Always be on the lookout for the presence of wonder.

— E. B. White
Dear Readers,

As I sit at my computer, the skies outside are grey and threatening rain and yet somehow there is an internal clock that keeps telling me that spring is coming. Each year something inside of me awakens, as it must do in the flowers, shrubs and trees, announcing that life is surging and new growth is ready to burst forth. This year, as in some past years, this “call” is driving and urgent. It asks that I change my wakening time, eat differently, be outside more and begin to dust off the cobwebs of my gardening tools. I am in spring tidying mode with everything. I want to work in the garden and watch the trees as they bud, smell the earth as it awakens and the air as it brings in new possibilities.

March is a month of “iffy” weather where I live. Some days I can spend outside in the garden, or along the shore. Other days, it is blustery to the point where all I want to do is sit inside and read. This issue of Energy Magazine is the perfect companion for such days. As much as I want to be outdoors, I find that I also want to “clean” and expand my mind.

The articles and columns in this issue are mind-expanding — from a reminder about common sense, tools for practice building and insights into detoxing to conversations with a guide, healing through drawing and writing, meditation, finding peace within and mindfulness in the Emergency Room, this issue is jam packed with pieces you will enjoy. There is no better way to spend those blustery spring days than with a cup of tea, feet up and the “magazine in hand.”

Spring is the perfect time to read a piece, walk away, think, write notes, journal some and come back to another article. Spend time out-of-doors gardening or walking with thoughts roaming in the background, organizing to bring the next
creative adventure forward, whether it be in your practice or personal life.

At this time of year, we may celebrate rebirth — rebirth of the world around us and of our inner life. It is a time of rejuvenation of relationships with our gardens, friends, family, practice and clients. Everywhere one looks, there is wonder.

I wish you a spring full of rejuvenation and creativity,

Margaret
Amelia Beamer believes that people can find natural stress relief, with no nonsense, from Reiki. She’s a Reiki Level Two practitioner offering appointments in the San Francisco Bay Area. Read more at www.StressReliefBayArea.com.

Dr. Barbara Brennan, the founder and President of the Barbara Brennan School of Healing, is a spiritual leader, author, healer and educator who has devoted more than 35 years to researching and exploring the Human Energy Field. She holds a Ph.D. in Energy Medicine, a D.Th. in Spiritual Healing, as well as an M.S. in Atmospheric Physics and a B.S. in Physics from the University of Wisconsin. Barbara is the author of the best-selling books Hands of Light and Light Emerging, as well as her newest book, Core Light Healing www.BarbaraBrennan.com

Shahina Braganza is a senior Emergency Physician who works in the public health system in Australia. She is passionate about “non-technical” skills in the health profession, and will consider her work to be done when these skills — professionalism, empathy, leadership — are considered to be core attributes. She has a keen interest in Wellness and in particular how it relates to individual and team dynamics and performance, and ultimately to quality patient care. Explore her commentary and contributions on www.ShahinaBraganza.com.

Lucia Capacchione is a registered Art Therapist, Expressive Arts Therapist, workshop leader and trainer. She is the best-selling author of twenty books. Internationally acclaimed for her groundbreaking work in accessing the brain’s right hemisphere through writing and drawing with the nondominant hand, Lucia is a pioneer in healing and recovery through creative expression. She originated the Creative Journal Method, Inner Family Re-parenting work and the Visioning® process of collage and writing. www.LuciaC.com

Janani (Jane) Cleary teaches classes and conducts meditation sessions based upon the teachings of Vedanta. She completed intensive instruction in India to obtain her teaching certification and has shared the knowledge-based insights of Vedanta with students for several decades. Her activities have included participation in a 2014 White House conference on Vedic culture. Janani’s meditation and Vedanta classes are available online at www.OptimumMeditation.com and at venues in the South Florida area.
Tina Martin, HTP-A, has a private practice in Tennessee. She lives on a small farm that has been handed down woman-to-woman since 1852. The healing arts have been practiced in her family of Native American Cherokee and Welsh-Irish for five generations. She is currently pursuing certification in the Healing Touch Program. [www.EnergyTherapyByTina.com](http://www.EnergyTherapyByTina.com)


Lindsay Mulligan is a graduate of the University of North Carolina at Wilmington, where she majored in English with a concentration in Professional Writing. Lindsay has written for several organizations and publications and has recently found her dream job as the Assistant Editor of Energy Magazine, a position that combines her passion for writing and her personal journey of natural health and well-being. In her spare time, she enjoys writing poetry, taking photos, traveling and adventuring. She can be reached at lindsay@HealingTouchProgram.com.

Dr. Bradley Nelson is a holistic physician and a foremost authority on bio-energetic medicine and energy psychology. After studying quantum physics and ancient medicine, Dr. Brad developed The Emotion Code, a system for releasing trapped emotions that block mental and physical healing. Visit Emotion-Code.tv to watch free videos that teach this simple method. You can find more on Dr. Brad at [www.DrBradleyNelson.com](http://www.DrBradleyNelson.com).
1 | The most important things in life are our health and happiness. Yet most of us are neither healthy nor happy. We have been led to believe that if we think ahead and make the right choices, we can manifest our dreams. Yet despite our best efforts, we still have more disease and discontent than ever before. Is it possible that our essential ideas about life are flawed?

We are all aware of the impact of sunlight on a plant’s growth and development. But few of us realize that a plant actually “sees” where light is emanating from and positions itself to be in optimal alignment with it. This phenomenon, however, is not just occurring in the plant kingdom — humans are also fundamentally directed by light. Dr. Liberman integrates scientific research, clinical practice and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health, contentment and a life filled with purpose.

2 | This liberating book shows us that examining our attitudes toward money — earning it, spending it and giving it away — offers surprising insight into our lives. Through personal stories and practical advice, Lynne Twist asks us to discover our relationship with money, understand how we use it and by assessing our core human values, align our relationship with it to our desired goals. In doing so, we can transform our lives.

Includes a new introduction that explores the effects of the Great Recession and environmental concerns about our monetary needs and aims.

3 | This is a teaching memoir that crosses the barriers between worlds. A shaman is one who has learned to move between two worlds: our physical reality and the realm of spirits. In traditional African healing circles, the leopard represents intuition, instinct and harmony with nature and the spirit world. As John Lockley writes, “A leopard warrior is a spiritual soldier who mirrors the natural world and directs their gaze inward to answer the call of their spirit.” He brings us an inspiring call to action — showing how we can bridge the barriers that divide us, embrace the gifts of our ancestors and reclaim our rightful place as compassionate caretakers of our world.

4 | This grief ritual is for anyone who is walking through the pain of losing a loved one. Its gentle, contemplative exercises are a companion through the “many waters” of grief — from sadness to anger, fear to regret, into gratitude for the gifts of love and life. What is grief, after all, but a sign of the depth of our love? Those who enjoy creative writing will likely also find poems, essays and/or stories emerging as they journey through this healing process.

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Cynthia Hutchison
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Sometimes Things Just Break Down

About two years ago, my front bumper started falling off. A dent here, a scrape there. A few loose thingamabobs and my aging Prius was ready for a facelift, or at least, a nip and tuck. Despite my best intentions, it took me a while to take the car into the body shop.

I was not lazy or irresponsible. The truth is that every time I was ready to make an appointment, one of the other two cars I kept on the road required attention. The two additional cars “belonged” to my sons.

There was the time that my youngest totaled his car in a parking lot. His car was not actually moving. His friend’s car was only going ten miles-per-hour when it fishtailed and took out my son’s passenger side. (Of course, they had been doing donuts.) The friend’s car sustained no damage. On the other hand, I owed more than my son’s Corolla was worth. Needless to say, it was not inexpensive to purchase a teenage-proof Batman-quality titanium replacement vehicle. I put off fixing my bumper.

Just as I had financially recovered from my youngest son’s pranks, my oldest son’s 1999 Jeep broke down in the underground parking garage at the U.S. Capital building. For real. Do you have any idea how much money is required to clear security and obtain the proper tow trucks under those kinds of circumstances?

Because of these and other incredibly strange car phenomena, I drove around with my front bumper duct-taped for two years.

About once a month, I would crawl under the front side of the car and search for deficits. When bolts popped, I filled in the holes with wadded-up duct tape pellets. When the sides bulged, I seamed the strained edges with the world’s most waterproof adhesive tape. But sometimes, things just break down. Fortunately for me, the bumper did not completely fall off until I drove into the body shop to leave it for a week. I have a knack for timing, I guess.

Like I said, sometimes, something simply breaks down. Then, we need to get it fixed. As an energy healer, I sometimes overcomplicate this fact.

Energy healers are taught that if we reduce a client’s symptoms to their causal issues, we might be able to deliver a near-miraculous healing. It is true that if we pinpoint a subtle energy glitch, we can potentially clear a physical or psychological problem. Healthier energies are then activated and presto — healing happens. We stand on the shoulders of countless healers who have employed this philosophy for thousands of years.

This wisdom is culled from Traditional Chinese, Ayurveda, Tibetan and other Eastern Medicines, as well as indigenous populations from the Americas and Africa. Collectively, these cultures underscore the existence of the subtle body, through which the practitioner can arrive at diagnoses and solutions.

Over the years, positive thinking philosophies have become conjoined with subtle body disciplines. Consider the “New Thought” movement of the 1900s, which asserted that God is involved in healing and success. This movement was swiftly followed by the concept of positive thinking, introduced by Vincent Norman Peale in the 1950’s. Peale argued that we can achieve great things through faith and optimism. This so-called “secret” has been mirrored by dozens of other speakers and authors, culminating most recently in the famous “Law of Attraction,” which suggests that we create our reality with our thoughts.

These ideas were not formulated in the last two centuries. The Bible asserts that by “keeping your eyes on the Lord” you can create a good life. The Taoist philosophy of Lao Tzu and the meditations of the Roman emperor Marcus Aurelius also state that we become what we think about. Constructive thinking was also treasured by philosophers
including Zeno and Epictetus.

Plain and simple, positive thinking makes sense. Beliefs form perception. Perception shapes reality. At the most basic level, if we add a little sugar to lemon juice, we can end up with lemonade. Faith can activate powers that can heal and manifest. Then again, let us not forget another ancient construct that is easy to forget about: the good old “Law of Common Sense.”

Sometimes a cold is just a cold. Your client was tired, traveled on a plane and picked up a virus.

Sometimes a bone breaks because it gets in the way of two car doors slamming.

Sometimes a “can do” attitude makes no difference at all. A client is stuck with “cannot do.”

It is important to remember that “stuff happens.” Lacking common sense — and the knowledge that sometimes, things just break down and must be fixed — we can fall into the trap of shaming our client. Not all problems reduce to a singular and easy-to-change cause. We live in a physical world. A physical or even psychological aspect of someone can simply stop working right. Short of a little duct tape, there is not much to do but problem-solve on a practical level. Of course, if duct tape WILL work — there’s nothing wrong with that!

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.
Boost Your Practice with the World’s Oldest Healing System

Part 1: Water Element — the Beginning of All Things

Water... flows on and on, merely fills up all the places through which it flows; it does not shrink from any dangerous spot nor from any plunge, and nothing can make it lose its own essential nature. It remains true to itself under all conditions. — The I Ching

The Water Phase of your practice is crucial to all that comes next. It is what everything else stands on. We often rush into the doing — renting office space, open houses, websites for instance — without a vivid concept of what we want. And guess what? We are not successful in meaningful ways because we have skipped the element of imagination. We cannot skip the Water phase of any endeavor — no more than we can skip gestation to become human. Do not rush past the gestation. Paint the detailed picture in your mind. Do not “birth a preemie” when it comes to your practice. Sit with the gestation and get solid, healthy, full-term footing and then move into the next phase of Wood — the element of doing and forward momentum.

Water Organs: Bladder is Yang — Kidney is Yin organ

Water: The Philosopher – What are my most basic beliefs around creating an energy science practice?

