It is only with the heart that one can see rightly; what is essential is invisible to the eye.”

— Antoine de Saint-Exupéry
Dear Readers,

There is a large bouquet of yellow tulip buds on my dining room table, a sure sign that spring is happening. The sun is moving back into the southern hemisphere and begins to warm the soil in the woods around my house. Last fall I planted a myriad of crocus bulbs and now I am beginning to reap the benefits. Tiny fingers of green are appearing here and there and occasionally a flower bud can be spotted.

As life returns to my gardens, it is easy to see, really see, and appreciate the crocus. It has been a long and dreary winter and these splashes of color draw my attention. My mind no longer has a label of “crocus” easily accessible as it seems so long since I have seen them and this allows me to really see them as if for the first time.

I am reminded of an old friend telling me he had “bagged another mountain.” My friend had a goal of climbing all 53 mountains of at least 14,000 feet in Colorado. At the time I challenged him, “Did you really see the mountain, get to know it at all, or did you just ‘bag it,’ like another trophy?” Now I challenge myself. These days, I find that labels may prevent me of being conscious of what I really see. I fall into the “I know its name” and therefore I really see it. I challenge myself to discover the labels I hold.

As Niki Elliott points out in her article, we may also think in labels when it comes to illness and this may affect our ability to help our clients heal. The label for the disease had “colored her consciousness” when it came to her young client with autism.

This challenge to really see offers me the opportunity to also discover how truly open I am — do I have the ability to look at things in a new light in each moment without treading the well worn path of what I “know”? This applies even to my own body – I am aging, have wrinkles and some extra weight. Perhaps I have labeled myself in this respect as well. Can I see myself without labels, love this body and all it has given me and continues to give me, today, now? Do I label myself as “old,” or will I allow myself to dance, express myself, get dirt under my fingernails and enjoy life?

Recently I finished On Living, by Kerry Egan (which I recommend). She says, “If you accept the idea that each of us should love our neighbors as we love ourselves, what does it mean that so many voices out there insist that your body, my body, everyone’s body is something to despise because
it is too fat, too ugly, too sexual, too old, or too brown? . . . What we believe about our bodies affects how we treat other bodies, and how we treat one another’s bodies is how we treat one another.” Does the personal reflection of oneself color our ability to see others as beautiful divine beings? Does how we think of ourselves affect our ability to see our clients?

So many questions and Spring is a wonderful time for me to explore this all. I love this time of year and the newness it brings in every aspect. I hope you find the same thrill in these explorations as I do.

May you enjoy this issue and all that it has to offer.

Margaret
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Lynne Gillespie is a third generation farmer. She has been gardening and working on her family farm for 29 years. Her dairy sheep flock is one of her pride and joys. The flock provides milk for cheese making and wool for spinning, weaving and felting. She has written two gardening books and created two online gardening video courses. www.TheLivingFarm.org

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Andrea Scalisi is a Usui Reiki Master, and Certified Aromatherapist. I have a deep passion for empowering women, and helping them to strengthen their mind-body-spirit connection. The mission statement of my business, The Haven Shoppe, is to enrich the lives of women through holistic healing and the power of positive thought. I deliver this by offering Reiki healing, handmade chakra balancing body mists, and daily intuitive guidance on social media. www.TheHavenShoppe.com
1| Being an empath is the new normal. The Empath’s Survival Guide is a perfect guide book.

Now people will know how to cope with being highly sensitive and empathic in their everyday lives without developing exhaustion, compassion fatigue or burning out.

As Judith says, “Conventional medicine often pathologizes sensitivity but now you will see it as the gift that it truly is.” Empaths are sponges who absorb other people’s emotions and symptoms. Dr. Orloff offers a wealth of practical strategies to stop absorbing other people’s stress while keeping your sensitivities open and alive.

For more information or to purchase these books, click on the book’s image.

2| As a hospice chaplain, Kerry Egan discovered she’d been granted an invaluable chance to witness firsthand what she calls the “spiritual work of dying.” This isn’t a book about dying—it’s a book about living. An emergency procedure Egan had during the birth of her first child left her physically whole but emotionally and spiritually adrift. Her work as a hospice chaplain healed her, from a brokenness she came to see we all share. Each of her patients taught her something. In this poignant, moving and beautiful book, she passes along all their precious and necessary gifts.

3| Practiced in community centers and psychiatric hospitals throughout Brazil, Spiritist therapies are gaining increasing recognition internationally for their ability to complement conventional medicine. This pioneering text is the first comprehensive account of the philosophy, theory, practical applications and wider relevance of Spiritist therapies to be published in the English language. Providing important new insights into the rich tradition of Brazilian Spiritism, this authoritative text will be of interest to mental health professionals, counselors, therapists and alternative and complementary health practitioners.

4| In 1991, Glenn Sabin was a 28-year-old newlywed diagnosed with chronic lymphocytic leukemia (CLL)—a disease doctors called “uniformly fatal.” Treatments could buy him some time and eventually ease his discomfort, but there was no conventional cure. Glenn made a monumental decision: he would become his own health advocate. While he continued to “watch and wait,” Glenn would figure out how to stay alive. He began his own, medically monitored and carefully researched lifestyle changes. He would conduct his own, single patient clinical trial. He would become an “n of 1.”
March 2 - 4
**11th Annual Complementary & Alternative Cancer Therapies Conference**
annieappleseedproject.org

March 3 - 5
**The Radiant Circuits Experience**
Donna Eden & David Feinstein
Cardiff, Wales
innersource.net

March 5
**The Five Elements**
Donni and Titanya Dahlin
Cardiff, Wales
innersource.net

Consider who your Soul Sisters are, as described by Andrea Scalisi in her article “Soul Sisters,” and tell them how much you appreciate them.

March 16-19
**The Chopra Center Journey Into Healing**
La Costa, CA
chopra.com

March 20
**Spring Equinox**
Walk outside and appreciate the signs of Spring.

March 25 - 26
**May I Be . . .**
Karen Drucker
A women’s mini-retreat welcoming in your own transformation into Spring.
karenderucker.com

March 25 - 26
**Divine Energy Medicine**
Marie Manucherhri
Divine Energy Medicine is the art of raising the human energetic frequency.
energyintuitive.com

March 31 - April 2
**Joint American Homeopathic Conference**
Atlanta, GA
homeopathycenter.org

April 1 - 2
**International Ayurveda Congress**
London
internationalayurvedacongress.com

April 5 - 7
**2nd International Integrative Nursing Symposium**
Tucson, AZ
integrativenursing2017.com

April 7 - 9
**Southwest Conference on Botanical Medicine**
Tempe, AZ
botanicalmedicine.org

April 8 - 9
**Take Back Your Health Conference**
North Hollywood, CA
takebackyourhealthconference.com

April 16
**Easter**

April 23 - 28
**Mind, Mood, and Food—Optimal Nutrition for Body & Brain**
Esalen Institute
Big Sur, California
cmbm.org

April 28 - 30
**Healing Touch Canada 2017 Conference**
Moncton, N.B.
creatingthewave2017.com
To Share or Not Share?

My oldest son was recently relaying some of his youthful exploits, the ones that you do not tell your mom in “real time.” There was the typical adolescent list: the first cigarette, skipping school, crashing a beer kegger. Then he looked at me and said, “But, you knew all of that, right?”

You might wonder why I did not confront every juvenile delinquent matter up-front. Of course, there were certain issues placed squarely on the table, but honesty is more complicated than not. In actuality, as soon as I smelled smoke on my young son’s clothing, I moved the family to a different neighborhood. The year of the missed classes? I became personal friends with the Vice Principal, who started standing in the parking lot in-between classes to catch every wayward teen, not only my son. And funny how the coach lectured all the football players—if they were caught doing anything, they were off the team. No more keggers.

As in our personal lives, as healers there are times to share what we know and times to be quiet. Think about how many times you have been struck with a sense, glimmer or leap of logic regarding a client. Sometimes you comment. Other times, you bite your tongue. What criteria helped you make these decisions? What factors can assist you in the future?

Common sense is often highly underrated. As for me, I am not going to speak if I think my words might damage a client. Neither will I talk if I think a client might yell if I speak a truth. Your most dependable tool for differentiating between when to share and when not to, however, is your intuition.

There are basically four main intuitive styles, succinctly described as follows:

Visual intuition presents as psychic images or pictures. Healers frequently envision the cause of a client’s complaints as well as the activities, beliefs or practices that might bolster their health. For instance, if the client is suffering from childhood trauma, you might picture the age at which the abuse occurred.

Verbal intuition involves receiving psychic messages as tones, sounds or words. For instance, you might hear an internal “warning bell” if a client is heading in the wrong direction or you might think of a phrase explaining a situation.

Physical empathy provides insights through bodily sensations. Many healers mirror the physical and emotional predicaments of their clients, feeling another’s physical pain or emotional distress. Your body can also give you information about a client. For instance, I know a client is happy when I feel like smiling.

Spiritual empathy relays as an awareness. These empathic sensations are hard to explain, for they are often inexplicable. As an example, you might believe that a relationship is bad for a client simply because you “know so.”

The same four empathic styles that reveal data can also tell us when to speak or remain silent. In sessions, I only share insights, whether obtained intuitively or logically, if it passes the following “checks and balances” process:

- One or more intuitive styles are giving the “go ahead”
- The other intuitive styles are positive or neutral
- None of my intuitive gifts are in “warning mode”

What do I mean?

Imagine that you psychically envision the behavior causing a client’s physical distress. Here comes that picture. The client is drinking wine—a lot of wine.

