May your walls know joy;
May every room hold laughter and
every window open to great possibility.
–Maryanne Radmacher-Hershey
Dear Readers,

I love to read – although these days I rarely read fiction. There are usually have two or three books either waiting to be read or waiting to be finished. This is one of the ways I explore and discover and develop ideas. Our local library and their interlibrary loan program gets lots of use by me. Now I must admit that I do not always finish books or read them in the normal way. I sometimes skim books, looking for bits of information, or start a book, lose interest and do not finish it. When the topic or author is engrossing, I read cover-to-cover and even take notes or copy a page to capture something I want to remember.

This past few months, several titles have captured my attention — The Emperor’s New Drugs: Exploding the Antidepressant Myth by Irving Kirsch; Being & Biology: Is Consciousness the Life Force? By Brenda Dunne and Robert Jahn; The Intelligence of the Cosmos: Why Are we Here? By Ervin Laszlo; You Are the Universe: Discovering Your Cosmic Self and Why It Matters by Deepak Chopra and Menas Kafatos.

You might ask why I bring this up. First, as the editor of Energy Magazine, I feel it is important to stay current with what is happening in the broader fields of energy healing, consciousness and science. Secondly, there is so much we do not know. Although energy medicine has been around for generations in some forms, there is still much to discover and learn. Discussions today entertain such subjects as information versus energy — is it really energy or is it perhaps information that is being "used" and "shared?" What role does consciousness play in healing? How important is intention — the practitioner’s and the client’s? The list of questions is endless and the discussions are very, very interesting.

When we think we have it all figured out we are deluding ourselves. There is comfort and safety in “knowing,” in feeling like things are set and solid. Yet, I propose it might be more exciting and helpful to “fly without a net” as much as we are capable.
We have all heard the fable about the blind men describing the elephant — each able to describe a particular element but no one sees the entire elephant. As energy healers, maybe we are a bit like these blind men. Each is able to assist others in certain ways, ways in which maybe others cannot. Yet, none of us can help everyone — none of us sees or knows everything. There is much yet to discover.

I am hopeful that Energy Magazine contributes to your discovery — that the authors and articles that we include, give you new insights and knowledge — and that your perspective is broadened and you are able to grow accordingly.

Happy reading,

Margaret
Bill Badiner, BA, HTCP, is a Healing Touch Certified Practitioner and holds a degree in Psychology from the University of Minnesota. He has been practicing Healing Touch for nine years, working primarily in the field of Hospice care as a complementary care giver for Hospice By The Bay, Sonoma, CA. His Article, Chakras, Gateway to the Angels, is a reflective piece about how two women showed him the healing power of touch and heart-centered intention focused on spirituality.

Mariana Caplan, PhD, MFT is a psychotherapist, yoga teacher and author of several books in the fields of psychology, spirituality and yoga, including her latest, Yoga & Psyche. She has been teaching workshops and trainings online, in yoga studios and universities, and at major retreat centers throughout the world since 1997. She is the founder of Yoga & Psyche International, an organization created to integrate the fields of yoga and psychology globally. For more info, visit www.YogaAndPsyche.com.

Marie Cargill is a Boston-based expert in alternative medicines — Traditional Chinese Medicine, acupuncture and herbal, Western herbal medicine, Homeopathy, supplements and nutrition. All these therapies help people and their pets. www.MarieCargill.com

Vicky Iskandar is a Feng Shui consultant and writer with expertise in Chinese Astrology (’BaZi’) and Western Astrology. She is a Taoist Qigong practitioner and Afro-Brazilian dance enthusiast. She worked in editorial and content marketing for many years while advising clients on Feng Shui and BaZi on the side. She has now devoted to helping individuals manifest their dreams and maximize their potentials using the ancient art of Chinese Metaphysics. www.FunctionalFengShui.com

Mari L. McCarthy is the best-selling author of the self-help memoir Journaling Power: How To Create The Happy, Healthy Life You Want To Live and the Founder and Journaling Guru of CreateWriteNow.com, she helps health conscious people to heal, grow and transform themselves through journal writing therapy. Mari has created 20+ Self-Paced Journaling Courses such as Heal Your Life, Get Healthy and Love Your Body. www.CreateWriteNow.com
Midge Murphy is the first attorney to receive her PhD in Energy Medicine. While Midge no longer practices law, she does offer risk management consulting services. Her unique credentials allow her to lend her expertise in the practice of and training in energy healing methods. She is the author of *Practice Energy Healing in Integrity; the Joy of Offering Your Gifts Legally & Ethically*. Midge also has an energy healing practice for animals and humans. [www.MidgeMurphy.com](http://www.MidgeMurphy.com)

Sarah Murphy, MA, is a psychotherapist and coach with ten years of clinical experience specializing in energy psychology, including EFT, as well as mindfulness and hypnotherapy. In her therapy practice, Transformative Therapy, in Bryn Mawr, she works with individuals seeking to find peace within themselves and in their relationships, people who have serious medical diagnoses and couples who want to resolve conflict and live in harmony. Send comments to [murphysarah01@gmail.com](mailto:murphysarah01@gmail.com); Learn more at [www.Transformative-Therapy.com](http://www.Transformative-Therapy.com).

Robert Schwartz is the author of *Your Soul’s Plan and Your Soul’s Gift*. He teaches internationally on the subject of pre-birth planning. For information about his workshops, please visit the Events page of his web site at [www.YoursSoulsPlan.com](http://www.YoursSoulsPlan.com). You may write to him at [rob.schwartz@yoursoulsplan.com](mailto:rob.schwartz@yoursoulsplan.com).
1. **You Are the Universe** literally means what it says — each of us is a co-creator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some key mysteries cannot be solved, even though they are the very issues that define reality itself. “The shift into a new paradigm is happening,” the authors write. “The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change.” What these two great minds offer is a bold, new understanding of who we are and how we can transform the world for the better while reaching our greatest potential.

2. “Is it possible that love is the foundation of all life, and that science is now proving what the mystics and saints from nearly every spiritual tradition have been saying for thousands of years? Robert Williams’ amazing book not only asks important questions about the evolution of humanity, but he gives answers that should not surprise anyone — that Love is indeed the only power in the universe. And what happens when a small percentage of people on the planet activate that power and extend it into the world? The answer is simple, and it is in this book.

