits’ Departments report that their employees are spending 90 percent of insurance costs on anxiety and anti-depression medications. As they explore solutions to reduce this high percentage, they are becoming open to including energy therapies like Healing Touch within their insurance coverage. The hope is to decrease the amount of money spent on medications and increase employee wellness.

The Affordable Care Act (ACA), also known as “Obama Care”, opens the door for millions of Americans to have insurance to help them with their health care costs. The current Federal and State activities around the country in both private and public health care, as well as consumer demand, appears to be moving toward supporting Healing Touch and other energy therapies, to be covered by major insurance companies.

The advantages of insurance payment to Energy Medicine Practitioners, specifically Healing Touch Certified Practitioners, include the following:

• Consumers will have access to services through their medical coverage which will decrease their concern for out of pocket expenses.
• Traditional physicians will have another option for treating patients using Energy Medicine therapies.
• Hospitals and other health care facilities will be able
to bill a patient’s insurance company for treatments provided by Energy Medicine Practitioners.

- Energy healers will be members of the Health Care Team supporting the patient/consumer holistically - body, mind and spirit.

Keep in mind, the journey to receive insurance payments is a process, and although we are getting closer, it is still going to take some time. We are not discouraged. Massage and acupuncture have paved the way as examples of modalities that not so long ago, were not eligible for insurance payments.

**So what can you do to help us along in this journey?**

Continue to educate physicians, nurse practitioners, and other health providers about Energy Medicine modalities like Healing Touch as valid practices for insurance payment. Suggest that prescriptions be written for Healing Touch and other Energy Medicine modalities by health care providers for patients to submit to their insurance companies as one way to educate their carriers about consumer demand for services. As practitioners, educate your clients to assist them to be confident when they speak to their health care providers about Energy Medicine as an appropriate reimbursable health care service.

Very soon, you will be able to make a living with your heart-centered practice and skills - doing the work you love to do.

We look forward to the benefits of being able to work with insurance carriers -- working full time, having a referral system through the insurance companies, having a close relationship with primary health care providers and being part of the health care team. We are close to a radical shift when the focus will be on offering holistic care for optimal wellness. We know that energy modalities like Healing Touch will become more accessible to the population at large as a result of coverage by insurance companies.

The HTPA Insurance Initiative Committee is currently preparing application to Medicare and Medicaid to obtain a CPT Code for Healing Touch. (CPT® stands for Current Procedural Terminology, which was developed by the American Medical Association for coding medical procedures.) If you have a background in submitting such an application or any knowledge you think would benefit our efforts, please contact us at info@HTProfessionalAssociation.com. We will keep you posted on our progress.

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Eating Light

Picnics. Barbeques. Lunch on the trail, beach or by the pool-- these are some enjoyable events of summer. Are they feeding your qi or prana? These terms have similar meanings in many cultures: in traditional Chinese culture qi (chi) is translated as “natural energy”, “life force”, or “energy flow”. Prana is a Sanskrit word for “life force”.

Light is the least dense form of prana. Food is the densest form of prana and some would say the tastiest! Different foods, and how they are prepared, offer different vibrations. These vibrations are related to color, physical density, time away from root system or source and how foods are grown. In this age of rapidly growing spiritual awareness, we see a large shift towards eating organic and/or local. We know these foods are fresher but we might not realize they also deliver more energy, not merely more nutrition.

You may know that chlorophyll in plants converts sunlight to energy and nutrition. It might be fairer to say chlorophyll conducts the energy of sunlight. This is similar to how eyes conduct the energy of light to create vision.

From a chemical standpoint the components of chlorophyll and blood have the same elements - carbon, hydrogen, oxygen and nitrogen. The difference is that the elements of hemoglobin are organized around a single atom - iron; whereby those of chlorophyll are organized around magnesium. The bonds, which house the vibration, are the same. Eating whole, unprocessed plants transfers the vibrations or electromagnetic frequencies (EMFs) from sunlight to blood cells. Blood cells, in turn, transfer EMFs to bones and tissues. Minerals also carry EMFs and transfer them to bones and plasma.

Vibrations travel through water. As foods “age” and lose water, they lose vibration. (This article refers to fruit, vegetables, nuts and seeds. The energy of animals is quite different since they are emotional and soulful beings.) This also explains why watery foods such as watermelons, grapes and oranges, carry the highest vibrations. And why different cooking methods affect the energy. Frying or cooking for long periods of time ensure that water is eliminated resulting in low energy foods. Not cooking, steaming lightly or stir frying preserves water and prana. Uncooked foods have the highest prana and that prana helps to expand consciousness, thereby increasing our potential as healers.

Use a pendulum or hand scan on lettuce growing in your garden. Compare that to lettuce purchased at the store. Which one has more energy flowing? Or, use one head of lettuce and compare the energy of when you first buy it to three days later.