The fact that you are granted an image suggests that you can bring up the topic. Except... you hear a word in your head. “Wait.” In this case, your verbal intuition is counter-
manding your vision’s marching orders. So, you wait. Sharing is frequently all about timing. Then again, your physical intuition might kick in. Your throat clenches. Even if you wanted to talk, you could not. From a spiritual empathy perspective, you might simply know speaking will throw the client out of “divine order.”

Sometimes, three of my four intuitive styles advise, “Go ahead.” Even if only one intuitive loop encourages restraint, however, I refrain. Perhaps I may get an all-clear in a minute. Sometimes, however, a specific truth is not mine to share, so I never do. For instance, one client asked if I had known her marriage would end. We had worked together for two years. I stated that I had felt that her marriage would dissolve, but that every time I tried to steer the conversation toward the topic, my stomach twisted. Basically, my client needed to make her own decision.

Ethically, our job as healers is not to prod or pry. Rather, it is to illuminate, guide and care. Sometimes information assists with these steps and sometimes, information hinders.

In the end, being a healer is similar to being a parent. We might know a lot, but the wise parent—or healer—delivers only the data that serves a higher good. But be ready! Your client—like my son—might eventually figure out that you know more than you are sharing!

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.
Empathy in Practice

Allow yourself to enter this moment and attune to your “self as healer;” affirm and call forward your palette of sacred sensitivities; acknowledge the many gifts that you bring (both the technical aspects and the interpersonal aspects) to your healing practice. Acknowledge the many ways that you listen to and experience your client’s energies. Affirm your connection with Spirit. Acknowledge the safe container for your work, one that fosters deep personal connection through your heart-centered presence.

This opening affirmation introduces some of the complex and beautiful aspects of professional connection and energetic bonding that occur between client and practitioner.

Safe connection and strong bonding create the opportunities for practitioners to empathize with their clients. Multiple studies by the National Institutes of Health identify that empathy is an essential variable in therapeutic relationships and health outcomes improve when patients (or clients) perceive empathy from their healthcare practitioner.

“Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”

This beautiful, classical definition illuminates the underlying, complex relational perspective that empathy requires us to cultivate. Our ability to empathize operates and fluctuates depending on the alchemy of our current state of openness, connection to our higher sense perceptions and our willingness to connect deeply with another human’s life experiences.

The traditional teachings suggest that empathy is either thought-based or emotion-based or some combination of the two. Psychologist Mark Davis discusses three important “types” of empathy:

- Perspective-Taking: Seeing yourself in another person’s point-of-view.
- Personal Distress: Feeling another person’s emotions.
- Empathetic Concern: Recognizing another person’s emotional state and reacting with an appropriate amount of concern based on a perceived need.

Our brains are also wired for empathy in our “mirror neurons.” These special neurons identify and mirror the energy of another individual’s neurological state as they are remembering or experiencing an event. When mirroring, these neurons create hormonal shifts in our bodies that allow us to be able to tap into and feel, for example, the same type of sadness or hurt that another individual is expressing in that moment. The current research suggests that in addition to the chemical knowledge of experience, our ability to know and understand feelings of sadness or hurt is referenced by our past experience of these, as if our cultivation of empathy draws from a bank of historical life data.

I personally believe that because of some of the unique ways healers work with energy and the Divine, these traditional definitions of empathy can be expanded for healers.

As Energy Medicine professionals, we attune with our clients (intentionally blending the energy fields) so that energetic information can be passed between us. During our work, we connect to the spiritual world and Divine guidance; we operate with heightened sensitivities through our ability to listen and use the wisdom inherent in energy; and we acknowledge the need for boundaries to help us clarify messages. In addition to these, we also leverage the more traditional aspects of empathy—the innate biological wisdom of our mirror neurons, our own human experience and our human capacity for deep and meaningful connection.

As you read the following statements, I invite you to reflect on how these common practices among healers foster empathy for your clients.

I create an intentional, formal attunement with the Divine and my clients.
At the beginning of our sessions, we mindfully and intentionally create an attunement to the Great Spirit (or God). This fosters an increased potential for empathy with our clients because during the intentional blending and merging of our energy fields, we are open to the possibility that infinite information about our client’s inner experience is available to us through Source.

I explore my specific heightened sensitivities, or my extra-sensory perceptions. I hear and receive messages of many types.

When we use the seven-chakra wisdom as a guide for receiving additional information about our client’s experience, seven different subtle sensitivities are available for us to use as pathways for empathy in our therapeutic environments.

- First Chakra: Root energy—I can access the sensations of my clients’ body through the use of my senses like smelling, tasting and feeling (as in physical feeling) to receive information about my clients’ experiences.
- Second Chakra: Sacral energy—I can access the sensations of my clients’ emotional feelings.
- Third Chakra: Solar plexus energy—I can access the sensations of my clients’ thoughts and how they are processing their thoughts through their “gut” senses.
- Fourth Chakra: Heart energy—I can access the sensations of how my clients are connected with their heart’s desires.
- Fifth Chakra: Throat energy—I can access the sensations of my clients’ creative expression which sometimes arrive as spoken messages, written/guided messages and even as sounds and musical information.
- Sixth Chakra: Brow energy—I can access the sensations of my clients’ inner sight, predictive visioning and even knowings about their self-image.
- Seventh Chakra: Crown energy—I can access the sensations of my clients’ relationship to their higher thoughts, connection with Spirit and know information that has deep personal meaning.

I assert healthy boundaries when working with personal energetic information.

When we work with our palettes of higher sense perceptions, we acknowledge that we are able to receive tremendous amounts of information about our client’s inner experience. One of the ways to work with boundaries in clinical practice is to ask that Spirit provide only the absolute perfect information that is in alignment with our client’s Highest Good. Asking for filtered information in this way allows us to trust the information that we receive, so that we may know and cultivate a stronger understanding of our clients’ inner experience and thus increase our potential to empathize with our clients.

Empathy has been clinically studied and found to improve patient outcome in healing relationships. Acknowledging our sensitivities as Energy Medicine practitioners, I feel strongly that we have an increased capacity at seeing with another’s eyes, listening with another’s ears and feeling with another’s heart. This is because the nature of energetic information that we receive in our clinical practice comes directly from our client’s energy field and from Spirit; this information informs our ability to empathize with our clients in our practice. Once again, I find myself humbled as I acknowledge the many mysteries of our healing work in and through our connection with Spirit and the human energy system.

Amelia Vogler is an energy healer and mentors holistic practitioners worldwide to deepen their sacred practice. She extends her gifts as the Executive Director of the Healing Touch Professional Association.

Her life’s work is seeded by the desire to bring healing to all those who share this beautiful planet.


Reference
March to YOUR Drummer

Last night I attended an orientation for a gym challenge. Give them six weeks, get a new body. Sounds great, right? What happens in week seven, though? This issue, let’s talk about how to march to your own drummer instead of taking marching orders from someone else. Oh, and you will get even better results!

Their program touted nutrition and exercise as the two pillars of health. They provide a two-hour seminar on nutrition and give you a meal plan. There are many meal plan programs on the market and for some people these prescriptive programs work. In my experience, there is usually an expiration date, meaning people will take the prescription until something happens and then they do not follow it anymore. The “something” can be a special occasion or boredom or frustration at a lack of control. Some plans build in flexibility and many do not, which is why people “fall off the wagon.”

As energy healers many of us learned specific knowledge related to the modality we practice. Perhaps you learned where the chakras are located or reiki symbols or meridian point locations. Then you learned the skill of listening. It might have been taught as listening to your wisdom, listening to spirit or as sensitivity to the energy and then following the energy. Practicing the skill in conjunction with the knowledge empowered you to develop abilities.

Eating healthfully works the same way.

Learn specific knowledge about eating patterns. These might include paleo, vegetarian, raw or eating for specific conditions. Choose your source of knowledge wisely. Look for people who have significant history in their career path. Nowadays many people “teach” along the way or have fabulous results for six months and declare themselves an expert. I like to look for someone who has at least five years of solid experience (meaning beyond their personal discovery phase). Look for someone with a significant amount of anecdotal evidence or scientific proof. Before science began proving the benefits of meditation and Ayurvedic treatments, there was a large body of anecdotal evidence.

Next, learn to listen to your body. Many of us confuse our body and our mind. Just like healing modalities, all the elements need to be used together in the proper formula to change patterns.

Some people are clairvoyant or clairsentient. How you receive this knowledge is unique and it takes time to develop the skill. Some people have dreams about food. As a clairsentient, when I shop, my hand often reaches for something, seemingly on its own! I am also affected by visual stimulation and sometimes when I see a certain fruit or vegetable, I know I need to buy it.

To decipher feelings from thoughts, ask yourself “Where do I feel it?” and “How would I describe the feeling?” Noticing where you feel something often clarifies thought from feeling right away. In some cases, it can illuminate eating for reasons other than hunger or nutritional need. For example, if I “feel” like eating chocolate and I feel it in my heart but I cannot describe the feeling, that could be a signal that the want for chocolate is really about wanting love.

Emotional eating or stress eating are the top reasons people unnecessarily eat. By cultivating the habit of answering where and how the desire feels, you will begin to awaken to true need in the body.
My recommendation is to build pattern-changing into the change you want to make with food. You probably enrolled in formal training to learn how to work with energy. Maybe it was a 16-hour weekend workshop. Maybe it was a 100-hour program completed over several months. These provided structure. They had clearly measurable goals (or learning objectives), a timeline and guidance for how to measure if you were successful. Do the same thing for changing your eating patterns or awareness around eating. As mentioned earlier in the article, there are prescriptive “one-size-fits-all” programs which sometimes work for some people. To create a descriptive and personalized program, you may need to work with a coach. Alternatively, some people have success creating their own structure and keeping notes about what they eat and how it makes them feel.