3. When we are thrust into the role of caregiver for a loved one who is in the process of dying, it is easy to get overwhelmed. Yet it is a situation millions of us face every year with virtually no sort of preparation or guidance. Dr. Ferrer offers an all-in-one resource for anyone tasked with managing the end-of-life care of a loved one. He shares the essential steps we need to take in a way that can be tailored to our unique situation. Through checklists, plans and step-by-step instructions reflecting his years of experience supporting patients and their families, he offers clear and compassionate guidance for the most difficult issues.

4. This book focuses on H.H. the Dalai Lama’s advice about compassion, kindness and happiness, as well as practical advice for situations children need a hand with (making mistakes, getting angry, etc). The quotes included in the book are short, funny and easy to understand, while the illustrations portray children from different cultures and countries, thus educating children about lifestyles around the world. Forward by H.H. the Dalai Lama.

For more information or to purchase these titles click on the title’s image above.
In Appreciation of Nancy Strick

It is with heartfelt thanks that we bid adieu to Nancy as Editor of Energy Magazine. Nancy has been with the magazine since its inception in 2006. In addition to offering her excellent editing skills, she has supported and guided both the staff and the magazine through these past 12 years.

Without Nancy, Energy Magazine would not be what it is today!

Thank you Nancy, for all you have given us! We wish you well on your “retirement” journey and hope you have many wonderful days with your husband, Mike, and children.

Celebrate the Power of Healing Touch

International Healing Touch Day

June 2, 2018 • ONE DAY • All Around the World

Count me in! With hands and hearts, we are reaching out into our communities to share the gift of Healing Touch!

Find out How NOW!

All Details: htwfoundation.org
The “Ruger Principle” For Dealing with Stress

A few months ago, Ruger visited for the weekend. Ruger is the chocolate Labrador that lives next door.

A fence separates Honey and Lucky, my two maniacal dogs, from Ruger’s universe. That separation has not prevented the dogs from playing over the years. They love passing sticks back and forth and running along the fence, yapping at each other. A few weeks ago, Ruger’s parents had to rush out of town; subsequently, I hosted Ruger for the weekend.

At first, Ruger was not so certain about the arrangement. He kept dashing out the back door and rushing over to the fence. He would then pause and stare back at me, puzzled. Why could he not get over there? He kept searching for secret paths to his home base but found none.

By the end of the weekend, Ruger did not want to go home. He liked being one of three dogs cuddled in “The Woman’s Bed.” It was pretty special to be included in the continual handing out of bones and the sampling of “The Woman’s Steak.” Then there were the two morning drives to the enclosed dog park. What dog would not want to join a wild wolf pack? Better yet, the excursions were followed by visits to the drive-in coffee shop. Because Ruger was a fresh face, the staff doubled down on the dog treats.

Think of how often our clients face new situations that seem challenging and maybe even insurmountable. Life is stressful. The tyranny of a crisis is absolute. No matter what occurs, they must deal and adapt. One of our roles as healers is to help them cope, and maybe even thrive, in the wake of a calamity.

Adjusting is complicated by the fact that positive and negative events, as well as small and great stressors, cause equally powerful and problematic biochemical reactions in the body. The body’s biological goal is to remain in — or return to — homeostasis, or a constant state of balance. To accomplish this, the body interacts with the external environment through a feedback mechanism of inputs and outputs that aim at reestablishing the former norm or achieving a new one.

For example, imagine that you are startled by a noise. It does not matter if the sound is made by a friend shouting “Hey there!” or by a car slamming into a stop sign. Your blood pressure rises, your heart beats faster and you start sweating. Did it matter that Ruger’s visit would be a happy one? Not one bit. The change in environment made him nervous.

At some level, every client comes to us for trauma recovery. It does not matter if the causal stressor was positive or negative, or if the client even knows the trauma’s origination. We might be able to restore the client to the pre-trauma state. Then again, we might not. We can always, however, apply what I now call the “Ruger Principle” to help them attain a new and more positive state of homeostasis. We do this by helping them choose between the two biologically-based responses running in all living beings: the “closed” versus “opened” feedback loops.

After any stressful stimulation, the brain decides whether to react negatively or positively. (These are not judgmental terms; both processes can be helpful.) When our brain responds negatively, it closes the body off from the outside world, thus keeping us from perceiving options besides those already programmed into the system. There is nothing wrong with this response. A closed feedback loops enables us to respond quickly to a crisis.

When we respond positively, our brain remains open for input from the outside environment. We gather new options and can respond differently than our programming allows. Thus, we can learn new information and accept assistance.

If a client has been unable to clear a trauma, their neurological system has probably been stuck in a negative feedback
loop. Our job is to enable them to gain freedom from this loop so they can enter a positive or open state and perceive the situation differently than they are accustomed to.

What happens then? A recent study suggests an answer.

In general, research has showed that modern humans read and understand sacred scripture, as well as the world itself, differently than did their ancestors. These days, we believe that the mind and body constitute a closed system; that the immortal “I” should make every decision without assistance. If our clients are struggling to recover from a stressor, it is because they are stuck in this contemporary “It is all about me” or closed-loop state. Think about what might have happened to Ruger if he had not been encouraged to enjoy his visit!

On the other hand, our ancestors believed that the mind and body were open systems, constantly interacting with the environment. Thus, they were always open to input, even mystical assistance, such as visions from Spirit and visits by the angels. Ruger’s eventual adaptation to my wayward family system reveals that his neurology shifted into the open state, leaving him hale and hearty.

As healers, we can help clients stuck in a negative feedback loop by emphasizing new ways to look at an old or current problem. How might a more creative perception alter their attitude or opinion? How might they write a different ending to the same story? Is there a trusted advisor they can consult about their condition? In the end, all healers can apply the “Ruger Principle” by suggesting fresh ideas, encouraging spiritual solutions, and when necessary, giving treats.

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.

Trees in Spring
Trees in Spring say it all.
Every where you look.
Branches entwining
Blossoms blooming.
Again and again
new direction
new choice
new design.

If only I could give you the beauty of trees.
Move with me.
Dig deep, soar high
Bend in, out, and around.
You are branches
You are leaves
You are lace.
You are the wisps of sky
between the leaves.
You are your creation.