Something else we know about vibrations is that they exhibit harmonic resonance. For example, if you pluck one string on a guitar, the other strings will begin to move in response. Protein molecules respond the same way. Some proteins, called allosteric proteins, actually change shape in response to vibrations. This is part of how proteins play so many roles in our bodies: acting as enzymes, replicating DNA, transmitting nerve impulses, etc. As we nourish our bodies with high vibration food, our cells respond to these vibrations. We become better conductors of energy and increase the resonance between light energy and our energy.

Conversely, when we eat foods from non-living sources, our cells respond. Foods with the lowest frequencies include those with synthetic colors, preservatives or texture enhancing
chemicals. These include many supplements and heavily pesticided or irradiated food. According to Dr. Gabriel Cousens, M.D., synthetics might help in the short term, but not in the long term. Synthetic materials can degrade DNA. Living molecules, or uncooked foods, contain at least one atom of sunlight in every single molecule. These atoms upgrade our DNA, sustaining and repairing it.3

So as you enjoy outdoor activities and bountiful gardens this summer, consider the vibrations of your food. Eat light.

3. Ibid.

Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and energy medicine. Her business, www. wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating depression). She’s authored the Eating Your Way To Health Workbook, 105 Questions about the Raw Food Lifestyle, Wildly Successful Fermenting™, Warming Winter Recipes, Spring Into Healthy Eating, Spirooli recipes and Raw and Living Food Basics. She is a speaker at the Mother Earth News Fair, North American Vegetarian Society Summerfest, and Healing Life Festival. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.
Using Essential Oils as Part of a Self-Care Practice

Debra Reis, MSN, RN, CNP, Program Coordinator, Healing Care, ProMedica Cancer Institute
Tisha Jones, MSW, ProMedica Cancer Institute
With today’s fast-paced society it appears that self-care practices often take a back seat to an overloaded schedule. There does not seem to be enough time to squeeze in a practice that might help bring about balance and well-being. When is the last time you checked to determine if you are in balance, at a high-level of well-being or if you needed anything to bring about more peace or joy?

According to the Stress in America survey conducted by the American Psychological Association, among 2,020 adults in the United States, the average level of stress reported was 4.9 on a scale of 1 to 10 (where 1 is little to no stress and 10 is a great deal of stress). The average level of stress was higher among women (5.3), those aged 18 to 33 (5.4) and those aged 34 to 47 (5.4). Extreme stress (8, 9, or 10 on the 10-point scale) was reported by 20% of respondents (American Psychological Association, 2013).

Stress can impact your physical and mental well-being. A few symptoms of stress include irritability, fatigue, and feeling overwhelmed. Sources of stress include money, work, family responsibilities, relationships, and personal health concerns. It was found that only 37% of those completing the survey felt they were doing an excellent or very good job of managing stress. Lack of time was among the reported barriers that prevented individuals from making changes to manage their stress (American Psychological Association, 2013).

Because stress is a problem for many and lack of time is a barrier to managing stress, there is a need for self-care practices that address both of these issues. Essential oils are one type of self-care tool that you can easily incorporate into a busy life and that can support your efforts to regain or retain balance and well-being. Studies have found that the use of essential oils can be helpful in mental exhaustion, burnout, fatigue, and stress (Chen, Fang, & Fang, 2013; Varney & Buckle, 2013).

Individuals have been using essential oils for centuries. Throughout history, essential oils have been used to support physical, emotional, mental and spiritual well-being. Even Hippocrates, the father of modern-day medicine, thought “the way to health is to have an aromatic bath and scented massage every day” (Worwood, 1991, as cited in Smith, 2003, p. 41).

Essential oils are complex, plant-based aromatic compounds that are comprised of an intricate blend of chemical components, including monoterpenes, sesquiterpenes, esters, phenols, alcohols and aldehydes (to name a few). The chemical makeup of essential oils helps to determine the effect on the body. For instance, esters have a calming and sedating effect while phenols have a stimulating effect. When inhaled

Smell is a potent wizard that transports us across thousands of miles and all the years we have lived. -- Helen Keller
or applied to the body, these molecules interact with your own molecules to help the body help itself.

Essential oils can affect the body's nervous system, including the autonomic nervous system. The autonomic nervous system is comprised of the sympathetic and parasympathetic systems. The sympathetic system has stimulatory effects and secretes stress hormones whereas the parasympathetic nervous system has relaxing effects (Young, 2003). When you are over-stressed, the sympathetic system is in control. Daily stressors, such as traffic, over-scheduling and increased stimuli, often keep the sympathetic system in overdrive.