You might still benefit from following a specific regimen for a specific time—especially when trying to heal a condition and use food as medicine. Developing greater body awareness and changing patterns before diving into a prescriptive regimen will help you to use the regimen to modify your pattern rather than buy a pre-packaged prescription. When you raise your awareness and operate from true body-connection or by listening to your own drummer, you are prepared for every situation, can modify your food intake as necessary and never fall off the wagon again.

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Empaths are emotional sponges who absorb other peoples’ stress into their own bodies. As an empath myself, I know how exhausting this can be.

Quiz: Are You an Empath?

Are you super sensitive to the world around you? You may be an empath! Take this quiz and make the first step toward embracing and developing your gifts.

As a psychiatrist and an empath, people often ask me the difference between having empathy and being an empath.

Having empathy means our heart goes out to another person in joy or pain. But for empaths it goes much farther. We actually feel others’ emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have!!

How do you know if you are an empath? Take the following 20 question Empath Self-Assessment Quiz by answering “mostly yes” or “mostly no” to each question.

1. Have I been labeled as “overly sensitive,” shy, or introverted?
2. Do I frequently get overwhelmed or anxious?
3. Do arguments or yelling make me ill?
4. Do I often feel like I don’t fit in?
5. Am I drained by crowds and need alone time to revive myself?
6. Am I over stimulated by noise, odors, or non-stop talkers?
7. Do I have chemical sensitivities or can’t tolerate scratchy clothes?
8. Do I prefer taking my own car places so I can leave early if I need to?
9. Do I overeat to cope with stress?
10. Am I afraid of becoming suffocated by intimate relationships?
11. Do I startle easily?
12. Do I react strongly to caffeine or medications?
13. Do I have a low pain threshold?
14. Do I tend to socially isolate?
15. Do I absorb other people’s stress, emotions, or symptoms?
16. Am I overwhelmed by multitasking and prefer doing one thing at a time?
17. Do I replenish myself in nature?
18. Do I need a long time to recuperate after being with difficult people or energy vampires?

Judith Orloff, MD

Strategies for Empaths and Sensitive People
19. Do I feel better in small cities or the country than large cities?
20. Do I prefer one-to-one interactions or small groups rather than large gatherings?

Now calculate your results:
- If you answered yes to one to five questions, you’re at least partially an empath.
- Responding yes to six to ten questions means you have moderate empathic tendencies.
- Responding yes to eleven to fifteen means you have strong empathic tendencies.
- Answering yes to more than fifteen questions means that you are a full-blown empath.

Finding out you are an empath is a revelation that can change your life. You are not neurotic. You are not crazy. You are not making things up. The secret of being an empath is to honor your needs and have specific strategies in place to guard your sensitivities. Determining if you are an empath will clarify your needs and which protection strategies to use to meet them. Learning to cope as an empath is essential to gain a comfort zone in your life so you can enjoy the many gifts of your sensitivities.

Here are some basic strategies for empaths and all people battling with low energy from my book, *The Empath's Survival Guide: Life Strategies for Sensitive People*. I practice these strategies in my life and teach them to my patients and workshop participants—and you can turn to these techniques if you’re absorbing the stress or symptoms of others and you need ways to release them. Experiment. See which ones work best for you. Use them in situations where you are feeling ill or upset and suspect you’re taking on someone else’s physical or emotional distress.

1. Ask yourself, “Is this symptom or emotion mine or someone else’s?”

A tip-off that you’re absorbing someone’s energy is to notice if you experience a sudden change of mood or physical state around that person. Most likely, if you didn’t feel anxious, depressed, exhausted, or sick before, the discomfort is at least partially coming from him or her. If you move away and the discomfort dissipates, it is definitely not yours! Sometimes, though, the emotion or symptom may be both yours and another person’s. Feelings are catchy, especially if they relate to a hot button issue for you. You are more prone to take on the emotional or physical pain that you haven’t worked out in yourself. The more you heal issues that trigger you, the less likely you’ll be to absorb emotions from others.

2. Breathe and repeat this mantra to counter negative energy

When negativity strikes, immediately focus on your breath for a few minutes. Slowly and deeply, inhale and exhale to expel the uncomfortable energy. Breathing circulates negativity out of your body. Holding your breath or breathing shallowly keeps negativity stuck within you. As you breathe, I suggest firmly repeating aloud this mantra three times in a tone that conveys you mean what you’re saying: Return to sender, return to sender, return to sender. The power of your voice can command the discomfort out of your body. Your breath is the vehicle that transports it back to the universe.

Also, while saying this mantra, you can specifically breathe toxic energy out of your lumbar spine in your lower back. The spaces between the lumbar vertebrae are conducive to acting as channels for eliminating unhealthy energy. Visualize the discomfort exiting through these spaces in your spine. Declare, “I release
you” as it leaves your body and blends with the giant energy matrix of life.

3. Step away from what’s disturbing you

Move at least twenty feet from the suspected source. See if you feel relief. Don’t worry about offending strangers. In a doctor’s office, movie, or other public place, don’t hesitate to change seats. If you’re sitting next to a noisy group in a restaurant, you don’t have to stay there and feel uncomfortable. Feel free to move to a more peaceful table. It’s fine to lovingly say “No,” to certain energies. Giving yourself permission to move is an act of self-care. Empaths often find themselves in overwhelming social situations. If that happens to you, be sure to take breaks to replenish yourself. Then, if you want to return to the gathering you can be in a more serene place.

4. Limit physical contact. Hugs are a choice!

Energy transfers through the eyes and touch. If you’re uncomfortable with someone, limit eye contact and touch, including hugs and hand-holding. Though hugging a loved one in distress often benefits you both, if you are wary of taking on their stress, make the hug short. You can keep sending them love from a distance. You have a choice about the kind of physical contact you participate in.

5. Detox in water

A quick way to dissolve stress and empathic pains is to immerse yourself in water. Empaths love water! Epsom salt baths are divine and also provide magnesium which is calming. You might want to add a little lavender essential oil to your bath—it is calming after a long day. The perfect empath getaway is soaking in natural mineral springs that purify all that ails you.

6. Set limits and boundaries

There’s no way around it. To survive and thrive, you need to set limits with people. If someone is draining, don’t be a doormat. Control how much time you spend listening to the person. “No,” is a complete sentence! It’s okay to tell someone, “I’m sorry, I’m not up for going to a party tonight,” or “Let’s discuss this when you’re calmer. I can’t tolerate yelling,” or “I need to meditate and be quiet right now,” or “I can’t talk more than a few minutes unless you want to discuss solutions.” Sometimes changing communication patterns with friends is a retraining process, but being consistent with setting kind but firm limits will protect you from energy vampires.

7. Create alone time to regroup

Empaths need alone time to reconnect with their power. If you’ve picked up unwanted energy, be sure to take some alone time to center yourself. For a few minutes or more, quiet everything. No noise, bright lights, phone calls, texts, emails, internet, television, or conversations. It’s sometimes important to just feel your own energy without anyone else around. You are being your own best friend which is a way to nurture yourself. By decreasing external stimulation, it’s also easier to clear negativity.

8. Spend time in nature and practice “Earthing”

Empaths love nature and feel at ease there. Being in a fresh, clean, green environment or around water clears negativity. The Earth emanates healing. Try lying in a meadow and soaking up its energy in your entire body. This feels sublime! Earthing means going barefoot and feeling the earth’s power through your feet. To shed other people’s energy, feel the grass between your bare toes, walk in the sand or the soil. Sense the nurturing medicine of the earth coming through your feet to ground you—a beautiful experience.

9. Take breaks from being online

You need regular time-out from technology that inundates you with too much information. Online media that triggers your emotions—such as Facebook groups, Instagram, violent news feeds—can impair your ability to fall sleep. It’s easy to pick up energy in the virtual world, so make sure you
Strategies for Empaths and Sensitive People

spend time in nature, meditating, or participating in other off-line activities that restore you. A complete technology-fast once in a while will do wonders for your sense of well-being.

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Author Dr. Orloff can be found at www.DrJudithOrloff.com
I absolutely love my Energy Medicine practice.

My clients come to me for a variety of reasons: pain, trauma, depression, self-care, anxiety, prevention and general wellness. I enjoy spending time helping them heal.

One of my main concerns is that my clients are protected from an unforeseen occurrence while they are in my care.

I focus on my practice and Energy Medicine Professional Insurance (EMPI) keeps me worry-free.

EMPI protects me, my practice and my clients.

I know that having liability insurance is the foundation of a solid risk-management plan.

EMPI coverage is specifically tailored to my needs as an Energy Medicine practitioner.

With EMPI, having great coverage is easy and affordable.

FIND OUT MORE ABOUT THIS COMPREHENSIVE PACKAGE
Nicole Cichocki

I am currently 20 years into my career as a hairdresser. Five years ago, I began to have significant questions about the role energy played in my everyday work. I was at a crossroads. Feeling unengaged with burnout looming, I did not feel the meaning I had once felt as a young hairdresser. How could I reconcile the woman I had become with the career I chose at age 19?