– Carol Lessinger

References
Good for the Practice

Boost Your Practice with the World’s Oldest Healing System

Part 1: Wood Element — Bringing structure to your practice

Be like a tree in pursuit of your cause. Stand firm, grip hard, thrust upward, bend to the winds of heaven, and learn tranquility. — Dedication to Richard St. Barbe Baker, Father of Trees

The Wood Phase of your practice represents the form — the borders of what your practice will look like. In the framing of a new house — you can see the roof, the front door and the square footage. The bones of the framing make obvious the structure that will eventually be your home. The Wood Phase is where we begin to claim our business identity. It is the shape of things to come. This is the phase, that if well-rooted from the imagination of the Water phase, those nurtured imaginings begin to push themselves out into the world. The ideas of what we want our business to become is launched by Wood. If the Water phase of business building is summed up with “I Dream therefore I Am” the Wood Phase can be summed up as “I Think therefore I Am.”

Welcome to the forward momentum of Wood Element.

Water Organs: Gallbladder is Yang — Liver is Yin
Season: Spring — the time of year when all of nature comes alive again

Wood: The Discoverer — where is the most advantageous platform for me to position myself?

Phase: New Growth — abundance, generosity, expansiveness.
Thinking: Clarity of mind. High Power of Focus. Strategic.
What is the best way for me to take my love of working with children into the world? How will I best connect working with those with addictions? Once we have our idea of what we want to be in place, Wood is the “how do we take it to the world?” The ‘how we market ourselves.’
Purpose: Plug in my ideas to places where it can grow. Where are children who need energy work? Who can help me connect with folks suffering with addictions issues?
Stimulus: Now that I am clear on what my needs are, how can I meet the needs of others?

The Water Phase has helped us determine what MY NEEDS are and next we look to match meeting our needs with what the WORLD NEEDS. The principle of mutual need satisfaction is the art of determining our needs and then matching our needs to another — the cornerstone of all successful business practices. Let’s face it, I am going to be miserable working with animals if I fear dogs. I will not be successful, even though the need for energy work with animals is currently in high demand. I will not flourish if I am not happy.

The Wood Phase is taking the ideas that make us happy and then focusing on who needs our help. If working with children with learning disabilities fascinates you, you will want to match that need of yours with children that need help with their learning disabilities. Laser focus on how to match your need to help with children who need help. Where are the children that need energy work? Who can help me connect with those children? What do I have to know to expand my work with children that have learning disabilities? Where is the best place for me take a stand in the world of energy work and children with learning disabilities?

Matching your needs with what the world needs is the impetus that will drive your practice identity.

Truth: The peaceful assertion of myself into the world.

Best of Wood energy: Mental strength fueled by creativity. Problem solving. Cool under fire.
Hardest of Wood energy: Anger, vindictive, aggressive, competitive.

Greatest Virtue: Kindness
Greatest Talent: Progressive planning
Acupoints to hold to for common Wood issue phases

Liver 14 — Gate of Hope: Restores hope and confidence in the future. LV 14 is said to be the point of opening to the future. Bilaterally hold/tap LV 14.


Gall bladder 37 — Bright and Clear: Brings clarity and vision that keep Wood energy adapted. GB 37 shows the way to a brighter future. Bilaterally hold/tap GB 37

Exercises that hold Woods in best place: Martial Arts, kickboxing, power walking, the musical STOMP epitomizes Wood element.

Best Advice: Great leaders have a lot of directed Wood energy. Wood energy envisions political, social and cultural changes and can bring those concepts into form. Nothing of substance ever changes or progresses without the influence of Wood Element energy. In the world of subtle energy work, it is our Wood Element energy that will bring Energy Medicine to the masses, one energy practice at a time.

“Connection Speech”: is essential for the Wood phase of your practice. These crucial 90 seconds progress the silhouette of your vision, for your own resolve, but also lets others know you are out there and looking to establish your place.

Example of the 90 second “Connector 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, Touch for Health, Reiki, Eden Energy Medicine, Energy Kinesiology, Applied Physiology, etc. My interests/focus/specialties are currently centered around . . . pain relief, or fatigue, children with learning disabilities, mental health issues, etc. I am in the process of creating a professional practice and I am looking for others to connect with who might benefit from my work. Do you have some thoughts on anyone who might benefit from what I do? or Where might you see a need for the work I am starting? or I am curious if you have any notions on where someone like me might fit in?”

Customize your own “Connector Speech” as appropriate.

- Be peacefully assertive — not pushy.
- Thank others for their thoughts — remember Wood energy is kind.
- Revel in what you receive.
- Plant your skills in the fertile ground of knowing you are meant to be what you want to be.

A well-worded “Connector Speech” is linking your new energy practice to the growth and expansion — wanting to push up through the ground and begin to grow.

In the next issue we will examine the cycle of Fire Element. We will take our Water vision, coupled with our Wood momentum, and mix in the celebratory energy of Fire Element for heart-centered vocation.

Dr. Sara has studied all things energy 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 science practice. It is her vision that when the Energy Medicine practitioner is equitably compensated, and can depend on career longevity, the world will begin to embrace these essential heath-giving skills that have thrived for thousands of years in droves. Learn more at GoodForYouEnterprises.com or contact@drssaraallen.com.
Food Synergy

Everyone is different, yet we share human similarities. Easily identifiable comparisons include hair or eye color, height or body type. Not so distinguishable differences are how the body digests, absorbs and utilizes the food that is eaten. Individuals select recipes, prepare and consume food based upon preference and ideas about health. Every human body responds to diet differently because of biochemical individuality, which is dependent upon genetic makeup.

The input into the body varies tremendously and starts with air and water. Look at your water bottle; is it the same as the one that someone else purchased? Did you get into your car in your garage, walk down a busy street to the subway or wander across the pasture to get where you are now? Environmental pollutants can be in the air, water and ultimately end up in the animal flesh that is eaten. Given that bodies are different and input is different, this strongly suggests that dietary input must be both relevant to a condition and targeted toward an individual. All of our inputs vary as do the bodies into which we are putting them.

We consume a wide variety of food at breakfast, lunch and dinner and many Americans also take supplements. We digest and absorb these constituents, build our bodies and defend against potential pathogens. Apples picked from a tree can be eaten, made into a pie or complement braised red cabbage. Food synergy is the concept that the non-random mixture of constituents that make up plant foods operate together for the benefit of the plant and then presumably for the life of the eater. This suggests that foods are eaten whole and implies a benefit to traditional recipes that have stood the test of time.

Food synergy is a symphony of biologically active plant chemicals or phytochemicals in concert with the wholly variant bodily makeup of the world. Synergy implies that benefits to health appear stronger for patterns of food intake versus individual foods or their constituents.

