Signs are those moments in which we have given ourselves permission to notice the notes that make this world a concerto rather than a dissonant cacophony.

- Cyndi Dale
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Dear Readers,

Here in Western Colorado it is beginning to feel a bit like spring is just around the corner. Our temperatures have begun to slowly warm up. The crocus and other bulbs are responding by beginning to show their heads. Spring is a time of regeneration and great time for us to evaluate our own needs and to care for ourselves.

Caring for ourselves and caring for others are equally important. In both circumstances this care involves the integration of body, mind and spirit, the whole of oneself. Wholeness in my mind equals wellness. The two are synonymous. In addressing our own care, or that of a client, we are addressing wholeness, our external life and our internal one, our body, emotions, mind and spirit. Each element effects and interacts with the other. Wellness is a package deal.

This wellness package is reflected upon in this issue. A spring cleaning, or cleansing, of our bodies is definitely physical yet has emotional, mental and spiritual consequences. Therapies such as Feldenkrais or Cortical Field Reeducation help us integrate our bodies with our minds. Two elements come into sync and energy flows. We can listen intuitively to our clients and “see” what needs to be addressed. We can listen attentively to the signs that show up in our lives to direct us. We can address our spirit, along with our body, in spiritual retreat. Energy flows as the elements of ourselves come into alignment, wholeness is fostered and wellness blossoms.

I wish you all a spring filled with joy and exploration.

Margaret
Carol Lessinger, is a senior Feldenkrais Practitioner who trained personally with Moshe Feldenkrais. She is also a certified trainer in CFR. For Carol, the physical body is the vehicle through which we can experience energy. Carol teaches workshops for the public, offers private sessions, and provides individual mentorship for professionals. She can be reached through her website. www.carollessinger.com or www.cfrhealing.com

Marie Manuchehri, RN, a self-taught healer, Marie learned to connect conventional medicine’s understanding of disease to what she could intuitively understand about how a patient’s condition related to his or her energy system. She uses her talents as an energy medicine practitioner and as a medium to help people heal their wounds and expand consciousness. Her website is www.energyintuitive.com

Donna Eden is among the world’s most sought, most joyous, and most authoritative spokesperson for Energy Medicine. Her abilities as a healer are legendary. Her best-selling book, Energy Medicine, is a classic in its field. Translated into 15 languages, it won the U.S. Book News Book of the Year award in their self-help category. Its sequel, Energy Medicine for Women, was the U.S. Book News 2008 Book of the Year in the women’s health category.

David Feinstein, PhD, a clinical psychologist, has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. Five of his eight books have won national awards. Along with his wife, Donna Eden, he runs Innersource, a pioneering organization bringing energy medicine and energy psychology into the culture.
Sue Walker, BSW, HTCP, CRM, Healing Warriors Program Northern Colorado Site Director and Healing Touch Director, is a passionate catalyst for growth and change in individuals and communities. Equipped with knowledge and skills synthesized from a diverse background, Sue employs her unique perspective to support and inspire others in identifying and achieving their goals. Sue has over 500 hours of training in multiple energy therapy modalities.

Linda Lee Smith, RN, MS, HN-BC, HTCP, CCA, is the founder of the Institute of Spiritual Healing and Aromatherapy. Linda’s new adventure will be the creation of Essential Oils Consulting, Inc. which will include offering spiritual retreats, teleseminars on energy healing and aromatherapy, and consulting with healthcare institutions to introduce essential oils as a complementary health care option.

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Emotions—especially the dark and dishonored ones—hold a tremendous amount of energy. We’ve all seen what happens when we repress or blindly express them. With *The Language of Emotions*, empathic counselor Karla McLaren shows you how to meet your emotions and receive their lifesaving wisdom to safely move toward resolution and equilibrium. Through experiential exercises covering a full spectrum of feelings from anger, fear, and shame to jealousy, grief, joy, and more, you will discover how to work with your own and others’ emotions with fluency and expertise.

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We’ve all wondered what happens after death, but did you know that you are connected to the afterlife right now? According to Cyndi Dale, our souls evolve through spiritual dimensions that are linked to our physical bodies at this very moment—and which we can access at anytime for insight, wisdom, and healing.

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Are Your Goals Aligned with Your Soul? Many of us unconsciously pick up ambitions from our parents, celebrities, or the imaginary “they” we’re trying to impress. We crank hard trying to meet the “right” goals instead of the ones that match the shape of our heart. Knowing how you actually want to feel is the most potent form of clarity that you can have. That’s the heart of the Desire Map process. In *The Desire Map Daily*, Danielle LaPorte shares the essentials of this holistic life-planning approach.

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Listen to the Marie Manuchehri Show Where Energy & Medicine Meet every Thursday at 9am PT live online @ energyintuitive.com.
Signs of Spring

We have a new puppy. As are all puppies, Honey the male Golden Retriever is wild, adorable, and tricky. All my son Gabe has to do is drop a sock, paper, or cap, and off goes Honey into the wilds with it. So far I have uncovered six mismatched socks, three chewed baseball caps, and all our missing pencils under the melting snow.

I was not looking for a puppy, but Honey was looking for us. Our family has had three male Honey Golden Retrievers, all equally mischievous. One day the last Honey was actually delivered to our home in a City road sweeper. Apparently he had run off and discovered the workers’ lunches sitting on the front seat. The neighbors immediately knew whose dog had “done it.”