I really had to look at why I was not fulfilled working as a senior stylist and lead educator for one of the largest, most influential hair companies out there. I was traveling the world, educating top-tier hairdressers, working backstage at Fashion Week in New York and Paris, working with famous photographers, hair stylists, makeup artists, fashion brands, models and celebrities. Shouldn’t this equal hairdresser bliss? What am I really doing, when doing hair? Why do I not feel happy? These questions were the beginning of my search to find meaning in my work, or abandon it all together.

I started asking myself a series of questions that led me to delve deeply into the reasons I enjoy being a hairdresser. I really love working with people. I love when clients light up after a service because they love their hair. I love feeling like I make a difference in people’s lives, even if it is superficial. I also love other hairdressers—all their creativity, quirkiness and unconventionality.

I began to examine my own relationship to the actual hair service. This is where things began to shift for me. When I began to practice mindfulness in my own life, I began to open up to the vast world of energy and how big a role it plays in the hairdresser/client dance. I became very aware of my clients’ energy and the state of my own energy during and after the service. I had SO MANY QUESTIONS and no one person to go to for answers.

So, I asked who everyone else asks these days... Google. This is when I found Healing Touch Program. I embarked on my first class in June of 2013. That class changed everything for me. It was like I had received a secret ancient text that right then and there answered what I am really doing, when doing hair. It also immediately created meaning in the work I do as a hairdresser, especially learning that we work in and around the sacred landscape of the upper chakras. It does not get more spiritual than that! I had been working with energy and in energy for as long as I had been doing hair—I just did not have a language for it or know how to navigate it. The Healing Touch Level
1 class gave me an energy language and some basics on navigation and ethics.

Once I began to implement my new-found knowledge while working in the salon, some major things began to unfold. It is important to note that at the time, I was working in an environment where I could not openly introduce Healing Touch and get permission from clients to work with them energetically. What I began to implement had everything to do with how I was holding and maintaining my own energy. I stopped feeling drained at the end of the day. I realized that before the Healing Touch class, I had NO energy boundaries and I had not been grounded. Now that I was consciously standing in a heart-centered state of being, I felt compassion. I started having more meaningful conversations with clients, and the clients that had always been slightly challenging to me suddenly were not as challenging anymore. Then the most shocking, yet not so shocking, part is that my numbers increased. My new-client retention went up, product sales went up and my overall income went up. My jaw pretty much hit the floor when this happened. This is when I knew I needed to share this information with other hairdressers. And that is what I began doing.

Being involved in my company’s education department, I decided to write a class on energy for hairdressers. The department trusted me enough to go out on a limb and launch a class like this. It had not been done before. I was terrified at the thought of being laughed off the stage and exhilarated at the thought of offering a new perspective on our work as hairdressers. According to the written and verbal feedback taken from the class, the content deeply resonated with my fellow stylists. The class was quickly requested for the following company-wide sales gathering, executive education meeting and in-salon event. I began to see that the topic of energy was not only resonating with hairdressers, but also with sales reps and executives alike. Perhaps it is because we are all energy beings, and when we acknowledge this and have tools to navigate our energy, everything changes.

Since that first Healing Touch class, I went through all five levels and completed my certification. I am also a certified Positive Psychology Practitioner and Coach. I left that company in the spring of 2016 to follow my dream of starting my own company, Truth, Beauty, and Goodness, where I incorporate Healing Touch energy therapy into my hair services. It brings me such joy to share Healing Touch with my clientele. Many of them would never have sought out energy therapy. I have been so moved by their openness, receptivity and the positive response that they have reported. I also love that I receive the benefits of the session. It has helped me approach my work behind the chair with more presence of mind and a more open heart. I feel I am a better listener and far more creative. For each service I offer, I now get to blend in my Healing Touch experience to hold the intention for their highest good, remain curious and assist in awakening their highest expression of beauty.

It is the mission of my company to begin a revolution to improve the state of the beauty industry so that engaging with it results in positive outcomes. I also want to empower hairdressers and other beauty service professionals through education and coaching to live lives that are flourishing. I want to inspire them to have businesses that are thriving as they support every client they touch to move closer to a state of balance and wellbeing. It is time that this connection between wellness and beauty be made. If you love your hairdresser, please share this with him or her. I promise you, they already speak energy—they (like me) just may not have a language for it . . . yet.

Author Nicole Cichocki can be found at www.TruthBeautyAndGoodness.net
I have the pleasure of specializing in providing energy balancing therapy for empathic and intuitive children. The majority of these children have expanded awareness and live with a deep connection to the spirit realm. In earthly terms, they also present with mood, learning or behavior challenges that come with a range of labels, diagnoses, treatment plans and interventions. In order to help them heal from an energetic perspective, my job is to hold a non-judgmental consciousness—seeing each of them as valuable, whole, uniquely gifted sparks of divine light. I strive to hold this view in spite of all appearances.

The first time I became deeply aware of the critical connection between adult consciousness and healing outcomes for children was during an energy therapy session with a child who presented with an autism diagnosis. On this particular day, Evan* (a non-verbal, three-year-old boy) was brought to me by his mother. Concerned about his development, she asked if there was anything I could do with the energy work to help improve his autism symptoms. She was especially distraught that he could not sing songs or call out her name. She longed to hear her child say “Hi Mommy.”

After the first two energy sessions, the mother reported no change in her son’s condition. Feeling somewhat discouraged, I offered her a refund for the third session of a pre-purchased package if she felt it was not worth the investment. She said something in her heart told her to keep the appointment.

On the day of the third appointment, I decided to do something different. Instead of beginning the session with my normal energy therapy protocol, I decided to have an intuitive conversation with Evan to see if he could guide me. Intuitive conversations allow me to speak to the higher consciousness of my clients. This is a highly effective process, especially when I am working with very young or non-verbal children. It enables me to understand their needs at a level they are unable to consciously access or communicate to their parents. I began by asking, “Evan what would you like me to know about you that can help improve your autism symptoms? How would you like me to approach this energy therapy session?” The response I received from his higher consciousness was stunning. Evan gently told me, “Dr. Niki, please don’t assume I have something called autism. Then you can help me.”

In that moment, I realized that I had unconsciously allowed my ideas about autism and his mother’s concerns about limitations to color my consciousness and affect my ability to see him as whole and divine. Evan made it clear that I could not help him heal energetically with a tainted vision of him. I stopped the session for a few moments, centered myself and set...
Helping Children Heal with Conscious Energy Work

the conscious intention to reframe my view of Evan. After I sensed a shift in my perspective, I asked a different question. “Evan, what can I offer to help you participate fully in life in ways that are meaningful to you? How can I serve and support you at this time?” At that point, Evan energetically lit up with excitement. He began showing me how to work with him and identified which parts of my energy protocol were useful to him. I followed his lead and took feverish notes to remember what I experienced with him that day.

Two days following that session, I received a tearful phone call from Evan’s mother saying that he had just joined her in singing the ABC song for the first time. From that point forward, he began making rapid progress with his traditional therapies. Today, three years later, most of his developmental markers are in range with his neuro-typical peers. I will always lovingly remember Evan as the child who taught me to see the spirit, not the diagnosis.

My second major experience with how adult consciousness impacts children’s healing potential took place at a charter school in my community. I was contracted by the school’s director to provide energy therapy for a group of children with severe behavior challenges. All of these children received support from trained behavior aides who were hired by the school. One week after the first round of sessions, the director reported that more than half of the children in the group had shown significant improvement with self-regulation. She felt excited about the possibility that she could reduce the number of behavior aides on staff if this trend continued with future energy therapy sessions.

When I arrived for the second round of sessions, I felt a different energy in the unused office that had been transformed into my energy therapy space. I could not identify the energy, I only knew that it made it difficult for me to concentrate and communicate intuitively with my first student client of the day. When the second child arrived, I felt the same energy. Intuitively, I asked what I needed to do or change so I could help him. He told me that the energy I felt in the room was the fear and sadness of the behavior aides. He said, “Dr. Niki, they want to be happy for us getting better, but they know that they will lose their jobs if we don’t need them to help control our behavior. Their consciousness is interfering with our work. You have to find a way to shift it because they are putting a lid on our energetic container. Please ask the aides to take the lid off of our healing potential.”

I was speechless in that moment. First of all, I had never heard of anything called an energetic container. Second, I had never considered the possibility that an adult could radiate an energy that would interfere with a child’s ability to heal. It simply had never occurred to me that if the aides’ jobs depended on the children having dangerous behaviors, some unconscious part of them would not want to see the children be well. After this revelation, I had a conversation with the school director. She promptly held a meeting with the team of aides and informed them of other possible positions that were coming available at the school. By offering the hope of other job opportunities, the energy shifted and we were able to complete our work together. In the end, six of the ten children no longer required behavior aide support.

As helping professionals, we are called to see the divine healing potential in every person we serve. Yet, in reality, we know that it can often be difficult to set aside diagnoses and the pre-set knowledge we have about certain conditions. What these intuitive children have repeatedly shown me is that the consciousness and unexamined needs, beliefs or assump-

“Dr. Niki, please don’t assume I have something called autism. Then you can help me.”
tions held by the adults in their lives directly affect the outcome of their healing work.

While most healers, parents, and educators want the best for all children, it is important for us to carefully assess the unconscious benefits and opportunities we receive based on the challenges they face. We must be willing to remove our need for these benefits in order to “take the lid off the energetic container” we set for children. In some way, the energetic container (established by our unconscious view of and expectations for a child) sets the depth, width, and height of what is possible for their lives. Seeing a child as whole and divine, in spite of all evidence to the contrary, allows us to imagine the largest possible energetic container within which they can heal, grow, and thrive.

