The actual state of our knowledge is always provisional and... there must be, beyond what is actually known, immense new regions to discover.

- Louis de Broglie
Dear Readers,

I walked the beach early this morning with Lima, my wonderful big dog. The water was calm and flat with the local group of swans paddling about slowly. Slowly walking this stretch along the Long Island Sound is our morning routine. It is a peaceful time and normally my mind is empty as I watch the day break over the wooded hills and sunlight start to bounce off the water.

Morning is my time of day. There is something about early morning light and sounds that draw me out of the soundest sleep and outside. I am an “outside” girl and never seem to get enough. This time of year, the light comes very early and the time outside increases to the absolute maximum. I find it hard to be indoors.

Summertime allows me to find a different rhythm in my days. The mornings are quiet times for reflection and thought before I enter “work mode” behind the computer. On free days, this quiet time rolls into tending plants and watering them, then maybe some reading on the deck. Afternoons may consist of kayaking, writing and house chores. During the heat of the day, a nap is often in order. Evenings, in general, are filled with family, friends, grilling, concerts in the park and listening to the crickets from the deck as night falls. The days seem to stretch into an easy endless motion running day into day — busy, fruitful and pleasurable.

One only has to lift one’s attention to more global events to be aware that the greater world is also busy, if perhaps more chaotic and not so peaceful. These days, although I am aware of this larger arena, I choose not to get caught up in the events. I may read, or listen, to what is happening and then step back into a narrower sphere — one in which I have a direct influence.

I choose the rhythm of my days. I choose to interact with those around me (humans, plants, insects and animals) in a more encompassing way — to include them, share with them and support them.

On another note — Karin Ogren, EM’s assistant editor, will leave us in September. She will begin working to complete her Master of Social Work
degree from Seattle University.

Karin’s dedication, energy and talent have helped grow and shape the magazine in immeasurable ways. I will sorely miss her and our weekly meetings where we not only share thoughts and inspiration for the magazine, but also our life’s day-to-day adventures.

Thank you Karin for all – we send you off with good wishes and blessings for your new journey.

I wish you much pleasure and peace as you enjoy the heat and long summer days. I hope you take Energy Magazine to your favorite reading spot and enjoy what the authors offer you in this issue.

Margaret
As both a physician and theologian, Rev. Dr. Doug Busby has had a life-long interest in spiritual healing, which for the past 15 years has included a personal study of the healing ministry of the Brazilian Spiritist healer, John of God. Currently, Rev. Dr. Busby preaches, lectures, writes on and provides support for spiritual healing. He lives in Valparaiso, Indiana, with his wife, Christina Dougherty, CPHT. He can be reached at www.HelpInSpiritualHealing.com.

Marisa Chadbourne, LMT, Expert JFB Myofascial Release Therapist, has been in private practice since 2009 and provides a supportive therapeutic environment to help assist her patients through their healing process. After graduating in 2007 from NY College of Health Professions with an Associates Degree in Occupational Studies, Marisa focused her studies in JFB Myofascial Release (MFR). She is also a Certified Health and Wellness Lifestyle Educator and Reiki Master. www.TouchOfHealthNY.com

Master Charles Cannon is the Spiritual Director of Synchronicity Foundation for Modern Spirituality. His books include *Living an Awakened Life: The Lessons of Love, Forgiving the Unforgivable, Awakening from the American Dream, The Bliss of Freedom, Modern Spirituality* and *The Meditation Toolbox*. For more information, contact Synchronicity Foundation at www.Synchronicity.org

Rollin McCraty, PhD, is Executive VP and Director of Research at HeartMath Institute. He is a Fellow of the American Institute of Stress, holds memberships with the International Neurocardiology Network, American Autonomic Society, Pavlovian Society and Association for Applied Psychophysiology and Biofeedback and is an adjunct professor at Claremont Graduate University. Rollin is an internationally recognized authority on heart-rate variability, heart-rhythm coherence and the effects of positive and negative emotions on human psychophysiology. www.HeartMath.org

Paul J. Mills is a Professor of Family Medicine and Public Health, and Director of the Center of Excellence for Research and Training in Integrative Health at the University of California, San Diego. He has expertise in psychoneuroimmunology and integrative medicine with over 300 publications. He is a former Associate Editor of several scientific journals and former Guest Editor of a special journal issue on the topic of spirituality, religiousness and health. www.Profiles.UCSD.edu/PaulMills
Karin Ogren, HTCP, is the Assistant Editor for Energy Magazine and owner of Healing Touch Studio of Seattle. She will pursue a master of social work degree in the fall with the intention to move into the field of Energy Psychology. Previous to her career in Energy Medicine, Karin worked in theatre administration and social services. Her passion for service to humanity and creativity continues in her Healing Touch practice.

Amy B. Scher is an L.A-based author, energy therapist and expert in mind-body healing. Amy uses energy therapy techniques to help those experiencing emotional or physical challenges to heal permanently and completely. She has been featured in major publications including CNN, Curve magazine, The Huffington Post, Cosmopolitan, San Francisco Book Review, and was named one of the Advocate’s “40 Under Forty” in 2013. www.AmyBScher.com

Judith Swack, Ph.D. is a practicing scientist, visionary, teacher and healer. Since 1981 she has synthesized biomedical research with research from other non-medical systems. The results: innovative and powerful applications with transformative results. Additional formal training and certification includes: NLP Master Practitioner, Hypnotherapy, and Systematic Applied Kinesiology. She has published and been cited in professional journals and speaks regularly at international conferences. www.HBLU.org

1| **When it comes to the subtle body, coloring is more than just an enjoyable way to learn about the energy systems that govern our health—it is also an effective practice to help awaken your intuitive connection to your chakras, meridians, and more.**

Cyndi Dale joins Richard Wehrman to bring you an illustrated resource on healing modalities from a variety of traditions. Filled with practical guidance for students, teachers and holistic practitioners, this is an information-rich book that serves as an educational tool, memorization aid and a great way to relax and explore the energetic dimensions of our health.

2| **Resolving Yesterday** explains the basic causes of emotional and post-traumatic stress, and the physical and psychological symptoms it can lead to. It provides a First Aid technique to heal the symptoms that is called the Trauma Tapping Technique (TTT). TTT is easy enough to be learned by children, yet powerful enough to astound psychologists, psychiatrists and counselors as well as long time sufferers of trauma. The authors explain the mechanisms and techniques in a simple and straightforward way that anybody can understand. In spite of the heavy theme, it is an inspiring book full of hope.

3| **Now or Never: A Time Traveler’s Guide to Personal and Global Transformation**. Discover, learn, and master simple and powerful techniques for creating the future you prefer and healing past traumas, to improve the quality of your personal life and help create a thriving future for our great grandchildren.

4| **The Magic Mirror** solo harp CD by Amy Camie relaxes the body, reduces anxiety, and supports brainwave and immune system function. The CD is a gift that will help your patients, staff, clients, volunteers and others relax and de-stress.

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

**JULY 4**

**AUGUST 7 - 8**
19th International Conference on Homeopathy and Healthcare
Amsterdam, The Netherlands
waset.org

**SEPTEMBER 6 - 9**
18TH Annual Fall Conference on Integrative Medicine in Women’s Health
Ojai, CA
symposiamedicus.org

**SEPTEMBER 21 - 24**
24th Annual ISSSEEM CONFERENCE
Lee’s Summit, MO
isseem.org

**SEPTEMBER 25 - 27**
8th international Conference on Natural and Alternative Medicine
Dubai, UAE
alternativemedicine.conferenceseries.com

**SEPTEMBER 28 - OCT 1**
8th Annual Integrative Medicine for Mental Health Conference (IMMH)
Orange County, CA
immh2017.com

**JULY 12 - 15**
American Association of Naturopathic Physicians Annual Convention and Exposition
Phoenix, AZ
naturopathic.org/aanp2017

**JULY 16 - 18**
Energy Regulation Advanced Practice Module - Illuminating the Energy Spectrum
Chicago, IL
functionalmedicine.org/energy

**JULY 27 - 28**
5th International Conference and Expo on Acupuncture and Oriental Medicine
Chicago, IL
acupuncture.conferenceseries.com

**AUGUST 3 - 6**
AIA International Aromatherapy Conference and Wellness EXPO
New Brunswick, NJ
alliance-aromatherapists.org

**AUGUST 14 - 15**
2nd International Conference on Holistic Medicine and Nursing
Toronto, Canada
holisticmedicine.conferenceseries.com

**SEPTEMBER 11 - 15**
Applying Functional Medicine in Clinical Practice
Dallas, TX
functionalmedicine.org/AFMCP

**SEPTEMBER 18 - 20**
National Organization for Arts in Health Conference
Austin, TX
thenoah.net

**SEPTEMBER 28 - OCT 1**
8th Annual Integrative Medicine for Mental Health Conference (IMMH)
Orange County, CA
immh2017.com
A Healer’s Lessons from the Dog Park

Who would ever think that running dogs in a park is a major training ground for being a healer? Well, such is the case in my world.