It is clear that supplements are beneficial when a person is deficient. However, food provides co-factors and buffers during digestion and absorption. Nutrients in food may interact differently than nutrients manufactured and sold separately from their food source. It is possible that a completely partitioned diet that includes all identified essential nutrients would still result in ill health and lack of thriving. Thinking that food is merely a composite of its constituents simplifies the beauty of science and nature and neglects the fact that nothing happens in isolation.

Take the apple and braised cabbage example from above. One could eat the braised cabbage or one could eat the apple for breakfast and the cabbage for lunch. In both examples, the individual eats the apple and the cabbage. But what about everything else that the person consumed before, with or after the apple and cabbage? And what about the biochemical individuality of the person doing the eating? We can no more separate the foods from each other than we can separate it from the eater.

What does a diet focused on synergy look like? It is well documented that the Mediterranean diet has beneficial health effects. I posit that any ethnic or traditional recipe will have synergistic effects that are greater than its individual constituents. Rather than focusing on 7-10 servings of fruits and vegetables, focus on 7-10 different fruits and vegetables! Consuming foods throughout the day provides rich nutrient sources that can interact for optimal health.

The benefits of food synergy include first and foremost: balance. There is no way to overdose on nutrients from food. Nutrients affect the absorption of other nutrients and affect the entry of individual components into the human system. There is balance in the way food constituents develop. Plants create polyphenols in response to pests in the environment. Plants that are antifungals possess that
property as they are themselves susceptible to fungal attack. To consume an antifungal plant to obtain that benefit is fundamentally different than the reductionist thinking of extracting the antifungal component from the plant and taking a pill.

Plants that end up in the grocery store or farmer’s market have survived their own life cycle! Different varietals have different compositions as do different fruits from the same tree. The eater selects a food that is balanced in its composition; it is then digested, absorbed or excreted somewhat intact — all dependent upon what is required by the eater. The human will then adapt any nutrients to its systems and processes, which is all dependent upon the biochemical individuality of the eater. Cells can respond or reject individual compounds. It is a beautiful symphony and the therapeutic value has been known since antiquity as many different cultural healing systems, such as herbal medicine, rely on this theory. At Life University, culinary coursework focuses on synergy, which supports a vitalistic lifestyle and the optimization of human life.  

Denise shares another of her delicious recipes on page 30.  

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

**References**


**INGREDIENTS**

- 1 tablespoon fennel seeds
- 1 teaspoon cumin seeds
- 2 tablespoons yogurt, lactose free
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 tablespoon ginger, grated
- Sea salt
- 1/4 cup fresh parsley, chopped
- 1 red chili pepper, finely diced
- Black pepper, freshly ground
- 4 pieces haddock

**DIRECTIONS**

- Preheat oven to 350°F.
- Toast fennel and cumin in a dry pan.
- Place all ingredients except for the fish into a small tabletop food processor.
- Process until combined yet still chunky.
- Coat fish with mixture and marinate for at least 30 minutes.
- Bake fish until cooked through (12-15 min per inch of thickness).
A Walk Towards Health

Marie Cargill

Once upon a time, a walk in the woods was just that — a walk in the woods. Now a walk in the woods can mean “forest bathing” for some, a form of healing therapy. Walking, running and hiking in woodlands is exercise but forest bathing, as reported by Japanese researchers, is a very slow walk with all senses alert. The fact is that when you go into the woods, you are becoming exposed to special chemicals that trees and plants produce to protect themselves from harmful toxins. These chemicals, called phytoncides, are essential oils found in many types of woody plants, particularly conifers. Just as these oils are part of the wood’s immune system so, too, can they become part of yours.

We evolved along with plants and animals, and in co-inhabiting the world with them, we all breathe the air given off by healthy forests. There is medicine in that air!

Forest sounds, sights, smells and tastes all have healing benefits. The land is offering to form a relationship with us, giving us its benefits and receiving benefits in turn. When we recognize the capabilities of trees and their emotional lives and needs, we will realize that forests are not lumber factories but complex habitats for thousands of species and part of the solution to the environmental catastrophe of global warming.

Humans have noted that they feel healthier after spending time in forested areas. Now Asian researchers have discovered the reason. They found that people who spent time in a forest walk or “bathing” had elevated white blood counts, almost as much as by 50%. Other benefits were also noted: lowered blood pressure, heart rate and alleviation of depression.

In forest bathing, a walk is not focused on a destination. It is the awareness of your surroundings, your senses fine tuned. You allow yourself the opportunity to look more closely at everything around you such as rocks, leaves, water, plants and fungus. Time appears to slow down. The whole point is to be in the moment. It is spending time in nature in a way that invites awareness of your co-inhabiting where you are.

The intent of forest bathing is to connect with nature. You do not rush through, bike through or run through. In fact, walks are usually short — a mile or so — but can range from two to four hours long. During this time interactions are encouraged to take place, all designed to slow down the walker and open the senses.

In a forest bathing session, you begin with a short, well-marked, quiet trail in good condition, with a large percentage under forest canopy. The beginning of the walk is for moving along at one’s own pace and
enjoying the forest. You are invited to shake off the road dust and breathe easily. Forest bathing should be as silent as possible with senses alert, pausing when something catches your attention.

You are encouraged to use each sense. What do you notice? What captures your attention in bright areas? In darker areas? Stand quietly and listen to the sounds first in one direction then in another. If you come upon a stream, place your hands in the water. Feel the surface under the water. What sensations do you feel? Touch a tree, running your hands over it and even the ground under it. Smell the plants around you. Crush leaves to release the scent of the plant.

Leaders of these walks encourage various types of body sensing, one of which is called body radar. Stand with your arms slightly out from the sides, palms out, as if your hands were a radar device. Move slowly in a circle, paying attention to being pulled in a particular direction. When you feel pulled, follow this sensation and see if anything is calling you — a dragon fly, ants going about their business, the sounds of birds, the shape of a mushroom group.

Forest bathing was first reported from Japanese research as a form of healing therapy. Within a stand of pine trees, the air is almost germ-free because the trees act as huge air filters. Their eaves and needles catch small particles as they float by trapping large amounts per square mile.

Plants and trees evolve in a different way of life than mammals — they remain fixed, which makes it necessary for them to find solutions that are extraordinary and original. One of these is a defense system where they can pump toxic substances into their leaves in mere minutes to rid themselves of herbivores. Trees can give off a warning gas that signals neighboring trees of the same species that there is a problem at hand. Plants exchange volatile compounds such as the molecule methyl jasmonate, a substance produced under stressful conditions, which bears the message, “I am not well”. These various volatile compounds are indispensable contributions to living in community.