Phase: Gestation — the beginning — the groundwork— the underpinning — the footing.

Thinking: New Ideas and new thoughts — What ideas are you devoted to? Children? The elderly? Women’s Health?

Purpose: Develop a 90-second “Elevator Speech” or Mission Statement for framing.

Stimulus: Is my practice an extension of my personality and lifestyle? Does it easily fit?

Does my vision of my practice fit MY NEEDS first and foremost? My needs come first and then the matched needs of a client show up. It is called mutual need satisfaction and it is the cornerstone of all successful businesses. Do not make a mistake and develop a practice idea that is not all about you being happy. Get happy with your vision. Line up all you want. Do not be shy or stingy with yourself — it is your vision.

If I am the mother of three children under five, perhaps my office hours are when they are in preschool. Maybe my focus might be on overwhelmed mothers of young children. If I am 55 years old and just graduated from my energy training, perhaps my focus could be on couples dealing with an empty nest, or the focus could be hormonal issues for women over 50 or on aging well. You get the picture.

Credibility comes from your own story and ease of career comes from extensions of where and who you are. Start where you are with what you are.

Truth: Is my personal philosophy true to myself? Helpful hint: Substitute the word “Imagination” for “Philosophy” in this internal discussion and see if that helps the focus. Is the imagining of what my practice could be true to me? Is it true to my own needs? How I see myself practicing, do I feel expanded by my imagining... or do I feel contracted by the design of it in my head?

Best of Water energy:
- Courage under fire
- Perseverance
- Conceiving & creating
- Brilliant ideas

Hardest of Water energy:
- Fear of moving forward
- Frozen or stuck in an unproductive place
- Inability to keep at it
- Gives up easily

Greatest Virtue: Honesty

Greatest Talent: Vivid imagination
Acupoints to hold to for common Water issue phases*

Kidney 27 – The Elegant Mansion
If you find yourself stuck or frozen or fearful of new ideas — bilaterally hold/tap K27. Commonly called Energy Buttons, K27’s are renowned for getting energy to move forward. K27’s bring energy up to the eyes, ears and deliver fresh chi to clear the mind fog of fear.

Conception Vessel 3 – The Central Pole
Courage to move forward — hold/tap CV3. CV3 reestablishes desire — it can be used for libido for sure — but CV3 reconditions passion in all circumstances. Passion for your practice is a great motivation for moving forward.

Kidney 3 – The Great Mountain Stream
Perseverance to move past the idea phase into the action phase — bilaterally hold/tap K3. Kidney 3 restores energy, willpower and motivation.

Exercises that hold Waters in best place:
• Tai Chi
• Swimming
• Water sports in general
• Putting music on that you love and just free dancing. Ribbon dancing is especially Water-strengthening. The elegant moves of the ribbons are quintessence of being in the rhythm of Water. Think about it — no matter how awkward you may think your body movements are — the ribbons are always elegant in their uninhibited and unpredictable, but always patterned, movements. The metaphor is deeply right on for this phase. Look directly at the graceful effects of moving your energy business plan with the abandonment of imagination as opposed to the self.

Best Advice: Keep yourself open to new interpretations and approaches — this is Water flowing easily downstream. Avoid the traps of rigidity and inflexibility — this is Water frozen or impeded, like a beaver dam, and unable to flow. Energy work is a living, breathing and constantly expanding field. Dogma kills an energy practice.

“Elevator Speech”: This is essential for the Water phase of your practice. These crucial 90 seconds progresses the silhouette of your vision, for your own resolve, but also lets others easily grasp and absorb what your intentions are.

Example of the 90 second “Elevator Speech”: “I am a practitioner of the science of the body’s subtle energy systems. Just like our physical body’s anatomy — muscle, bones, tissues — all of us have an energy anatomy that is fundamental to our well-being. That is what I practice and that is what I am trained in — caring for the body’s subtle energy systems. The energy sciences I work with are grounded in the 5000-year-old disciplines of Traditional Chinese Medicine as well as the ancient teachings of Ayurvedic Medicine. I have specifically focused on and am proficient in the method/s of (Healing Touch, or Touch for Health, Reiki, Eden Energy Medicine, Energy Kinesiology, Applied Physiology, etc.). My interests/focus/specialties currently are centered around (pain relief, fatigue, children with learning disabilities, mental health issues, etc.). Here is my card. I would be happy to visit with you more if you have any interest.”

Customize your own “Elevator Speech” as appropriate.
• Be very specific.
• Visualize who you are.
• Imagine what you can do.
• Revel in where you are.
• Take inventory of what you have.

A well-worded “Elevator Speech” is the declaration of your new energy practice.

Next month we will examine the next cycle of Wood. Taking our Water vision and folding those aspirations into the forward momentum with the illustrious strategist that is known as Wood Element.

*A great source for acupoint location is the online educational site acupuncture.com. FYI: The Conception Vessel noted in this article is called Ren Vessel — the Chinese name — on acupuncture.com.

Dr. Sara Allen has studied, taught and practiced all things in energy medicine for over 35 years. She has a private energy practice in Asheville, NC. Dr. Sara has taught energy techniques and modalities to thousands of students all over the world. She has authored over 30 papers and is the author of the class Money Matters: Energy Solutions for Correcting and Creating a Consistent Flow of Money. Her personal aspiration is to instill in her students the expectation of prosperity in an energy medicine practice. For more information about Dr. Sara visit her site GoodForYouEnterprises.com.
Increase Energy with Dietary Detox

Frequently, cyclical changes in life such as the New Year, a milestone birthday or springtime signal us to examine and reevaluate our lifestyles. When it comes to paying attention to nourishing our bodies, any day can be the day to begin new habits. We are organisms that will thrive with the right input. Every one of us has a unique genetic code, family history, upbringing or lifestyle habits and present or lifelong exposure to environmental toxins, which all affect the expression of individual health.

At Life University, we practice vitalism, or maximizing the expression of perfection within. Vitalistic Nutrition is a whole-foods-based approach to reducing toxins, detoxifying and nourishing the body in order to optimize the expression of health and performance for a lifetime of flourishing.

One aspect of Vitalistic Nutrition is to detoxify the body. All of the systems in the human body will struggle to maintain the status quo, or homeostasis, on a daily basis while bombarded with toxins either knowingly ingested as processed foods or unwittingly in the form of environmental exposure. However, if we remove toxins and supply the body with nutrients, we can optimize functioning. Optimal functioning means that energy will flow freely rather than be expended trying to bring the body back to homeostasis.

Energy workers everywhere can benefit from supporting a healthy, vital and vibrant body.

In general, consumers think of detoxification as the elimination of toxins by fasting or eating restrictively. However, reducing toxins refers to avoidance of all exposure. Reducing the exposome, or combined exposure from all sources of toxins, is slowly becoming part of the conversation and is an obvious step toward optimization.1 The second clause of the above definition is detoxifying, which requires nutrients to support the liver, biotransformation and elimination. For optimization of health and flourishing (vitalism), nourishment must be able to provide for both normal health and ultimately organ reserves.1 Healthy organs and systems (such as the immune system) are necessary for the body to flourish.

For millennia, people have been cooking and eating foods either traditional, ethnic or trendy, which support detoxification. There is a continuum between cooking and medicine, where ancient cooking and medicine share the same processes and understanding of substances’ effects on the body.2 Mostly everyone is well aware of the benefits of organic whole vegetables, fruits, nuts, seeds, quality seafood and GMO-free land animal products. Also known are vegan or vegetarian lifestyles, Mediterranean Cuisine, Blue Zones and the Pritikin Protocol.

At Life University, in the Culinary Nutrition courses, we teach students to analyze the ingredients in traditional and ethnic recipes to find benefits for their clients in food that they already love. Really simple advice is to increase consumption of not just “super foods” but all varieties of fruits and vegetables. The wisdom in this becomes clearer when you understand that some phyto or plant nutrients such as betalains in beets or hesperdin in oranges are found only in those foods. Foods like kale are nutrient-dense, but other vegetables and fruits are nutrient-unique, making variety invaluable.

Food-based nutrients are involved in the modulation of metabolic pathways for detoxification and detoxifying nutrients found in foods play a role in the biotransformation and elimination of toxins.1 Selectively choosing foods for detoxification abilities will improve overall health. Scientists discuss the notion that the imbalance between antioxidants and oxidants results in harmful physiological responses, which may lead to cell damage. They outline links to cancer, aging, atherosclerosis, ischemic injury and inflammation. Antioxidants may directly react with and quench free oxygen radicals and form-chelating complexes with transition metals offering a negation of the negative effects from metal exposure.3 Naturally occurring polyphe-
nols have metal ion–chelating properties. Therefore, it is essential to consume a varied diet, particularly a wide variety of various colored vegetables and fruits, in order to ingest an abundance of polyphenols, which can support detoxification. It is important to decrease all potential sources of contaminants, especially heavy metals, in the diet and environment. Committing to cleaner sources of food with richer nutrient profiles (organic and locally grown) will also ensure adequate nutrition to support healthy detoxification.

It is important to stress the idea of a detoxification “lifestyle” and emphasize the food-as-medicine approach to supplying the myriad of nutrients required to keep the highly complex detoxification processes functioning in a balanced fashion. Regarding biochemical individuality, other researchers discuss that variation in individual response to diet is due to differences in DNA sequences and physiological states, particularly those that involve chronic inflammation, which suggests that dietary input must be both relevant to a condition and targeted towards an individual.

Therefore, the best recommendation is an abundance of varied quality vegetable and fruit sources. Let your instincts, body and flavor preferences lead you to herbs, spices, quality oils, nuts, seeds and the colorful abundance of vegetables and fruits available. These foods will support detoxification and lead your body to vibrancy.

References:

Denise Pickett-Bernard PhD, RDN, LDN, IFNCP is a functional and integrative nutritionist providing thought leadership in the department of Nutrition at Life University in Marietta, GA, where she developed both a culinary nutrition BS and an integrative and functional MS degree program. Considered an expert in culinary nutrition, she maintains a private practice in Roswell, GA where she helps clients to optimal health through the use of individualized food-based dietary interventions. She leads the Culinary Collaborative with the Integrative and Functional Nutrition Academy. Having practiced as a Reiki Master for over 15 years, Energy Medicine influences all of her professional initiatives. www.DrDeeNutrition.com
Finding the Gift in Illness: The Body as Storyteller

Lucia Capachione, PhD, ATR, REAT

Our world sees physical illness as an enemy — something we should get rid of. No one wants to be sick or in pain if they can help it. Whether we have an acute condition or a chronic one, our first reflex is to make it go away. The body wants health. We want to feel good. Our natural instinct is toward health. Never before in history have there been so many methods for removing symptoms, deadening pain and treating all kinds of maladies.

But what if the illness does not leave so quickly? What if it is considered a life-threatening disease, like cancer? Or a chronic condition, like Muscular Dystrophy or Arthritis? Maybe there is long-term treatment to endure or perhaps the medical professional cannot diagnose the condition.

My own take away from having a mysterious illness that doctors misdiagnosed and were unable to treat was this — illness is my teacher. I discovered that there were treasures to be mined in the midst of fear and physical pain that came with my illness.

You ask, “How can illness be a teacher?” Illness usually hurts. It can debilitate us, as well. It sometimes leads to treatments and medications with side effects that are worse than the symptoms of the original disease. That was my dilemma when facing the mysterious condition mentioned earlier. I was thirty-five, a professional woman, divorced and the mother of two young children. The doctors did not know what I had but my gut instinct told me that the complete fatigue that sent me to bed for weeks was symptomatic of a serious disease. If we did not get to the bottom of this, I knew in my heart that I would die.