My dogs are an important part of my daily routine. Every morning at 5 a.m., I drive to the enclosed dog park with Honey the golden retriever and Lucky the yellow Lab. Honey rides shotgun and barks if I miss a turn. Lucky sleeps in the back seat. When the dogs are in good form, I get in a sort of “walking meditation.” My only task is to throw a squeaky toy to Honey while Lucky sniffs around for rabbits. Bunnies are few and far between — a lot of dogs travel these paths during the day. Still, Lucky is on it.

Our ritual is not done with the clanking of the gate on the way out. Next we pull into the Starbucks drive-through. I get tea. The dogs get free biscuits and a happy greeting. After returning to the house, it is time to “wake the boy,” which involves throwing bones on my son’s bed. Grinding teeth and sloppy sounds are better than any alarm clock out there. Finally, we are set. The dogs snooze and the rest of us get on with the day.

At first glance, it would be challenging to figure out how my morning dog habits can help me as a healer. Well, how often is the predictable actually predictable? This rhetorical question applies to more than the dog park and is even more applicable to energy healing. Basically, the same universal law applies to both the dog park and the healing profession. This law is as follows:

PLAN — But Do Not Even Think You Have Control

Before delving into this schooling, I have to divulge a secret. As much as I like having people assume that I am in a full-out sprint when “dog running,” the truth is, only the dogs scurry about. I walk. My idea of jogging is to take two quick steps to open the oven door when the roast is burning. Rather, my morning work-out includes trudging the path while swatting mosquitos or slipping on the ice, depending on which of Minnesota’s two seasons are in force.

Still and yet, my dog running/walking experiences have informed and supported my healing work. After all, the best dog walkers in the world, as well as healers, must create and follow a plan.

Can you imagine the preparation involved in stepping out of the door before dawn with two eighty-pound puppies? The work starts the night before with the laying out of the apparatus. Gear depends on weather. There are dozens of permutations that shift with every few degrees of Fahrenheit and alteration of barometric pressure. Will tomorrow require ice cleats, sandals or mud boots? Maybe a snowsuit, raincoat or mosquito-proof hat?

Do the Honey-balls still squeak? Do Lucky’s booties have intact Velcro ties? Do the batteries in the flashlight work? Are the sheets, which are plastered on every internal surface of the car, still secured with duct tape? So much to do! Every time I prepare for my daily sojourn, I am reminded of how much planning it takes to serve my healing clients.

As a healer, much of the work begins years before a client enters the office. Receiving the divine calling merely gets things going. Then comes the training and practice. And every single professional session involves “the ritual.” There is the scheduling, policy communicating and office readiness. As vital is the inner preparation — the art of cleansing the body, mind and soul and of aligning all three.

As a dog walker, I can plan all I want, but Fate and Fortune will have their say. I cannot predict the sudden balls of hail or an unexpected visit by the gigantic Great Dane that threatens to eat my dogs. Much as I try, I do not know which morning Honey will decide to cleanse the pond of ducks or Lucky will treat himself to a beauty roll in the mud. And that duct tape? It does not really keep the sheets
on when two pawing dogs happily jump into the car. Yet I soldier on, choosing to enjoy the unexpected that occurs despite all my planning.

In a similar vein, for all your professional rigors, you cannot control the events that will occur during a client session. The tears and smiles, hopes and dreams of clients differ, as do their abilities to face them. Your own energy and capabilities fluctuate. And how about the client that only opens up five minutes before the session ends?

In the end, my dog walking has forced me to admit that no matter how much I want to control all the details, I cannot. But this universal law, which we are also exposed to as healers, can benefit from another dog park lesson. You see, dogs live in the moment. No matter what comes—a snapping turtle, bunny or snowstorm—they are ready to deal. And enjoy. Maybe that is the attitude we can strive to adopt, while throwing a little control to the wind.

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.
I want to share how I came to understand the role of volunteering over my (close to 12) years in the field of Energy Medicine. Recently, volunteering has become an active and important part of my professional practice. While I will intimately share the role of volunteering in my practice, I acknowledge and honor that this might not be the same for you.

I have had a fee-based practice since I started my private practice. I had to pay for my office rental and even though I was working an additional job at a large corporation, it felt important to me that having a private practice was not an aspect of my financial life that made me uncomfortable or stressed. I have always worked hard to be financially independent and stable. At certain times in my life, I have had to really dig deep and make some big changes in my employment and my professional trajectory to keep myself feeling stable and supported.

Each year, I struggled with my pricing model, but did resolve to raise my fees a small amount. I justified the personal raise by considering the thousands of dollars in training that I had invested, the hundreds upon hundreds of practice hours I was accumulating and the results my clients were creating for themselves. I have always felt comfortable asking for sustainable compensation because of the effort, dedication and time that I poured into supporting others on their wellness journeys.

I thought I was emotionally and mentally prepared to leave my corporate job, but was actually terrified. My now husband, then boyfriend, asked me to marry him — which felt stabilizing. However, having been married once before, perhaps I entered into this new contract wounded. (See, I told you this was intimate!) I was wounded, excited, afraid. I had a fee model for my practice that I knew could pay my office bills and make enough sustainable income from my “on-the-side” healing business. This gave me some faith that if I continued on, regardless of the future, I would be okay.

My discomfort around pricing, including personal fears about creating a sustainable practice and allowing the work to support me, were gifts that allowed me to be more flexible and compassionate as I defined my fee requirements. This continues to be an ever-flowing process of honoring needs — balancing the needs of others with my own needs.

Sometimes individuals come into my life and practice that do not have the funds to pay my rate, but there is something in my heart that lets me know it is important to

Giving Back: Volunteering

As the Executive Director of the Healing Touch Professional Association (HTPA), I have the beautiful pleasure of participating in events, calls, trainings and intimate one-on-one conversations with our amazing community of healers. A recent conversation ebbed into a discussion around the role of volunteering in our practices. There were a few different perspectives that I want to share.

*Healing work should only be volunteered because it is a gift from Spirit.* This perspective is validated by the opinions that the work of Spirit is a gift — that we, as healers, work to share the gift of Spirit.

*Healing work must be compensated because it is a service, a benevolent one, but a service that requires compensation.* The items that require compensation are your time, your education and training, and to help you pay your bills (office rentals, massage tables) or support a family.

*Healing work needs to be compensated because individuals who ‘get things for free’ are not invested the same way.* This is another opinion that I hear around the debate of volunteering versus charging.

*Volunteering does a disservice to those who charge.* This is another opinion that I heard because those who charge a fee are often working in areas where the modality is provided by volunteers.
work with them. I have always followed that inner “something.” Just like everything in this work, there is a deference to the cosmic unfolding – the ebb and flow of the tides of benevolent work. As individuals come into orbit with my work, there is sometimes the message, “Yes! You have to work with him or her.”

This is my volunteer work. It is not formalized. It is not consistent. A client or case may last days, months or years. Right now, I am working with a male pediatric oncology case. I had the pleasure of working with him for months while he received chemotherapy treatments, supporting him through a surgery and continuing through his rehabilitation and additional chemotherapy. To be honest, I could not see my practice without him. He connects me to the work in an amazingly rich and unique way. His story has been a teaching story for me. There are others—a young nurse who is working on a new healing journey of her own, a woman in Australia who is looking for information about speaking with stones and then there are the burn survivors who come to the events where I volunteer. My work would not be complete without these individuals.

I look out at the world and I see that we, as healers, are needed more than ever. The political climate is difficult, the amount of illness and stress is growing, and the conversations around the economy are rather disheartening. But what is amazing to me is our capacity to give back and the different ways that we show up to support others in our community. I celebrate this, and us. Whether charging a fee, volunteering part time or volunteering full time, I celebrate our contributions to the betterment of the people of this planet.

I invite you to think about ways in which your practice supports you financially and spiritually, and the ability that we have as practitioners to choose the perfect models for supporting those who cross our paths. I think flexibility and “following the energy” are tenets of our work. These tenets can blend effortlessly with the unique design of our practices, our fee models and our alignment with our virtues. We can be empowered and creative as we stay open and balance our needs with the needs of those we support. This flow and creativity in our compensation models allow us to give the gift of service in a fully supportive, yet receptive and fair way.

Amelia Vogler is a specialist in Elemental Energy Healing and mentors holistic practitioners worldwide to deepen their sacred practice. She also moonlights as the Executive Director of the Healing Touch Professional Association supporting Healing Touch practitioners in their advanced education. Her life’s work is seeded by the desire to bring healing to all those that share this beautiful planet. www.AmeliaVogler.com

Energy Magazine has an opening for an Assistant Editor.

If you are interested, please send an email requesting details to marg@healingtouchprogram.com.
Good for the Body

Time to Eat!

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things will be yours. – Swedish proverb

Wuando si mangia non si parla, (Whenever you eat, don’t talk.) – Italian saying

Stop inhaling your food! – Lots of mothers

In this crazy, busy, multitasking world where 51% of Americans want to lose weight,¹ and 66% of British women and 44% of British men are dieting,² what if simply slowing down and chewing more was the answer to weight loss and better health? What percentage of people might be willing to stop rushing through meals or multitasking? Would you?