Honey II died about three years ago and I decided we had enough Honey dogs. We were happily raising Lucky the yellow lab, but life—and Honey—had a different plan. I started getting dreams about a new Honey dog. I said nothing to Gabe since I was not too keen about another puppy. Then one night, Gabe was cruising the Internet and accidentally came across a puppy named Tank being sold by a breeder in Pennsylvania. We live in Minnesota.

For the next several weeks, everywhere that Gabe and I went we spied signs of tanks. There were at least a dozen billboards advertising sewer, gas, and diesel tanks. There were circulars for GI Joe and Sherman tanks. We ran into Hummer tanks on the streets and turned on the television one night to hear a man talking about “being tanked.” Then there was the array of everything from license plates with acronyms for Golden Retrievers to the honey that got delivered one day, unordered.

The final sign occurred when I was talking to my mentor. Just before leaving her office, I said I needed one more omen, to prove the point. A dog walked up to me in the hallway, no person in sight, carrying its own leash—which it handed to me.

Needless to say, Honey III is now tearing up our universe.

As we search the environment for signs of spring, it is a perfect time to remind ourselves about the power of opening to less “reality” based signs. Also called omens, warnings, and portents, these mystical communiqués are certainly not taught in med or nursing school, nor considered appropriate instruments for the traditionalist’s doctor bag. Even in energy circles, they are sometimes only discussed under the breath and while in conversations at seated tables, not via speeches directed from the lectern. Yet every healer that I know, at some time, has relied on some sort of otherworldly sign for self or client.

These mystical creatures of chaos are supposed to appear when we need them. Signs can appear as animals, storms, or other beings and forces of nature. They can cloak themselves as books that fall on our head or a friend who calls with a phenomenally fitting comment. They might insert themselves into a television special that quells our fears or a nightly dream that forecasts the future. Not only can a sign serve us personally, but we can also compel a sign to assist a client.

A sign is never supposed to take the place of ethics, integrity, training, or common sense. It is too easy to see what we want to see, rather than what the greater universe might be sharing. Nonetheless, if we are working with a client and wondering what chakra on which to work and a red cardinal appears on a tree branch outside our office, we might want to concentrate on the first chakra.

Recently I was wondering if I should take on a potential client or not and was not getting anywhere with my rather burdened brain. I simply turned the question over to my intuition and asked Spirit to help me. Later that day I sat at the mechanic’s office, waiting for my car to be fixed. Arbitrarily I selected an arbitrary magazine and an arbitrary page to read. There was the first page of an article outlining criteria for when to turn away a patient or client. Based on the advice, I decided not to work with the client.
Asking for a sign does not necessitate a certain religious or spiritual belief. Years ago, the Institute of Heartmath released a video that showed two views of the same few minutes in time. During the first clip, we see a person watching a city street, several harrowing events threatening to capsize his sense of safety. The images are equivalent to watching the ball on a crane swing—perhaps toward a boy’s head. A man’s fist is raised—perhaps to hit another person. During the second view of the video clip, we are assured of the uniformity, the very melody, of the world. The crane swings in an arc while the boy points to it, laughing in glee. The raised fist descends upon another man as a happy pat on the shoulder. All is well.

Signs are those moments in which we have given ourselves permission to notice the notes that make this world a concerto rather than a dissonant cacophony. They are less about the outside influences than they are about our internal posturing and attitude.

With this in mind, I frequently propose that my clients ask for signs to resolve some of their own issues. If they believe in a god, I suggest they approach their Higher Power with prayer, meditation, or simply the pose of curiosity. If they have knowledge of their intuition, I ask that they present their query to their own intuitive self. Then I ask them to pay attention to what small or large portents come their way.

I like this process because it empowers clients to use their own mystical gifts and perceptions to help themselves. It also affirms this world as a good and loving place, one in which everything and everyone is interconnected. This recognition alone can compose a healing. At the same time, it assures the client that their healing or transformation is not dependent on me, much as they might like to think.

Spring is a wonderful time to open to any and all signs of nature! Who knows what beautiful tune that fair-weather songbird might have waited all winter to sing for you! It might have all sorts of wonderful things for your future—maybe even a puppy.

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.
Understanding Health Insurance Structure and Reimbursement

Gail Cox, Co-Chair Healing Touch Professional Association Insurance Initiative Committee

Probably the most frequent question received in our HTPA Member e-mail is: “Can our clients get Health Insurance Reimbursement for their Healing Touch sessions?” As a result of our sincere desire to answer that question (as best HTPA can), we formed an Insurance Initiative Committee and are offering this second article (see Energy Magazine issue Jan/Feb 2014 for the first article). Our goal in offering these articles is to provide background information to educate you about the multi-layered insurance system.

Understanding Health Insurance structure and reimbursement is complicated so let’s break it down. In essence, some of the five types of insurance are HEALTHCARE PROVIDERS and are as follows:

1. **Managed Care Organization** (MCO) is a negotiated plan between insurance companies and employers. Its goal is to closely monitor costs of healthcare providers’ treatment of specific disorders. It requires pre-certification approval for hospitalizations, length of stay, and treatments and requires referral to specialists by either a case manager or primary physician.

There are three subcategories -
- **Preferred Provider Organization** (PPO)
- **Health Maintenance Organization** (HMO)
- **Private Organization Services** (POS)

**PPOs** are prepaid managed care. They provide discounted rates, co-payments and treatment from a Preferred Provider Network (physicians, hospitals, clinics, pharmacies, etc).