These evolutionary defenses have become part of the human pharmacopeia. For example, research has shown that adding a pinch of crushed spruce or pine needles to a drop of water that contains protozoa kills the protozoa in less than a second. The silver birch takes its color from its active ingredient botulin, which has antiviral and antibiotic properties. Willows produce a defensive compound called salicylic acid making its leaves very bitter and toxic to chewing insects. But to humans this compound became a lifesaver for treating pain and is a precursor to aspirin.

Active properties of trees and plants have specialized metabolites effective in medical treatment: for instance, the tannins are used as anti-inflammatories; the bitters of the thistle family make possible the digestion of fats; the saprons are effective expectorants; the digitains are heart medicine; and alkaloids contain deadly poisons used for medical purposes. There are over 380,000 different species of plants in the world, of which only about 5% have been investigated for medicinal benefit.

In a forest, trees and plants live complicated lives allowing them to grow and evolve and in the case of trees, live for centuries. They live in what has been called the “Wood Wide Web” of soil fungi that connects and allows them to share an enormous amount of information, resources and goods. Intelligence, learning, memory and communication are qualities...
that we share with plants and trees.

Trees depend on each other, so they share their nutrients. They connect through their root systems. They help neighboring trees in times of need. Together many trees can create an ecosystem in which they grow slowly and very old.

Perhaps the original idea of forest bathing came from the Japanese garden. A Japanese garden is created to induce a state of mindfulness — the total effect of rocks, plants, bushes, trees and water were put together to make an adventure for the senses. A Japanese garden is made for meandering.

“Forest bathing” likely comes from this tradition. It was developed in Japan in the 1980’s as a healing medicine and a staple of preventive healthcare. M. Amos Clifford, the founder of the Association of Nature and Forest Therapy Guides and Programs, is one of the leading U.S. voices of forest bathing or Shinrin-Yoku-inspired forest therapy.

As a wilderness guide and mentor to people who want to find deeper relationships with nature he offers Shinrin-Yoku as a great, easily accessible way for people to connect with nature. A person needs no money, no days off from work, no expensive equipment, to connect and receive a healing from the forest.

Author Marie Cargill can be found at www.MarieCargill.com.

References
1. Ebeling, S., et al. (2014, January 22). From a traditional medicine plant to a rational drug: understanding the clinically proven wound healing efficacy of birch bark extract. PLOS One, 9 (1).

To Learn More:
- Brilliant Green: The Surprising History and Science of Plant Intelligence by Stefano Mancuso and Alessandra Viola
- The Hidden Life of Trees: What They Feel, How They Communicate by Peter Wohlleben
- A Little Handbook of Shinrin-Yoku by M. Amos Clifford

Bengston Energy Healing Method®

Upcoming Workshops
- May 26 - 27, Paris, France
- July 15 - 19, Rhinebeck, NY
- September 14 - 16, Kirchzarten, Germany

with William F. Bengston
author of The Energy Cure

Learn More
BengstonResearch.com/workshops
Writing is a transformative act.

The simple ritual of putting pen to paper and expressing your true thoughts and emotions in a journal has the power to change your life. It can reduce your stress and anxiety — and improve physical, psychological and spiritual health.

But how? And why? What is it about expressive writing that can improve the symptoms of chronic illness or reduce your chances of catching a common cold? What is it that relieves the burden of distressing experiences?

Therapeutic journaling is not a new concept. Psychologists and doctors have studied its positive effects over the course of several decades, but yet most people still do not do it.

Imagine if we all turned to our journals in times of stress, instead of to unhealthy habits or prescription drugs or mindless distractions. Think of the money, time and heartache we could save ourselves if we only learned to write for our own health and well-being.

What is therapeutic journaling?
There are many different kinds of journaling. You might keep a journal to collect assorted memories and observations, or to document important periods of your life, such as a long trip, a pregnancy or a cross-country move. You may keep a food journal, a dream journal or a music journal.

And observations, or to document important periods of your life, such as a long trip, a pregnancy or a cross-country move. You may keep a food journal, a dream journal or a music journal.

Every type of journaling is valuable and can bring joy and meaning to your everyday life. However, these examples are not necessarily therapeutic journaling. The therapeutic element arises when you write about profound — and often painful — thoughts, emotions and experiences. You give yourself a private, safe space to release deep fears, scars and traumas that you might never share with anyone else.

Therapeutic journaling can be intense and challenging. You have to be prepared to face difficult memories and feelings and write candidly about them. But if you stick with it and keep writing — you will come out on the other side stronger.

What research supports therapeutic journaling?
The pioneer in this field is James Pennebaker, PhD, a psychologist, whose work on expressive writing spans more than 30 years.¹ Pennebaker and his associates studied how people were affected by writing about traumatic or stressful events — finding that their physical and psychological outcomes were significantly better than those who wrote about neutral topics.
In Pennebaker’s first study, a group of college students wrote for 15 minutes on four consecutive days about “the most traumatic or upsetting experiences” of their lives. A control group wrote about superficial topics, such as their shoes or their room.

The participants who wrote about traumatic events reported noteworthy benefits four months later, including less frequent visits to the health center and fewer days of absence due to illness. The authors of the study concluded that, “writing about earlier traumatic experience was associated with both short-term increases in physiological arousal and long-term decreases in health problems.”

Many follow-up studies on expressive writing have yielded similar results. Several studies have found that expressive writing enhances the performance of the immune system.

Therapeutic writing has been shown to help people suffering from many chronic illnesses, including asthma patients who had improved lung function and rheumatoid arthritis patients who had better joint mobility. Writing has also helped HIV and cancer patients, as well as people suffering with Lupus, liver disease and chronic pelvic pain.

While the immediate effects of expressive writing can be negative — a short-term increase in distress, negative mood and physical symptoms — longer term results show powerful benefits, including:

- Improved immune system, lung function and liver function
- Fewer stress-related doctor visits
- Experiencing more inner peace
- Reduced missed time from work
- Quicker re-employment after job loss
- Improved working memory
- Improved athletic performance
- Faster healing of emotional wounds
- Learning from — rather than living in the past

How can therapeutic journaling help you?
You can benefit from therapeutic journaling, no matter what is going on in your life. Use it to cope with a loss, such as losing a job or a loved one. Try it to get to know yourself better and to get more in touch with your core values and goals.