One study that illustrates the importance of slowing down your eating appeared in the March 2014 issue of the Journal of the Academy of Nutrition and Dietetics.³ Researchers found that you may consume fewer calories over the course of a meal when you eat slowly and chew thoroughly.

Another study⁴ in the June 2014 issue of the same journal had similar findings. Namely, increasing the number of chews before swallowing reduced food consumption in adults of all body sizes. An additional finding was that normal-weight people tend to chew more slowly in general than those who are overweight or obese.

When we eat, receptors are activated as the stomach fills. These signal the brain. As partially digested food enters the small intestine, hormones are released and you feel full and satiated. These reactions take time, however, and when we wolf down our food, we eat more than needed before these reactions have a chance to take place. As a result we overeat and the body is overwhelmed trying to process much more food than it needs.

Chewing actually releases serotonin and is important to happiness. It begins the secretion of hormones and activates taste receptors. Ever eat something so fast that you did not even taste it? I have. Chewing also prepares your stomach and pancreas to do their jobs. This is why it is important to chew smoothies and other liquid meals. “Drink your food and chew your liquids” is an old New Age saying. In other words, chew your food until it is liquid. If you are ingesting a liquid, chew it.

Antonio Stanchich, a Holocaust prisoner, made an astonishing discovery about chewing during his internment. Many prisoners died from starvation and working hard without any supporting nourishment. Stanchich discovered that when he was thirsty, if he chewed water, it gave him energy. This sounds crazy, I know. He experimented with differing numbers of chews and found 50 to be optimal. He shared this information with a couple of others and they began to track their chewing. Two years later, the war ended. Of the prisoners that Stanchich knew, only two others survived: those who chewed their water.

When I first heard this story, I was skeptical. A few days later I found myself leading a hike with someone completely unfit for the hike. What should have taken 40 minutes took more than 3 hours. It was midday and the sun was blazing. I had no food. I was down to my last half inch of water and starting to get dizzy. I began chewing my water 50 times per small sip. To my amazement, I gained energy and stamina! Really! Since then, I have been a faithful chewer.

I encourage you to begin experimenting. Start small. Pick one meal—preferably breakfast or lunch—and give your food 10 minutes of undivided attention. Notice how it tastes. Perhaps even count your chews initially. Notice how creamy food becomes after 50 chews. As this becomes a regular habit, you will know when it has reached the right consistency. Do this for a week. Notice if your mealtimes
Good for the Body

feel different. Notice if how much you eat changes. Notice how you feel after eating.

Let’s look at this from an energy point of view for a moment. How many of you have a ritual of centering and grounding before you begin working with a client or on yourself? Preparation is key to focusing your attention and energy. When you are doing the work, are you also thinking about what to make for dinner or whether the laundry can wait another day? No, because multitasking does not work. You know if you were to do that, neither task would receive the full benefit of the work. Digestion is the same.

When we are eating, we need to focus on the task at hand. I postulate that the habit of praying before eating has two purposes: to express gratitude and to calm the system and prepare for digestion. In a future article I will write about the importance of calming the parasympathetic nervous system when eating. For now, center, ground and put all your energy into the experience of eating—chewing and noticing how you feel.

Looking at food, just as we look at the energy field and assess its current state, what colors do you see? Is the arrangement pleasing? Is there a variety of shapes (which will mean a variety of textures for your tongue to enjoy)? Do you notice any enticing aromas? Smelling food also influences which enzymes are secreted. Some people may even connect with the energy in their food as I have written about in previous columns.

Again, I challenge each of you to pick one meal a day for the next week and focus on eating. Count your chews until you develop the habit. Notice how you feel, changes in energy levels and whether how much you consume changes. Feel free to let me know what happens by connecting with me on Facebook at https://www.facebook.com/wildsuccess.us/.

References

Sharon Greenspan, CHHP, HTCP, 500RYT/e-200RYT, MEd is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and Energy Medicine. She is a professional speaker, author and maintains a private practice. 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 has authored the Eating Your Way To Health Workbook, 105 Questions about the Raw Food Lifestyle, Wildly Successful Fermenting™ and several recipe books. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Tucson, Arizona, with her soulmate, Todd.

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Self-love is the essence of my work. Each of us is a uniquely powerful being and we have choices in how to manage our lives.

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Marie Lavin MSW, LCSW
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When I began to study Energy Medicine, I was told that the souls of deceased persons, or disincarnate spirits, are often present when an Energy Medicine practitioner is engaged in energy healing. I was also told that their presence is indicated by such phenomena as snapping and tinkling sounds in the room around the practitioner and client, surges of energy passing through the practitioner to the client, intuitive information being received by the practitioner about the client’s health and the client experiencing visions of faces coming and going.

I had just begun to wonder whether these spirits could be invited to provide help in energy healing when I was introduced to A Guide to the Understanding and Practice of Spiritual Healing by the late British spiritual healer, Henry (Harry) James Edwards, and to The Miracle Man by Robert Pellegrino-Estrich, about the healing ministry of the Brazilian spiritual healer known in English-speaking countries as “John of God.” I read that Edwards “attuned” to various spirits with medical knowledge necessary to provide help in “direct,” or “contact” healing, and in “absent,” or “distant” healing. Furthermore, I read and subsequently observed that John of God is a full-trance spirit-healing medium, in that his mind and body are temporarily taken over, or incorporated, by one of many spirits who provide help in direct or distant healing without his being aware of what a spirit is saying or doing through him.

Although the work of “gifted” spiritual healers such as Harry Edwards, John of God and many others like them, has indicated that disincarnate spirits can provide help in healing, I kept wondering whether this help could be provided while an Energy Medicine practitioner is engaged in energy healing. I realized that to gather the information and provide an answer that would be acceptable to the greatest number of practitioners, I would first have to describe how belief in physicalism—that we are purely physical beings, is being overshadowed by belief in dualism—that we are physical beings who have an immortal soul or incarnated spirit. Then I would have to present what we presently know about the nature of disincarnate spirit existence and suggest how disincarnate spirits might help in healing. Finally, I would have to review how, for example, the lives of Harry Edwards and John of God have revealed spirit-involved healing to us. This information and the answer are contained in my recently-published book, Spiritual Healing: Help from the Spirit World. This article highlights the content of this book.

Physicalism and Dualism
Overall, the Holy Bible gives much greater support to physicalism than to dualism. As is reflected in the
An Energy Medicine practitioner channels the universal life force energy that is within and around all of us.

Help From the Spirit World in the Practice of Energy Medicine

Hebrew Bible or Old Testament, the ancient Hebrews believed in physicalism in spite of their having been directly exposed to the cultures of Egypt, Canaan and Babylon, which had adopted dualism. The only indication of dualism in the Gospels is in Luke (23:43), where Jesus says to the criminals who were being crucified with him, “Truly I tell you, today you will be with me in Paradise.” Otherwise, single passages that indicate belief in dualism are contained in two authentic letters of the Apostle Paul (2 Corinthians 5:1, 2 and Philippians 1:22, 23), which seem to contradict Paul’s strongly-stated need for resurrection of the physical body (1 Corinthians 15:20-22), and in the anonymous letter to the Hebrews (Hebrews 4:12).

I have estimated that in the United States, approximately 55 percent of a total of 62 million members in the 15 largest Protestant denominations are likely physicalists.

I believe that a strong case can be made for survival of the soul after death from studies and reports of various phenomena that point to survival of our consciousness, which is regarded as our soul’s key aspect. These phenomena include the out-of-body experience (OBE), the near-death experience (NDE), the after-death communication, the past-life experience and the inter-life experience. Whenever I am challenged on the veracity of dualism, I refer to the highly-credible data on them as reported in Consciousness Beyond Life by cardiologist Pim van Lommel and to books by professionals who have experienced an NDE, including To Heaven and Back by orthopedist Mary Neal and The Journey Home by psychologist Ann Graber.

Nature of Discarnate Spirit Existence
What we currently know about the spirit world and its connection to us can be pictured from the spirit communications that led to Spiritism and from after-death communications by the disincarnate spirit of seminary professor A. D. Mattson. Spiritism is the moral philosophy and observational science derived from superior-spirit answers to 1,019 carefully-prepared questions asked by mediums, compiled by the French educator Hippolyte Léon Denizard Rivail (1804-1869) and published by him in The Spirits’ Book under the pen name of Allan Kardec. Dr. Mattson’s impressions of the spirit world, based on his state of spirit development, were published in the book Evidence from Beyond.

Both the Spiritist and Mattson sources of information...
about the nature of spirit existence describe the passage of spirits through planes of intellectual and moral development over eons of time, eventually to reach an intimate relationship with God. Experience for spirit progress is obtained from multiple incarnations on Earth and interim “life” in the spirit world. One opportunity for experience during spirit life is giving guidance, support and protection to us on Earth. Although neither The Spirits’ Book nor Dr. Mattson specifically state that one of the possible services that a disincarnate spirit can provide is help in energy healing, they strongly suggest that this is probable.