**HMOs** are also prepaid managed care that offer services for a fixed rate for small deductibles and co-pays or no out of pocket cost. Policy holders can only see authorized providers. With prior authorization, the preferred providers may cover the entire amount or may pay only a percentage.

**POSs** consist of nationwide group plans which combine the best of traditional and PPO/HMO insurance. Providing a full range of coverage for both in and out patient care.

2. **Major Medical** (MM) is private insurance for hospital and medical care. There are deductibles, coverage limits, percentages and the plans vary. There are two subcategories - **Self Insurance** (SI) and **Indemnity Insurance** (II).

**SI** is offered by employers with sufficient capital to insure its employees without contracting with commercial carriers for medical care. The biggest example of this is Kaiser Permanente, a healthcare conglomerate of hospitals, clinics, physicians and pharmacies, which provides health care coverage to its employees and now contracts to other employers throughout the United States. They are not an insurance company and therefore not regulated by a state’s Insurance Commissioners.

**II** - a fee for service - usually covers 20% of unpaid claims.

3. **Personal Injury Protection** (PIP) is a policy to protect and cover an insured person or persons when injured in an auto accident.

4. **Workman’s Compensation** (WC), which varies state by state, is designed to pay employees injured while working to cover loss of wages, medical care and disability.
5. Medicare and Medicaid, are federally and state funded policies that cover medical care and hospitalization. Currently patients can opt for private PPO or HMO plans.

PPO’s and HMO’s have preferred providers or “in network,” which means that the insurance companies have negotiated for a considerably reduced fee of it’s “standard” fee to physicians, hospitals, clinics, therapists, laboratories and pharmacies. These reduced fees are then passed on to the patient. For example, my father’s hip replacement, which would regularly cost $120,000, cost my parents $40,000. When seeing a non-preferred provider, who is out of network, the member will have to pay a percentage which could be up to 100%. You need to have a very good reason for seeing an out of network provider and have coverage approved. “He’s been my doctor for 20 years” is not an acceptable reason.

How are policies made? Employers and the insurance/healthcare providers meet and choose benefits the policy will cover. The decisions are based on coverage and cost to both the employer and employees and what would be beneficial to all. Most employers will offer several plans to give the employee the ability to make a cost/benefit choice. Increasingly employers are including plans that include integrative and preventive medicine for education and self care, such as weight loss, exercise programs, and diet plans.

Although healthcare coverage is complicated, providers are interested in your health and in keeping costs down. Stay tuned as our HTPA Insurance Initiative Committee continues to delve into the Health Insurance structure and reimbursement maze. We will be bringing you progress reports as we gain insights into how to get Healing Touch sessions, as well as, other modalities reimbursed. If you have information about this, we welcome your stories. Let’s communicate!

Please e-mail info@HTProfessionalAssociation.com. Also, look at the Energy Magazine archives for previous articles about this subject – some include sample invoices for you to develop to give to your clients to submit for reimbursement for services they have received.

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Pain, Have You Been Told, “Just LIVE With It”? 
Explore The Feldenkrais Method® and Cortical Field Reeducation®

Carol Lessinger
I went to a concert last night and the performer graciously said that we are all bright, we just need to polish ourselves. Moshe Feldenkrais called our brightness our latent genius. Fortunately he developed a system to polish it. The Feldenkrais Method and Cortical Field Reeducation (CFR) are based on the premise that the primary function of the human brain is to learn. Learning how to learn is more important than what we learn.

Learning how to learn is not encouraged in our growing process. Most of our formal education deals with compiling information. It is goal oriented and reward seeking. The speed with which we reach our goal is so valued that we tend to seek the shortest route using the greatest effort. This eliminates our creative exploration and the availability of choices. It is learning imposed from the outside.

However, our informal learning, the kind we did as an infant when we learned to pick up our head, turn, crawl, walk and jump, is the kind of learning that happens from the inside. Called somatic or kinesthetic learning, it is motivated by childlike curiosity and the joy of being alive. It develops with the luxury of trial and error. These methods help us to rediscover this innate capacity by fine-tuning awareness through our kinesthetic sense, which is the part of our self that feels movement, knows touch, and recognizes spacial relationships. It is connected to our inner wisdom and no one can teach it to us, we learn simply because it exists.

In CFR and the Feldenkrais Method, our body movement becomes our own personal laboratory for discoveries. We can feel how a turn of our head affects our spine, our ribs, our pelvis and even our feet. Sometimes we inhibit the efficient flow of a movement by tensing some part of ourselves. By preventing that part from joining the action, another body part becomes strained and overworks because it was not designed to carry such a large load. Often this overused area is the place where we experience pain -- for example in our neck, shoulders, or lower back. Consider the possibility that the problem is not where the pain occurs. If an unconsciously under-used part of our body learns to become active, movement becomes more functionally integrated. The painful area is then relieved because it is no longer overworked. Inefficient, habitual movement patterns fade and more graceful easier patterns emerge. The whole nervous system learns a better way to function and is more relaxed. Most people with whom I have been in contact feel simultaneously more spacious and more grounded.

Cortical Field Reeducation

Cortical Field Reeducation uses movement initially to increase physical kinesthetic perception. Through table and floor work and processing the resulting discoveries, this work addresses not just physical limitations but also the emotional, mental, energetic and spiritual aspects that must be included for true healing. When muscular contractions, energetic blocks, and compensating patterns release, new choices in movement, belief and behavior become possible. This provides new choices in conflicting demands. Functional movement improves which in turn continues the healing.