As energy professionals, we understand that energy is transformed through shifts in consciousness. To this end, we must find a way to help parents, educators, and health professionals move into the neutral and objective space of consciousness that is required to be effective as agents of healing and transformation for all children.

* All client names and identifying details have been changed to protect privacy.

Author Niki Elliott can be found at www.InnerLightSanctuary.com.
Not long ago, a standing lunch date with my oldest friend happened to occur on a day when we were both experiencing turbulence in our lives. As soon as our eyes met, a mutual knowing was exchanged. The goddess radar had clearly detected that something had both our divine knickers in a twist.

We headed to our dining spot, exchanged pleasantries and caught up on our regular topics. It did not take long before the suspense got to me. I asked my friend if she wanted to discuss what was bothering her. She opens up easily, so in true form she shared her troubles, acknowledged her own role in the matter and moved through her process with an easy grace.

Then it was my turn. “Do you want to talk about it?” she asked. “No,” I replied, shoving a piece of flatbread the size of Wisconsin into my mouth. “That is okay,” she said (and she meant it). Well, before she knew what was coming, the floodgates opened and I unleashed every wave of disappointment, anger, sadness and injustice that I had pent up inside. I went from zero to dragon lady in 2.2 seconds. Four hours, two almond milk lattes and one nerf ball sized cinnamon bun later—we both felt peaceful. (Granted, her peace probably came from the fact that I had finally stopped talking).

I am incredibly grateful to say that I have more than one of these sacred friendships in my life. Some of them I have had for decades, others just a few years. My relationships with each of these women have some things in common. Here is how to identify your own soul sisters:

**Your relationship transcends time and space.** Your experiences together may date back to your sandbox days or you may have met as adults and formed an instant kinship. Either way, you have the distinct knowing that your souls are dear old friends. Time apart has no bearing on this bond. They are at the top of your list when you have wonderful, exciting news to share. And when times are tough, text messages a quarter mile long that start with “I know this is stupid but I just need to vent” are welcomed at all hours.

**You feel comfortable being vulnerable.** This one is huge. We all wear masks. You have the persona you portray when you are at work, another with acquaintances, another when you are in the mom role, and so on. But when you are with one of these special ladies, the masks come off and your true self comes through—the good, the bad and the ugly. She accepts
it all, with no judging. That is what makes your interactions so nourishing for your soul.

**You uplift each other.** You will know who your soul sisters are simply by the way you feel when you are around them. Laughter magically weaves itself into the deepest conversations. If you pay close attention, you can physically feel your heart open, stress hormone levels drop and all the other immune-boosting conditions you experience when the relaxation response occurs. (The opposite of the fight-or-flight response). Soul sisters are good for your health!

**They honor your brand of crazy.** One of the best perks of these sacred friendships is that you do not have to justify or rationalize why you are feeling the way you do. These friends know where your old wounds are, and how they affect your relationships and experiences. Isn’t that so comforting, to feel truly validated and understood? On the flip side of that coin, they can serve up the doses of reality you need without beating around the proverbial bush. Their advice does not offend you in the slightest, because you know it is coming from a pure and loving place.

**You own property in each others’ hearts.** Perhaps the sweetest thing about these sacred sisterhoods is the peace that comes from knowing your soul is completely safe with them. Their hearts happily serve as a haven for your deepest fears, nonsensical insecurities, your most daring hopes and wildest dreams.

If you are fortunate enough to share one of these priceless sisterhoods, you are beyond blessed. The souls of these wingless angels chose to include your well-being as part of their life’s purpose. Is there any higher honor? Cherish your time with these ladies and keep them in your prayers when you are apart.

Give a shout out to your soul sisters today! What would we ever do without them?

[Author Andrea Scalisi can be found at www.TheHavenShoppe.com.]

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I received a referral from a neurologist for a paralyzed man suffering from depression. His mother was aggressive in her attempts to reach me, leaving multiple voicemail messages. Because her son was on a ventilator and could not travel without an ambulance, I agreed to see him at her home. Sam was a 30-year-old college graduate, who had been employed doing Information Technology work. A coworker invited him to come to the mountain climbing center one day after work. Sam never had much interest in sports, but mountain climbing was different. He enjoyed the mental challenge, and soon he was designing courses for others on the climbing wall.

Sam began traveling for mountain climbing excursions. One weekend, he experienced every climber’s worst nightmare—equipment failure. Sam suffered a shattered pelvis, and broken hip and femur. His spleen was removed, and he had a spinal cord injury at C-2 (second cervical vertebrae) from a broken neck. His spinal cord was not severed, just injured. He couldn’t breathe without a ventilator. However, his diaphragm was stable enough for a diaphragm pacer, a battery operated device implanted under the skin that provides the phrenic nerve with electrical stimulation, allowing Sam to breathe for a couple of hours per day off the ventilator.

It was more then a year after his accident when I met Sam. I was amazed to learn that in all his months of hospitalization, he never spoke to a mental health professional, even after such a dramatic life changing injury. His life had gone from living the American dream to being trapped in a body he could not use. These circumstances can cause even the most resilient among us to become depressed. I was not sure what my role would be, but my initial intention was to be a friendly visitor and evaluate how I could best be of service.

In spite of his physical limitations, Sam had a sharp mind and with no cognitive impairment or disordered thinking. He spent most of his time on the computer, beating able-bodied people around the globe playing video games! His laptop rested on a bedside tray table. An arm-like extension from the computer featured a plastic straw that he could blow into to tap/click, which he could move with his lips for direction. I thought this was great therapy for him because he could momentarily forget about being immobile and feel competent at something.

Sam did not talk much, nor did he want to discuss or analyze his feelings, which made traditional psychotherapy a less viable option. Before I met Sam, I remember thinking about this unusual referral and wondering to myself “How on earth am I going to help? I am no expert on spinal cord injury.” Little did
Adventures in Healing: Tong Ren for Sam

I know, taking this referral would cause me to open my mind to a different way of working and measuring progress as “micro-improvements.”

Sam’s mother Nancy was relentless in her desire to help her son. Almost overnight, she learned to become his nurse, complete with suction tubes, coughalator, bladder bags, and more. One of the front rooms in the house had been turned into a quasi-hospital room, including a lifting device attached to the ceiling, wall mounted TV, and a handicap-equipped shower in an adjoining bathroom. At the end of my visit, Nancy and I were talking when she pleaded, “If you can think of anything, ANYTHING AT ALL that might help Sam, PLEASE!! Let me know!”

Feeling moved by her compassion and love for her suffering son, I began thinking. I recalled an email video (youtube.com/watch?v=2Eqm0xRJ2Mk#t=14) of a Chinese man banging a doll with a hammer, a process called Tong Ren. Many people were testifying that this cured their cancer, even a former governor claimed to have been healed from a life-threatening illness.

Back then, I had zero knowledge of Chinese Medicine. I knew acupuncture was gaining in popularity and credibility, but that is about it. I forwarded the video to Nancy. Soon Sam received two phone sessions of this crazy doll banging treatment from Anubha, a Tong Ren practitioner. On my next visit, I noticed with curiosity and total disbelief that Sam’s mobility had improved! Prior to this, Sam could only slightly wiggle two fingers on his left hand. After two phone sessions, he could do a major wiggle, about 80% more than before!

This got my attention. Here was a guy who was lying in bed for over a year, and the most mobility he had was that he could barely, BARELY move his fingers. Now he could do a full scissor-like motion with them?? From someone banging on a doll with a magnetic hammer? That blew my mind. If it was not for the fact that I saw it with my own eyes, I wouldn’t have believed it.

I began looking at Tom Tam’s website (www.tom-tam.com). Tong Ren works like this: one person taps on a rubber doll marked with acupuncture points, while the other person sits with palms up to receive the energy. I noticed that Spaulding Hospital in Boston allowed Tom to hold his healing classes at their facility. His treatments are being researched. Tom seemed clever, and since my curiosity was activated, I thought about going to a Tong Ren class to investigate. I called my friend Michelle, who recently had two surgeries and said “I want to go to this class, but it is strange. Would you like to come?” She was willing, so we went to our first Tong Ren class.

Tom Tam was an acupuncturist from Boston. One day he was leading a Tai Chi class when a woman was overcome with crippling sciatic pain. Tom did not have any clean acupuncture needles to treat her, so as a joke, he took a blank piece of paper, drew a figure of a human body, and put his dirty acupuncture needles on the paper where he would have applied them on her. To their amazement, her pain went away within a minute!

For years, every Saturday, Tom would spend the entire day in Boston’s Chinatown, going door to door asking, “What’s your complaining?” Then he would treat them with acupuncture. His unique theory is called the Tom Tam Healing System. Tom thinks that illness is caused by blockages, which could be from our circulatory, nervous, lymph systems or chi...
(bioelectricity). A few things can remove a blockage: acupuncture, Tong Ren, Chi Gong—traditional Chinese energy healing and Tui Na massage which physically removes blockages with manual manipulation.

After the discovery in the Tai Chi class, Tom began studying the principles of synchronicity and brain wave entrainment. In the mid-1600s it was discovered that if two pendulum clocks are on the wall next to each other, they synchronize. Tom had the idea to use acupuncture training dolls by tapping the energy points with a small metal hammer. There are magnets in the ankle of the doll and the hammer tip. His idea was to create a Tong Ren healing class because there is strength in numbers and the collective intention of the group is stronger than one person alone. If ten people, or 30, all tap for one person, the healing energy will be stronger. Having studied and practiced group psychotherapy I recognized there were some parallels of thought. Even self-help addiction groups like Alcoholics Anonymous believe in the fellowship of the group because the group is more powerful than the individual. So in Tong Ren class, attendees bring their dolls and hammers and take turns tapping for one another. I call it “Getting your Chi on.”