Relaxing
When you are feeling frazzled and stressed, there are many essential oils that have a relaxing effect, but two well-known oils that have this effect are lavender (Lavandula angustifolia) and orange (Citrus sinensis) (Essential Science Publishing, 2011; Higley & Higley, 2012). Lavender's scent is a mixture of floral, herbal and sweet while orange is a mixture of fruit and sweet. When smelling these oils, individuals have commented that the scent of lavender gives them the sensation of letting go and orange elicits a joyful feeling. Lavender is a gentle oil that helps to relieve tension and calm the mind. Orange can be both relaxing and stimulating, helping with nervousness and anxiety. A word of caution - it is suggested that you wait at least 12 hours after applying orange essential oil to the skin before exposure to ultraviolet light, as this can cause discoloration (Stewart, 2010).

Uplifting
For those days when you are mentally or physically exhausted, or just need a little pick-me-up, two wonderful aromatic choices are peppermint (Mentha piperita) and lemon (Citrus limon) (Essential Science Publishing, 2011; Higley & Higley, 2012). Peppermint has a cool, invigorating minty scent that awakens the senses, while lemon has a cheerful, citrus aroma that brightens the senses. Peppermint is stimulating to the nervous system and helps promote clear thinking and greater concentration. Lemon has an invigorating aromatic influence that can be stimulating to the mind, helping with mental fatigue and emotional confusion. Both peppermint and lemon can help with feelings of apathy and lethargy. Peppermint can be quite intense, so consider diluting (see methods on right) when applying to the skin, and if inhaling peppermint, breathe in slowly because the scent is strong. Like orange, lemon is phototoxic so use caution when applying to the skin and exposure to ultraviolet light.

Scent can play a key role in self-care and can help support your efforts to improve your overall well-being.

Essential oils can stimulate both the sympathetic and parasympathetic systems. Essential oils such as peppermint and ginger stimulate the sympathetic system. Parasympathetic-stimulating oils include lavender and marjoram (Young, 2003).

It is through the olfactory system that you are able to distinguish various scents. The olfactory system is a fascinating pathway that is comprised of several structures including the limbic system. The brain's limbic system - where emotions are stored - plays a part in the regulation of memories. This is important because the only way to reach the limbic system is through smell (Essential Science Publishing, 2011; Price & Price, 2007). In other words, when you smell your favorite flower, the scent travels through your nose and then through your brain to the limbic system, resulting in an emotional effect. This is a simplified version; the olfactory pathway is a complex system that has multiple components with important functions that allow the smell to be processed through your brain.

Scent can play a key role in self-care and can help support your efforts to improve your overall well-being. The scent of essential oils can have a relaxing, uplifting and/or balancing effect on your body, mind, emotions, and spirit.
Balancing
Being out of balance is common in today’s multi-tasking society. When you are out of balance it is important to re-ground yourself. Like a tree that drives its roots deeply into the soil to stay firmly rooted in the ground and maintain balance upon the earth, tree oils, like frankincense (*Boswellia carteri*) and cedarwood (*Cedrus atlantica*), can be grounding and balancing. Frankincense has an earthy and slightly spicy scent while cedarwood smells woody with a slight sweetness. Both of these oils provide a warming and comforting sensation. Cedarwood can help open the mind and bring balance to scattered thoughts and mental strain, while frankincense can have a calming and relaxing effect on the mind (Essential Science Publishing, 2011; Higley & Higley, 2012).

Before you start using essential oils, it is important that you research the companies that sell essential oils so that you can make sure you are purchasing organic, high-quality essential oils. There are many essential oils that smell wonderful, but are fragrance-grade oils that often have synthetic components added to the oil or a chemical constituent removed. It is estimated that over 95% of essential oils produced are for flavor or fragrance (Stewart, 2010). Essential oils that are of high-quality have had nothing added or subtracted and have been properly processed (Stewart, 2010).

**Essential Oil Recipes for your Self Care Practice**

**Recipe One**
1 ounce shea nut oil
1 ounce jojoba
2 drops basil
5 drops lime
Mix the above ingredients together and apply topically. As with the other citrus oils, lime can be phototoxic; it is suggested that you wait at least 12 hours after applying to the skin before exposure to ultraviolet light.

Basil (*Ocimum basilicum*) is uplifting and strengthening. Lime (*Citrus aurantifolia*) is uplifting and relaxing.

**Recipe Two**
4 ounces water
5 drops lavender
5 drops cedarwood
Mix the above ingredients in a spray bottle and mist your bedroom in the evening to create a calming and relaxing environment for sleep. Be sure to shake the bottle before spraying as the oils will float to the top of the water.

Lavender (*Lavendula angustifolia*) is relaxing and balancing. Cedarwood (*Cedrus atlantica*) is calming and strengthening.

**Recipe Three**
2 teaspoons jojoba
1 drop frankincense
2 drops balsam fir
3 drops of marjoram
Mix the above ingredients together. Place a drop or two on a tissue or in the palm of your hand and breathe in the scent, taking slow, deep, cleansing breaths.