The reward is:

- Clarity of purpose – a totally meant ‘yes’
- – a fully permitted ‘no’
- Physical and emotional healing
- Congruent, powerful, comfortable movement

Cortical Field Reeducation (CFR) http://www.cfrhealing.com

Another very important aspect of the work addresses the gaps that exist in our body image. By this,
Imaging (MRI) shows that much more brain activity is present when a person pays attention to movement than when the person moves mindlessly. (If being on the floor is too difficult, other options are available.) As the lesson develops, the student is encouraged to notice differences, especially in comfort levels and in relationship with the earth. The capacity to notice small differences develops kinesthetic intelligence and increases awareness. In addition to group classes, there is hands-on private work where the practitioner gently moves the student’s body in a way that offers helpful, healing information. Awareness, in itself, is transformative.

Reading about CFR and the Feldenkrais Method is like reading about a gourmet dinner - but it is absolutely nothing like tasting the food! Experiencing it for yourself is the only way of knowing. So take a chance to polish your brightness! Explore the joy and ease of movement that awaits you.

Pain, Have You Been Told, “Just LIVE With It”? I mean a part of our self that our kinesthetic sense does not perceive. It is like having blind spots in our personal behavior. This gap in self-knowledge blocks us from presence and spontaneity. By gently bringing ourselves to sense and use what was previously unnoticed, we bridge the gap and complete our felt-sense of ourselves. Then a funny thing happens. Our increased awareness of choice in motion becomes a metaphor and we begin to perceive other choices. These can be in the areas of relationships, work, thinking, and creativity. For instance, I have been told by artists that after a Feldenkrais session they went to their studio and painted in a completely new style, or completed an entire musical score for a show.

In a Feldenkrais or CFR class, the student usually lies on the floor and receives verbal guidance through a series of gentle, powerful, and cohesive movement sequences. The awareness of your movement lights up neural connections, which provides you with more choices than your usual habitual patterns. Actually, you are growing capacity in your brain. Evidence provided by functional Magnetic Resonance Imaging (MRI) shows that much more brain activity is present when a person pays attention to movement than when the person moves mindlessly. (If being on the floor is too difficult, other options are available.) As the lesson develops, the student is encouraged to notice differences, especially in comfort levels and in relationship with the earth. The capacity to notice small differences develops kinesthetic intelligence and increases awareness. In addition to group classes, there is hands-on private work where the practitioner gently moves the student’s body in a way that offers helpful, healing information. Awareness, in itself, is transformative.

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The Feldenkrais Method

The Feldenkrais Method was developed by Moshe Feldenkrais, D.Sc., (1904-1984), who synthesized insights from physics, motor development, bio-mechanics, psychology, and martial arts to develop a powerful, effective, and practical application, that reconnects learning with human health and function.

Dr. Feldenkrais was a distinguished scientist, physicist and engineer. He earned his Doctorate of Science in physics from the Sorbonne and was a close associate of Nobel Prize Laureate Frederic Joliot-Curie at the Curie Institute in Paris, where they conducted research together. He was also a respected Judo instructor and author of many books on the subject. Living in England in the 1940’s, Feldenkrais found himself unable to walk after suffering a serious injury. He began an intense exploration into the relationship between bodily movement, and healing, feeling, thinking, and learning. As a result, he restored his ability to walk and made revolutionary discoveries, culminating in the development of the method that now bears his name.

Before he passed away in 1984, in Tel-Aviv, Israel, Feldenkrais personally trained a small group of practitioners to continue his work. Today there are over 6,000 Feldenkrais Practitioners around the globe. His insights contributed to the development of the new field of somatic education and continue to influence disciplines such as the arts, education, psychology, child development, physical and occupational therapy, sports enhancement, and gerontology.

The Feldenkrais Institute http://feldenkraisinstitute.com/about_feldenkrais/overview/?lid=nav_aboutfeld
This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.

A comprehensive manual providing the process and tools necessary to fully incorporate Healing Touch within the clinical care setting.

Find out more or order your copy on-line at www.HealingTouchProgram.com/Store or by phone - (210) 497-5529
As an energy healer I have the extreme pleasure of meeting a variety of unique individuals everyday. Much of the time I meet courageous people who are facing incredibly difficult choices, like: Should I undergo chemotherapy? How many gamma knife treatments are too many? Should I have my reproductive organs removed? Treating clients with serious health concerns is complicated, but this is not the only type of client that I see. Devastating emotional issues are also common among my clients—suicide of one’s partner, complete abandonment of family members, the loss of a life long career, or someone facing financial ruin.

As you can imagine, I’m not typically the first person that an individual consults when dealing with these aforementioned issues. By the time my clients reach me, most have already consulted their physicians, naturopathic doctors, surgeons, therapists, accountants, etc. For the most part this comforts me and I become grateful for the advice, support, and healing other modalities offer. Other times, if health conditions have diminished quickly because only traditional modalities were pursued, then I wish clients had sought energetic treatments sooner. Still, I’m a firm believer that it may take a village to make someone realize the healing power of their own alchemy.

A few years ago, when things were a little more challenging economically for our nation, a client arrived for her scheduled biannual session. When I opened the door, I looked at her physical demeanor. Asking myself, perhaps as I did when working as a nurse, how is this person presenting today? Does she appear healthy, happy, and at peace? I ask these questions, almost unconsciously and out of curiosity. Mostly because I love the human race and find everything about them (us) fascinating. But also, this type of questioning allows for further inspection on an intuitive level. Something that may be hidden will undoubtedly arrive when my curious and unconditional nature inquires with love and care.