Energy Medicine and Help in Healing from the Spirit World

I suggest that Energy Medicine can explain how disincarnate spirits might provide us help in healing. Paracelsus (1493-1541), a Swiss physician, botanist and alchemist, postulated that humans attract this energy into their bodies and at will are able to externalize it for healing through their hands, as in the ancient practice of the “laying-on-of-hands” used by Jesus in his healing ministry.9 Jean Baptiste Van Helmont (1579-1644), a Belgian physician and chemist, agreed with Paracelsus and reportedly used the laying-on-of-hands to heal various medical conditions in children, noting that the will, not the imagination, is critical to using this energy for the healing of another person.10

Franz Anton Mesmer (1734-1815), a German physician, claimed that this energy flows throughout the body and that obstacles to its flow can cause disease.11 He proposed that people be trained to release these obstacles in others by receiving vital life energy and providing it to others through the hands, by making “magnetic passes,” which involves repeatedly moving the hands downwards over the entire body or by using the laying-on-of-hands, which involves placing one or both hands over symptomatic body areas.

The spiritual healing work of Ambrose Worrall (1906-1972), as described in his book, The Gift of Healing,12 is an outstanding, contemporary example of a person receiving and providing universal vital life force energy to others both for direct healing and for distant healing. Born and raised in England, Worrall was unusually sympathetic to those in need. In his teens he was unthinkingly guided to gently touch the sides of his sister’s neck, immobile and deformed from an injury, which spontaneously returned to normal. After he moved to the United States to begin a career in aeronautical engineering, he became interested in spiritual healing. He found that healing occurred if he reached a sense of calm and waited for an “impulse” to come to him to move his hands lightly over an ill person’s body and momentarily hold one of them over a presumably affected body area—while praying silently for the person’s healing. He attributed the healing that occurred among the tens of thousands of people whom he treated over the years to a creative, regenerative force generated by the will of God for human wholeness.

In the past thirty years, we have begun to understand the basic nature of our subtle energy body, recognizing that it both supports and reflects our physical, mental, emotional and spiritual health. An Energy Medicine practitioner channels the universal life force energy that is within and around all of us, to strengthen and balance a patient’s subtle energy body and thus facilitate healing of the patient’s health problem or relieve distress from it. Most, if not all, people can channel this energy for direct or distant healing and some people are especially “gifted” to do so.13,14 The question is whether or not a disincarnate spirit can help in healing by “intelligently” guiding the energy so that it optimally serves its purpose. I believe that this has been clearly demonstrated in the healing ministries of the late Harry Edwards and John of God.

Harry Edwards

Harry Edwards (1893-1976) was born in London, England, and has become known as one of the greatest, yet controversial, spiritual healers in history.15,16 While serving as a captain in the British army during the First World War, he was given charge over local workers in building a rail line between Baghdad and Mosul in the Middle East—and had little more than bandages and iodine to treat the workers’ injuries.
He observed that the injuries seemed to recover more rapidly than usual, but did not realize why for several years. In 1936, he was invited to a local Spiritualist church meeting, where a medium informed him that he was a healing medium and asked him to intercede with the spirit world for the distant healing of a person dying from tuberculosis. He did and the person recovered. His next case, a person suffering from terminal lung cancer, also recovered. Although these critically-ill persons received distant healing, Edwards soon began to engage in both direct and distant healing full-time in his healing sanctuary in the British countryside.

At the height of Edwards’ healing ministry, an average of 2,000 patients a week were coming to him for direct healing. He was receiving over 10,000 letters a week with requests for distant healing, as well as (usually silently) reports on the healing progress of individuals. He estimated that healing occurred in about 80 percent of the people who requested direct or distant healing, with about one-third of these healings being cures.17

Edwards emphasized that for a spiritual healing to occur, it must be a planned act in which complex, unalterable, physical and spiritual laws established by God are applied.18,19 He pointed out that because human beings presently lack the metaphysical knowledge and skill to do this, God appoints disincarnate healing spirits, who are on a higher plane of intelligence than human beings, to acquire this knowledge and skill so that they can respond effectively to prayerful requests of them for healing. He stated that healing is enabled by “attunement,” which involves the healing medium, or “healer,” making a psychic connection with a disincarnate healing spirit. He said that during attunement, which occurs over a several-minute period, the healer uses thought to inform the healing spirit of the patient’s request for spirit healing and to describe the patient’s physical, mental, emotional or spiritual condition for which spirit healing is being sought. He also said that attunement enables the spirit to transmit healing energy to the patient either through the healer as a channel for it as occurs in direct healing or straight to the patient as occurs in distant healing.

Resources led me to conclude that disincarnate spirits can provide Energy Medicine practitioners help in healing

John of God
John of God, to whom I will subsequently refer as “Medium João,” is one of several full-trance spirit-healing mediums who have become known in Brazil since 1950. There has been no explanation given for their unique appearance in that country other than the widespread practice of Spiritism. A remarkable feature of the practices of full-trance spirit-healing mediums has been the performance of so-called “visible operations” by incorporated spirits, which the spirits say are not needed for healing but to give people visible proof of spirit-assisted healing.20,21,22 Nevertheless, the spirits assert that any one of their operations, such as simply making and suturing a short skin incision, can initiate the healing of one of many different medical conditions. Most puzzling, especially to medical doctors, are the facts that the operations are usually performed without anesthesia or antisepsis and have an incredibly-low risk of infection or other surgical complications.

The path to Medium João’s healership has been summarized in The Miracle Man and in John of God,23 by Heather Cumming and Karen Leffler. João reportedly discovered that he was capable of being a full-trance spirit-healing medium at the age of 16, when he heard a voice tell him to go to a local Spiritist center. He immediately went to the center, and for three hours after he arrived there, had an experience of not being conscious of what he was doing. Thereafter, Spiritists at the center told him that his mind and
body had been incorporated by a disincarnate spirit who healed over 50 people, some with amazing surgical operations. He remained at the center for several weeks, during which he was incorporated by various individual disincarnate spirits for healing. Subsequently, he worked as an itinerant laborer and then as a tailor for the Brazilian military for many years, during which time he conducted this form of healing ministry. In 1979, he established a center for his ministry in the small, central Brazilian town of Abadiânia.

The healing accomplished by the disincarnate spirits in Medium João’s healing ministry encompasses all sorts of disabling and life-threatening medical conditions such as those which I have observed during several visits to the Casa: unhealed crush injury of the foot; spinal cord injury with paraplegia, severe arthritic conditions in the spine and lower extremities, cancers (breast, brain and bowel), multiple sclerosis, Lou Gehrig’s disease (ALS), atherosclerotic heart and vascular disease, hepatitis C, HIV/AIDS, psychiatric illnesses and spirit attachments. Over the years I have been repeatedly told by the Casa staff that about 85 percent of persons who come to the Casa for spiritual healing appear to receive it.

Can the Spirit World Help in the Practice of Energy Medicine?
In this article I have highlighted how I sought an answer to the question of whether the spirit world can help in energy healing, principally by considering the nature of disincarnate spirit existence and the spiritual healing ministries of Harry Edwards and John of God. These resources led me to conclude that disincarnate spirits can provide Energy Medicine practitioners help in healing, supported by the following five presumptions:

- We have an immortal soul, or spirit, which over eons of time repeatedly transitions from the spirit world to the mortal world and back to the spirit world in order to have experiences in both worlds that enable it to advance intellectually and morally through planes of perfection, and eventually reach an intimate relationship with God.
- Disincarnate spirits continually interact with us in various ways, including providing us help in direct and distant healing.
- The help in healing that disincarnate spirits provide is the intelligent guidance of universal vital life force energy.
- We can serve as channels for universal vital life force energy and as mediums for its guidance by disincarnate spirits. Both of these abilities exist in most, if not all of us.
- The disincarnate spirits who guide universal vital life force energy for help in healing have acquired medical expertise to do this work.

An Energy Medicine session may begin with the practitioner recognizing God as the source of universal vital life force energy and thanking God for it. The practitioner may also ask the disincarnate spirits for help in healing, specifically to guide the energy for healing. During a session, the practitioner might place a hand or hands over the site of a patient’s illness or discomfort, not only to provide universal vital life force energy to the site, but also to possibly help the spirits identify where to guide this energy. Then, at the end of the session, gratitude should be expressed to God and the spirit world for providing help in healing.

The nature of universal vital life force energy and how it heals, as well as how spirits guide it with medical expertise for healing, are presently and may always be beyond the realm of human knowledge. However, I believe that this should not preclude the Energy Medicine practitioner from asking the spirit world, specifically its “healing spirits,” to provide help in energy healing.

Rev. Dr. Douglas E. Busby can be found at www.helpinspiritualhealing.com.
Help From the Spirit World in the Practice of Energy Medicine

References

10. Ibid.
11. Ibid. 277-279.
Thank you —

For taking the Energy Magazine Survey. Sharing your thoughts, suggestions and ideas will help us plan future issues. 963 subscribers took the survey and we received positive feedback on our free gift - Cyndi Dale’s Essential Energy Anthology. We thought you might like to see some of what we learned.