It is easy to get started. All you need is a quiet space where you will not be interrupted, a notebook and a pen. For five days in a row, set a timer for 15 minutes. Write your deepest thoughts and feelings about a stressful or upsetting experience in your life, or an important emotional issue that has affected you deeply. Push yourself to explore what impact it has had on you over time, how it has influenced your relationships and decisions. The only rule is that you keep writing continuously until the timer goes off.

At the end of the five days, write about your experiences with therapeutic journaling. What was it like? How does it make you feel? What do you hope for as you move forward?

Continue to set aside a few minutes every day to write in your journal. It does not always have to be about traumas or deep emotions. Write about gratitude. Write about joy. Write about the person you want to be.

If you do not know what to write about, use a stream-of-consciousness technique and simply jot down any thought that enters your mind. The important thing is to make journaling an essential part of your daily life. Keep checking in and over time, you will heal, grow and transform in surprising ways.

References

Author Mari L. McCarthy can be found at www.CreateWriteNow.com.
EFT, Baseball and Hitting the “Zone”

Sarah Murphy, MA

The Oregon State University (OSU) Beavers baseball team had a record-breaking run in 2017. They finished the regular season with the best record in the history of the program at 49-4 and ended the postseason at 56-6. The team set a PAC12 record, with 27 conference wins and had a 23-game winning streak. Although they came up short in the Collegiate World Series (CWS), going 2-2, they were tied for fourth best winning percentage nationally in the CWS era (since 1950). Not surprisingly, they had some of the best pitching statistics in College Division I baseball history, with an earned run average (ERA) of 1.93.

A record-breaking season is magical, a once-in-an-era experience. It necessitates excellent coaching, superb talent and that special bond among teammates who form the band of brothers, setting personal ego and agenda aside for the greater good. This season, there may have been another secret ingredient. Emotional Freedom Techniques (EFT) may have played a part in that special mix.

ACEP (Association for Comprehensive Energy Psychology) member, Greg Warburton, is a licensed professional counselor and peak performance coach in Oregon. With a quarter century of experience working with children and families — he is an expert at relating to kids. He is also a sports fan and an athlete.

He is an expert in energy psychology, an author and a founding member of the Sports, Energy and Consciousness Group, formed of top athletes, coaches and researchers in energy and consciousness.

Warburton grew up playing sports, and played a year of college ball. His father was a dual-sport college athlete and coach. This year, Warburton worked with some OSU players, using EFT as a part of his “mental training” program for athletes. This is not the first-time pitchers have been seen tapping in the Beavers’ dugout; EFT was part of the program during OSU’s 2006 and 2007 back-to-back Collegiate World Series wins.

You probably know that EFT is a form of energy psychology that utilizes components of modern Western psychology along with tapping on acupressure points to relieve distress. When using EFT for sports performance, Warburton says he asks athletes to tune into a thought/feeling of their sport performance. While holding that in mind, they “tap on” the points in order to clear any emotional blocks interfering with their performance. “The tapping clears any lingering stress and anxiety,” Warburton says, and “dependably produces a ‘relaxed body/calm mind’ state.”

A collaboration is born

In 2006, Warburton met then-OSU pitching coach
Dan Spencer at the gym. Spencer noticed Warburton tapping between sets at the weight-lifting bench. At first, “I wondered what’s wrong,” Spencer laughs. But he could tell that this man who was serenely tapping on his face was doing some kind of mindfulness practice. As it turns out, Warburton was tapping for recovery between sets. He taught the practice to Spencer, and Spencer felt the results. He says he can feel his body relaxing, his mind growing calm and is sure that he is recovering from workouts faster after using EFT. Spencer brought Warburton to the Beavers’ training room to introduce EFT and mental training to the players. “Some guys used it more than others,” Spencer recalls. Two of the players who used it the most were also big contributors to the team and went on to play professionally.

Now the associate head coach and pitching coach at Washington State University, Spencer looks forward to working with Warburton again. He had success a decade ago in the Beavers’ back-to-back ’06/’07 CWS wins, and is eager and determined to bring EFT to his players. Spencer says he has personally seen the benefits of using EFT for recovery during his own workouts. “EFT is certainly not going to hurt anybody,” Spencer says, and good coaches are open to giving their players every tool that can be helpful to them. “It’s a tool that’s going to help a group of your guys. In any team or organization, it will help them achieve their goals.”

Pat Casey, the head coach of OSU baseball, is considered one of the top college coaches and has been leading the program for 23 years. Warburton says he honors coach Casey and assistant head coach Pat Bailey as open-minded coaches/leaders who provide players with the best tools they can. To that end, they have supported Warburton’s work with players. “We will do anything to help our kids,” Bailey says. Warburton’s mental training is not mandatory, but any player or group of players wanting to incorporate mental training and work with Warburton can choose to do so. “Athletes are always striving to find that edge,” Casey says. “Different things will work with different guys.” For some of his players, working with Warburton and EFT helped them find that edge.

One such player is Jake Thompson, who finished his red-shirt junior season at 14-1 with an impressive 1.96 ERA, and is now pitching in the Boston Red Sox’s system. But Thompson’s career at OSU did not start as well as it ended. He was pulled from the lineup near the end of his redshirt sophomore season. That is when he decided to seek help from Warburton. After working with Warburton’s mental training through the summer, Thompson says of his first outing in the fall season “everything felt right”, and it kept feeling right in every outing that fall. When the regular season began, he says, “I couldn’t wait to pitch. I knew I was going to have success.” And he was right.

He is sure that he is recovering from workouts faster after using EFT.

He is sure that he is recovering from workouts faster after using EFT.

The mental game

Baseball is 90% mental, and the other half is physical. —Yogi Berra

Every athlete knows that their performance is best when they are “in the zone”, or what psychology researcher Mihaly Csikszentmihalyi calls a state of “flow.” Indeed, according to Csikszentmihalyi, “The best moments in our lives... usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.” The inner self-critic is quiet during these moments, as the performer becomes one with the performance. Brain imaging scans show a decreased activity in the prefrontal cortex, which is the seat
of planning and decision-making and is involved in self-awareness, as the rest of the brain becomes more interactive and engaged. Since the “zone” or “flow” state is part-and-parcel of excellence in performance, the question becomes, how can we intentionally access the “flow” state?