As I gazed at her aura, I noticed right away a type of celebration—a quickening of the subatomic particles that surrounded her. As I looked at the client in observation—Did she finally meet a great partner? I realized immediately that the metaphor of champagne bubbles dancing in her aura was not about romance. In that moment I had no idea what was so fantastically swaying in her life. So I asked, “How are you?” She replied in a flat effect, “I was laid off from work today.”
Energy Healing: What is its Purpose?

I replied in a very chipper authentic tone matching the rhythm of the auric bubbles—“Congratulations!” Her face lit up with surprise and equal revel, complimenting the bubbly. “Thank you,” she said. “You are the first person to congratulate me. It’s been a really hard day because everyone is so sad and worried for me, yet I feel relieved and happy! I’m grateful that I had a job, but I stopped enjoying it a long time ago.”

I often think back to this moment; celebrating something society tells us to fear, with great appreciation. The client was able to keep her energy towards her luxury. I’m grateful for the opportunity.”

I went on to explain to her then and on subsequent visits, that her body loved the time off, and most likely needed it. Perhaps the ease of her new lifestyle worked as a preventive remedy—warding off any potential health issue. Each time she visited I would remove the scared energy of financial ruin that was not happening, return her to the present, and remind her that she was on the right path. The energy sessions would stay with her for a long while and assist her from aligning to friends and family who terrified her by their worries. Most people work jobs that they feel an aversion too, but never quit their jobs out of fear. The animosity that builds in the body, mind, and spirit from doing something everyday, all day long, that’s unfulfilling could potentially lead to physical disease. Most often this leads to exhaustion, which makes it difficult to choose healthy activities when not at work.

This client was out of work for two years. During that time she was able to identify what truly brought her joy. When the perfect job showed up (and it did), she was able to recognize its potential and claim it as her own. To be able to know what is in the best and highest good for your whole being is priceless.

What healers do differently is listen intuitively to what a person’s mind, body, and spirit is authentically communicating. In doing so, we provide an opportunity for the individual to give their attention to their own magnificence intelligence.

true energetic intelligence for a while; but when a new job didn’t show up after 6 months, she began to go down the slippery, dreaded, tunnel of fear. Each time she came in for a session during her unemployment I had to remind her of what her body felt. “Why are you so emotionally distressed? Your body is happy, and your energy is still making merry. I’m assuming that financially everything is good.” “Yes, I have enough money,” she said. “You sound surprised?” I said. “Well, yes I tried to imagine what could happen if I didn’t have enough, but I’m having no problem paying my mortgage. I don’t really understand it, perhaps I’m better at managing my funds than I thought?” “I’m sure you are, and how are you feeling about all the free time you now have?” I asked. Instantly, I felt excitement in her auric field. “I love it. I get up when I want, walk, read or relax when I need to. I’m free to have spontaneous time with my friends. It’s a real...
Do I need to have Liability Insurance for my Energy Medicine Practice? This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there's always some risk that someone with whom you interact will be dissatisfied. Professional Liability Insurance protects you against covered claims arising from real or alleged claims in your work.

Make sure it’s checked off your list.

Spring Cleaning

As the weather turns warmer and we become more active, physically, many of us think about eating healthier. Some people embark on cleanses or detoxification programs. How does this affect us, energetically, and of what must we be aware?

One of the points of a cleanse is to clear the channels – on all levels – so that energy can be increased and flow easily. In almost every religion and spiritual practice in the world, when one wants a higher spiritual experience, they fast. Fasting can, indeed, connect us to Source, but are we really ready for the experience?

Cleanses, fasts and detoxification programs are designed to help flush toxins which have accumulated over a period of time. Our daily eating habits are largely responsible for these toxins, although congested energy and simply living in the electronic age adds toxins, too. Prior to embarking on a cleansing program, I like to see clients “clean-up” their act and change to healthier habits.

Following standard protocol, it is useful to explore what, in your physical world, might be adding/accumulating toxins? Eating excess fat usually causes excess body fat and this is where most toxins are stored. Even when our body fat is appropriate, we need to exercise in order to move the blood and lymph. Many of us know this, but do not enact it!

What, in your emotional world, is adding to your toxic load? Unresolved anger accumulates in the liver, for example. It may also cause hormonal changes, sending everything into disarray.

Consider your mental and spiritual habits. What might you change to prevent the accumulation of toxins? Once these habits have been remedied and a healthier lifestyle consistently adopted, then it is a good time to consider an appropriate cleanse.

Consuming only juices and blended foods are among the best ways to detoxify, once the body has become strong and the energetic body consistently balanced. It is important that the body be properly mineralized during this time. That is why water-fasting is generally only recommended for those who already have a healthy lifestyle and are in good physical health.

We must remember that physical detoxification will also have emotional, mental and spiritual consequences – this is the part of detoxification for which most people are unprepared. If you are buying a detox product or system (as opposed to going on a retreat or having a personal coach), it is also likely that these areas are not supported, so it is very important to address them yourself.

As the physical body cleanses, old emotions will arise. As this happens, energy might get stuck in corresponding places. This is why most cleansing retreats include yoga and journaling as part of the process. Yoga helps to align the chakras and clear the nadis, the energy channels in the body. Energy and yoga practitioners have an added advantage of being able to meditate and/or use energy protocols to clear congested energy from the body.