What you found most valuable about Energy Magazine:

- Variety of articles
- Book section
- Techniques, tips/tools
- Cyndi Dale’s column and articles
- Graphics and beauty
- Connection with others in the field, community
- Research pieces/scientific studies (verification of Energy Medicine)
- Helps one stay current with what is going on in the field
- Advertisements for products and other classes

Topics and articles you would like to see more of:

- Self-care pieces (using a wide range of modalities)
- Meditations
- Blending of modalities
- Science and research
- Professional pieces (starting a practice/ethics, etc.)
- Other modalities
- Energy medicine for animals
Why are we so in awe of the old oak and the ancient redwood tree? Why does sitting beneath a spreading sycamore feel like a spiritual experience?

HeartMath’s scientists have focused especially on oak and redwood trees as they seek answers to a number of questions. For instance, given our close relationship to trees through the millennia, can electrical responses in multiple trees correlate to events that trigger huge emotional outpouring in large numbers of people?

What We Know
- Oak and redwood trees in different locations at HMI’s California campus and research center have different overall electrical voltage patterns.
- Trees, like humans, have a circadian or day-night rhythm.
- Trees, can elicit positive feeling states in humans.
- Trees provide Earth with oxygen, and they clean our air.

Scientists Will Explore
- How people and trees are energetically connected.
- How trees are affected by human emotions.
- How people are uplifted while in the biofields of trees.
- How trees can inform us about approaching earthquakes.

Next Steps
1. Acquire and install additional sensors, communication equipment and software.
2. Create a network system that allows researchers to record many trees simultaneously in different forest locations.
3. Add to the network an additional 20 trees at
strategic locations in the redwood forest surrounding the HMI campus.

4. Collect data on different types of trees and tree stressors such as location.

From HMI Director of Research Rollin McCraty Ph.D. . . . “We will be looking at how a tree’s electrical potentials are affected by a number of obvious environmental factors such as temperature, light and water, but also the gravitational pull on the earth by the sun and moon (Earth tides) and changes in the earth’s magnetic fields.”

If the institute’s initial studies determine trees are energetically interconnected with and/or can help in earthquake prediction, “We envision expanding the tree-monitoring system to include forests in other geographical locations.”

For a number of years, HeartMath Institute (HMI) studied the electrical activity of trees in relation to our interconnectivity research. With your support, we hope to expand efforts in this area.

For instance, trees have a surprisingly complex range of electrical activity and rhythms. Now we want to measure this activity from groups of trees. By looking at the activity of trees in groves and at different locations in a forest, we hope to see how trees not only may be communicating with each other, but also how they may respond as a group to human emotions.

Scientists know trees, like humans and other living things, have a circadian or day-night rhythm and other rhythms and activity. For example, these electrical rhythms are coupled partly to the sun and moon’s gravitational pull on the earth.

There’s a lot more to learn about trees, especially how they may respond to human emotions, and how being in the presence of their biofields can have an uplifting effect on people. Our scientists have been preparing in recent years to expand our tree research, and HMI/GCI is making this appeal now so they can begin.

**HMI’s tree research benefits people by:**

- Providing a deeper understanding of how people and trees are energetically connected.
- Gathering information about how trees respond to human emotions generally and how they respond to positive human emotions in particular.
- Collecting data before earthquakes to aid in prediction – and saving lives.
- Establishing a network of tree-monitoring sites and a website with live data from a redwood grove that allows public interaction with the trees at any time.

**View Images of Tree Sensor and Recordings**

Another rather amazing observation has been that some of the longer-term trends in trees recordings seem to respond to the approach of earthquakes. An exciting theory NASA Ames scientist Friedemann Freund with whom we are collaborating, has developed a theory that explains how rocks deep in has proposed in the earth act as batteries when they are stressed by tectonic forces preceding earthquakes. The electrical charge carriers flowing through these rocks appear to cause a response in the electrical activity of trees. This theory also explains how the electrical change carriers that flow through the rocks appear to cause a response in the electrical activity of trees. The changes in trees’ electrical activity could be a way to better predict earthquakes.

The HearthMath Institute can be found at www.HeartMath.org
Take control of your health, be your own advocate and you can possibly cure yourself of cancer. So says Glenn Sabin and he should know. It seems he did just that using natural and lifestyle methods. His drive to share his success story led him to write the book *n of 1* in the hopes that others can prevent or reverse disease. The letter “n” in the title refers to the sample size of a research study.

In 1991 at age 28, Glenn was diagnosed with chronic lymphocytic leukemia (CLL). There was no known cure. As a young man, Glenn was faced with the news that he was going to die. His first doctor told him there was nothing to do except “watch and wait.” His second doctor, from Harvard, informed him of two high-risk options. Upon closer examination, one protocol was not a viable option and Glenn refused the other because it was far too risky given his circumstances. That left the original choice to “watch and wait.” In other words, Western medicine had nothing to offer Glenn. He refused to watch and wait. Instead, Glenn says, “I held on to two principles. First, every day was beautiful. Second, I absolutely had to figure out how to stay alive.” (Sabin, 2016)

At the time of Glenn's diagnosis, the fields of Integrative Oncology and Functional Medicine had not yet been established, and the NIH National Center for Complementary and Integrative Health did not yet exist. Glenn was on his own. Forced to become his own health advocate, he dove into stacks upon stacks of research data to educate himself. He also listened to his body, discounting his doctor’s recommendations and heading for the gym. He recommitted to working out—hard. His wife Linda embraced the role of Glenn’s personal chef, feeding him unprocessed and organic food that served as “medicine.” Glenn was introduced to supplements and began a regimen specially designed for his individual health concerns. Thus began his experiment into his own brand of integrative medicine.

Despite the dire prognosis, Glenn beat CLL and is thriving 26 years later. He attributes much of his recovery to the integrative practices he used to turn around his health. Energy Magazine’s Assistant Editor Karin Ogren interviewed him to learn more.

*Karin:* The title of the book is *n of 1*. You acknowledge that this is about one person’s unique experience and are resolute that this is not a prescription for others. So why write the book?

*Glenn:* It was important for me to tell my story. I tell the story of one person over a 25-year period—everything I encountered in conventional and integrative medicine, my experiences with my family and how I
was dealing with this process. What I don’t do is offer some recipe for curing disease. I am a big fan of prevention. I believe that if there is a cure to cancer, it will be found mostly in prevention. I am a big advocate of following the core lifestyle tenets of integrative oncology: stress reduction, physical activity, and nutrition as well as being well-hydrated with clean water and getting plenty of restorative sleep. My case is one of the most well-chronicled, and I believe the things I incorporated impacted my disease on more than one occasion because I have had a couple remarkable clinical outcomes. But I also don’t rule out that other factors could have been in play here because we just do not know.

However, a person gets into a place of calm, whether it is physical activity or stress reduction techniques, I say go for it.

Karin: You intentionally refrain from using the word “cured.” What is the difference between curing and healing?

Glenn: I don’t use the word “cure” to define my current situation because we just do not know. The technology that looks for cancer cells in blood or marrow is not all that exact. I use the words “complete remission” or a “durable remission” when describing my situation.

I differentiate between curing and healing in that not all disease is curable. We are entering an era where various types of fatal disease are now being managed with better approaches, better therapies, and the approach becomes long-term management of a particular disease. While sadly not everyone can be “cured,” most folks can achieve a certain level of healing based on how they approach the management of their disease.

People can still live a good quality of life during the disease process—they have made peace with people and situations in their life, and they are doing the best they can to achieve a level of healing. It’s a level of emotional healing.

Karin: In the forward of your book, your co-author Dawn Lemanne, MD, MPH, writes, “Glenn had documentation of his diagnosis from several respected medical institutions: the National Cancer Institute, Harvard, Johns Hopkins, and George Washington University. He had copies of his pathology and blood test reports. He had letters from his physicians exclaiming surprise at his recovery, despite his refusal of conventional treatment.” (pg xxi) It was important to you to document your case of CLL. Why was that?

Glenn: It’s important to capture the clinical cases of exceptional patients at a high level of quality so the data can be peer reviewed and published in medical literature. That is an important process for cases such as mine. You take what is anecdotal, an n of one or sample of one, and you collect these cases so that a bigger picture can emerge. It makes sense to look at these types of cases more deeply.

Karin: You have placed significant emphasis on the lifestyle choices you incorporated. But what if this was simply a case of spontaneous remission?

Glenn: I don’t want to talk about religion or miracles or those types of things. I don’t believe in spontaneous remission. I believe spontaneous remission is a myth. I think there are biological reasons why folks go into a disease-free state. Although I am very grateful for the fairly remarkable clinical outcomes that have occurred perhaps through my regimen, we don’t know conclusively what occurred because an outcome does not prove what caused that outcome. As well-documented as my case is, we just don’t know what helped or caused the changes because all the
things that I brought to bear with my protocol over the course of decades has not been reduced to one or two or three factors. This was not a formal n-of-one clinical trial, comparing my process or protocol to a control group. Yet, I have maintained complete remission despite there being no cure for CLL.

Karin: In your book you describe what you call the darker side of natural health and you list modalities like electromagnetic field therapy, Energy Medicine and visualization. Did you research any of those modalities?