After scores of visits to specialists, taking all kinds of medication (to no avail) and being given someone else’s medication due to a pharmacy mix-up, I stumbled into a discovery that healed me. It would change my life forever and give me the greatest gift I have ever received — my life’s work. I am speaking of the revelations that emerged in a blank book. It was a sketch book that I turned into a personal journal. On its unlined pages, I gave my body a voice. I allowed it to speak to me, to tell me its story and to eventually heal me.

That sketch book that morphed into a personal diary has led to hundreds of volumes over the next four and a half decades. I later called it my Creative Journal. On the unlined pages of this Creative Journal I found myself drawing and writing my feelings, dreams, experiences, memories, questions, concerns and my true heart’s desires. The art in my journal bore no resemblance to the work that I did as a professional designer and graphic artist at the time.
Finding the Gift in Illness: The Body as Storyteller

My journal work was child-like, primitive and full of feelings and symbols that I could not understand.

When I expressed myself in my journal, with complete honesty and without holding anything back, I felt better. It happened every time. Eventually, I fully recovered from my illness (later diagnosed as a collagen disease in the family of lupus) without any medical intervention. Teaching and writing about the Creative Journal approach in twenty books has been my passion since those dark days of an illness that gave me the greatest gift of my life.

Upon regaining my health and vitality, I became an art therapist (after careers in art and child development). I noticed that clients and students with chronic and serious illness were flocking to my work. They wanted me to show them what I had learned about talking with my body and finding inner wisdom there. Invitations to teach at pioneering cancer support centers, like the Wellness Community in Santa Monica and The Center for Healing Arts in West Los Angeles, began arriving in abundance. This was all happening in the early 80s when the idea of cancer patients sitting around telling their story was revolutionary. It was an honor and a privilege to be part of that early movement to give patients and their illness a voice. It was empowering for all of us. The idea has since gone mainstream with many hospitals offering cancer support groups.

The Body as Storyteller

The most effective way that I have found to let the body speak its truth is through drawing and writing.

Upon regaining my health and vitality, I became an art therapist (after careers in art and child development). I noticed that clients and students with chronic and serious illness were flocking to my work. They wanted me to show them what I had learned about talking with my body and finding inner wisdom there. Invitations to teach at pioneering cancer support centers, like the Wellness Community in Santa Monica and The Center for Healing Arts in West Los Angeles, began arriving in abundance. This was all happening in the early 80s when the idea of cancer patients sitting around telling their story was revolutionary. It was an honor and a privilege to be part of that early movement to give patients and their illness a voice. It was empowering for all of us. The idea has since gone mainstream with many hospitals offering cancer support groups.

The drawings look childlike. That is the whole idea — to feel our bodies in the way we did as kids and to express what we feel both physically and emotionally by using the language young children use — drawing and coloring.

After we draw the body sensations on the body map, we then have a chat with each body part that was colored. There are four healing questions that I use for getting to the inner truth buried under pain and illness. The questions are asked by writing with the dominant hand. The answers are given with the nondominant. This opens up the right brain emotional centers and gets to the limbic system, where emotions are stored. In this way we are able to access physical sensations and feelings more readily. It is a whole brain approach that yields amazing answers.

This dialogue must be done on paper, writing with both hands alternately, in order to get results. Trying
to do these dialogues in our head tends to keep us in our logical left brain which does not have ready access to right brain sensations and emotions. Also, this kind of dialoguing cannot be done on a computer or electronic device. In this case, the healing is in the work of the hands through drawing and writing. Here are the four healing questions:

The Four Healing Questions

1. Who or what (body part) are you?
2. How do you feel (physically and/or emotionally)?
3. Why do you feel this way? (What caused this)?
4. What can I do to help you?

There is an optional fifth question to ask if the answer does not emerge automatically (which it often does). The fifth question is:

5. What are you here to teach me or show me?

I invite you to embrace the Inner Teacher that lives within pain, illness and discomfort. Your body has so many stories to tell, so many feelings to share, so much wisdom to impart. It has so many answers waiting inside to be heard. There are treasures buried right inside you own body. Uncover them!

Author Lucia Capacchione can be found at www.LuciaC.com.
Barbara Brennan and Her Guide Heyoan on Ascension

Barbara Brennan, PhD

This is the second part in a series of interviews with Dr. Barbara Brennan, founder and president of the Barbara Brennan School of Healing™. Barbara is a leading pioneer in the Human Energy Field. As a former NASA scientist who held a Masters in Physics, Barbara had a unique observation and understanding of what she calls the Human Energy Consciousness System (HECS), which is also referred to as the Auric Field. Barbara believes that her scientific background confirmed for her what she was experiencing with her other senses.

Barbara, although currently retired from public life, was a teacher, healer, therapist, author and scientist who has devoted more than 40 years to research and exploration of the Human Energy Field (HEF). Barbara holds a Master’s degree in Atmospheric Physics from the University of Wisconsin and worked as a research scientist at NASA’s Goddard Space Flight Center. She has also conducted research on the Human Energy Field at the Institute for the New Age and Drexel University. Skilled in Bioenergetic and Core Energetic therapy, she is a graduate of the Institute of Core Energetics in New York City. Barbara is also a Senior Pathwork Helper.

Barbara’s first book, Hands of Light™: A Guide to Healing Through the Human Energy Field, has received widespread acclaim, has been published in 15 languages and is a foundational book used in many other energy healing methods. Her highly praised second book, Light Emerging™: The Journey of Personal Healing, also in several languages, explains how to find a healer, how to utilize a healer, what healers do that physicians don’t do, what a healer can and can not do for you and what your personal journey is through the healing process. It talks about meeting personal needs as part of the healing process. Her third and final book, Core Light Healing™: My Personal Journey and Advanced Healing Concepts for Creating the Life You Long to Live, completes her comprehensive trilogy.

In this interview, Barbara and her guide Heyoan take us beyond our third-dimensional understanding into realms of experience only our Higher Selves can truly comprehend.

Tell us your philosophy on ascension.

Barbara: Ascension is the third step in the process of enlightenment or awakening. There are actually three phases: transformation, transcendence and transfiguration. Ascension is the process of transfiguration looked at from the dualistic paradigm. In terms of theology, the basic underlying metaphysical assumptions are that in the beginning there was God and all was at one with God. So, there was no individuated consciousness or conscious awareness of an individu-
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Barbara Brennan and her Guide Heyoan on Ascension

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The process then of awakening is the process of creating the multiplicity of the divine in an aware state. It is being aware of divinity. It is being aware that you are an individual that is divine. The first step in the process of transformation is becoming individuated — of becoming incarnated and experiencing separation.

What do you mean by multiplicity?

Barbara: Duality is the experience of opposites, that everything has its opposite — yin/yang, white/black, male/female, up/down, east/west, right/left, good/bad, light/heavy. Our whole world is like that. That’s the beginning of the discernment of an individuated self because God was one and everything. The process then of awakening is the process of creating the multiplicity of the divine in an aware state. It is being aware of divinity. It is being aware that you are an individual that is divine. The first step in the process of transformation is becoming individuated — of becoming incarnated and experiencing separation.

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Barbara: Duality is the experience of opposites, that everything has its opposite — yin/yang, white/black, male/female, up/down, east/west, right/left, good/bad, light/heavy. Our whole world is like that. That’s the beginning of the discernment of an individuated self but it’s experienced as separation and duality. It causes a lot of pain. The process of moving through these three stages — transformation, transcendence and transfiguration — is one of becoming an individuated being, a differentiated being, without this duality that causes pain, without the separation from God, from the true inner self. One of the first steps is exploring our own psychology and our inner landscape.

The next step has to do with transcendence. In fact, when we begin to understand and experience both sides of our duality — Yes, I want this, no, I don’t want it or Yes, I like her, no, I don’t like her — then the question is who is it who sees duality? The person that is you, that experiences duality from both sides at the same time, is the transcendent self. There are ways to work with transcendence directly, such as meditation, where we expand our experience of ourselves beyond the physical and the psychological and include the spiritual. Each of these steps has to do with integration into the whole and expanding the self-orientation from the narrow physical view to the psychological to the broader balance of opposites, including the spiritual realms, which is the transcendence process.

The third step is ascension. The reason ascension is being talked about so much is that many human beings in all cultures of the world are experiencing ascension. There is actually a mass ascension going on in humanity. From the perspective of dualism, ascension means we are ascending to something — there is something outside of us that we are ascending to. Many of the various schools talk about initiation in the ascension process. Initiation implies being initiated by somebody or something, meaning go to a teacher and get initiated. A teacher opens you to higher energy. That is still dualistic. And it’s all right. It’s actually induction of higher frequencies into your field.

The state of humanity now, we begin exploring our inner territory, our inner landscape. Some of us associate our lives with physical bodies. These people believe that after the physical body doesn’t exist then life doesn’t exist. So, the first step in transformation is exploring our inner landscape, reidentifying ourselves more with the psychological process and inner experience of life than the physical world itself. So that’s transformation — the process of exploring our inner landscape and psychology and its relationship to life.

What do you mean by multiplicity?

Barbara: Instead of a divinity that is undifferentiated, divinity or God is without differentiation. All is one. There is no individuation. So, multiplicity can be
What’s really interesting about the ascension process is that when you enter into it the inclusion in your state of consciousness of higher frequencies, higher energies and broader understanding changes your self-orientation from one of physical orientation, through the psychological and the spiritual, to one of an orientation to individuated divine self within, without boundaries.

What do you mean by without boundaries?

**Barbara:** When you move your self-orientation from the physical world to the divine light of the core that is centered right in the middle of your physical body and sink all the roots of your self-orientation into this core, then you are this radiant being of light that is pulsating on a creative wave of light and life. There is no separation from light consciousness, awareness and life. The true being that you are really doesn’t have a boundary. And it includes the physical.

So, what actually happens in ascension is you get more grounded in the physical world — you don’t leave it. And that’s the point from the dualistic perspective many people talk about — “Oh, I won’t have to incarnate anymore”, or “I’ll be finished with my incarnation, thank God.” Such relief! It’s not that at all.

**Heyoan teaches that ascension is the process of unchaining ourselves from the wrong conclusions and the wrong perceptions about what the physical world is, based on duality. The whole construct, which means the whole paradigm of our construct of reality, is based on a negative way that we have chained our mind to the physical world and our self-orientation to an illusory physical world that doesn’t really exist. It is all based in duality. It’s all based on an imaginary past. It’s all based on illusion — the illusion of memory, the illusion of the past and the illusion of time.**

Do you believe the trees, the flowers and the birds are illusory?

**Barbara:** It isn’t that there aren’t any trees, flowers and birds. It is that in our illusion of duality — in our illusion of a past — we are not, from that state of illusion, able to perceive the true nature of the birds, trees and flowers.

The beauty of them?

**Barbara:** The beauty of them and the connection to them — the experience of all the birds, trees and flowers being with themselves in joy.

As we ascend, we are more aware of the joy of the experience of these wonderful gifts of nature?

**Barbara:** Right. The word “ascension” again is a term coming from the old paradigm. The word is actually “awakening.” Awakening to the true nature of the self. But in order to understand what I’m talking about, we need to understand the difference between the implication of the word “ascension” and the implication of the word “awakening.” The implication of ascension is that we’re ascending to something. And in fact, when you experience it from the dualistic paradigm, that’s what it is. In the process of awakening, one uses different paradigms of understanding that simply are stepping stones as we move along our spiritual path of evolution. Once we have left one particular stepping stone, it dissolves and the illusions we believed in when we were standing on that particular stepping stone dissolve also. When we move to the next, we have dissolved some of our illusions and are always in the present moment which is represented by the stepping stones. The illusion of the moment is cleared.

How do you view death?

**Barbara:** Well, I’ve experienced death in a lot of different ways. I’ve worked with dying people, I have helped them leave their bodies at death and have not broken conscious connection with them through the dying process and afterwards. So, the process of dying, and Heyoan is going to speak now...