During a cleanse, toxins are released into the bloodstream before moving out of the body. As this happens, people often experience feeling ill or extremely tired. Addressing these symptoms, energetically, can make the process less taxing on the body and facilitate greater healing. However, what often
happens is that people are uncomfortable feeling ill and they declare that the cleanse is making them sicker and they stop. Feeling worse than usual for a day or a few hours is perfectly normal and reasonable. At times, it can take a trained professional, to help discern a cleansing reaction from a true health concern.

Once again, it is possible to clear these symptoms energetically. Energy practitioners have a variety of techniques to facilitate this process. For example, Healing Touch practitioners may find Hands in Motion, Lymphatic Drain or Etheric Template Clearing to be helpful in clearing energy congestion in the body. Cyndi Dale’s Zero Point technique can be valuable for gathering information about underlying emotional-mental issues. Many healers use Barbara Brennan’s sound and/or color frequencies to clear energetic blockages and promote healing.

Other ways to facilitate releasing toxins include sauna, dry skin brushing and colonics. However, before starting a cleanse, it’s best to change our habits. Without changing our habits, we’ll only become toxic again. It has been proven that see-saw dieting is unhealthy. Knowing ourselves and adopting healthy habits is vital to our self-care. Before embarking on a cleanse, it’s useful to take inventory and spring clean our habits.

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

Sue Walker, BSW, HTCP, CRM

American veterans are a very diverse population, women and men of all ethnic and socioeconomic groups ranging in age from 18 to the 100s. Two million Americans have served in Afghanistan and Iraq, and the Department of Veterans Affairs (VA) reports that one in five suffers from Post Traumatic Stress Disorder (PTSD). In addition to the many stressors incurred in war, Military Sexual Trauma (MST), suffered by both women and men, has been identified as being a significant cause of PTSD. According to Stars and Stripes, 22 veterans commit suicide every day and PTSD is believed to be contributing to this.

These alarming statistics signal an immediate crisis that must be swiftly addressed. The VA recognizes that successfully dealing with this crisis will require civilian resources as well as offering treatment other than the traditional drug and talk therapy approach. Energy medicine therapies have been researched with veterans and have shown positive results in reducing pain, depression and anxiety. The VA is paying attention to how acupuncture, yoga, meditation, biofeedback, neurofeedback and other complementary therapy treatments can be used to improve veterans’ lives.

The veteran population has a very high rate of suicide, PTSD, Traumatic Brain Injury (TBI), depression, anxiety and severe joint/spine pain. Veterans across multiple generations have been dealing with these issues, and many have not had resolution in decades. Many have given up hope of living without physical or emotional pain. Energy medicine therapies often increase mind-body awareness and bring a new level of understanding, hope and healing to veterans who have been struggling through daily life. When an individual believes and embraces that they are in control of their health and destiny, new doors to healing open.

As Site Director of the Healing Warriors Program clinic in Fort Collins, CO, I have witnessed many of our veteran clients experience relief from long term physical and emotional pain. In the clinic we offer Acupuncture, CranioSacral Therapy (CST) and Healing Touch (HT) to veterans and active duty service members. These therapies were chosen for several reasons:

1. Their effectiveness with relieving pain, anxiety and emotional discomfort such as depression and anger.
2. The VA uses Acupuncture in some of their medical centers and has provided training in HT to many nurses.
Energy medicine therapies often increase mind-body awareness and bring a new level of understanding, hope and healing to veterans who have been struggling through daily life.

from Iraq and Afghanistan have suffered Traumatic Brain Injury (TBI) and MST. Some clients have been officially diagnosed with PTSD and others experience extreme emotional discomfort.

Each of the energy therapy modalities used are effective at easing and relieving the symptoms with which client’s present, and the therapies complement each other extremely well. Most clients use a combination of the therapies because they receive different benefits with each therapy. Clients report that Acupuncture is very effective in relieving pain and anxiety; CST is particularly good at relieving headaches, spinal tension and TBI symptoms; and HT is wonderful for reducing anxiety and pain, and increasing peace of mind and relaxation.

The Healing Warriors Program clinic focuses on energy therapies and refers any talk therapy or mental health support to the many varied programs in the area. Clients are valued and treated with respect, care and empathy. They are heard and validated, and this is very important in supporting them on their healing journeys. Clients have reported that the clinic is a sanctuary for them; that the services they receive are the best they have experienced in any veteran program; that the treatment sessions have changed their lives, and that they feel safe, nourished and nurtured.

Each client session is documented and pain, anxiety and emotional discomfort levels are captured before and after treatment. To date, findings show a significant reduction in both pain and anxiety for each of the energy therapies offered. Healing Warriors Program is working on designing a model for research data collection and study around each of the therapies.

As more veterans return from Afghanistan in the upcoming months, it is vitally important that they be offered alternatives in treatment. This will support them in reintegrating into civilian life so that they can heal and lead happy, productive lives with their families.