Athletes embrace the concept of flow, having experienced its magic. But they lack the training and skill to put themselves into a relaxed body/calm mind state intentionally. Despite their desire to stay mindful and in the zone as they compete, the flow state can remain elusive. Telling them to relax is not enough, Warburton says. We need to teach athletes specifically how to do it.

When he was young, the only mental training athletes got was being told to “be tough”, Warburton says. “When I went back into sports, back in 2006... I didn’t realize there still weren’t methods being taught.” According to Warburton, the biggest gap in education is lack of emotional self-management training. To fill this void, he teaches young athletes skills to help them relax their bodies and calm their minds. These skills include a twist on the old injunction, “know thyself,” along with EFT and what Warburton calls “playing in the Do zone.” Thompson, the pitcher, says that he used to think that he didn’t need help with the mental aspect of the game. He came to realize, however, that while athletes pay a lot of attention to the physical aspect of the game, people always say the mind is more important. Realizing that the mental aspect is also a skill he can work on was empowering, and getting the tools to use made all the difference to him. “I feel like I’m in control of my thoughts.”

Self-honesty: the cornerstone

Forty years ago, when he was working in the mental health field, Warburton had one of those “Ah-ha” moments as he wondered, “Can I teach self-honest self-observation?” This is his language for the foundation of mindfulness, the nonjudgmental awareness of the present moment. In the intervening years, he has taught countless clients to begin at this beginning, and then practice it. According to Warburton, the starting place is to know that the most important person to tell the truth to is yourself, practicing what he calls “the courage of self-honesty.”

And the way to the truth is through the body. In order to tune into what is blocked, Warburton teaches his young clients, you need to pay attention to how you feel physically. Do you feel tense or calm when you remember that time, picture that event or prepare for that game? When working with athletes, each week the starting place is to ask, “When you tell yourself the truth, when you’re thinking about last week (or the last game, or the next game), what are you thinking and feeling about yourself this moment?” The athlete, being honest with himself or herself, may say “I nervous,” and then tap on it.

The Do-zone

A component of Warburton’s work is to teach players that they attract what they are thinking about, even when it is a negative. The subconscious, like a toddler, does not easily compute the “no.” Imagine a two-year-old bouncing away as you tell him or her not to jump on the bed. They blow right by the “don’t” and move right along to “jump on the bed!” Our subconscious thought-feelings of what we do not want have pretty much the same effect. “I don’t want to throw a ball” can lead to a bad pitch. So Warburton coaches his clients to shift the “don’t” into “do.” Players choose their own “positive performance phrase”, a short phrase focused on how they want to perform.

Playing in the “Do zone” is a piece of mental training that helps players to remove blocks to performance. Warburton summarizes his mental training like this. Practice catching the thought-feeling experiences you are currently having relating to your performance. Tap on your blocks. Play in the Do zone. “Practice mental training as diligently as skill training,” he says. “Then you are a complete athlete.”

On the mound

Ben Wetzler was a top player for the Beavers in
EFT, Baseball and Hitting the “Zone”

2013/2014. He started as a “true freshman” in Division 1 college ball, which is rare indeed. The next year, when Warburton introduced his mental training to the team, Wetzler reached out to begin working together on learning EFT and cognitively developing his positive performance phrase. “Pound down” was Wetzler’s phrase as a pitcher. This meant he executed pitches throwing low in strike zone. In his last two years, working the mental training program into his training routine, he won 22 games and lost 2, and led the nation in D1 baseball, pitching an eye-popping 0.78. According to Warburton, Wetzler said, “I was tired of fighting my head trying to stay calm. EFT “is something I can physically do to dependably relax.”

It is not about your willpower

Young athletes tend to respond when Warburton tells them, “Poor performance has more to do with blocked energy than it has to do with lack of willpower, determination or attitude.” Warburton references Daniel Amen’s research using SPECT brain imaging, concluding “every thought we have affects every cell in the body.” He cites Bruce Lipton’s cell biology research, showing that our thoughts and beliefs have a greater impact on our bodies than diet/nutrition/exercise.

He explains to his athletes that they have an energy circulatory system, and that performance blocks exist there and can be cleared there. Warburton says he invites and challenges athletes to learn mental and emotional self-management skills, which they have not been taught at school or in sports. He goes on to say that, while top athletes produce top performance, champions will reliably produce top performance because they have learned to mentally and emotionally self-manage when it matters the most.

No more slumps

Warburton wants to do some myth-busting in the world of sports performance, and he would begin with removing the word “slump.” Understanding brain science in the modern world, he says, “We can say ‘poor performance moment.’” This is an important distinction because “slumps” are things beyond the athlete’s control. But we can get out of poor performance moments when we know how to do it. “We are not experimenting with how to get out of a poor performance moment,” Warburton says. “We know how to do it.” To help players move through their poor performance moments, he asks them if they currently have, or ever have had, a time when they have had a poor performance moment that they were still thinking about days, weeks or months later. How does it feel emotionally when they think about it now? They then use EFT to tap it out.

The wide world of sports

Mental training for college athletes goes well beyond baseball. Warburton has worked with Oregon State University Women’s golf, Arizona State University women’s basketball, Texas Tech baseball, University of Arizona baseball, University of Alabama softball and Oregon State University wrestling.

Charli Turner Thorne is the head coach of Arizona State Women’s basketball. She first met Warburton in 2016 at the annual conference of the Sports, Energy and Consciousness Group. Turner Thorne was sufficiently impressed to bring him on board him to work with her players in the 2016-2017 season. Turner Thorne says her goal as a coach is to try to give her young women every tool possible. These are not just tools for sports, but for life. She hired a life coach to work with her players, and has been incorporating breathing exercises for eight years and a yin yoga practice for the last three years.
Turner Thorne is particularly impressed by the promise of EFT because, she says, “You can’t talk your way to peak performance.” While the concept of positive self-talk makes sense, it can only go so far. “The idea of doing something to actually put you (in a state of) relaxed body/calm mind, instead of trying to think your way or talk your way to there — that was powerful for me.” This will be the second year Turner Thorne will use EFT with the team. They tap after practice and after games to speed recovery, incorporate it in their pre-practice and pregame routines, and they even tapped every half time for 30 seconds to a minute. And she practices what she preaches. “When I do it I feel the energy shift,” she says.

The power of the word

Warburton is careful to state that he is not making claims about baseball or any other sports team he has worked with. “It is not that they won because of me”, he says. But since 2006, he has helped by working with several key players who add the mental training. He has been a part of it, and he is looking forward to doing more.