Frankincense (*Boswellia carteri*) is relaxing and revitalizing. Balsam Fir (*Abies balsamea*) is grounding and strengthening. Marjoram (*Origanum majorana*) is strengthening and relaxing.
It is also important to know the safety recommendations of the oils you are using. Some oils can be phototoxic, sensitizing or have contraindications for certain health conditions such as high blood pressure and epilepsy. Caution should be used with oils if you are pregnant or using them with children.

Essential oils can be inhaled and/or applied to the body. Inhalation can be as simple as placing a drop of essential oil on a tissue and breathing in the scent for a few moments. If you need to be hands free because you are working, place the tissue in a shirt pocket and breathe in the scent as you continue with your busy schedule. Diffusion is a process that disperses oils into the air and therefore is another inhalation method. Although there are multiple diffusion methods, a cold air diffuser is the preferred method. Although heat will release the scent into the air, it can damage the oil and reduce the therapeutic benefit of the oil. Cold-air diffusion atomizes the oil into micro-fine particles that will stay suspended in the air for several hours (Stewart, 2010). Applying essential oils to the body can take many forms: lotions, salves, salt scrubs, bubble baths, and soaps are all types of topical applications. Unless you are working with a certified aromatherapist, you should always dilute your essential oils in a carrier oil, such as jojoba or sweet almond, when applying essential oils to your body.

If you have an existing self-care practice, such as meditation, essential oils can help you go deeper into your practice. According to Valerie Ann Worwood in her book *The Fragrant Heavens*, fragrance can provide a focal point during meditations. She cautions not to select a scent that will evoke a memory or emotional reaction, which would detract from your meditation practice. She suggests that instead of using a single oil during meditation that you might want to try blending a few oils together “*where no one ingredient dominates, and a new and unique aroma is created*” (Worwood, 1999, p. 60). Two essential oils that you might like as part of a blend are balsam fir (*Abies balsamea*) and marjoram (*Origanum majorana*). Balsam fir has been described as opening and can stimulate the mind and relax the body (Higley & Higley, 2012). Marjoram helps bring a sense of calmness and promotes peace (Higley & Higley, 2012). As you start to incorporate essential oils into your practice, it can serve as a trigger. For example, while using essential oils, you have found that your meditation practice helps you to feel relaxed and puts you in a peaceful state of mind. When you are having a stressful day, the simple act of smelling the oil you use during meditation can trigger the relaxed and peaceful state you have while you are meditating.

With a busy lifestyle it is important to find ways to incorporate self-care activities that fall in alignment with your daily routine. Essential oils can easily be incorporated into a daily self-care practice. For instance, if you normally apply lotion to your body after a shower or bath, you could incorporate essential oils into this already existing routine. There are multiple oils that can be used in a variety of ways to meet your personal needs. Let scent assist you in reclaiming your balance and well-being.
CITATIONS


Of the many energy therapies in use today, one stands out as the choice of hospitals and healthcare centers worldwide: Healing Touch. With The Healing Touch Home Study Course, the founding organization that trains and certifies Healing Touch Practitioners provides the first self-guided program for self-healing and energetic self-development.

For nurses, holistic practitioners, and anyone looking for in-depth training for self-care, The Healing Touch Home Study Course offers a valuable new resource for discovering the full potential of the human energy system. Taught by senior Healing Touch Certified Instructor Janna Moll.

The kit includes:
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The Wisdom of the Back Side Chakras
I have been an avid explorer of the function of the Back Side of the Human Chakras for some time. My fascination with the back side began more than five years ago. Over and over again, I observed the back side of the chakra system compromised after a healing session. Pre and post sessions, I would assess both front and back, taking note of the energetic shifts, as well as, the continually compromised state of the back side. I began to question and seek answers not only from others but from the chakras themselves. Many times with balancing from the front aspect of the chakras, compromised energy would shift and both front and back sides would be open. Many more times, the energy of the back side chakras would be compromised. Being the inquisitive person that I am, I decided there must be a reason.

I began delving into the many books on my shelves and found very little information about the back aspect. However, there is one writer who describes the Back Side of the Chakric System very well—Cyndi Dale. In *The Complete Book of Chakra Healing* (Second edition 2010 Llewellyn Publishing Woodbury, MN) Ms. Dale devotes an entire chapter to the functions and benefits of the back side. I began to apply the principles outlined and her understanding of the Back Side in-body Chakras. Let me give you a brief overview of Ms. Dale’s wisdom, as well as my own understanding of the importance of the back aspect.