**Heyoan:** The process of dying or so-called death, can be looked at from very different perspectives. From the perspective of the spiritual world, there is
no separation — conscious connection or awareness never ends. Perhaps there is a temporary disconnection due to the belief system that death is an end to something, but it isn’t. In truth, your physical body is the body of all of the physically manifested world. It simply changes form when, in the dualistic perspective, one leaves the body at death. The body then takes on another form of life. And certainly, all of the microbiologists know that life continues but changes form completely.

*Such as reincarnation. So, you don’t believe that we stop incarnating at some point when we’ve reached a certain level of well-being?*

**Heyoan:** Why would you want to separate from a portion of your being? Once having known wholeness, you then include all of it. It simply changes form.

Once we reach a higher level of evolution, then I guess we wouldn’t have a need to not want to incarnate because we would be existing in a place, such as this earth, in a very wonderful state of mind?

**Heyoan:** My dear one, it is not only a state of mind. It is a state of physical ecstasy when you discover you are all of the physical manifestation that exists and in constant process of creation. You see, there is no separation between the true physically manifested world and all of life. And all of life is one. It is simply that you have a particular center of individuation with ultimately no boundaries. You are all-inclusive, including the physical. And so when your self-identification remains only with the physical human body then you experience and have created the concept of death. However, when you identify your physical manifestation as all the physically manifested universe that constantly changes form then there is no death.

*And in that state, is there a body?*

**Heyoan:** Of course. All of the physically manifested universe is your body or what you call your body. You are all that there is, manifest and unmanifest. The trees, the flowers and the birds are your body — your human body. And this is directly experienced as life when awakened.

*What about time and the belief that all is happening at one time — that all our different lives are happening at one time?*

**Heyoan:** The illusion of time exists in the space-time continuum under the paradigm with which most of humankind lives in the moment and is moving out of. Time is a commodity of creation within the space-time continuum as long as you hold those truths and live by them. Now, humanity is moving into another paradigm and can understand that time is held within the life energy field of all that there is and the creative process. The illusion of time is simply a human being’s propensity to self-identify away from the center of divinity.

For example, in your own personal experience of life you have positive and negative memories. Think of the creative process moving through the levels — the higher levels of the field that are infinite down into physical manifestation that is a lower frequency. Consider that there are certain so-called past experiences that are not yet resolved. They have not been completely integrated into the creative process because, in the moment of experience, you blocked the process. And so you have within you many unresolved
residuals of undigested psychonoetic experiences that need to be completed.

And then once they’re resolved, then we release them?

Heyoan: Once you resolve them you have then integrated them and brought them back on your creative wave, and they then continue their movement toward manifestation in the physical world. All of your experiences come from a very positive intention of creating pleasure. You then release that creative force when you integrate it and it becomes manifested in your life as your original positive creative intention. For example, when human beings get married the positive intention is for a happy marriage — integration, communion with another, deep intimacy and growth. When that marriage ends in a divorce you know that was not the original creation.

When you heal these blocks, and reintegrate the blocked original creations, you then create your original intention. It may be in the form of marriage, possibly in the form of the intimacy of your original intention. It may not be in the same physical form, but the original intention was for deep intimacy, love, growth and communion.

When you say it may not be in the same physical form, what other forms would it be in?

Heyoan: Whatever gives you the most fulfillment in the place of life that you are in this moment. In other words, you are not necessarily going to remarry the same person. You may not even marry. You see, the physical world is not the end point of creation. It is the height of discernment — it is the tool. It serves yourself, your creative self. The ultimate creation is the essence of being of the individuated divinity within you. Some people call it the essence of self of the Higher Self. Others call it the resurrection of the soul. In the Buddhist consciousness, it is called sangha.

At this point of what we conceive as time, there seems to be movement to higher states of consciousness at a very accelerated rate?

Heyoan: Yes, because you are dissolving the illusion of a past by integrating all of these psychonoetic experiences into the moment of the now. They then get integrated throughout your life energy fields as light and color. Through integration, you dissolve the past and begin to experience life in a spherical manner. Your mind becomes focused spherically. It is the mind’s propensity to focus in a narrow direction forward that gives the impression of a future. As long as you hang onto the old paradigm of a future while your mind begins focusing more broadly, time will appear to speed up until it reaches a point — the moment, the sacred moment of the now — where it collapses into the moment of the now and expands infinitely into all time. So, time collapses into the now and expands infinitely into no time. It is no longer linear. We now have within many human beings this illusion of tremendous speed moving into the future.

As we approach the new millennium, the earth is changing. Is that part of the illusion, or is that happening?

Heyoan: It is a description from the old paradigm of the movement from the paradigm of ascension into awakening. It is simply a description from the perspective of time and space. In other words, the space-time continuum that has been used in the past, and was developed by Einstein and others, is a paradigm that is very useful and can be used now to help human beings know that it is also limited.

What I would like to say to each individual reading this article, is that there is a light within you. It is the center of your body, an inch and half or so above your navel. It is a brilliant, beautiful light and each human being looks different from this light. It is a light of life and light and the divinity that you are. This is the true center of your being. If one looks at all human beings, one sees the starry night sky. That’s what you look like. Each of you can feel this light within you, radiating out. The more you reorient yourself to this light, the more you will find yourself full of loving kindness, joy and serenity.

It is this light that penetrates and arises out of every cell of your body — out of the DNA in every cell.
There is no differentiation here — there is no separation. This is the light that guides your evolution — your physical evolution as well as your spiritual. I recommend that you meditate on it, even just a few moments several times during the day and reorient yourself. Then, ground your feet and legs into the earth and see this light within everything. This is the true nature of life, of humanity and of all of the manifest world. The more you reorient yourself to it, which is you, the less you will find difficulty moving in your new world.

You are entering a new phase of relationship to the world. I suggest that when you walk, anywhere you go, you experience this light. Then in it — in the expansion of this light — expand it out spherically. Include all of the vibrations around you, even if you experience them in an upsetting way. As you expand out, you can include them within you and then you will find that they are also a small part of yourself. This is the solution to the boundary problems human beings in many forms — in small groups, large groups, nations or continents — are finding now. It will solve the problems among humanity.

Author Barbara Brennan may be found at www.BarbaraBrennan.com

Explaining some less common terms Barbara uses:

**Chakra** — A Sanskrit word, in the Hindu tradition, meaning “wheel.” It is used to refer to the energy centers which lie along the spine, and over the whole body, which clairvoyants describe as spinning wheels, or vortices, of light and energy. Each one receives and emits energy at specific frequencies, which is taken in and used by the organism or given out as life force and magnetism, emotions, thoughts, love and spiritual attunement.

**Vertical power current** — The energy field counterpart to the physical spine that runs between the base of the spine and the top of the head. It can be imagined as a scale or ladder of ascending frequencies of energy and consciousness, with the lower, more material, denser frequencies at the base, and the higher, finer, more spiritual frequencies at the top.

**Dimensions** — Barbara Brennan refers to four, which are, in order of increasing depth: the physical, the human energy field, the Hara or Intention and the Core Essence or true divinity within.

**Levels** — Here Barbara refers to seven levels of the human energy field, that generally correspond to the seven main chakras.

**Hara or Intention** — The dimension deeper than the human energy field and underpinning it. It is the dimension of the total intentionality of the person that is the power behind the individual’s will. The Hara line has three points: one above the head, the second in the chest and the third below the umbilicus.

**Core Essence** — The dimension deeper than the Hara, it is the essence of who you are, beyond time and space. The Core Star light is present above the navel.
I am an Energy Medicine Practitioner

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 Association (EMPA) keeps me worry-free.

EMPA protects me, my practice and my clients.

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

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

FIND OUT MORE ABOUT THIS COMPREHENSIVE PACKAGE
The trend toward mainstream acceptance of meditation in our culture would have been unthinkable twenty years ago. But a growing body of scientific evidence confirming its benefits has led to more widespread recognition of meditation as a way to connect the mind, body and spirit to maintain, reinforce or improve one’s physical health, mental agility and focus while also helping relieve stress and increase objectivity, creativity and productivity.

So, what role does spirituality play in developing a meditation practice?

For starters, engaging in meditation tends to help a person cope better with the world in a healthy, natural and constructive way. One might say it helps you become spiritually fit as you develop inner peace, serenity and acceptance of the world as it is — even with the many curve balls it throws your way. Best of all, it works effectively as it addresses all levels of activity and expression. As a meditation practice unfolds, a person may discover the original intent behind meditation is beginning to yield deeper, more spiritually oriented effects. By becoming more focused on its spiritual components, entirely new vistas open to profoundly touch practitioners whenever they direct themselves along these lines. The refreshing fact about these benefits is that they can all occur without having to do anything extraordinary or time consuming and also without having to go to great expense to achieve them.

Simply put, a spiritual orientation means when a person realizes that by naturally turning one’s mind away from identifying with a limited and changing body-mind-sense complex to the underlying energy that powers all of these levels, an effortless shift in self-identity occurs. This shift can pleasantly reveal something greater and more meaningful about that practitioner.

By way of example, think of a wave on the ocean like an individual person. That single, solitary wave moving through the vast ocean would feel small, limited and sorely challenged because it is only one tiny little wave in a deep and immense sea. In contention with so many other waves, our individual wave is constantly being buffeted by the other waves and by different factors beyond its control. If our wave were to recognize this predicament, it could immediately resolve that sense of helplessness by shifting its identity from thinking “I am this wave form” to actually recognizing — “What I really am, is water.”
Identifying as water, the wave can then appreciate that its fundamental essence is solid and cannot be crowded out no matter what happens. Moreover, the water is what powers up each and every wave, as well as, the ocean. If it was not for the water, there would be no waves and no ocean at all. While the wave form itself occupies only a small space in the vast ocean, its water essence is everywhere and in and through everything in the ocean. In addition, the wave does not have to do anything to become water because it already is water. It does, however, have to turn its attention to its own fundamental nature to recognize and “own” this fact about its true nature.

Similarly, we are all powered by a fundamental, underlying energy essence that is in and through the entire universe and all sentient beings and insentient matter. That energy is in fact, the very essence of everyone’s being and it is complete because it extends beyond the time and space that makes up the universe. Since this energy is in and through everything, nothing is away from it — hence it lacks nothing. When meditators gain this profound insight by turning their attentions in this direction, they naturally free themselves from the sense of smallness, the accompanying mental and physical limitations and all the associated flow-down inadequacies that these limiting elements impose upon them.

The wave, ocean and water example is just one of many that can help practitioners unfold and understand this concept. All it takes to focus in this way is to first ask the question, “Do I want to identify with something that generally keeps me feeling small, limited, incomplete and often miserable? Or, do I want to shift my identity to the core of my essence, which is ever larger, limitless, full and complete?”

In a way, this question is a no brainer but it still means taking a step back and lending one’s mind to the bigger questions in life. It further requires an introduction and unfoldment of what that core essence really is so when practitioners sit in meditation, they have food for thought. Their minds can then become more receptive to the unfurling of something already present within them that simply needs to be opened. This then allows them to identify with who they really are — thereby freeing them from the sense of limitation and smallness.

One such line of inquiry that provides this vision in such a way that no stone is left unturned and there are no further doubts is called Vedanta. It is a non-sectarian, knowledge-based spiritual study that tackles and removes all the erroneous ways of thinking. Like all types of knowledge, such as biology, algebra, computer science and so on, what it presents is not limited to a culture, place, race or other similar factors. Therefore, it factually presents what is and it is straightforward in doing so. Yet its subject matter is unique in that it focuses on the pursuit of a limitless, abiding sense of well-being no matter what circumstances in which people find themselves — and it fully reveals how anyone who seeks this end can discover and attain it.

Not long ago I hit the point of no return with Reiki. I mean this in a good way — that my relationship with it went from being a great part of my life — to being a vital part of my day.