Energy Medicine Research Conducted with Veterans

The Efficacy of Acupuncture as a Treatment for Post Traumatic Stress in Military Personnel,
Sponsor: Henry M. Jackson Foundation for the Advancement of Military Medicine; Collaborator: Federal government (congressional allocation)
Information provided by: Charles Engel, Uniformed
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The Art of Spiritual “Retreating” for Healers

Linda Lee Smith RN, MS, HN-BC, HTCP, CCA
Founder, Institute of Spiritual Healing and Aromatherapy

Making a spiritual retreat is a very good practice for self care. It is caring not only for your soul, but for your mind, emotions, and body as well. The meaning and purpose of a retreat can be different for each of us. I have been making spiritual retreats for nearly fifty years and none of my retreats have been alike or even had the same purpose. Most people think of a spiritual retreat as a time of deepening their spirituality within a particular religious context. But that is only one expression of retreating from our normal multi-tasking, depleting, hectic lives. With all our responsibilities in life, it is easy to lose one’s grounding or even our sense of identity. We carry too much “noise” inside which leads to chaos, exhaustion, and energetic depletion. Caring for your soul is hard work! It requires an investment of time and energy.

As healers, we owe it to ourselves to practice good self care and that means recouping our energy. Some believe they already do a good job of getting on the table and receiving bodywork or energy work to help settle their busy minds and bodies. Taking time to restore psychic energy is part of our commitment as healers. When that bone, deep-down tiredness overwhelms us, we need to restore vigor for our soul and body. It is curious that the Greek word for healing (therapeuō) means not only to heal but also to render service to the gods and to cultivate a garden! Caring for the soul is like caring for a garden. I spend many silent hours working in my garden from spring until fall which for me is like many “mini” retreats for beauty, stillness, and restoration of my soul. But is “retreating” to a few hours of quiet time enough to restore one’s depleted energy? What does it mean for you to “retreat” from the world as a form of self care?

Solitude versus Community Experience

A retreat can be a time of solitude as you go off alone in nature or to a setting like a retreat center that sees to your physical needs while you spend the time recouping those parts of your soul that you have lost or that have become weighed down with pain, grief, and sorrow. Solitude implies a kind of silence not only of the mind and voice—but also a stillness within the heart. It is when we are truly silent that the voice of guidance has a chance to be heard. In solitude, I notice things that I had missed—colors, sounds, fragrances. These can be healing for our souls but they can also connect us to Spirit (Divine Essence) that inhabits everything. I notice that when my life is particularly chaotic, going on “retreat” takes me several days just to slow down enough to listen.
The Art of Spiritual “Retreating” for Healers

As healers, we owe it to ourselves to practice good self care and that means recouping our energy.

In addition, it can be a brand new experience for you like going to an ashram and sitting in group meditation and quiet. A retreat can be a community experience or done in complete solitude, or even in darkness as is done by advanced practitioners in Dzogchen practice in Tibetan Buddhism. It can be a time of aloneness or a time of great conversation as you explore your inner world with a group of like-minded seekers who are open to helping each other on life’s journey.

Retreat—A Time of Bursting Creativity

Getting to that place of inner stillness can tap into your own innate creativity which begs to be released. Inner quiet makes the mind fertile, giving ideas and inspirations an opportunity to burst forth. That may manifest as poetry, writing, art, music, ideas, projects, or it may simply connect the dots in all the seemingly diverse parts of your life. My best ideas have come from my reaching inner stillness during a retreat from busyness. Without regular periods of withdrawal and relaxation, creativity can simply dry up. So if you are wondering why you have not had a new thought or idea in ages, you might want to think about taking some time away—just for you.

Around the beginning of a new year, I like to curl up in my pajamas and re-read my journal from the previous year. I pick a day or two when my staff is not around, the phones are not ringing and there is nothing on my agenda. There is a method in this for me—I want to see where I have been—what weighed heavy on my heart during the previous twelve months in order to gain insights on where I want to go for the coming year. It is one of my mini retreats from emails, facebook, TV, and all those electronic gadgets that I have accumulated to make life “easier.” I am always amazed at such times how Spirit finds a way to lead me through the emotional muck that manages to accumulate with time. Winter for those of us in the Northern hemisphere is a great time for retreating into stillness and that is what this little retreat does for me. I am not surprised when I am led to make a right turn on my journey in life - especially when I am truly paying attention to Spirit’s direction.

For me this year, the theme of letting go in order for new things to come through was particularly strong. So yes, I have made a right turn on my life’s journey and I give thanks for the courage to follow through with concrete expression. Had I not retreated from my busy world—I might have missed this momentous decision to close one door in order to open many more. It is called “stepping onto the path,” or “following the Tao.” My creativity accepted the invitation to come out and play.

Therefore one of my new activities in 2014 will be...
offering “mini” spiritual retreats that will focus on self care for healers. I recognize the value of such times of reflection, meditation, prayer, and healing. I also note that physical relaxation and care are basic if one’s soul is to be reached. The mini retreats I have in mind will address physical rejuvenation as well as personal reflection on one’s path in life. Being a story teller, I will share aspects of my journey as a way of inspiring hope for others. Whether you are able to join me at one of these retreats or find another of your own making, taking the time to care for your soul is one of the most important things you can do on your life’s journey. My prayer is that you will be able to spend the time to gather up all the lost “pieces” of your soul and come into the light refreshed and ready for what life presents to you.

Linda Lee Smith is offering an upcoming spiritual retreat: “Living a Blessed and Prosperous Life through the Power of Self Care” at the Jesuit Retreat Center, Milford, OH, May 2-4, 2014. Contact her office for details—303-467-7829.