Cyndi Dale writes “While our front side relates to our conscious issues, the back side relates to our unconscious issues. If we can heal the physical, mental, emotional, or spiritual issues hidden in or caused by our unconscious, our conscious reality will respond accordingly. The back side of the chakric system pertains to our unconscious self, or our extended reality. It includes information and imprints from past lives, alternative dimensions, and other worlds. The front side of each chakra connects to concrete reality, which is regulated by the everyday world, whereas the back side of each chakra links us to dimensions and energies that stretch far beyond the day-to-day world. The back is the side of us that contains our denied feelings, awarenesses, powers, dreams, premonitions, and beliefs.” (Dale 2012, pages 153,155)

As I have explored the back side of the chakric system, I continue to marvel at the profound shifts that occur when bringing this aspect of the system into balance. It seems that the key to the back aspect, based on my study and application, is the opening to the synergy and communication between the back and front aspects of the chakras.

The back sides of the chakras generally speak to us in symbols, colors, shapes and words. When working with the back side we are asked to engage non-cognitively, through feeling, sensing and seeing what presents in the back side chakra itself. Many times the back side speaks to us in pictures, not always making sense to the cognitive mind. When
As I have explored the back side of the chakric system, I continue to marvel at the profound shifts that occur when bringing this aspect of the system into balance.

The wisdom of the back side of the chakras is waiting for each of us to explore. I have worked with many clients in a dialogue/communicative manner with the back side. This approach has proven helpful for many and has created the space for profound shifts in their lives. We are invited to communicate with the back side by drawing our awareness to the energy that is present and the “pictures” that may appear. We must not try to “figure out” how, what, where or even why these “pictures” may be presenting. Instead, we must surrender our “need to know” when we dialogue with the back side of the chakras. The energy is much smarter than we are, and there is infinite wisdom in simply being present and making contact. This creates the doorway for an opening with the front side of the chakra, so that front and back have a greater potential for becoming one synergistic energy system, enabling deeper healing and trauma release.

The synergy of the whole energy system is of great importance in releasing past trauma, anxiety and depression, and tapping into our purest and highest potential. I have found that when we over-utilize the front side of our chakras, we place ourselves in a hyper “state of doing” where panic and anxiety are more likely to arise. Conversely, when we over-utilize the back side of our chakras, we place ourselves in a hyper “state of being’ where depression and fear are more prevalent. This may not be 100% true for everyone, but as I have worked with the human energy system I have found this to be generally accurate. The key of course is to bring our energy system into a state of balance, utilizing both front and back aspects of the chakra system. Life, and all of our experiences can throw us off in one direction or the other. There is no “right” or “wrong” way to be, it is all about being aware of our energy body. For we are energy beings, and bringing our conscious awareness to the “whole synergistic system” can support and provide profound healing and deeper awareness, moment by moment.

In The Complete Book of Chakra Healing, Ms. Dale states “The front side is ruled by the laws of the physical universe. The back side is ruled by the limitlessness of alternative realities. The front side heals by allowing us to interface with the tangible world; helping us to ‘do it differently.’ The back side heals by allowing the intangible world to change reality for us.” (Dale 2012, pg 154)

I have found these statements to be true. I believe that the possibilities that the back side chakras hold are limitless. I have worked with clients who have experienced their lives change after clearing “unknown” trauma from their energy system, specifically working with the back aspect. In working with the back side, clients and participants in the Back Chakra Activation workshops I teach, often report moving into alternate...
realities. They sometimes “see/sense” the collective consciousness as we hold sacred space, and are able to support and help heal the collective. In doing this service for the collective, they are able to shift their own lives at a deep level of their being.

When we surrender and allow deep contact to be made with the back side of the chakra system, we allow the unconscious (back side) to come forward into conscious (front side) awareness, enabling the potential for deep physical, emotional, mental and spiritual healing.
Most people do not realize that they have a second skin — an energy skin - the aura - that protects and shields their energy system just as physical skin protects their inner organs.

Imagine having no skin. What would happen? All your organs would spill out onto the ground. Your veins and arteries would sag and bulge. You would be defenseless against dirt, germs, and viruses. And, perhaps worst of all, you would look pretty frightening! Your skin is a highly efficient protective layer between you and the external world. It holds all of your organs in place, it shields you, and it filters out foreign matter that could be dangerous or irritating to your inner organs.

Like physical skin, the aura is permeated with natural disease-fighting chemistry, and it hosts the sensory communications of the nervous system. This second skin is the boundary between your personal energy system and the energy of your environment; an illuminated wrap of life-force medicine; and a subtle nervous system receiving and sending energy messages. This energy skin is your aura. Every living being has an aura.

A healthy aura is indicated by a cocoon of energy surrounding and extending out from the body at least 1 foot in all directions. This positive protection field is composed of bright colors, strong vibrations, pure tones, and a full, smooth, egg-shaped boundary. When you are sick, depressed, sad, or unsure of yourself, your aura is close to your body. The colors are dull, murky, and dark. The frequency is slow and erratic. An unprotective aura can be a cause of illness and distress for people. Without the natural filtering system of a positive protection field surrounding your body, you are open to environmental influences. The frequency of different energies can coexist and overlap nondestructively in the same space; take, for example, radio and television frequencies. Much of the energy in your environment — mental, physical, and emotional — may be positive, but much of it is negative.