Glenn: I’m not sure I mention all those modalities in the book. I think in the book I probably spoke on alternative cancer care versus evidence-based or evidence-informed integrative oncology. So I don’t know that I have categorized Energy Medicine, for instance, as alternative medicine. But I am wary of using alternative medicine that lacks scientific evidence in lieu of proven, potentially curative standard of care. I am an advocate of the best Western conventional oncology, but I also believe in integrating different modalities that either are evidence based, evidence informed or otherwise inexpensive and safe to consider. If they are helpful, then they are helpful, and it does not matter much about the science that supports its use. This is how I may differ from cancer researcher and author Ty Bollinger and others in that way.

Karin: You mention those modalities specifically on page 35, and I am curious about that because there has been research done on different forms of Energy Medicine such as acupuncture, Healing Touch, Reiki and others.

Glenn: I am fine with acupuncture, Healing Touch and other therapies that are safe. If they are effective for individuals, great. I have had plenty of acupuncture for lower back pain. I destress in a way that is unique for me that may not fall in line with mindfulness-based stress reduction or other common modalities to relieve stress. So however a person gets into a place of calm, whether it is physical activity or stress reduction techniques, I say go for it.

Like you said there is a growing literature base that supports several of these approaches. The core tenets of lifestyle medicine, such as stress reduction, physical activity and nutrition, are the areas where the most literature exists. I do certain things that really work for me—I don’t believe there is one set of nutritional supplements or one specific way of eating or exercising. Folks need to find what works for them and what could be comfortably incorporated into their lifestyle so they will continue to do it regularly. I found what worked for me through research, connecting with advisors I trusted and knowing myself.

Karin: You say you have received lots of acupuncture. Why did you start and what benefit did you experience from that? Were there any other alternative modalities you tried either during your treatment or since then?

Glenn: I started using acupuncture about fifteen years ago, mostly for lower back pain. In my early thirties, I had a lower lumbar laminectomy. A piece of bone fragment was removed from my back and I still have degenerative disc disease. Usually this problem can only be fixed through fusion, but I have been able to avoid fusion surgery. After I had the lower lumbar laminectomy surgery, I would frequently throw my back out and it would set off a cascade of inflammation and pain. I had different types of pharma at the ready for emergencies, whether they were anti-inflammatories, muscle relaxers or even steroid dose packs if I needed it. I kept going through the cycle until I figured out other ways to manage the situation without having to get fusion surgery. So for many years, between continuing on a low inflammation diet, acupuncture as needed and Pilates twice a week for the last seven years, I have had maybe one bout of back pain that was a fraction of what it used to be. I previously had those bouts five or six times a year, and more so in the winter. So I have used various integrative modalities and nutraceuticals to manage a systemic back issue.

I have no issue whatsoever with folks trying different modalities of healing—they can make that choice.
But when I’m coaching somebody, I recommend integrating various modalities within a standard of care that is especially successful in dealing with a potentially dangerous, malignant situation. If the various modalities don’t have a big cost associated with them and they bring relief, that can have an impact. Even the placebo effect is significant. If you can leverage the placebo effect instead of taking a pill or going through an intervention, then by all means, leverage that placebo effect. That’s real, that’s powerful, that’s leveraging the mind in ways we can’t necessarily determine scientifically. Of course in one sense, I am a walking conflict because I refused standard of care in 2003 when I became very ill.

Karin: In your book you write, “I had to work harder than ever to keep morbid thoughts of leukemia from taking over my mind . . . I have learned to ponder my diagnosis only when I need to, and always in service of a positive health goal, or when searching for helpful information.” (pg 15) What role do you think monitoring your thoughts played in your recovery?

Glenn: In the book, I don’t dig deep into the psychological aspect and what power that may have over one’s condition. However I do believe the most important thing to identify is the mind’s connection to the body and to build a psycho-social support system upon learning about a diagnosis. It is very important.

I think that most clinicians, including my academic physician Lee Nadler who is a Harvard dean, will be the first ones to share that the patients who do the best are those who are most involved in the management of their disease, those who have a real thirst for life and who are most proactive in staying in a psychologically healthy place. I think a mind that is preoccupied with ongoing unmitigated anxiety, stress and/or depression is conducive to a pro-cancer environment.

Karin: What do you hope your readers take away from this book?

Glenn: The power of self-efficacy and becoming the general contractor of your own health. Ideas for how to go about dealing with both conventional providers and integrative practitioners. That readers have an opportunity to take some control and hopefully impact the course of their disease. Possibly as much as 80% of different types of cancer across populations could be prevented in the first place. Certain lifestyles over time make the onset of cancer more likely. Therefore I hope the book points to the potential ability of healthy lifestyle choices to prevent cancer or support a durable remission after a course of cancer therapy. Hopefully by taking ownership of their own health, they can have a long survivorship and a long, durable remission.

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I am an Energy Medicine Practitioner

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

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The Beloved brings forth the universe to experience the Beloved in an infinity of ever-changing forms. Each form is the Beloved. The heart of the Beloved fuels this manifest expansion, ever pushing new forms into existence, with each form seeking to awaken to the Beloved who created it. This is the journey of the Beloved awakening to the Beloved. The love of the Beloved is of itself whole and complete yet its very nature is expansion, to move and bring forth the other.

Human beings are utterly and unconditionally loved by the Beloved. This is not for anything that we have done or have not done, but simply because we exist. There is nothing we could ever do that would change that. Our existence is the gift of the Beloved to the Beloved. Our journey, within this sea of unconditioned love, is to awaken to ourselves as love.

As human beings, each of us is unique in our capacity to know and express the Beloved. We know we are expressing our unique gifts in life when we help others see the Beloved in themselves. To be of service to love is to be of service to recognizing and manifesting love in form.

Humanity’s march through space-time is one of love seeking itself in form. Humanity has the opportunity to advance, to create a new form of love in creation. This will be a manifestation of humanity itself, a gift to the Beloved. This will bring fruition to the capacity of these human forms.

The mind, existing in consciousness, experiences the Beloved as “I am”; the heart, existing in consciousness, experiences the Beloved as love. The awakened mind brings cosmic understanding; the awakened heart brings cosmic perception, the experience of our body as the body of creation.

Even in the state of perceived duality, the presence of love is available to us as a means to help the mind overcome its belief in separation. Unlike the mind, it is difficult, if not impossible, for the heart to experience itself as separate, to believe in the experience of separation.

With the movement of awareness away from its identity with the body-mind, the sense of duality and individuality diminishes in an ever-growing expansion that ultimately embraces the entirety of the cosmos and beyond. The capacity for perception of the Beloved increases. Perception changes from seeing form as primary to seeing the Beloved as primary.

Paul J. Mills, PhD
in form. Form remains in perception but becomes secondary to the ever-present unchanging stillness of the Beloved.

Since the love of the Beloved is the driving force of creation, knowing it means we are consciously participating in that most fundamental of creation’s purpose. Our own sense of purpose in life, however it manifests in each of us, is a reflection of that basic force of love to know itself, to see and experience the Beloved in all things, that is, to see and experience our Self in all things.

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The human body is magnificently composed of liquid crystalline-structured layers of water. These structured or ordered layers are the phase of water between liquid and solid and play a significant role in energy production. Our entire being is designed to be a mass conductor and distributor of energy. This liquid crystalline phase accounts for the majority of water in the body as it fills each and every cell as well as extracellular tissues. It is also believed that our subtle energy system melds and anchors into this liquid crystalline phase of water, affecting its flow the same way the moon affects the tides of the ocean.

Dr. Gerald Pollack’s book *The Fourth Phase of Water: Beyond Solid, Liquid and Vapor*, describes this liquid-crystalline phase as “exclusion zone” or “EZ” water. The name “exclusion zone” was derived when Dr. Pollack discovered that this phase excludes almost anything suspended or dissolved in water when it comes in contact with a surface. Picture a water balloon that has been filled with water—the EZ water is found sandwiched between the bulk water zone and the inside surface of the balloon. This exclusion zone kicks everything out and moves it over to the bulk water zone. Only water gets to stay in the exclusion zone. Furthermore, the exclusion zone holds a negative charge while the bulk water zone has a positive one. Since the zones are oppositely charged, the separation is sustained. Its unitary molecular structure looks like honeycomb sheets that are stacked parallel on top of each other from the material surface to the bulk water zone. Additionally, the EZ’s atomic structure is extremely similar to the atomic structure of ice.¹ These layers like to exist independently to create separation and cause additional means of energy production.

Since crystals exclude as well, Dr. Pollack looked deeper into the possibility that the exclusion zone itself is a liquid crystalline substance. Crystals generally grow from nucleation sites, which are surfaces for them to begin building. So the next step was to determine what kinds of surfaces nucleate or produce exclusion zones. Dr. Pollack found that hydrophilic (water-loving) surfaces create exclusion zones while inducing nearby water molecules to line up as they would a liquid crystal.¹ This supernal structured or ordered water develops when H₂O comes in contact with any hydrophilic surface, like our cell membranes and other extracellular tissues. It also has a molecular structure of H₃O₂, which means it has relatively more oxygen than H₂O, as well as being more viscous, dense and alkaline. Since it also has a negative charge, it acts like a battery, holding energy and delivering that energy when needed.² Later, we will review ways to increase the amount of EZ water in the human body in order to charge this battery.