At the Tong Ren Center of New York, Anubha led the class participants in physical exercise which I found refreshing and later learned was Tai Chi. Then she took turns asking what we wanted tapping for. A woman in front of me said she had trouble with her left ankle. I did nothing, just observed, but I noticed a pulsing in my left ankle as Anubha was tapping. I thought that was really strange, but was pretty sure I had not imagined it.

Then it was Michelle’s turn. Michelle mentioned her two recent surgeries, and only about a minute or two later, she was shrieking in pain, bent over clutching her abdomen. Anubha quickly figured out that Michelle was feeling intense burning on the incision sites and was highly sensitive to the energy. Anubha’s remedy was to tap the energy down to the doll’s feet to ground Michelle. Michelle said the class helped her feel better and experience less pain afterward and we returned the following week. At that point, humor and skepticism, I bought a doll, hammer and some books with just to see if it would work.

Not long after that, I developed a terrible headache and by the time I arrived at home, my head was throbbing. I immediately handed the doll and hammer to my significant other and said “Hit me in the head, right here!” Playing along, he grabbed the doll and began banging on head with the hammer saying “Pain, pain, go away!” This was the worst headache ever. Within two minutes, it felt like someone released a pressure valve in my head. Within ten minutes, the pain was reduced by 80%! Thinking that this was faster than Tylenol or Motrin—I quickly became a believer. I should add that my significant other had absolutely no Tong Ren training, instruction or faith in the process.

Yet, the logical side of my brain was still wondering “How the heck can banging a doll with a hammer do that?” Tom’s theory is that we all have the ability to heal as long as energy flows without resistance. There are several theories about why Tong Ren works. One theory is that through synchronicity and brain wave entrainment, the sick person’s organs will entrain with the energy of the healthy people—which leads to healing.

Some think the healing energy, or universal chi, comes from what Carl Jung referred to as the collective unconscious mind. Tong Ren practitioners then act as conduits to guide the healing chi energy of the collective unconscious past the blockages in the patient, so the chi nurtures the body back to its healthy state (Tong Ren Healing, Oriental Cultural Institute Healing Research Foundation). Chi is our life-force energy, the stuff that makes us alive.

In Western culture, chi is probably best understood by university researchers working on non-local effects in sub-atomic physics. These studies validate the concept that chi is the fundamental magneto-electric field in the universe. In our bodies, chi is equivalent to bioelectricity, which is essential for maintaining healthy nerve impulses that are re-
Adventures in Healing: Tong Ren for Sam

required for nourishing cells so they can self-repair (Tong Ren Healing, OCI Healing Research Foundation).

Still curious, I Googled “thought energy” and came across the works of William Tiller, a retired Stanford professor and former Dean of the Materials Science and Engineering Department. He wrote about an experiment that concluded that meridians were real, the roads or pathways on which bioelectricity runs. In a recorded lecture, Dr. Tiller talked about the zero-point gravity energy level universe and how it could intersect with our own plane of existence. He had the physics formulas to prove all of this. His work is called Psychoenergetic Science, a Second Copernican Scale Revolution.

People of faith have believed for centuries in the power of prayer. My brain conceptualized Tong Ren as “prayer with an added electromagnetic kick.” I do not know much about the electromagnetism of the human body. Nor do I know how the ignition in my car works, yet I still turn it on and drive it. Bill Tiller seemed to have the whole universe figured out, so for my own intellectual understanding, as long as someone had figured out the mechanisms of why Tong Ren might work and could explain it with hard science, this was good enough for me.

Initially, I helped Sam work through some of the sadness and anger he was experiencing. All of his physical energy was going towards keeping his broken body alive. It was exhausting, and he slept in two- to-three hour increments throughout the day and night. We decided, with Sam’s input, to seriously learn more about Tong Ren and its benefits. Sam encouraged his mother to adopt a trial-and-error approach to his treatment, but Nancy was fearful, wanting to make sure she did not do anything to harm Sam. Sometimes Sam experienced more muscle spasms after Tong Ren.

Nancy got a Tong Ren book in Chinese which she read several times. I assisted in deciphering Nancy’s questions and emailing them to Anubha, relaying the answers and helping Nancy understand them (there was a bit of a language barrier). Meanwhile, Sam kept himself occupied through mood fluctuations. We stumbled along the Tong Ren learning curve, tapping for Sam. Four months after meeting him, he could open and close his left hand, but he still could not hold onto any objects. Sam complained that his hands were stiff, and I pointed out it was good that he could feel them. Nancy reported that Sam could flex one foot slightly, wiggle some toes, and he was starting to overcome his own skepticism of Tong Ren. Nancy made a weighted bean bag so he could get used to holding something weighted and practice grasping with his left hand.

Until this point Sam’s father, Don, had thought everything related to Tong Ren was ludicrous. However, one day Nancy reported Don got up in the morning and said to her “Wow, I slept so well last night. I feel so good.” Minor troubles were no longer bothersome. “I don’t know what happened to make me feel so good,” said Don. “I’ll tell you what happened” said Nancy, “I TAPPED you last night!” Don replied, “Do it again tonight!” Nancy was a natural at Tong Ren. She knew much about acupuncture because her father had been an acupuncturist and Chi Gong healer.

Things were never easy, yet little by little, things were improving. Sam could flex his foot forward and Nancy saw that the big toe wanted to wiggle. Also while lying on his back, he could move his forearm a tiny bit, from the elbow (as if pulling his hand towards his body). Sam regained feeling his own appetite and began saying, “I’m full.” He could feel tingling while receiving Tong Ren. He couldn’t feel his torso yet, or his knees. He began to rotate his wrist a little bit from side to side. He also reported sleeping longer.

What is a family supposed to do when told, “I am sorry, there is nothing more we can do for you”? 
We began to notice that a pattern of pain and stiffness usually preceded new mobility, and speculated that this was part of the healing process. Nancy excitedly showed me that when they stretched Sam’s feet, he could pull his own toes backwards. She was encouraged by all the small improvements and believed he was healing very slowly.

One improvement that blew my mind was the laser. According to the Tong Ren practitioners, you could take a device that points a red beam of light and shine it on any point on the Tong Ren doll which then was supposed to bring energy to that point in the body. The power of intention plus red beam of light equals relief? That concept was a little too bizarre for me initially. However, seeing became believing. Nancy put the laser on the diaphragm points and within one week, Sam went from breathing three minutes off the ventilator to breathing four-to-five minutes off the ventilator.

Nothing else in his routine had been changed. I recalled reading that physicists discovered that underneath it all, we are reduced to vibrating strands of light. So perhaps there was a connection between pointing a beam of light on a doll and vibrating the right strands of light to bring healing? Nancy even noticed that when Sam was on the ventilator, if the laser was pointing to T-6 for diaphragm on the doll, the ventilator showed that Sam was breathing more on his own and less from the machine! Other measurable changes from Tong Ren tapping included Sam’s pulse oxygen level would improve and his heart rate would decrease as he entered the relaxed, healing state.

After taking a Tong Ren Anatomy class with Joe Lucier, we began consulting with Joe. He explained the goal of Tong Ren is to access the nerves and let them heal themselves. Nancy was grateful to have someone knowledgeable to turn to about Tong Ren healing, and Joe became part of our tapping treatment team. Nancy translated Joe’s Tong Ren Anatomy book into Chinese. Sam was now able to pick his forearm up and lift it slightly into the air, which indicated his strength was improving. Sam also reported that he could feel his knee, and felt warmth in his legs and tingling in the back of his neck (the spinal cord injury area). Joe provided direction regarding which points to tap for specific problems, especially for symptoms not listed in the book.

And so it went. Micro-improvements and tapping continued. Almost five years have passed since I first met Sam. Our hope is that all the micro-improvements will continue to accumulate. He is showing improved sensitivity in new areas, the latest are his abdomen and knee. He can use a computer mouse. He can sleep four hours without turning, his energy is increasing, and he can sit up after exercise with no headache. Certainly his mood and depression have improved. Early on, one of his doctors dismissed his mobility as a reflex. This was disappointing to Sam, so he stopped showing his improvements to that person. I joked, “When you can walk into his office and hit him in the head, then maybe he will acknowledge your improvements!” Sometimes we are blind to what is right in front of us because our mind cannot comprehend what is possible.

What is a family supposed to do when told, “I am sorry, there is nothing more we can do for you”? Should the family give up? Will the patient give up? Will the community give up? Or should they try something new, because they have nothing else to lose?

William Harvey was disgraced as a physician for believing that blood was pumped by the heart and traveled through arteries. A modern example is psychiatrist Daniel Amen, who pioneered the idea of examining brain scans before diagnosis and treatment. The outrageous can become routine with time and understanding. My hope in sharing this story is that you consider the possibilities. If you find yourself sitting at a loved one’s bedside, feeling helpless, order a Tong Ren starter kit and start tapping. You never know. Also, if you are fortunate enough to be able-bodied, you can even tap for yourself.

Author Katherine Heeg can be found at www.AchieveYourFullPotential.net.
My Journey into Energy Medicine — Healing Touch of Tau

Sylvia Hood Washington, PhD, ND, MPH, MSE, OFS, HTCP

Green Healing modalities were, according to my physicians in 1997, the best route for me to reclaim my health after finding that I was allergic to dozens of foods and everyday substances that we encounter in our environment like newspapers (because of soy based inks), automobile exhaust, new carpeting, curtains, lettuce, rice, milk, most fruits, mold and pollen to name only a few. This assessment came after 38 years of constantly being ill, first as an infant, and then as a Full Professor of Physical Sciences and Chemistry, after having worked for almost 15 years in the power industry as an environmental chemist and environmental control systems engineer.