An Early-Warning System
Your aura is a multi-operational energy field. The aura also acts as a reception and relay network for subtle energies. It delivers energy messages to the chakra system, which translates them into hormonal, nerve, and cellular activity in the physical body. In general, the aura tends to hold present thoughts, feelings, attitudes, and interactions between yourself and your environment. As the world first interconnects with your auric field, the freshest impressions, communications, and intuitive hits are woven into it. As an early-warning system, your aura also detects energy disturbance not yet manifested.

Disease in the physical, emotional, or mental body is often preceded by a disturbance in the aura. When I practiced as a medical intuitive, I had a patient in the medical clinic who was in good health and having her annual health checkup. The clinic doctor asked me to energetically scan her, and I picked up a reproductive-system problem in her aura. None of the medical tests confirmed my scan. Three weeks later she
returned to the clinic because of uterine hemorrhaging. Your aura is an early-warning system for disease. By paying attention to such forewarnings, you can take preventive healing action, whether it is medical, psychological, or energetic.

A grounded aura allows you to sense when energy is being directed at you from near or far, and gives you the choice to accept it or cleanse it from your space. With a grounded aura, you will feel safer and more secure, and the quality of all your grounding anchor points will improve. Your aura, when functioning effectively, acts as a lightning rod for negative energy or thoughts that enter your space. If your aura is not protecting you well, you might be hit by someone’s unhealthy energy transference, or you might feel that you are being verbally attacked when someone is simply transmitting information. With a grounded aura, these undesirable intrusions to your system will be intercepted at the outer edge of your aura and automatically grounded out of your personal field and down into the earth. With practice, your aura will become an autonomic system of protection.

A Positive Protection
A highly healthy aura nourishes us with a constant circulation of life-force energy. It also protects us, because high-energy fields disintegrate energy that enters from lower-energy fields.

When you leave your home, the best health initiative is to walk into the outside world with a grounded, vibrant aura. Physical, mental, or emotional abuse of any kind — real or imagined -- from within yourself or from your environment — can affect all of your systems when you are not being conscious.

The following story illustrates how to actively work with your aura in daily life. It comes from a twenty-five-year-old corporate secretary who is highly clairsentient. She had difficulty with a boss who constantly intimidated her; she felt his energy pushing out her own feelings and thoughts, leaving her speechless and vulnerable in his presence. She described this situation as a “violation of boundaries,” but she has now learned to use her aura as positive protection during these episodes.

The biggest aura revelation for me was discovering that the ways in which I had always tried to protect myself (being defensive, withdrawn, shut down, and angry) were energy drains in and of themselves, and that my boss was still able to “get in” and drain my energy. The discovery of being grounded, being aware of my auric field, keeping my auric field grounded, and having healthy energy circulating through my aura literally changed my experience of life. Now I truly feel safe and protected, and I am almost immediately aware when someone or something is trying to violate my boundaries — or if I am ungrounded, energetically unprotected, or vulnerable. I feel like a different person than I was a year ago.

I hope that this article has given you insights into your own aura and how you can use your auric field as a protective skin, and a passport to walking through the world with ease and grace.
Liability Insurance for Energy Medicine Practitioners

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.

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www.EnergyMedicineProfessionalInsurance.com
Finding the Jewels Within the Treasure Box of Healing Touch

Rumi Hashimoto, MSN, RN, HTCP/I

I am a nurse, so my original intention was to write an article for nurses. However, if you are not a nurse, please keep reading because what I hope to share with you has universal importance for all healers - from all walks of life. Feel free to replace the words “nursing” and/or “patients” with other terms that resonate with your life situation. My intention is not to complicate, but rather to bring clarity to your awareness and support to your journey -- so that you will find practical and effective ways to apply Healing Touch, and other energy medicine modalities, in your personal and professional lives.

For nurses, the content of this article is most likely something that you did not learn during your nursing education. When you see a familiar term such as “Nursing Process”, I assure you that I am not going to lecture you on theoretical concepts from your academic past. Rather, with an open mind and open heart, I hope that together we will rediscover and connect with a few of the many treasures found along the path of Healing Touch.

I have been teaching Healing Touch since 2005 and 70-80% of my Healing Touch students are nurses. Over the years, this is a question I hear often in my classes: “So, now that I have learned Healing Touch, can I start using it in my nursing practice?” Although I welcome this enthusiasm and desire to apply Healing Touch in their practices, my initial response is not a simple, enthusiastic, “YES!”.

First, we must remind ourselves to STEP BACK and release any anxiety or anticipation associated with the pressure of “doing” Healing Touch. By shifting the focus from the act of “doing” or “giving”, my intention is to first create space for each of us to appreciate and better understand the depth of what Healing Touch offers. Remember, especially at the beginning of your study of Healing Touch, stepping back (before providing Healing Touch) to be in a grounded and centered state provides a powerful healing presence and gives space to co-create a healing environment with your patients.