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

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Pillars of Energy Medicine
In the ten years since the publication of our first book together, *Energy Medicine*, we have seen the world begin to re-embrace the ancient art of energy healing. More than three hundred practitioners have completed our two-year Certification Program in the past three years and tens of thousands of individuals have taken classes from us this past decade. What was seen as strange and woo-woo is becoming the respected cutting edge of health care -- and for good reason.

Energy Medicine (EM) is accurate, efficient, and cost-effective. It is based on a different model than conventional medicine, which focuses on the biochemistry of cells, tissue, and organs. EM focuses, instead, on the fields that organize and control the growth and repair of cells, tissues, and organs, and on ways of influencing those fields. This leads to six distinct advantages of EM in comparison with the conventional medical model. These strengths are the pillars that establish EM as such an exceedingly important development in health care that Mehmet Oz, M.D., Chief of Cardiology at Columbia, has called energy medicine “the next great frontier in medicine.”

**Pillar 1. REACH:** *Energy medicine can address biological processes at their energetic foundations so it is able to impact the full spectrum of physical conditions.* EM optimizes the energies that surround, permeate, and support the body’s structure (e.g., its cells, organs, blood, and lymph) and the body functions (e.g., immunity, respiration, cardiovascular). EM methods also influence gene expression -- the cutting edge discovery that the energetic and environmental factors that determine how a gene’s potential influences are expressed -- are as important as a person’s genetic inheritance.

For example, with multiple sclerosis, disturbances in a patient’s energy flow can be corrected by holding, tapping, or massaging specific energy points. Rather than the symptom suppression seen in most MS treatments, this can bring about changes in the person’s nervous system that begin to reverse the disease process. You change the energetic environment and the physical body follows.

**Pillar 2. EFFICIENCY:** *Energy medicine regulates biological processes with precision, speed, and flexibility.* EM techniques address systemic as well as specific disease factors - fighting disease by strengthening the entire body. Signals are sent that are hundreds of times faster than chemical signals. In addition, they provide instant feedback to the practitioner so interventions can be adjusted for intended outcomes.

For example, balancing and strengthening the energies that surround and permeate the heart of a post-coronary patient leads to an internal environment...
Pillar 3. PRACTICALITY: *Energy medicine fosters healing and prevents illness with methods that can be readily, economically, and non-invasively applied.* EM utilizes specific movements, postures, and hands-on approaches that do not require high-tech equipment and do not result in unintended side-effects.

For example, assessing disturbances in the energy flow to the kidneys of a patient with renal failure allows interventions that are more flexible and precise than medication or surgery and can be used preventively, circumventing damage to a vulnerable organ.

Pillar 4. PATIENT EMPOWERMENT: *Energy medicine includes methods that can be utilized on an at-home, self-help basis, fostering a stronger patient and practitioner partnership in the healing process.* EM procedures can be self-administered to assess systems that are out of balance, implement corrective actions, and build resilient energy patterns throughout the body. People can readily learn them, often enjoy utilizing them, and can practice them individually or as part of a support group.

For example, on a daily basis cirrhosis patients can utilize techniques that balance the energies that impact the liver and enhance its ability to heal. They can be part of a group of patients at their health-care facility who meet on a weekly basis to reinforce the back-home exercise.

Pillar 5. QUANTUM COMPATIBILITY: *Energy medicine adopts non-linear concepts consistent with distant healing, the healing impact of prayer, and the role of intention in healing.* New concepts such as “macroscopic quantum interactions” have been gaining credibility in explaining how intention and expectation can impact physical events, as illustrated in the placebo effect and distant healing. EM explores “fields” that influence health and consciousness and that work over distance.

For example, cancer patients can be shown how the energies of their thoughts and imagery affect their healing, and they can be taught techniques which engage the healing power of focused intention and guided imagery. Using additional methods from energy psychology, they can reduce their fear and anxiety and bolster their confidence, all in ways that promote healing.

Pillar 6. HOLISTIC ORIENTATION: *Energy medicine strengthens the integration of body, mind, and spirit, leading not only to a focus on healing, but to achieving greater well-being, peace, and passion for life.* EM is based on the principle that the body, mind, and spirit are integrally connected, and it promotes their harmonious integration. By vitalizing a person’s energy system, body, mind, and spirit all benefit.

For example, where conventional medicine treats kidney disease by focusing on the organ itself (thus leaving medication and surgery as the most obvious choices), in energy medicine, the treatment focuses on the energy systems that impact the kidneys. Patients can also be shown how psychological conflicts or spiritual emptiness may exacerbate their symptoms and can be provided therapies which quickly engage the energetic foundations of those challenges.

**Closing.** An essential difference between energy medicine and conventional medicine involves the concepts of diagnosis and treatment. In energy medicine, “diagnosis” focuses on disruptions and imbalances in the body’s energy system. “Treatment” is not of the disease or its symptoms per se. It is rather
designed to correct the energetic imbalances. Symptoms provide clues for determining the nature of the imbalances and a measure of whether the treatment is succeeding, but they are not the primary focus.

For instance, there is some evidence that, with cancer, the energies tend to be disorganized and lacking in coherence, while with multiple sclerosis, they tend to be so highly ordered as to lack flexibility. Energy medicine practitioners assess and correct such disturbances in the energy field.

***

A much longer and more detailed version of this paper, with academic references, can be found at www.EnergyMedicinePrinciples.com.
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Refer to Carol’s article on page 12.
“Pain, Have You Been Told, ‘Just LIVE With It?’”
For more information and registration visit carollessinger.com.

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www.HTProfessionalAssociation.com under Resources/Service to the Military

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