I developed the term Green Healing to refer to healing modalities that do not add chemicals into the body to treat a disease or to repair the body from injury.

When I was young, every year I would come down with the flu or a cold that would last for months. By the time I became a college student, I could count on having an annual bout of pneumonia. I was so physically pathetic as a child that I had to argue with my parents so that I could “go away” to college. My job, as a professional from 1979-1992, in the coal-fired power industry and finally at NASA’s Lewis Research Center (Power Center) in Cleveland, Ohio, was to understand how electrical systems produced power and what pollution was caused by the production, particularly its impact on the human body and ecosystems. Eventually I would learn the pollution that was being produced by coal-fired plants and the petrochemical industry had been compromising my body since birth.

Antibiotics, allergy shots and prescription medications provided temporary hiatuses from my perennial physical battles when I was young, but grew worse when I began to work and commute by car two to four hours per day. My personal gestalt for the impact of pollution on my body came between 1998-2000 when I found myself working on campus during the construction of a new science center. Most of the work protocols being used violated OSHA and EPA regulations: painting indoors during the day without proper ventilation and the improper disposal of environmental waste streams.

In 2000 my treating allopathic doctors concluded after numerous allergy and immunology tests that I had Multiple Chemical Sensitivity. This was the best conclusion they could reach—given my reactivity to almost everything in my environment. They could not ethically allow me to take allergy shots because of the residual mold to which I began reacting due to my allergic reactions to food. I could not take the annual flu shots. I was allergic to most food supplements that
I developed the term Green Healing to refer to healing modalities that do not add chemicals into the body to treat a disease or to repair the body from injury.

that my body had absorbed on the job and in my day to day surroundings. This led me to becoming a naturopathic doctor focusing on using aromatherapy, homeopathy, reflexology and herbology to heal myself.

My search for Green Healing, healing that was complementary and alternative to my allopathic treatments, eventually led me to Healing Touch (HT). In July 2009 I met four Healing Touch Program instructors who were conducting Level 4/5 retreats in Techny, Illinois, where I was wrapping up my 200 HR Yoga teacher training from the Temple of Kriya Yoga. I did not know who they were and I did not know anything about Healing Touch.

Our conversation began spontaneously and may have been generated by a discussion around chakras and healing since these concepts were part of the training literature elucidated by Goswami Kriyananda in his seminal work, The Spiritual Science of Kriya Yoga (Temple of Kriya Yoga, Chicago, 2006). The love generated by these women was incredible. They began to talk to me about Healing Touch. As we rode the elevator I missed the floor where the Yoga class was being held to continue the conversation about what Healing Touch was and how it acted non-invasively on the body. The Healing Touch instructors assured me that one day I was going to become one of them in my quest for a non-invasive green/natural healing modality for myself and others. It was through these conversations that I decided to become a Healing Touch practitioner.

In July 2016 I completed Level 5 of the program and in October of 2016, I became a Healing Touch Certified Practitioner. During this period from 2009 to 2016, I also became a 500 HR Yoga instructor focused on yoga therapy, breathwork and bodywork (asanas) to help me deal with environmental health issues. It was the integration of Healing Touch techniques, however, that allowed me to begin developing an integrated and Green Healing protocol for myself and now others with the creation of Healing Touch of Tau.

The protocol for Green Healing continues to evolve for me as a practitioner. At this point, the protocol integrates the use of yogic breath (Pranayama) and awareness of the anatomy and physiology—with Catholic charismatic healing ideologies superimposed, or rather integrated, into Healing Touch (as the grounding framework). I think there can be no “standard” protocol because there is no one-size-fits-all green remedy for the clients that we encounter. Each human being has a different set of environmental or climate circumstances that will result in a particular morbidity and environmental/climate disease. I do believe, however, that the Healing Touch techniques Magnetic Clearing and Lymphatic Drain are major staples of a Green Healing toolbox because we are dealing with chemical exposures to the body for both short-term and generational exposures.
Green Healing is an emerging energy healing protocol and one that is overdue because according to the Brookings Institution, as of 2014, 14 million people in the United States live in extremely poor neighborhoods, 5 million more than before the downturn in 2008 and more than twice as many as in 2000. I believe Green Healing will become a fundamental tool for achieving both environmental and climate justice since extremely poor neighborhoods bear the most severe consequences of climate change, environmental degradation and pollution as they are more likely to be adjacent to hazardous waste sites, municipal landfills, pollution-emitting power plants, factories and highways that are used by exhaust-producing cars.

Because of their exposure to these agents, low-income communities have a higher incidence of environmental health problems like asthma, lead poisoning, mercury poisoning and chronic obstructive pulmonary disease (COPD). The need to know how to ameliorate environmental health disparities is critical for impoverished individuals because they are less likely to have the ability to move from these neighborhoods.

Environmental health problems are well known for causing anxiety and depression. In fact, up to 33% of children and adults with asthma have psychiatric disorders, especially anxiety disorders. Similarly, 10% to 42% of people with COPD have clinical depression and 10% to 19% have an anxiety disorder. Finally, it is well known that both lead and mercury poisoning cause depression and anxiety disorders.

Addressing the Needs

On August 8, 2016, Healing Touch of Tau became an Illinois not-for-profit corporation and the IRS approved the organization as a 501 C3 public charity on November 7, 2016. To address the needs discussed above, Healing Touch of Tau has developed programs in support of those living in extremely poor neighborhoods and communities (e.g. prison populations) who are disproportionately affected by environmental changes. The activities are intended to provide relief from stress and pain.

The Healing Touch of Tau programs that we are developing are attentive to Pope Francis’ plea within his encyclical, On Care for Our Common Home (Laudato Si’). The encyclical is written as an inclusive dialogue and describes how we are negatively affecting the future of our planet. In the appeal Pope Francis asks people to acknowledge the urgent environmental challenges. He comments that poor nations are not able to adapt to the effects of climate change and that the poor will bear the impact of its effects. Linking the issues of poverty and the environment, the Pope insists that the world must “hear both the cry of the earth and the cry of the poor.” What louder cry could there be than of people whose bodies are in some cases being genetically modified by exposure to environmental pollutants? What greater act of love could there be than to use energy (versus other chemicals) to help restore their biological integrity?

Heeding the Pope’s request, Healing Touch of Tau will offer complimentary Healing Touch to individuals at high risk for environmental and climate health disparities such as individuals who live in urban and rural areas, incarcerated pregnant women and institutionalized children who suffer from asthma and environmental illnesses.

In October 2016 I began providing Healing Touch to two incarcerated women (one was pregnant and the other was still breastfeeding her 10-month old baby) who were residing in a highly compromised environmental infrastructure that was built in the late nineteenth century. All the clients I have seen have given the feedback that Healing Touch has had an immediate impact on their environmental health issues.

In November 2016 Healing Touch of Tau conducted its first Green Healing clinic for the Archdiocese of Chicago’s 2nd Annual Climate Justice Clinic at St. Benedict the African East. Four Healing Touch practitioners participated in this inaugural Green Healing clinic organized by Healing Touch of Tau: Dr. Sylvia Hood Washington, Cossy Ksander, Anita Bor-Brown and Maureen McCracken. Half of the clients for whom we provided Healing Touch had histories of asthma or respiratory infections.
Future Plans
One of the clients we saw in November asked Healing Touch of Tau to support the not-for-profit group Reproductive Justice’s initiatives for pregnant women living in environmentally marginalized areas. Healing Touch of Tau will be meeting major environmental and climate justice activists to discuss how we might work with them to develop Green Healing clinics in Chicago and nationally. Additionally, as of this writing, two Green Healing clinics will be held in conjunction with my formal public speaking engagements in February 2017 for the Diocese of Oakland, California, and for Dominican University in River Forest, Illinois. Green Healing is overdue for a world assaulted by environmental pollution and climate change.

It is our goal now to just “do the work,” in the words of Healing Touch founder Janet Mentgen, in supporting the healing process for environmentally and climate compromised communities.


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As a healer, the fibers you keep close to your body should be those that are healing and renewable. Wool is a natural super material that is healing, hypoallergenic and comfortable. A great way to recharge your feet after a long day at work is to try wearing woolen shoes or slippers. On my family farm, we work closely with our sheep for their wool—they are a close part of the farm family and I am blessed by their wool. There are so many benefits to this amazing material. The following are just a few of those benefits.

Wool Shoes Are Great for Earthing
Earthing is a fast-growing movement based upon the discovery that connecting to the Earth’s natural energy is foundational for vibrant health. This connection with the earth is a wonderful practice that can be difficult to accomplish during the cooler months of the year. Wool is a conductive, natural fiber that allows for this energy to pass through and ground you, all while keeping your feet warm. When you are looking for wool shoes for earthing, try to find some that have leather or no soles for the best effect. The common rubber sole is great for a long lasting shoe, but will not allow you to truly connect with the earth.

Wool Footwear Is Renewable
When you are looking for wool shoes, do not fall into the trap of sheepskin. Sheepskin, as the name indicates, is produced from the skin of the sheep and is therefore not renewable. Wool comes from the fleece of the sheep which is usually cut once a year in the spring. As the majority of sheep breeds require shearing so they do not overheat in the summer, it is beneficial to them. Once sheared, the sheep grows another healthy coat of wool. Wool is completely biodegradable and breaks down easily when discarded.