Learning Healing Touch is like opening a treasure box. There are so many wonderful jewels in Healing Touch, some are obvious while others are hidden or overlooked. As an instructor I find joy in guiding students through a treasure hunt as we search to uncover those often-overlooked treasures. To begin, I would like us to focus our attention on the Healing Touch Sequence as this will help us shine a light on our path as healers.

Healing Touch teaches us to follow a 10 Step Healing Touch Sequence to develop and organize every Healing Touch session. In many ways, this resembles the Nursing Process, a universal concept taught in “Nursing 101” which consists of the following five steps: Assessment, Problem Identification, Goal Setting, Intervention(s) and Evaluation. By using this logical sequence, nurses learn to organize their nursing care while focusing their attention on their patients.
Similarly, the Healing Touch Sequence asks us to assess, identify health issues, set goals, intervene and evaluate. When comparing the Nursing Process and Healing Touch Sequence, we uncover two jewels of Healing Touch, which help to shift our paradigm of healing from “doing” to “being.” It is through the process of practitioner preparation (centering, grounding and attuning) and healthy boundary setting (ground and release of client) that we learn to stay present, honor our human connection and respect the ability of every patient to heal. (See the comparison diagram on page) Let’s explore Practitioner Preparation and Ground and Release in more detail.

Learning Healing Touch is like opening a treasure box. There are so many wonderful jewels in Healing Touch, some are obvious while others are hidden or overlooked.

Practitioner Preparation of Centering, Grounding and Attuning
(Step 2 of 10 Step Healing Touch Sequence - see chart p. 34)

Practitioner preparation is built-in self-care for all nurses and healers! Through the process of centering, grounding and attuning before Healing Touch intervention(s), nurses learn to acknowledge and honor their being, while learning to take care of themselves before taking care of others. “Self-care” is a frequently used term in the nursing field, but it carries the underlining implication that it happens away from work. For example, when nurses mention self-care, it is often associated with taking a long vacation, getting a massage, taking a hot bath with candles and wine, etc.

However, the Healing Touch Sequence reminds us that self-care must be woven into our practice as healers every time we do our work and thus becomes a way of life. This approach places self-care at the center of our being. It reminds us that we are our highest priority and remain the only constant in our lives. We must care for ourselves first - before taking care of others. Being centered and grounded in the present moment, allows us to align our outer and inner worlds -- while attuning provides the opportunity for genuine connection with our patients/clients.

In addition, centering and grounding reminds us of the power of the “mirroring effect.” In clinical situations, when a nurse or practitioner is centered, grounded and in the present moment, the patient/family member will most likely be calmer and more receptive to care. The opposite may be true as well. When a nurse is not centered and grounded,

I learned the impact of the “mirroring effect” while working with older adults with dementia. People with dementia become confused and agitated at times when they “feel” discomfort or uncertainty in the environment. When in this state, it becomes difficult to reason with dementia patients as they have lost the ability to process information due to their illness. As a result, it can create a frustrating situation for both the patient and the nurse.

Over the years, I have learned that being centered and grounded helps cognitively impaired patients maintain a calmer state and makes our interaction meaningful - despite their confused state. Patients with dementia serve as a mirror, reflecting back to us our inner state with great accuracy. In fact, they are some of the best teachers of the “mirroring effect” and I am grateful for the lessons they taught me. I have learned that it is the presence of a
When I look back at my own career as a nurse, I often wish that I had learned this concept of “releasing” as a nursing student. I remember entering my profession with a stern sense of responsibility and unrealistic expectation that my profession was about fixing. I felt the well-being of my patients was dependent upon me and thus a reflection of my nursing care.

Here is one example: One day after ending a long shift at the hospital, I left with an unrelenting feeling of being pulled back to a patient’s bedside along with a sense of guilt for leaving the patient behind. I remember thinking about that patient when I was at home eating dinner that night. Before I began studying Healing Touch, I thought these feelings were signs of a caring nurse. I was unaware that this was unhealthy behavior and a sign of poor boundaries. Over time I began to realize that releasing patients was an act of true kindness and respect for each person’s ability to self heal. Trusting that each patient can find their own strength and path to healing is the greatest support that we can offer.

Grounding and Releasing
(Step 8 of 10 Step Healing Touch Sequence - see chart p. 34)

_Grounding and Releasing_ the patient after a Healing Touch intervention is the second Healing Touch jewel on which we will focus. This step reminds us of the importance of grounding patients after Healing Touch sessions to ensure the person is fully present in his/her body and in the current moment. The other important concept in this step is letting go of your patients at the end of a session by _releasing_. This important step helps to create healthy boundaries between you and your patients, enabling you to continue your life work without being overwhelmed by the challenges of others. It is a great antidote for stress and burnout. By releasing your patients after you complete your nursing care, you will be able to maintain a healthy professional boundary to support your patients and yourself.