My shoulder hurt and about a half hour of self-treatment with Reiki got me from “Wow, this is hard to move!” to “All right, the pain is mostly gone. I will stretch a bit and see how much better I can make myself feel.” This experience gave me a power that I can access with Reiki. This simple and practical ability to feel better is a power that I want other people to have as well.

Reiki is not new to me. I have been doing this energy modality on myself for years, but for the first few years I had no real understanding of what it was or why it made me feel better. I knew that doing it consistently made me feel better, so I kept using it because it helped me relax, feel more emotionally balanced and to have more energy. The quality of my sleep significantly improved and I can count on it to help me deal with whatever physical pain, mental stress or emotional upset with which I might be dealing as part of a busy and active life. I know there is a good chance that Reiki will not address everything I am feeling but I also know that it will do a lot to help balance me — making it easier to seek solutions for any remaining problems.

Knowing how Reiki makes me feel is not the same thing as being able to talk about it. A lot of people seem to lump it with meditation, wishful thinking and spiritual pursuits — for understandable reasons. The effects of this modality are subtle. At least in my experience, the beneficial effects are easily confused with the positive effects of other practices, all of which I investigated because I wanted to feel better.

Early in my training I was taught stories about the founder, Mikao Usui — stories that instilled in me a sense of wonder about the mystical power of Reiki. My first class was a great deal of fun because it seemed like magic that I could have endless potential for healing and wonder. The Reiki Master Teacher, a woman I adored, gave me a sense that anything was possible because the energy would go where it was needed to fix any problem — spiritual, mental, emotional or physical — that I or someone else was experiencing. Once the class was over I still had problems and the world was still full of people with problems. I could only surmise that the promised magic must be something that other people could experience — but not me.
However, it had caught my interest — so I did self-Reiki and pursued Level Two training. Eventually I found a brilliant Reiki Master Teacher, Chyna Honey, who taught from an Energy Medicine perspective, meaning that Reiki is a natural energy vibration that has understandable, safe, practical and real effects on human health and well-being. She taught me a practical vocabulary for how to talk about this modality, what it does, what it does not do and why. To me this was very different than the sense of wonder and possibility that I first associated with Reiki. The difference for me is akin to having an achy shoulder and hoping I will feel better if I treat myself kindly and having an achy shoulder and being able to use Reiki to reduce the pain almost entirely.

I think that as a culture and as a species we risk missing the most useful and practical applications of Reiki if we continue to lump it in with practices such as spiritual pursuits, which have extraordinarily personal and unpredictable effects but limited appeal. Pure Reiki got me from a state of being in pain to being fine in about a half hour. I have to admit this is wonderful and insane in about equal proportions. The effects are undeniable, which is what made this particular achy shoulder a turning point for me.

I am the last person who thought I would be an advocate for Reiki. I am a practical, level-headed Midwesterner by birth, a natural skeptic, a liberal arts-educated critical thinker and I will run the other way from anything that seems remotely “woo-woo”. If the person I was five or ten years ago read this essay, she would find its content easy to dismiss. It is hard to believe that someone could release pain without a pill or without outside help of some kind. There is something really unnerving about being able to go from a state of pain so uncomfortable that it was hard to find a position where I could relax — to a state where the pain and anxiety were mostly gone — all in the course of the time it took to listen to most of an episode of Weekend Edition on NPR. Why would anyone imagine that this kind of experience is available to them?

Dear Reader, I will not ask you to believe anything. It can be hard enough for me to accept the power of being able to make my life better with Reiki. But if you are curious, I recommend the book *Understanding Reiki* by Chyna Honey, the person who helped me see this modality as real, powerful, predictable and vital for my consistent well-being. I believe that the information available in this book represents a major turning point in the way Reiki is practiced and understood, taking it out of the realm of endless wonder and promise and describing the benefits and limitations in practical terms. For practical people like me, understanding what it is and is not helped make this energy modality a realistic option for reducing pain.

Author Amelia Beamer can be found at [www.StressReliefBayArea.com](http://www.StressReliefBayArea.com).
We finally received an offer on our home that was listed for sale. Hooray! Making an offer on our possible future home was contingent on selling our current home, which was contingent on our buyers selling their home. No big deal, right? Now we just have to find the perfect house, cross our fingers that closings work out and move an overwhelmingly large number of things and stuff.

My husband always jokes that I am not built for the process of buying and selling houses. Like clockwork, every time we go through this process, I start having mini-meltdowns and stressing about what needs to be done and how and when to do it. It is a vicious cycle that lasts — yes, you guessed it — until we are safe and sound in our new home and the process is over.

I do this with all major life happenings, as many do. They say that getting married, buying/selling a home and leaving an old/getting a new job are some of the most stressful things that you can do. I did all three of these in six months. These types of changes can be stressful for anyone. For me, though, stress can literally tear my life apart if I am not attentive to the self-care that stress requires.

I was diagnosed with Generalized Anxiety Disorder in early 2013 right after my father passed away. I have had some level of anxiety issues for as long as I can remember, which worsened after a heap of traumatic situations fell upon me over years and years. Anything you can think of — I stress about. I worry about things going on in my life presently, things that have already happened and things that may never happen. Of course, everyone has anxiety to an extent and maybe even a lot of anxiety during very stressful situations, but I was experiencing crippling anxiety on a daily basis and I had no idea why.

When I sought treatment for this with a professional, I was analyzed, told that I was experiencing grief from my father’s passing and that I had PTSD from other, past events. I was put on anti-anxiety medication for years (yes, years). If I had anxiety, I took my medication. The anxiety went away. It worked for a few years, until it no longer did.

In fact, at some point, I was experiencing MORE anxiety than ever. I was experiencing panic attacks, I was very unwell and I had lost far too much weight for my frame. I decided to stop the medication and to learn how to move forward without it.

Coming off of the medication was difficult, but facing what I saw when it was gone was even harder. For the first time in years there was no more running or hiding from the catastrophic events that had led me to
Moment-to-moment awareness is a great way to turn off the chatter in your head.

This place. Under those years of band aids was a lifetime of bottled-up pain that I had never healthily addressed. I was face-to-face with things that I had been running from and avoiding for most of my adult life. But there, in the rawest form, I saw a girl drenched in pain who needed self-healing, not drugs.

It was at that time that I decided that I would no longer cower in fear from the difficulties that I had experienced. I knew that I had an uphill battle, but I also knew that being tired at the top where I could enjoy the view was better than being stuck at the bottom, where I would never see the greatest of joys that might be unveiled if I confronted and released my pain.

**GETTING TO THE BOTTOM OF THE ANXIETY**

For the first time ever, I talked about how losing my dad made me feel. I dissected it. I cried about it. I allowed new feelings to enter, and I experienced them, instead of pushing them away. After doing this with my father’s passing, I took myself back to my earliest memories of pain and anxiety. I took a writing class where I wrote stories and poems about these moments. I saw a therapist, who helped me work through those past memories. I found my way to the bottom of the anxiety, and beneath all of those worries and fears was a girl, who, throughout multiple stages of her life, never learned to heal.

I spent a lot of time with that girl, asking her what she needed in order to feel safe or to heal. I asked her to tell me about different situations and to tell me her deepest fears rooted in them. What was I really afraid of? The answers that I found were terrifying. But in finding those fears, addressing them and working through them, I was able to transform them from previously self-perceived truths to just what they are — fears.

We all have fears. It is part of what makes us human. I think the scariest part of some of those fears was believing they were real — that the way those situations made me feel, were reality. I felt that I deserved the terrible ways I had been treated during certain relationships in my past. I thought that I deserved negative experiences for anything I had ever done wrong, or that I was always unsafe and on the verge of getting hurt. I did not believe that I deserved to be happy. I did not believe that I deserved love, from anyone else or from myself. I believed that I was damaged. Those beliefs that I saw as truths led to perpetual insecurity and constant and unrelenting anxiety. But in reality, beliefs are — beliefs. They can be changed. They can be adjusted. There are no absolutes in beliefs.

**CHANGING BELIEFS AND PATTERNS**

So... I worked with this idea. I worked with my past, instead of running from it and pretending that it did not exist, when in fact, it was consuming my present and continuously dictating my future. I spent time redefining myself — admitting to myself that I was not my fears and that I, like everyone else, deserve infinite love, joy and transformation. I allowed my beliefs to change, and in doing that, the levels of my anxiety changed as well.

I spent time addressing the anxiety that I still had and learned to view it in a different way instead of being afraid of and overpowering it. When you resist anxiety, you are giving it power. You are saying, “Hey, this is something I should not experience. This is something I am afraid to experience.”

Instead, you can view it as something that is perfectly fine to experience. I learned to move with it — to dance with it. It would pop up and instead of trying
to push it all down and away and out, I just learned to accept that it was there. There it is. There's a fear, or a worry. Look at that. In viewing it as something that can be tolerated, you are viewing it as something with which you have some amount of power. In letting it in, you are also able to analyze the thought itself, and sometimes that removes the anxiety from it. One would think that you are giving power to the anxiety by admitting it is there at all, but I think that you are actually taking away the power by facing it and turning it into a rational discussion rather than a nightmare.

ON THE MEND
Some days I do well in viewing the anxiety with this type of mindset. Other days, I do just okay and some days, I am not good at all. Even on those days, I admit to myself that I am just having a more difficult time, and that is perfectly okay. I am grateful to have most amazing husband in the world, too — because on the days that I am lacking the clarity, he helps me work through those thoughts and concerns.

I have learned that sometimes the best medication is honoring the parts of you that need healing. Before, I was so dismissive of the thoughts, beliefs, patterns and past that I also dismissed the hidden pain that needed self-love and self-soothing. In discovering these bits and pieces that needed attention, I also discovered other areas that needed attention as well. I have imbalanced hormones (which can cause anxiety as well). I had reactions to certain foods and beverages that I now avoid (caffeine, for example). I realized that I had been taking absolutely zero time for self-care, which I now practice regularly. Anyone who regularly experiences anxiety should practice self-care, as well.

TAKING CARE OF YOU
How you take care of yourself is up to you. What feels helpful to one person, might differ from the next. Below are a few tools and practices that I have found beneficial:

Meditation and Mindfulness
I love to meditate and practice mindfulness to find the inner peace that melts worries away.

Studies have shown that meditation can actually rewire how the brain responds to stress and anxiety. Participants in a study at Boston University reacted less to emotionally-charged images after practicing meditation for several hours. For a sensitive, anxious person like myself, this can mean the difference between having a panic attack or not, and having a reaction instead of responding.

Reactions are instantaneous and survival-oriented (yelling, getting upset or panicking), while responses are more thought out and derived from both conscious and unconscious information and is what I like to call internal processing. In a response, you might consider what is happening and how you would like to respond before you do. Meditation, and even mindfulness throughout your day, gives you the ability to pause and respond in the way you choose rather than letting a situation elicit a reaction from you and create a great deal of anxiety.

Mindfulness, or moment-to-moment awareness, is a great way to turn off the chatter in your head so that you are able to hear deeper, authentic thoughts, or none at all. Being present (being mindful) means not thinking or worrying about the past, or the future. You are in the here, the now and none of the rest matters. Sometimes a noise-filled mind, that is trapped in the past or in the future, is a mind that is not able to hear the present, the truth, reality or inner guidance. When you remove yourself from what once was (or what may be) and go inside to the inner, quiet, consciously aware space — you are inviting the authentic you to emerge and be present.

Massage
This one might be my favorite. For me, massage therapy is a combination of physical relief paired with mental relief. I often experience my own sort of meditative state during a session. Anxiety can cause a host of health issues in an individual. Physical symptoms can include fatigue, exhaustion, muscle aches, muscle tension, headaches, light headedness, shortness of breath and more. Without realizing it most of the time, I find that I am constantly tense throughout the day. I usually have aches and pains from this and I am
working on being more attentive and aware of when
this happens so that I can relax and relieve myself of
future discomfort. On the days where this plan goes
out of the window, though, I always enjoy the benefits
of a massage.