The wool fiber is made of proteins from the sheep and has many natural benefits. Wool is warm when it is dry, can absorb up to one-third of its own weight in water and gives off heat in the process of drying. Not only can wool absorb moisture, but it can release it as well, giving wool an antistatic property in most instances. Wool is also one of only a few all-natural, self-extinguishing fibers. If exposed to flame, it will stop burning when the source of the flame is removed. Because of these unique attributes, wool shoes and slippers are considered safer, warmer and more comfortable than most other synthetic shoe choices. In addition, there are healing benefits to wool—this wonder fiber has been found to reduce pain!
The Power of Wool Footwear for Healing

Wool Shoes Are Comfortable and Healing
One of the greatest wonders of wool is that it has been found to reduce pain when worn against the skin. In a recent study, researchers found that the non-irritating roughness of wool fabrics creates a beneficial stimulation of your sensory receptors. This diminishes the sensation of pain.¹

A wool shoe is breathable, naturally warming and antimicrobial. Wool is naturally hypoallergenic, meaning that it has been found to rarely cause allergies associated with the fabric. These are just a few of the wonders of this material.

So, where do you find a shoe or slipper like this? The most important things to look for are that the footwear is:

- Handmade
- No harsh chemicals were used
- The sheep were well cared for and raised organically

Once you find a product with these qualities, narrow your choice according to the need for your shoes. Whether it is for earthing, while you are practicing or as an at-home slipper, there are plenty of wool shoes out there to get you started.

As a felter and creator of wool slippers, my suggestions to find wool shoes are to look on Etsy, Amazon Handmade or in your local area. Wool shoes are just one of the many ways that you can show your toes a little love during the cold winter months. What are you waiting for? There are some wonderful shoes out there with your name on them—all you have to do is find and wear them.

Author Lynn Gillespie can be found at wwwTheLivingFarm.org.

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The Exceptional Therapist: Transpersonal Energy Healing

Laura L. Fine, MFT, MA

My first professional Energy Healing was a Polarity Therapy treatment with Ken. I was shocked to feel strange electrical sensations coursing through my body. I had no context for these intense vibrations of spiritual ecstasy. I could only think, “This is what they mean by the Holy Spirit!”

My heart opened, my crown chakra opened, I entered a euphoric state that I later came to learn was a kundalini awakening. I was so expanded I could see auras everywhere. I fell in love with everyone and everything! After the session, I drove home through a typical Miami, Florida, tropical summer rainstorm. Still mentally floating, I did not realize how ungrounded I was. While navigating the blinding deluge, I had an automobile accident. The accident brought me down off my cloud and back to myself. The auric sight I had been experiencing went away. Something wonderful had happened that I did not know how to recapture. Unfortunately soon after experiencing that magnificent high, I entered a deep depression.

After that healing, I was certain of one thing. I had to learn the magical stuff that had such an impact on me. It was the early ‘80s when terms like energy healing, chakra cleansing, etc., did not exist. So, off I went to Polarity Therapy training.

After becoming certified in Polarity Therapy, my passion for the unseen world increased. To do energy work my state required that I have a license to touch. So I enrolled in massage school. I also proceeded to study whatever was in vogue at the time in the world of body/mind/energy healing: Tai Chi, Feldenkrais, acupressure, Trager, Pressure Point Therapy, to name a few.

Having relocated to New York City to pursue my dual career in the creative and healing arts, I worked as an energy healer, free-lance professional theater director and acting teacher. I entered training at the Barbara Brennan School of Healing, learning the secret power of the chakra system. I passionately incorporated chakra opening exercises into lessons for my acting students. All kinds of inexplicable healings spontaneously occurred in the classroom! What was going on? I was jealous of my students’ experiences so I sought professional treatments with Levent.

This treatment was profoundly different. As a teacher of movement for actors and a former dancer, I prided myself in body awareness. I had been studying energy healing and thought I understood what it meant to be grounded. I will never forget my shock when I got off the table feeling like I had lead boots on my feet. For the first time in my life, I understood what they meant by being grounded! It was not just a
Transpersonal Energy Healing therapists focus on what is right with the person, not what is wrong with them.
When healers are grounded, their hands vibrate at the same 7.8 hertz (alpha) frequency of the earth’s magnetic field, the same pulsation as the cells in the body. (Brennan, Light Emerging, 1993.) When a grounded healer places her or his hands on the client’s tissue, a harmonic balancing effect transpires. (Brennan, Light Emerging, 1993.) “When we intentionally generate alpha waves, and go into resonance with that earthy frequency, we naturally feel better, refreshed, in tune, in synch. It is, in fact, environmental synchronization.” (Miller, 2003.) By being harmonized with the earth’s magnetic field while giving energy healing treatments, it is my experience that the tissue becomes healthier, more harmonious and healing occurs.

When I was a student, I learned through observation and sensation how to imitate, then feel the subtle vibrations demonstrated by my teachers. Practicing with a teacher provides students with feedback and confirmation to identify the subtle frequency of being grounded. Though subjective in nature, many healers report similar bodily sensations when they describe being grounded. In my opinion based on observing similar results in hundreds of students, an unwinding of the client’s pathological stress occurs when we blend gentle touch that vibrates with the earth’s resonance and authentic care and compassion for the client with a careful dialogue process, bringing about profound relaxation.

2. HEALTHY ATTACHMENT: Intimate, safe and compassionate bonding between therapist and client.

When people grow up without sufficient nurturing, they lack a neurological imprint that makes it difficult to create intimate, mature adult relationships. The healer/therapist dyad is a fertile ground to construct a new bond where the client can feel accepted without fear of being rejected or judged. This occurs when a Transpersonal Energy Healing therapist attunes to and reflects the client’s experience with open-hearted compassion, eye contact and moment-to-moment tracking of emotion and bodily sensations. Think of the fascination with which a mother gazes at her newborn. Through that non-verbal state of motherly curiosity and wonder, a natural bonding process occurs that creates a template for positive self-esteem and holistic health benefits for the adult client. (Fosha, 2009.)

3. RESONATING SPIRITUAL QUALITIES: Attuning with universal spiritual virtues while using an art of inquiry.

In my many lengthy hospital stays with congestive heart failure, I found the ingredient of universal spiritual qualities often lacking in the medical and social climate. When clients feel compassionately understood, their bodies relax. Universal spiritual qualities such as compassion, forgiveness, gratitude, humility, integrity and love are not just assets—in the treatment room—they become powers that possess healing frequencies. Whether we think of these vibrations as the placebo effect or not, the healing is frequently profoundly deep when practitioners have a consciousness that includes universal spiritual principles in their mind, presence, hands and energy field. (Fine, 2012.)

The professional healer and teacher acts as a role model of integrity for the student healer. From my perspective, we can apply all the hands-on-healing techniques we want, but if our mind is filled with anxiety, our body filled with toxic food or drugs or our heart filled with resentment, that timbre will be transmitted to the client’s energy field and tissue. Therefore, to provide exceptional healing therapy for clients, our first responsibility is to our own healing. Energy healing students go through extensive training to develop not only technical skills, but also to do the courageous work of facing their faults such as pride, fear, anger and insecurity. Additionally, this self-evaluation helps healers to develop intuition and ego strength to confidently embrace their own open-hearted qualities as they work with others.

This form of personal spiritual growth includes receiving professional sessions with a certified energy healer or teacher for one’s own healing. In the open-hearted space created between healer and client, the
healer uses an Art of Inquiry, a Transpersonal Energy Healing process, to ask a series of open-ended, non-judgmental questions focusing on body/mind/energy awareness. Non-judgmental inquiry allows the client to release layers of unconscious, limiting beliefs. Thus, what unfolds is a state of deep ease, increased wellness and positive outlook.

The non-judgmental Art of Inquiry applied in Transpersonal Energy Healing can include such questions as:

1. What are you noticing in your body as you talk about this?
2. What is your breath like now?
3. Where does that feeling live in your body?
4. If this sensation (for example: a dull ache) had a shape, color, texture or size, what would it look and feel like?
5. If that sensation had an emotion or sound, what would it be? If it had words, what would they be?
6. How would you describe the sensation that lives underneath the emotion?

Traditional talk therapies often focus on the “story” the client brings. Transpersonal Energy Healing focuses on “how we experienced our story.” Psychotherapists and medical professionals who use talk therapy can, with training, include light physical or non-physical contact as appropriate, moving their hands in and around the energy field to clear and calm the patient. What unfolds is a most natural way of being, relating and creating an unfathomable healing connection between therapist and client.

Through this process, thinking patterns change, emotional trauma is safely processed, blood pressure regulates, toxins are released, pain is mitigated, chakra energy centers open and the exploration yields a positive endorphin response stimulating the client’s natural immune system. The results are astonishing and speak for themselves. (Judith, 2004.)

Energy healing is both a science and an art. There are innumerable energy healing techniques utilized around the world—from Polarity Therapy to kundalini awakenings, Healing Touch treatments and Reiki attunements to Theta healing. Each modality has its scope of benefits. The challenge is knowing what modality in which to train and how it might help your clients. Whatever technique to which you subscribe, if the healer is grounded, open-hearted, creates connection and has an ability to set the ego aside—it is likely there can be miraculous holistic health outcomes.

Author Laura Fine can be found at www.LionheartInstitute.com.

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Transpersonal Energy Healing focuses on “how we experienced our story.”
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