Nursing Process

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“Remember the power of your intention”

One of the most effective ways to release a patient is by setting the intention to let go of the person, trusting the person will find his/her own balance and power within. Through the use of imagery, you may find it useful to use the image of “Catch and Release”. After a fish is caught, we can release it back into the water trusting that the fish will swim away with renewed strength and well-being. The fish can return to its natural state of being and able to swim freely on its own. This act of releasing may also remind us to let go of our ego. Remembering that all healing is self-healing. Along with letting go of our expectation of outcomes, we can free ourselves from the potential energy block that often stems from our ego. With a freed spirit, we as healers, can continue our work with joy -- with a reminder that letting go is a gift not only to our patients but also to ourselves.

These two steps within the Healing Touch Sequence, Practitioner Preparation and Ground and Releasing, are some of the greatest treasures of Healing Touch. I strongly believe that understanding and embracing these two concepts, along with continued practice, will help to create a solid foundation for your work as a nurse/practitioner and healer.

Back to the original question: “So, now that I have learned Healing Touch, can I start using it in my nursing practice?” My answer is an enthusiastic “YES”! At the same time, my advise to you is this: Rather than focusing on techniques, take time to focus on centering, grounding and attuning when beginning to work with your patient/client and ground and release at the conclusion. In this way you will be able to incorporate Healing Touch into your nursing or student practitioner practice.

If you are lucky enough to find the treasures of Healing Touch in your life, may you grow with this life-sustaining awareness to be the best nurse/practitioner you can be. I look forward to reconnecting with you on this path of healing.
HEALING TOUCH PROGRAM ACCREDITATION

WHAT DID HTC DO TO BE ACCREDITED?

Accrediting organizations create and use specific standards both to assure that programs meet threshold expectations of quality and to assure that they improve over time. In an over two year process, HTP documented that it met the 21 standards required by NCCA.

Key areas addressed:
- Purpose, Governance and Resources
- Responsibilities to Stakeholders
- Assessment Instruments
- Recertification
- Maintaining Accreditation

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WHY?

To increase the value, credibility and recognition of the HTP certification programs, the HTP CEO, Lisa Gordon formed the Certification Committee in 2011 to guide and strengthen the certification program through an accreditation process. Healing Touch Program and Healing Touch Certification, consultants and many dedicated volunteers participated in the process of achieving the standards for national accreditation of the Healing Touch Certified Practitioner (HTCP) credential.

WHAT?

Accreditation is the process by which an education or certification program is evaluated against defined standards, and when in compliance with these standards, is awarded recognition by a third party. Accreditation demonstrates the program has been reviewed by a panel of impartial experts and it has been determined the program has met the stringent standards set by the credentialing community. It is a way of demonstrating that a program has achieved a standard of excellence.

VALUE to stakeholders

Certificants – Provides confidence that the credential has value and the program is a quality program. Enhances the reputation of the credential.

Employers – Offers a seal of approval and increased confidence that potential employees meet a widely accepted standard of knowledge and skill.

Public – Shows accountability in maintaining standards in the field of Energy Medicine.

WHO ACCREDITS CERTIFICATION PROGRAMS?

Established in 1977, the Institute for Credentialing Excellence (ICE) is the leading international membership organization representing the credentialing community. ICE fulfills its mission through the delivery of education and training programs, in setting quality standards for credentialing and by providing accreditation services through its accreditation division, the National Commission for Certifying Agencies (NCCA). Healing Touch Program credentials are the first Energy Medicine certifications to receive NCCA accreditation. For further information, please visit www.credentialingexcellence.org.

HEALING TOUCH CERTIFICATION (HTC)

A Healing Touch Practitioner that attains the credential of Healing Touch Certified Practitioner (HTCP) is dedicated to providing exceptional client care and her/his own self care through a commitment to constant lifelong learning and maintenance of the Certification credential. The certification process includes submission of a packet which reflects the applicant’s knowledge base, professionalism and ability to safely, ethically and competently practice Healing Touch, and successful completion of the Healing Touch Certified Practitioner Entry Level Proficiency Exam. The process of Certification is to keep practitioners and instructors engaged in the current best practice within the field of Energy Medicine.

HTCP certification involves a rigorous process of study, testing, and peer-reviewed evaluation that is designed and administered by specialists in the area of Healing Touch as an Energy modality. Those being certified include nurses, healthcare professionals, and interested laypeople that have a desire to provide Healing Touch in a private practice, hospitals and healthcare settings.
Connections
Energy medicine classes, practices, workshops, happenings and conferences

Learn how treatment of the back side of the chakras help support people with anxiety, PTSD, depression, chronic illness, fatigue, and acute pain.

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* Dialogue that assists in finding the dis-resonant back chakras
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