Marisa Chadbourne, LMT

Crystalline Tides
Of course, this has not been the first mention of our biological make-up being liquid crystalline in nature. Alfred Pischinger and James Oschman have also researched this subject in considerable detail. Their work was focused on the properties of our connective tissue matrix and how it interacts with cell communication. The connective tissue matrix, which James Oschman refers to as the “living matrix,” is comprised of elastin fibers, collagen fibers and a polysaccharide gel called ground substance. This living matrix is a continuous structure running three-dimensionally throughout the body converging with every other system. Even down to the cellular level, it extends into each cell as the cytoskeleton and nuclear matrix. James Oschman wrote:

A key aspect of the matrix is that its components are highly arrayed, i.e., they are primarily in a liquid crystalline form. Giant arrays of collagen molecules form the structural fabric of the body—the connective tissues, bones, and fascia. Connective tissue called tendons connect to the contractile fibres inside of muscle—another highly crystalline material. The bones are also composed of crystalline collagen interspersed with mineral crystals called apatite. Finally, the surfaces of cells are composed of liquid crystalline arrays of phospholipids and the interiors of cells are packed with various fibres that often have a crystalline configuration. Importantly, from an energetic perspective, these molecular arrays also organize vast numbers of water molecules. These arrangements have profound significance from a quantum physics and quantum biology perspective.3

In my opinion, this wondrous system is the basis of our health, as it plays an important part in the healing process while also being affected by every type of disease. It is the only system in the body that touches and communicates with every other system. This crystalline fabric of communication acts as a semiconductor spreading energy throughout the body. Alfred Pischinger specifically studied the communications that spread throughout the connective tissue over the entire organism. He wrote:

Recent research has also demonstrated that the matrix components are actually semi conducting liquid crystals, materials known to have a variety of remarkable properties for the transmission, storage, and processing of information involved in regulations. The collagenous matrix and ground substance of the human body form a totally pervasive system, a major organ, that reaches into every part and whose properties are absolutely vital to the operation of the whole.4

Every system in the body merges with the living matrix, which makes our entire being liquid crystalline in nature. Energy and cell communication is spread throughout the body via this matrix in an innately sophisticated manner. James Oschman states, “We shall see that an even more profound realization is emerging. The entire living matrix is simultaneously a mechanical, vibrational or oscillatory, energetic, electronic, photonic and informational network.”5 This fascinating system has only begun to be understood in its total function.

The liquid crystalline properties of the human body play a remarkable role in forming subtle energetic systems at the physical-cellular level. The physical body and subtle energetic systems join together with these liquid crystalline components to form bioenergetic resonance, an essential part of the human body. The flow and strength of our subtle energy systems...
Crystalline Tides

rely on the energetic properties of our liquid crystalline structure. Scientists have begun to recognize that these liquid crystals possess some of the same energetic qualities of solid quartz. They can also create, transmit and receive biophotons (photons of light in the ultraviolet and low visible light range that are produced by a biological system). This quantum field of biophotons must be present for subtle energy communication to take place between the tissues and molecules. The energy of our liquid crystalline nature acts as a lock and key for the physical and subtle energy bodies to merge together.

Earlier I mentioned that it is possible to increase the amount of exclusion zone water in the human body in order to intensify energy production and flow. Since EZ water is liquid crystalline in nature, I believe that we can also strengthen our subtle energy systems when more of it is present in our body. Exposure to light energy, especially infrared light, builds more EZ water. Simply being in sunlight results in EZ growth, therefore separating the water’s negative and positive charge. This separation charges the water battery. We can even say that it is similar to the photosynthesis stage in plants since light also separates the charge in this process. Radiant light is the driving force for creating more liquid crystalline structured water.

Our bioenergetic resonance relies on the energetic properties of our liquid crystalline matrix. The crystalline oceans of the body are a mass conductor and distributor of energy. These tides that flow within our liquid crystalline structured layers of water are the essential means of orchestrating the body’s grand symphony of communication.

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Author Marisa Chadbourne may be found at www.TouchOfHealthNY.com.
You Are Okay: 3 Easy Ways to Calm Post Election Anxiety

Amy B. Scher, Author and Energy Therapist

Change is scary, I know. In my work, I help people who are anxious and fearful to feel empowered and hopeful. Often, this shift needs to happen because someone is experiencing illness, but lately, I have been hearing from a lot of clients who are scared and upset because of the election results. If this sounds like you, please know that you have a lot of buddies out there feeling the exact same way. I am here to tell you how to make it better. Hooray!

Here we go . . .

1. Calm Your Nervous System

Don't lose your power. Don't hate the world and your fellow voters and everyone now who has you feeling this way. Do not victimize yourself by allowing your whole life to be overturned by something external. I say this as a person whose personal life may be directly affected by this election result, too, so I understand the fear and anger you may feel. But, you will not feel better if you ruin your own life or inner peace by pointing to someone else who seems to be ruining it. It just will not work.

When our nervous systems become triggered by fear, we can have a whole list of symptoms including feeling anxious, inability to sleep, racing heart and more. Instead of staying stuck in that triggered state, try these exercises from my book, How to Heal Yourself When No One Else Can.

**Calming Hug**—Crossing your arms, which mimics holding or hugging yourself, is extremely calming and protecting. In fact, if you cup each hand so it is cradling the elbow of your opposite arm and gently rock, you will double your panic-releasing superpower. By rocking, you are triggering the calming response familiar to us all at a primal level, from the time we were first rocked as infants.

**Triple Warmer Meridian Trace**—The Triple Warmer meridian, an energy pathway in your body, is responsible for your fight, flight or freeze response. When this meridian becomes overcharged, your body is likely to feel full of adrenaline and panic. Luckily, there is a great way to tame this specific meridian. Place each of your hands against either side of your face, so your fingertips are resting on your temples and your palms resting on your cheeks. Now, slowly and deliberately trace them up and around your ears (staying in contact with your head), then pulling them down the sides of your neck until you reach your shoulders. Now, you will lift your hands off, cross your arms so each hand is resting on the opposite shoulder and continue to slide each hand down your arms so you are in a self-hug-like position, ending when you are holding your own hands. Repeat several more times.
2. **Make a Decision**

The world is being shaken up and we have a call to grow and transform with it. What feels better to do in the shake up? Does it feel better to turn to hate and fear and victimization? Or to find the place in yourself that can see the light? Only you can decide. But I suggest you make your choice quickly and then gravitate to others who have decided the same. This will help immensely.

Instead of finding the fear zones, try this: Decide what feels best to you and find your people.

**Talk to people who have positive and hopeful perspectives.**

Talk to people who have positive and hopeful perspectives about what is currently going on. Look for the light. Find the good around you—the people who you align with, the things that help you feel safe and maybe, if you need to . . . turn off the news, which is always magnifying and highlighting the things we are afraid of without showing the good things we still have. “Unfollow” and disconnect yourself from continuous streams of fear-inducing news and posts on social media. There is so much that you can choose to tune into—or not. Making decisions based on what helps you feel good is something totally in your control.

Ah, doesn’t that feel better already?

3. **Jump on the Change Train and Use It**

Big shifts come from great chaos, internal and external. Something transformative has always come from everything in my life that I labeled “bad.” That does not mean I would choose it, but it means I have used it. I will admit that I do not like this change that is happening. But, I am going to use the energy of change for my own good. I am going to jump on the “change train” and release more of my own fear, grief and whatever else has been hiding. Emotional upset is the perfect time for releasing our own stuff.

Instead of letting this situation control you, try tapping your thymus gland.

The thymus gland is the master gland of the body’s immune system and is located in the upper part of the chest, behind the breastbone. It sits right over the heart. To find it, locate the “notch” in your neck where you would tie a tie. Now, slide your fingers down about an inch. You might feel a slightly raised area of your chest. That is where you will want to tap.

The thymus is so powerful, and so connected to the rest of the body, that almost any energetic block or imbalance within the body, no matter where it is located, can be cleared through balancing it.

**Tap your thymus**—Tapping the thymus gland using your fingertips acts as a stimulating, strengthening, releasing and balancing exercise. It is quick and of great benefit to your overall system. Simply tap while you breathe deeply and focus on whatever difficult emotions are coming up for you. This will help you release them from your body and balance your system.

Your thymus gland might be tender when you tap. Do not stop because of this. Tenderness is usually a sign there is some stagnant energy there, which means you really need this exercise. Over time, as it becomes more balanced, it will become less sore.

Now that you know these easy ways to calm your fears and empower yourself, not only will you feel better about things now, but you will be more open to seeing positive and empowering ways to participate in the next election, too.

Author Amy Scher may be found at www.AmyBScher.com.
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A Wall is Not a Boundary

Judith A. Swack, PhD

Have you ever had an unpleasant interaction with someone and walked away feeling upset even though you know it’s not personal? What happened is that they overstepped your boundaries. Conscious awareness that it’s their problem and not yours is not enough to protect you emotionally. To really be effective, boundaries need to be 100% intact at the conscious, unconscious, body, and soul levels of your being. When boundaries are 100% intact at all levels, it strengthens a person’s sense of identity, i.e. I am me, and you are you. This is where I begin and end; this is where you begin and end. You don’t pick up their negativity, and you don’t project your negativity inappropriately. Intact boundaries create the capacity for respect and teamwork, i.e. the ability to invite people onto a neutral dance floor to dance with you.