Not only does massage promote relaxation (both
physical and mental), but it also alleviates pain, helps
break down toxins that are built up in the muscles and
helps the regulation and production of neurohor-
mones, which are hormones produced in the brain
that affect one's well-being and behavior. Here are a
few of the positive effects:

- Dopamine is increased, which influences inspira-
tion, intuition, joy and enthusiasm. Low levels
of this cause distraction and poor focus, which
might contribute to stress.
- The availability of Serotonin is raised, which regu-
lates emotional behavior, the ability to ward off
irritability and cravings. A lack in Serotonin can
cause depression, OCD and sleeping problems.
- Oxytocin is produced, which supports feelings of
attachment, optimism, trust and self-esteem.
- Cortisol, the stress-related neurohormone, is
lowered.
- The availability of growth hormones is increased
as sleep improves, which promotes cell division,
tissue repair, regeneration and healing.

When I receive a massage, the combination of physi-
cal and mental release provides a sense of peace that
I cherish. In that time on the massage table, I am free
of stress, free of thoughts and in a state of being that
nurture and cleanses my soul.

Breathe
The last thing that one typically thinks about during
an episode of anxiety or a panic attack is breathing.

In fact sometimes you feel like you cannot, but part
of controlling anxiety is focusing on your breath and
again, bringing your attention to the present. Slow-
ing down your breath to a steady state will also slow
your heart rate and calm all of the body systems that
are involved in the flight or fight response — which is
what produces panic attacks.

If you are focused on breathing, you are not focused
on worrying or stressing. A calming breathing method
involves sitting upright and doing the following:

- Breathe in slowly through your nose, allowing
the breath into your lower belly (for around four
seconds)
- Hold your breath for one or two seconds

Finding peace can be as easy as walking outside and be-
ing in nature, or taking a warm bath.

- Exhale slowly through your mouth for about four
seconds
- Wait for a few moments before taking another
breath

I sometimes find that lengthening the time of inhal-
ing and exhaling can be beneficial in calming anxiety.
Regardless of how you choose to do it, practice it
regularly, even when you are not experiencing anxi-
ety, so that you are more prepared and more likely to
remember to use this tool when you do experience it.

Find What Brings You Peace
Finding peace can be as easy as walking outside and
being in nature, or taking a warm bath (which I LOVE
to do!) Some people might like listening to music and
others might like to drink a nice cup of tea while sit-
ting on their porch watching the sun set. Not every-
one will find the same activities peaceful. Sometimes
finding peace means finding your passion. One of the
most helpful things for me to do in my times of stress
is to do what I love — write about it.
afraid — being courageous enough to choose to grow. There is nothing wrong with you — there is only opportunity to grow, to love yourself more than you did before and to appreciate life (the good and the bad) more than before. We are ever-changing, ever-growing beings in a life that is overflowing with lessons to be learned. Be kind to yourself and await the plethora of gifts that healing brings.

I sit at my computer (or with a pen and paper) and just let the words flow. I write out my thoughts, not to be judged or analyzed, but just to release. Usually, by the time I am finished writing, I am no longer experiencing the stress. I might even have found the answer to what I was seeking in the situation, not by looking for it, but just by expressing — touching into that deeper part of me that knows what is really on my mind. Tapping into your creative side, where you feel safe, allows you to express yourself in a healthy way and to process and release conscious and unconscious feelings, desires, hopes, fears and beliefs. This can be done through painting, playing an instrument, dancing or anything else that might serve as a platform for release. The more you release, the less you carry around physically, mentally and spiritually. Let your inner-self guide you to what will help heal you.

LIFE WITH A NEW PERSPECTIVE
I am not fully healed (I am not even sure there is such a thing), but I consider myself to be a constant work-in-progress. I am accountable. I am honest with myself. I embrace imperfections. I acknowledge that it is okay to have worries, to feel unsure of something, or to be afraid. I may not know where I am going to live in a little over a month, but I know that at the end of the day, I will be okay. A big thing that has helped me in this process is knowing that in any situation, I will always be okay.

I used to think something was wrong with me, or that I was just that label — someone with a disorder. Nowadays, I know that I am imperfectly perfect, just like everyone else, and that everyone has a degree of “disorder.” If we are all being honest, we all have areas that need growth or healing. I no longer experience the amount of anxiety that I did prior to the start of my self-healing, nor am I sure that I would receive the same diagnosis that I did before — but I still experience it, and I am okay with that.

I feel that a major part in this earthly experience is recognizing those areas that may need healing or growth, confronting them — and even if you are

References

Author Lindsay Mulligan can be reached at Lindsay@HealingTouchProgram.com
At 4:35 pm on March 21, 2017, my husband and I received a call from our granddaughter’s friend telling us that our grandson, who had been riding ATVs with two friends, had an accident. He and his best friend were unconscious and an ambulance had been called. My husband and I flew out the door. We immediately began praying and sending energy to all involved.

In my practice and experience, I frequently use grounding (fully connecting to the earth) and centering (bringing my attention to the core of my being) in many situations. To say that these were difficult to do in this circumstance is an understatement.

When we arrived at the scene, my grandson was sitting in the middle of the road with all kinds of emergency personnel around him. He was in a pool of blood, but conscious with an obvious concussion. His friend was laying ten feet from him, eyes closed. One burly EMT told me not to touch him. Of course, I touched him anyway and then used an energetic hand scan to assess what my mind could not absorb at the time. I centered, grounded and immediately started reading as much as I could energetically. I sensed that there was a concussion, ear damage, shoulder damage and an injury to the left of the stomach area. The emergency personnel said there were no obvious reasons why either boy should be air transported to a larger hospital. I asked that they transport them to a local hospital to stabilize them and determine what was best.

Once we arrived at the local hospital, we learned that both boys had similar injuries — all on the left side of their bodies, including broken ribs. I was in the emergency room (ER) with my grandson when he began to vomit — while simultaneously bleeding from his ear. As I did an energy assessment of his left ear, I felt that there was a leak inside of the ear, as well as behind the ear. The attending physician was called in and on second review of the cranial CT scan, my grandson was found to have a fractured skull and perforated eardrum. No pain meds were given due to his concussion but I was doing Healing Touch’s Magnetic Passes: Hands in Motion technique to stabilize him. Because he was so calm and sedate, the nurse asked if someone had given him pain medication.

The attending physician told us that he would probably be sent home with Ibuprofen. My immediate question was, “Even with a skull fracture and perforated eardrum?” I performed a full body scan and asked the physician to come back to the room. I told him that I was a Healing Touch Practitioner Apprentice and asked if he knew about energy therapy modalities. He stated, “Yes, a little. What do you feel?” I told him that the shoulder area and abdominal...
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area needed to be scanned and asked him to take a second look at the rib area, as well as, the cranial area. He immediately ordered abdominal scans and plain films of the shoulder and arm. When he examined my grandson’s shoulder and abdominal area, he saw significant edema at that time.

When the physician returned to the room, he immediately said, “You were right!” Upon further review of the films, the abdominal scans revealed a grade 4 ruptured spleen. The shoulder and arm films revealed a glenoid fracture (broken bone of the shoulder socket). With a second-look of the rib fractures, it was revealed that there were more ribs fractured than the radiologist had seen on the initial reading. In addition, he saw that the lungs were bruised, which had also been missed during the initial review, and thought that they might be further compromised due to the fractured ribs. The physician stated that my grandson and his friend, who the physician also examined a second time because of my grandson’s new diagnoses, would be going to a larger trauma hospital — immediately.

My grandson spent twelve days in the hospital. He had to have two chest tube placements due to fluid in his lungs. He did not require a splenectomy because research shows that children’s spleens heal much better than adults’ and his just missed the surgical repair requirements of a grade 5 injury. His fractured skull sealed off immediately in the trauma unit on the first day. At the fourth week exam of the eardrum there was no discernable perforation of the eardrum. At the sixth week exam of the glenoid fracture in the shoulder it was completely healed with no cast placement or surgery needed. Amazingly, the bruised lungs, one week after his release from the hospital, were clearing once again on their own. I am happy to say that he has now fully recovered.

During his hospital stay and recovery period, I did Healing Touch techniques on my grandson every day. I witnessed amazing mind, body and spirit healing — especially when his hemoglobin and hematocrit levels returned to normal. Before the chest tube placement surgeries, I witnessed what the Chakra Spread technique did to calm him, as well as, prepare him for surgery. The nurses even questioned again if he had already been given valium. I witnessed surgeons walk into the healing energy environment that was created in my grandson’s room and saw their personalities be-

I witnessed amazing mind, body and spirit healing — especially when his hemoglobin and hematocrit levels returned to normal.

There were hundreds of people, who knew about their accident, holding space for them as well.

Because Healing Touch Program (HTP) is the only Energy Medicine modality that is nationally accredited*, I feel there was a credibility created for me that I otherwise would not have had in this environment. I am not a nurse. I have worked in the healthcare environment, but not with licensure. I also realize that my personal presence (my energy field and projection into the world) was speaking for me, too. My presence was calm, professional and determined in this traumatic situation, which allowed the physician to receive all the information that was needed to facilitate actions for my grandson and his friend’s highest and best good.

Often, I have seen parents/relatives with no healthcare background be dismissed when they offer information concerning a loved one and, more often, the information from the medical professional is not communicated in a way that the family can under-
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I stand. This should not be. This dismissive scenario actually happened to my grandson’s friend’s mother — whose son essentially had the same injuries as my grandson, only milder. He was sent back to school too soon because the surgeon said he was able to return and the mother would not take her son to their primary care physician because she thought that the surgeon’s recommendations were absolute and that the PCP would not recommend anything different. After much discussion, the mother did take her son to their PCP and the resulting recommendation was to keep her son home from school. Amazingly, a fractured clavicle, already in the healing process, was found during this appointment.

If all healthcare personnel would practice with compassion, our healthcare would change dramatically for the better. The addition of Healing Touch Practitioners to the staff of healthcare organizations would certainly facilitate a more heart-centered, carin, and holistic approach to healing. Also, perhaps their ability to glean intuitive information for the physicians and staff would contribute to a better understanding of the totality of patients’ care.

Medical professionals order scans, labs, etc. to gather information and/or to rule out health issues. This information is vital in determining an appropriate diagnosis of the patient. I do not have all the answers. However, I feel very fortunate with regard to my experience because the ER doctor listened and respected my healing discipline — changing the course of my grandson’s life.

Author Tina Martin can be found at www.EnergyTherapyByTina.com

*Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission of Accreditation and the National Commission for Certifying Agencies. (NCCA) has granted accreditation to the Healing Touch Program — Healing Touch Certified Practitioner (HTCP) for demonstrating compliance with the NCCA Standards for the Accreditation of Certification Programs. NCCA is the accrediting body of the Institute for Credentialing Excellence.

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There are currently 16 million Americans struggling with the effects of depression. From major depression and bipolar disorder to seasonal affective disorder and dysthymia (a chronically depressed mood that is present more than 50% of the time for at least two years in adults or one year for children), depression has various classifications and can affect patients in a variety of different ways. In today’s society, it is easy to conform to the solutions outlined by Western Medicine practices and Big Pharma companies who use prescription medications as an umbrella treatment for different types of depression.

I was quite young when I learned that Western Medicine did not always offer the best solution for physical or mental ailments. When I was 13 years old, I was diagnosed with a kidney disease that doctors at our local hospital deemed untreatable. At an age when most kids were playing outside and getting involved in sports, I was afraid to run or play too hard due to the pain it caused me. Unwilling to accept the doctor’s definitive diagnosis, my parents took me to see a couple of holistic doctors who started me on an alternative treatment plan and within a few short weeks, my pain was virtually gone. After about a month of seeing these doctors on a regular basis, my parents took me back to the medical clinic, where test results proved that I was, in fact, in “spontaneous remission”— all signs of my condition were gone. It was at this moment that I knew I was going to be an alternative medicine doctor.