To take an analogy from cell biology, think of yourself as a cell floating in a nutritious medium. Cells have a membrane composed of a lipid bilayer. Since lipids are fats, and oil and water don’t mix, liquid can’t just pass through the membrane. Cells get what they need from the environment by pumping in nutrients and pumping out waste products through specific receptors and channels, proteins that completely span the membrane.

Transport is thus selective and requires energy to pump things in and out. If there is a hole in the membrane the insides pour out, the outside pours in; the cell dies.

Cells communicate with each other through message molecules on their surface or by releasing soluble factors (like hormones) that fit into receptor molecules on the surface of the other cells like a lock and key. When the key opens the lock, it triggers an internal cascade of messages that go to the nucleus. If the cell is ruptured, the signaling molecules get scrambled and no longer work in the right sequence. Thus all successful interactions with the environment and each other are done at the surface of the (100% intact) cell membrane.

How does this apply to boundary issues in human beings? If people have less than 100% intact boundaries at all levels, they are very exposed. As the environment diffuses in, they are at the mercy of what’s going on around them. They are not at choice about what they take in and can take in negative energy from the environment that they can’t process. People who really have very little boundary capabilities can have trouble making decisions for themselves and may depend too much on other people’s opinions.
They have trouble living their own lives, asking for what they want, and acting in their own best interest. When people are too easily influenced, they lose their sense of their own identity. In reaction, they may wall off and isolate themselves, emotionally or even physically. Unfortunately, a wall is not a boundary because it does not permit a flow of information. A wall indicates a traumatic wound, and like a scab on the skin, does not breathe or sweat the way healthy skin does.

The energy flow through a boundary breach can also move outward as people diffuse out into their environment. People who think that merging with someone is a form of love, or control freaks who believe that theirs is the only reality or the only right way to do things are leaking out past their own boundaries. Energy leakage in any direction can lead to burnout.

What can you do to maintain energetic boundaries at the conscious, unconscious, body, and soul levels in a given context? I recommend the Boundary Tap (developed by Marie Louise Muller, a craniosacral therapist from California.) In this technique tap ~2-3 minutes with your fingertips on the sternum (the bone in the middle of your chest). Alternate the tapping with a feathering motion from the sternum up the base of the throat, up the neck, out the chin (like the Italian “back at you” gesture.) The tapping seals the energetic boundary, and the feathering motion ejects any unwanted negative energy. Use it to hold your center when you’re with your family, in your relationships, and at work. Use it to set boundaries with authorities, specific individuals, and people who particularly annoy you. Use it to keep you from getting sucked up into the news, a sad or scary movie, or friend’s problems. Use it when people do obnoxious behaviors that you particularly hate. Use it in every situation you can think of that is not personal but feels personal, and to quote Shakespeare, “To thine own self be true.”

Author Judith Swack may be found at www.hblu.org.

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T
he Reiki master closes her eyes and exhales slowly, inaudibly, hovering over her client. The polarity therapist empties his mind and notes a tingling in his fingers. The shaman crouches near the fire and enters a trance-like state. They are all practitioners of Energy Medicine, each connecting with “source” in their own unique way and preparing to flow a specific energetic exchange with others.

Energy Medicine, in its many forms, remains a mystery. How does it work? Why does it work for some and not for others, at sometimes and not at other times? Are only a few rare individuals born with special gifts or can anyone learn how to experience and transmit healing power?

We are encouraged to explore our potential by biologist Rupert Sheldrake (2012) who wrote:

The delusion that science has already answered the fundamental questions chokes off the spirit of inquiry. The illusion that scientists are superior to the rest of humanity means that they have little to learn from anyone else. They need other people’s financial support, but they do not need to listen to anyone less scientifically educated than themselves. In return for their privileged position, scientists will deliver knowledge and power over nature, trans-

forming humanity and the earth.¹

In his 1981 book, A New Science of Life, Sheldrake introduced the concept of “morphogenetic fields” (M-fields), described as “invisible organizing patterns (that) act like energy templates to establish forms on various levels of life.”² Proving a causative relationship between energy and matter was, of course, established by Einstein with his signature Theory of Relativity, but even he was troubled by quantum discoveries which he called “spooky action at a distance.”

Most of us are familiar with occurrences that validate this illogical relationship. On May 6, 1954, Roger Bannister became the first human to run a mile in under four minutes. Suddenly, other runners began doing the same. Sheldrake sees this as proof that once one person has accomplished something novel, it is easier for others to follow suit. One pioneer changes the M-field and this evolved field is instantly available to others.

David Hawkins (2012) wrote in Power vs. Force:

We are all familiar with the fact that new ideas often seem to arise in the minds of several far-removed people at the same time. Somehow, the M-field acts as an organizing principle, like a sort of general magnetic attraction. An M-field does not
We have entered the domain of “Energy Medicine,” not first as a healer of others but as a participant in the mysterious dance of life force originating from a source beyond description.

unique, dormant abilities. Those of us who follow the call and become Energy Medicine practitioners come to understand that the entirety of our lives—through every twist and turn—has actually been preparing us perfectly for this work.

The vast majority of us who never train to become healing professionals, open offices and begin seeing clients, can still develop our intuitive healing skills by paying closer attention to the details of our daily lives, especially our relationships.

Everyone carries a unique energetic signature, radiating from us in what some refer to as an aura. Not many of us can see auras but we can all feel them. An angry person feels angry. A loving person feels loving. Before they say a word or do anything, we can usually perceive their energy field. When we consciously begin paying attention, our perception increases and a whole new world opens for us. We have entered the domain of “Energy Medicine,” not first as a healer of others but as a participant in the mysterious dance of life force originating from a source beyond description.

In fact, it is natural. A mother holds her child. A coach gives his team a pep talk. A musician strokes strings or keys. We all transmit energy through every form we use, but those who do it consciously are co-creating an impact that is cumulative and is, literally, changing the future. “As within, so without” may be a term that originated in ancient Hermeticism, but it is a widely accepted spiritual principle today. Indeed, philosophers of old have long advised that our visible reality is a reflection of invisible energetic fields. When we become deliberate about our participation in those fields, we develop the ability to “change the world.”

What does the future hold, then, if more and more of us are beginning to be responsible for our energetic contribution as interest in these matters increases? Futurist Ray Kurzweil and others have popularized a term, “The Singularity.” It was originated in 1993 by science fiction writer Vernor Venge who described it this way:

It is a point where our old models must be discarded and a new reality rules. As we move closer
to this point, it will loom vaster and vaster over hu-
man affairs till the notion becomes commonplace.
Yet when it finally happens it may still be a great
surprise and a greater unknown.⁴

The French priest and paleontologist Pierre Teilhard
de Chardin wrote about his vision for the future:

Like a vast tide, Being will have engulfed the shifting
sands of being. Within a now tranquil ocean, each
drop of which, nevertheless, will be conscious of
remaining itself, the astonishing adventure of the
world will have ended. The dream of every mystic,
the eternal pantheist ideal, will have found its full
and legitimate satisfaction.⁵

Certainly, what is brewing for the future is mysterious.
But we are already proving that the old laws do not
work the way we thought they did. In his recent book,
Breaking the Habit of Being Yourself, Dispenza (2012)
writes about a prayer experiment conducted by an
Israeli doctor in 2000 where 3,393 hospital patients
suffering from sepsis (an infection) were divided into
two groups. The intention was to determine if prayer
at a distance could affect a measurable influence.

Results indicated that those patients who were
prayed for “benefited from an earlier decrease in
fever and a shorter hospitalization time.”⁶ That is truly
remarkable, but there is more:

Actually, those who were praying weren’t praying
for patients who were infected in 2000. Instead,
unbeknownst to them, they were praying for lists of
people who had been in the hospital from 1990 to
1996—four to ten years prior to the experiment! The
prayed-for patients actually got better during the
1990s from the experiment conducted years later.
Let me say this another way: the patients who were
prayed for in 2000 all showed measurable changes in
health, but those changes took effect years before. ⁶

That is a real mind-bender! It indicates that whatever
this life force is, what the people praying transmitted
and what the Reiki master, the polarity therapist and
the shaman transmit, is not limited in space and time.

The power of love can be harnessed and expressed
for the benefit of others, including those in distant
places and times.

All of us are transmitting energy all the time. Our
moments may seem ordinary, but they bring us the
“target” of the moment, the opportunity, in this
moment, to flow source energy, however we would
describe it, with others and into the world around us.
But this starts within us.

Yes, there are those who have special talents for en-
ergy healing, but all of us are innately able to transmit
energy and, when we choose to become more con-
scious about the quality of our transmission, we can
fulfill Gandhi’s famous injunction, to “be the change
we wish to see in the world.”⁶

Author Master Charles Cannon can be found at www.
Synchronicity.org and author Will Wilkinson can be

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