Though I spent a portion of my professional career in the computer programming industry, it was not until I pursued medical training and opened my own chiropractic practice that I started feeling truly fulfilled — finally living out my destiny. After practicing chiropractic for more than 17 years, I was able to explore the various ways that alternative healing practices could treat and heal physical and emotional ailments. In my tenure of helping people from across the globe heal from illnesses, diseases and psychological afflictions, I have been continually amazed at just how effective and powerful energy healing techniques can be.

In my books The Emotion Code and The Body Code, I go in-depth about how holistic practices like energy healing, muscle testing and magnet healing can be implemented to improve mental, physical and emotional well-being. These practices focus on eliminating the trapped emotions and imbalanced energies within the body that are causing afflictions or ailments and are critical when it comes to achieving optimal mental and physical health. If you are looking for alternative ways to treat depression, read on to learn about the particularly beneficial holistic...
How Clearing Your Chakras Can Help with Depression

method of chakra clearing and how this practice can aid in your quest for better overall health.

What are chakras?

The word chakra, meaning “wheel” in Old Sanskrit, describes the seven centers of energy life force that move within the human body. Also known as “pranas,” these seven energy centers are located from the base of your spine up through the crown of your head and are responsible for channeling the perfect amount of energy to the three key aspects of life — mind, body and spirit. However, chakras, or energy wheels, that are unbalanced can result in diminished physical and mental health.

In order to understand just how powerful your chakras can be, it is important to know what the chakras are and the role their energy plays on the various mind, body and spirit aspects. This chakra chart is a helpful tool that provides detailed information about each of the seven chakras. Generally speaking, however, the seven chakras include:

• The Root—Muladhara: As the chakra that connects to the Earth Element, the Root directly corresponds with your natural survival instincts and critical emotions like fear, stress and anxiety.

• The Sacral—Svadhisthana: The Sacral chakra is responsible for triggering emotional senses of abundance, well-being, pleasure and sexuality.

• The Solar Plexus—Manipura: The Solar Plexus chakra relates to emotions like anger and is responsible for controlling energies like desire, vitality, inner strength and self-control.

• The Heart—Anahata: The Heart chakra is found in the middle of the chest and corresponds with feelings of love, forgiveness, compassion and self-esteem.

• The Throat—Vishuddha: The Throat chakra is the energy center for creativity, speech and individual needs, and is also responsible for maintaining honest, open and expressive communication.

• The Third Eye—Ajna: A balanced Third Eye chakra is critical when it comes to controlling positive thoughts of the individual self and inner perception.

• The Crown—Sahasrara: The Crown chakra directly correlates with higher consciousness, enlightenment and inspiration.

With a comprehensive understanding of what the seven chakras are, it is time to examine how, through techniques like muscle testing, magnetic healing and other holistic health practices, clearing a blocked chakra can help with depression.

How blocked chakras foster depression

It is important to know what a blocked chakra is and how it can affect your mental and physical health. Simply put, chakras can become blocked when the free flow of energy through each center is obstructed. Energy can be misdirected or blocked from emotional distress due to things like conflict, loss, fear, anxiety, stress, poor self-esteem, failed relationships and more. When blocked, these chakras can become imbalanced, disrupting the body’s natural healthy energy flow and posing a significant risk to your mind, body and spirit.

The feelings and emotions that closely correlate with depression are typically generated from the Root, Sacral, Solar Plexus and Heart chakras.
How Clearing Your Chakras Can Help with Depression

Though the balance of all chakras is important when it comes to maintaining prime mental health, the feelings and emotions that closely correlate with depression are typically generated from the Root, Sacral, Solar Plexus and Heart chakras. A blocked Root chakra often spurs feelings of depression due to financial stress or feelings of seclusion. A blocked Sacral chakra inhibits your ability to express true feelings of gratitude. Depression can cause a blocked Solar Plexus that damages your feelings of personal power and self-esteem. The Heart chakra can express dark, negative energy that feeds into depression and anxiety.

How to unblock your chakras and combat depression

If gone untreated, these blocked chakras can further promote symptoms of depression. Thankfully, these three noninvasive techniques can help you to unblock your chakras and prevent them from becoming blocked in the first place.

1. Muscle testing: In my book, *The Emotion Code*, I share with others the methodology I developed during my years as a chiropractor that helps to release the underlying cause of ailments and afflictions. This simple, holistic practice uses muscle testing techniques to find and release the Trapped Emotions that can create pain, malfunction, disease and cause chakras to become blocked. Muscle testing is a noninvasive method that uses verbal questioning to gauge the responsiveness or resistance of muscles to positive and negative energy. Because our bodies function on principles of biomagnetic energy, we are able to use muscle testing as a means of connecting with the subconscious mind to see which energies and emotions are physical, mental and emotional afflictions.

Through various muscle testing techniques like the Arm Test and Ring-in-Ring Test, you can identify trapped emotions and determine where these energies have become lodged in the body. After determining the cause and location of trapped emotions, magnets and chakra healing can be used to achieve maximum energy healing benefits and prevent worsening depression. Once a trapped emotion is identified, a magnet can be used to infuse energy and the healing intention of the practitioner into the entire body, releasing and transforming the energy to make it powerless. Similarly, once the location of the trapped emotion is identified, chakra healing can be implemented to restore balance and regain control of the hyperactive energy or blocked chakra.

2. Energy healing: In my book, *The Body Code*, I discuss the advanced energy balancing system and highlight ways you can affect the energy field of the body and improve your health. Unlike *The Emotion Code*, which focuses on how trapped emotions can create pain, malfunction and eventual disease, *The Body Code* expands on six other categories of emotional imbalance like circuitry, energetic, pathogens, nutritional, structural and toxicity and how these imbalances can be manipulated to release blocked chakras. Through energy healing techniques like muscle testing, magnetic healing, chakra healing and holistic health, these emotional imbalances can be used to break down the heart-wall and combat depression.

Generally speaking, a heart-wall is a mental barrier of subconscious emotions that the mind uses to protect the heart from injury or from being broken. Breaking down the heart-wall allows you to use the mind-body connection in order to identify, access, balance and manipulate the energies that promote healing and mental well-being. By accessing your subconscious mind through things like muscle testing or magnetic healing, you can identify which chakras are being blocked as well as what energies and emotions might be encouraging feelings of depression. The more transparency you can gain into your subconscious self, the more control you will have over your mental and emotional well-being.

3. Mind Over Matter: Though depression can feel suffocating and debilitating, being fiercely introspective and proactive in your thoughts and actions is a holistic method that helps patients overcome depression.
How Clearing Your Chakras Can Help with Depression

Consider the following tips:

• Engage in regular physical activities, especially exercises that connect you to the earth.
• Give to others the energy you wish to receive.
• Strive to be grateful when you feel your thoughts turning to sadness, grief, anger or fear.
• Go out of your way to enjoy life when you are feeling depressed.
• Dedicate at least 15 minutes a day to doing something you love.
• Be constantly conscious about sending feelings of love to everything and everyone.

If you are suffering with depression, it is easy to feel like there is no hope — but by trying new approaches and finding what works for you, there is a promising future ahead of you free from depression. Your body knows how to heal itself — sometimes it is about trusting your body and getting out of its way.

Author Dr. Bradley Nelson can be found at www.DrBradleyNelson.com.
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Francesca McCartney, PhD

Fifty years ago, I had a full Kundalini awakening. I was not familiar with the word “Kundalini” or how to make sense of my experience. Thus began my decades of research and practice to understand, codify and bring Kundalini energy into a Western paradigm.

References to Kundalini are found in many cultures and called by different names. In Sanskrit, the word “Kundalini” means fire. In martial arts, it is called Chi. In Hindu traditions, it is known as serpent power. American Indian Shamans used Kundalini energy for foretelling and forecasting. The Hopi called it Kachin; the Lakota–Wakan; and the Iroquis–Orenda. In Tibetan Yoga–Tummo Fire; in Christian tradition–fire of the Holy Spirit; Tantra Yoga refers to it as sexual energy; Hawaiian Kahunas–ManaLiki; Polynesians–Mana; New Zealand Maori–New Kundalini; Dr. Wilhelm Reich—orgone energy; and Russian researchers call it bio-energy. Kundalini is called different names in different practices and traditions — we in the West are most familiar with calling it Kundalini energy.

My first experience with Kundalini energy was at the age of twenty-one. I had been a very religious person in the Roman Catholic tradition. In college, a friend gave me an East Indian spiritual book called the Bhagavad Gita. I read it and sat in quiet contemplation, when all of a sudden, I felt a hot energy at the base of my spine. It rushed up my spine with a visceral burst of rainbow light out the top of my head. Catapulted out of my body into a starry sky, I lost a sense of physical reality and felt “One with the Universe.” When I landed back in my body the word “Kundalini” reverberated in my mind. I was not familiar with this concept and did not know that I experienced a classic Kundalini awakening. That was my beginning of searching for the meaning of this energy. [See Kundalini Meridians chart]
This first experience inspired me to study natural healing methods that integrated body, mind and spirit. I studied holistic medicines, integrative health, botanical healing and meditation. A second, full Kundalini experience occurred at age twenty-seven. I was in a Tai Chi class when at the movement called “Cloud Hands” a fiery heat at my tailbone rushed up my spine and blew out the top of my head. I collapsed on the floor and began to cry uncontrollably. Visions arose of the sadness of my mother dying suddenly and other painful memories. I saw these images releasing from my body. Very embarrassed, I crawled to a corner where I sobbed in a fetal position for about twenty minutes. The class silently continued doing their Tai Chi moves. At the end of class, everybody left quickly. The teacher came over, patted me on the head and smiled. I went home where I continued to have the rushing of energy up my spine for two weeks. I barely slept. I hardly ate. I bathed in an ecstatic awakening and a rapture of emotional and spiritual nourishment.

I was able to do some normal things without the energy being distracting. At that time, I was a Montessori teacher and when I walked into the classroom the Kundalini symptoms stopped. Then, as soon as the last child left, the sensations would begin again. During those two weeks, multiple levels of intuitive senses opened for me. My clairvoyance was heightened and clairaudience became very loud. I was receiving clear telepathic messages as well as clairvoyant visions and visits from the spirits of deceased loved ones.

Two weeks later the energy settled down. I returned to the Tai Chi class and at the Cloud Hands movement heat at the base of my spine started erupting. I fervently hoped to not embarrass myself again. The energy rushed up my spine and blew out my head. I fell on the floor with a bellowing of uncontrollable laughter, then crawled to a corner and rolled around like a mad person, laughing joyfully. A tremendous amount of bliss was pulsing through my body. The class again silently continued with the Tai Chi moves. I made no friends in that class. They all thought I was emotionally unhinged. I lived in a small town and the next day when I saw a friend, he gave me a big hug and said, “I heard you are having a difficult time learning your Tai Chi moves.” Everyone assumed I was having a psychotic break.

When one learns management of this energy, it can be directed with focus as a powerful healing tool.

I was having a transcendent experience of healing, transformation and an opening of my intuitive senses. Kundalini energy was the trigger that sparked my life journey.

From research, observation and working with thousands of students — here is a list of triggers that can evoke a Kundalini experience:

• Intense prayer or meditation
• Reading spiritual/inspirational literature
• Yoga, Tai Chi, Martial Arts
• Body work
• Sexual activity
• Near-Death experience
• Severe physical illness
• UFO experience
• Chanting
• Music
• Fasting
• Shamanistic vision quest
• Hallucinogenics
• In the presence of a spiritually evolved person
• In the presence of a person who has highly active Kundalini
About the last point on this list, in the presence of a person who has highly active Kundalini, during my Tai Chi–activated experience, a friend was visiting me when she suddenly began feeling hot and shaky with many of the other symptoms usual to the Kundalini experience. She asked if I was feeling an earthquake. I realized that my presence had activated her Kundalini as a contagious spiritual and emotional shift. She was literally shaken and questioned if this was a positive experience or not.

Psychosis or transcendence? There are symptoms of active Kundalini to which one can be referred for clarifying one’s experience. This list is not absolute, has overlaps with physical issues and should be used as an adjunct with Energy Medicine.

- Feeling a rush of energy up the spine
- Tingling sensations either all over the body or in specific areas
- Spontaneous — body shaking, internal earthquake sensations, mudras
- Unexplained skin rashes — often in circular patches (Pityriasis Rubra)
- Insomnia
- Waking up at consistent times during the night [See Chinese Clock chart]
- Seeing flashes of light or luminosity
- Physical sensation of expansion, being larger than your body
- Surge of creative expression
- Sensations of overwhelming joy or bliss
- Shifts between feelings of psychosis and transcendence
- Overwhelming emotions
- Hysteria — uncontrollable laughter/crying
- Opening/highening of intuitive senses
- Spiritual rebirth
- Occurrence of spontaneous healing

In many traditions, the purpose of Kundalini is as a spiritual practice and within a Western methodology, a purposeful focus of this energy is for directed intelligent, physical healing. Kundalini is a coded frequency in the DNA cells. When that code gets activated, the DNA structure begins to deliver messages of evolutionary change throughout the body. For example, when an illness or injury activates that code, signals are sent to the body’s pharmacopeia which stimulates dosage of an innate natural healing medicine. This process evokes an epigenetic cascade of cellular/evolutionary morphing. When one learns management of this energy, it can be directed with focus as a powerful healing tool. The most important part of my Western method of Kundalini energy is that you must first make friends with gravity and use it to be grounded to the earth. [See gravity grounding chart] Kundalini brings online senses beyond the five common ones. Aristotle gave us the limited concept of five human senses. Recent research shows that there are over twenty-one human senses. The focus of my teaching is to realize abundant spiritual potential through becoming more human and living at full capacity with our natural gifts. We are Spirits — on a Human Journey.

Author Francesca McCartney can be found at www.IntuitionMedicine.org.
Some months ago, I was working a busy evening shift in our emergency room (ER). I had just stabilized a very sick patient and approached a physician colleague to refer the patient to him for admission to the ward. The dialogue that ensued was a perfect example of conflicted agendas: I needed to provide comprehensive early care to the patient while still managing the ER’s overall workload and flow; he was struggling to manage his own workload and was hoping to delay his involvement and contribution.

Ultimately, I demanded his review and admission of the patient and we both left the conversation annoyed, frustrated and unsettled. As I gathered myself, I was incensed at what I perceived to be his lack of care, interest and professionalism. I worked effectively for the rest of my shift, but I found myself occasionally preoccupied and distracted by the dissatisfaction resulting from our interaction.

Working in an ER poses constant challenges. There are the predictable ones such as dealing with sick people and their families, making clinical decisions and plans for patients and contending with a busy workload in a crowded space with finite resources — trying to achieve the greatest good for the greatest number of people.

There are also challenges that may be less obvious to those outside this work environment: the difficulty of self-care during a shift (meeting one’s basic needs like taking a meal break or even going to the restroom); the physiological fatigue of standing for long periods and walking kilometers in one work day; and the physical risk of looking after patients who are behaviorally unpredictable for various reasons. The psychological and cognitive load for ER staff can threaten to become overwhelming.

Even if you don’t work in an emergency room, your work environment may also feel busy and even chaotic at times. Besides affecting productivity and mental health, this can make it difficult to maintain positive relationships with coworkers, clients and customers. Like more and more organizations these days, we decided to create a wellness program to help provide some relief — and the lessons we learned are relevant even if your office isn’t a hospital.

Three Core Practices
One year ago, a group of us became interested in mindfulness practice and whether it would be feasible and valuable in the midst of our busy ER. We learned about the philosophy and practice of mindfulness, attended a short training course and explored the prospect of embedding some low-intensity activity into the midst of our work environment.
Even if you don’t work in an emergency room, your work environment may feel busy and even chaotic at times.

One senior colleague used the four-minute pause one morning to share her approach of “always looking for rainbows” at intervals during her shift: a laughing child, a relieved parent, a reassuring investigation result, a helpful colleague. She encouraged the team to see rainbows in each other, so that together we could work to serve the patient.

2. Moments of mindfulness throughout the workday, when staff become overwhelmed or need to enhance their focus. We post mindfulness-themed flyers around the ER, which feature simple thoughts and reflections as reminders of this.

3. A weekly drop-in 30-minute session whereby those who are interested and available can gather for journaling, partner exercises, and sharing of experiences.

Besides these formal components of the program, I’ve observed many ways that mindfulness is becoming part of the culture of our ER.

For example, a very senior doctor incorporates notions of mindfulness and attention into his teaching of other doctors. He was recently facilitating a session where doctors were simulating care of a critically unwell infant. The senior doctor observed that the doctor in charge of manually ventilating the infant mannequin was also simultaneously giving directions to the remainder of the team, distracting him/her from a crucial aspect of caring for a sick baby. He pointed out that the doctor should mindfully focus attention solely on ensuring that air goes in and out of the lungs, and delegate all other tasks.

Another day, the ER was challenged when many staff were on sick leave, many patients were coming in and the hospital wards were too full for us to transfer many patients out. During a team huddle, the director turned to me to ask if I had anything to add. I said I didn’t, but light-heartedly added, “Unless you all want to do a short meditation before you start.” The nurses responded in unison, “Yes!” (“It sounds like it would be very useful today,” the nursing leader added.) And so I led a 90-second guided sitting meditation before we all dispersed.

Nine tips for implementing a wellness program in a busy workplace

One year later, our embedded mindfulness practice program, while still in its infancy, is going strong. Here is what we have learned so far about implementing a mindfulness-based wellness program in a busy workplace.

1. Think small.
When we initiated our program, while there was interest at an organization-wide level, there wasn’t the capacity to support implementation so broadly. So we focused back into our ER, where we would be visible and present to engage staff and sustain the program.
When starting off, it helps to align your sphere of influence with your sphere of concern, and focus on your local environment.2

2. Leverage the science.
The major drawcard for selecting mindfulness as the basis for our oneED wellness program was the compelling scientific evidence behind it.

Studies have shown that mindfulness curbs the stress response. With training, anatomical and physiological changes occur in the brain and the nervous system that modulate this response.3

Studies also show that these changes translate into modified behaviors,4 including greater attention control and emotional regulation.

3. Be inclusive.
Emergency healthcare — like most healthcare — is team-based care. There is never a solo champion; there is never a hero in the Resuscitation Room. Every team member plays an integral role: the doctor who intubates the patient, the nurse who draws up the drugs, the administrative officer who links the patient details to the medical record, the social worker who supports the family, the orderly who transports the patient to the CT scanner, the cleaner who wipes down the room afterwards.

It was imperative that our program include this whole breadth and depth of staff. Their access to the program varies, depending on whether their role is dedicated to the ER or dispersed across services. However, everyone is invited to participate.

One of my colleagues likes to say, “It doesn’t matter where you work or what you do. What matters is who you work with.” He encourages us to create an environment so supportive and enjoyable that we can’t help but feel happy to be at work together.

4. Right here. Right now.
The last thing a busy staff member needs is one more thing on their to-do list, so bring mindfulness practice directly to the staff. The oneED program does not require staff to be removed from their immediate work environment in order to engage. Our structured activity was designed to encourage staff to conduct short, simple practices in the midst of their daily work schedule.

For example, before the arrival of a critically unwell and unstable patient, one colleague typically accompanies her hand-washing with a conscious square breath: inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds. She makes a concerted effort to only breathe and not think for those 16 seconds. She is convinced that this helps her to clear a space in her mind, so that she can then focus on the case and manage her team effectively. Another suggested strategy is to make logging into your computer program the trigger to take two breaths. Instead of succumbing to frustration and annoyance because of inevitably slow technology, this provides an opportunity for a pause and recharge.

5. One size seldom fits all.
As predicted, some staff were skeptical about mindfulness practice. Although this number was relatively small, we approached the issue with respect and deliberation.

Firstly, we ensured that we made it clear that participation in structured practice was completely optional (although we encouraged staff to at least try it out). Secondly, we broadened our focus back out to wellness, with mindfulness forming one component of this. Other staff members have initiated a cycling group, a social group, and a green-thumbs group, for example. Remember that a given practice will work for some but not for others.

6. It always comes from the top.
Leadership is vital for success, and leaders will determine the approach that the program takes. Our directors’ endorsement and enablement gave us the credibility we needed to initiate, implement and sustain the program.
For workplaces that may struggle to garner this engagement, we recommend presenting a business case that outlines the need for, and value of, a program like this.¹

Note also that the leaders within a team may not necessarily be those in formal managerial roles. It is important to seek out and engage these individuals so that they can enhance your efforts within their spheres of influence.

7. Create a champion team.
Our program has been coordinated by a small group of staff out of interest, passion and goodwill. As such, the program has been very low-cost to date.

However, this carries the risk that the program is dependent on a small number of individuals. It would be better to dedicate resources to the project and create a robustly reliable coordinating team so that the program doesn’t lapse when certain employees are out of the office or leave the organization.

8. Share the love.
Spread the word far and wide. Over time, the oneED program has attracted interest from other departments within our hospital, other health services and state-wide networks. Our hospital media helped promote the program,⁶ which garnered encouraging support from our local community.

9. Get a little help from your friends.
Collaborate widely and generously. Enhance your credibility by connecting with those within the profession who are highly regarded — the thought leaders.

When Dr. Scott Weingart used his plenary session at a major conference to share the value of his meditative practice,⁷ many ER workers became interested in the idea — and we set up a conversation with Dr. Weingart about his experience.⁸

Our friends at ALiEM, an education and community organization for the field of emergency medicine, initiated a Wellness Think Tank some months ago, and we have worked together on a number⁹ of shared projects.¹⁰

Within our region, we have banded together with other like-minded emergency physicians and formed a group called WRaP (Wellness, Resilience, and Performance), creating wellness and performance training modules for trainees and physicians alike.

Overall, the key lesson is that the journey to wellness, including the implementation of a workplace-based wellness program, is a marathon and not a sprint. Sustainability and progress require perseverance, patience and tenacity. Ironically, it is the very practice of mindfulness that helps maintain energy and momentum for the program coordinators.

Creating some space

A core concept of mindfulness is embodied by a famous quote used to describe the work of psychiatrist and Holocaust survivor Victor Frankl: “Between stimulus and response there lies a space. In that space is our power to choose our response.”

This is particularly apt in the ER where, at any given time, we are barraged with inputs, stimuli and interruptions. Recognizing this space allows us to deliberate before offering an otherwise reflexive response. This, in turn, enhances team dynamics by promoting respectful communication, collaboration and the ability to recognize shared goals.

That evening when I experienced the conflict with my colleague, I wondered about how I might respond. Should I make a complaint to his boss? Should I confront him myself? I chose the latter course, and

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What We Can Learn from a Mindful Emergency Room

initially planned to take him aside and ask him to explain his lack of professionalism. Luckily, I realized that it would be far more self-aware and non-judgmental to start with the statement, “I regret the interaction we had earlier.”

Towards the end of my shift, I sought him out and we engaged in dialogue once again. This time, he apologized for his approach and disclosed that he struggles with anxiety, but that he realized he must learn to manage it. I responded by assuring him that he was not alone and that he demonstrated great insight by recognizing this. We have maintained supportive contact since then.

That evening, a shift that could have ended with dissatisfaction, frustration and lack of fulfillment instead ended with a deeply gratifying interaction — simply by being mindful, recognizing the space between trigger and response and then choosing a response which resulted in a profound connection. These are the kinds of benefits you can experience from promoting mindfulness at work.

Author Shahina Braganza can be found at www.ShahinaBraganza.com.

References

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