Author Sarah Murphy can be found at www.Transformative-Therapy.com.

Greg Warburton is an author, teacher, counselor, a dedicated innovator and a life-long athlete. For the past eleven years, he has pioneered using Emotional Freedom Techniques (EFT) in sport performance with consistent championship results. (www.GregWarburton.com)
The purpose of this article is to provide energy healing practitioners with some basic information about Health Insurance Portability and Accountability Act (HIPAA) compliance and confidentiality issues when working with clients remotely. Because numerous energy healing modalities can be used via distance, many practitioners conduct client sessions by phone, Skype, Zoom or another electronic platform and may also communicate with clients through emails.

HIPAA is a Federal statute that was implemented by the U.S. Congress in 1996. It formalizes many of the pre-existing protections of medical information, which it refers to as Protected Health Information (PHI). This law addresses a variety of issues related to health care, specifically regarding the electronic exchange, privacy and security of health information. The HIPAA Privacy Rule sets standards with respect to the rights of individuals to their health information, procedures for exercising those rights and the authorized and required uses and disclosures of such information. The Privacy Rule defines what information needs to be protected, who is authorized to access the protected health information and delineates individuals’ rights to control and access their own protected information.

The security standards in HIPAA were developed for two primary purposes. First and foremost, the implementation of appropriate security safeguards protects certain electronic health information that may be at risk. Second, protecting an individual’s health information, while permitting the appropriate access and use of that information, ultimately promotes the use of electronic health information in the health care industry. HIPAA guarantees individuals the right to access and request amendment of their PHI and to request an accounting of disclosures of their protected PHI.

HIPAA applies to regulated health care professionals and health care corporations (covered entities). Under the law, covered entities are required to disclose to every client what can and cannot be done with PHI. We have all received “Notice of Privacy Practices” from our doctors. Covered entities are also required under HIPAA to have in place a system of business policies that meet commonsense requirements about privacy protection both for paper records and for electronic records, such as a rule that files are to be kept in a secure location.

It is clear that when licensed health care providers work with patients within their scope of practice, they must comply with HIPAA because they are considered covered entities. Where things get murky is when a licensed health care provider works with clients via distance in a separate unregulated practice. Does HIPAA apply to the licensed health care provider who has a separate unregulated energy healing, wellness or
coaching practice? For example, what if a chiropractor decides to offer EFT coaching sessions to clients via distance for stress management and life strategies. The chiropractor is not providing the EFT coaching sessions as part of his/her scope of practice as a chiropractor but only as an unregulated EFT practitioner and coach. Would the chiropractor need to use a HIPAA compliant electronic platform for EFT coaching sessions? If you fit into this category, where the application of HIPAA is unclear, you have a couple of options. One is to choose to be HIPAA compliant in your unregulated practice. A second option is to seek professional advice from a HIPAA compliant specialist to determine if it is advisable to be HIPAA compliant or not.

Generally, unlicensed energy healing practitioners, who are not also practicing some other regulated profession, are not obligated to comply with HIPAA. However, the wording of HIPAA contains some ambiguity, which can create a problem for unlicensed energy healing practitioners. In those states with health care freedom laws, such as New Mexico, Minnesota and California where unlicensed practitioners may offer their services as alternative healing arts practitioners, it is unclear whether they need to comply with HIPAA. Another example is the state of Colorado where unlicensed practitioners can register with the state as an “unlicensed psychotherapist.” Do they need to comply with HIPAA? There is no authoritative answer and it is not clear what governmental body has the authority to provide an answer. If you are an unlicensed energy healing practitioner where the application of HIPAA is unclear, you must decide how you wish to proceed. If you are unclear or want to model your practice with licensed professionals, the safest counsel is to choose to comply with HIPAA on a voluntary basis. That means distance client sessions would need to be conducted on a secured HIPAA compliant electronic platform. With the uncertainty, it would be advisable to seek professional advice from a HIPAA compliant specialist.

In addition to HIPAA, energy healing practitioners need to be aware that they have a legal obligation to maintain the privacy and confidentiality of the information shared by their clients in sessions and to exercise due care. So, while unregulated practitioners may not be subject to HIPAA, they face a more significant legal risk if they fail to maintain the privacy and confidentiality of clients when conducting sessions remotely. An unlicensed practitioner could face a tort claim in civil court for breach of confidentiality, invasion of privacy or negligence. Because of the legal risks, the most prudent course of action would be to only use a secure electronic platform for distance client sessions. However, the costs of offering sessions on a secure electronic platform may be prohibitive for some energy healing practitioners. In such a case, there is a risk management strategy that can be implemented. When I draft a Client Agreement for an unlicensed practitioner, I always include in the confidentiality section of the Client Agreement, that if any communication regarding the client’s session is conducted over the phone or via Zoom or another electronic platform, it is not possible to guarantee the confidentiality of the information. While that disclosure may or may not protect an unlicensed practitioner from a tort claim, it is an important risk management strategy to include in a Client Agreement.

**Disclaimer:** The information provided in this article is for educational purposes only and is not legal advice or opinion. Further, the information contained in the article is provided only as general information, which may or may not reflect the most current legal developments. The information provided in this article should not be used as a substitute for competent professional advice from a HIPAA specialist or from a licensed attorney in your state.

© 2018 Midge Murphy, all rights reserved. Any unauthorized use of this article is prohibited by federal law. No part of this document may be reproduced or transmitted in any form or by any means, including photocopying, for public and/or private use without permission in writing from Midge Murphy.
I am an Energy Medicine Practitioner

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

I also have confidence in my insurance plan through Energy Medicine Professional Association. They offer a plan that covers energy practitioners like myself. I no longer worry about losing my practice and livelihood due to a claim by a client or if someone falls in my office space.

Coverage through Energy Medicine Professional Association is affordable and starts immediately. It only takes a few minutes to fill out the application.

MIDDLE EASTERN QUINOA SALAD
Recipe by Denise Pickett-Bernard PhD, RDN, LDN and The IFNA Culinary Collaborative

INGREDIENTS

- 2 cups quinoa
- 4 cups water
- 1 bunch scallions chopped, green parts only
- 1/2 bunch coriander chopped
- 1/2 bunch parsley chopped
- 1/2 cups pine nuts
- 2 teaspoons cumin
- 1 teaspoon turmeric
- 1 tablespoons ground fresh ginger
- 1/4 cup extra virgin olive oil
- 1/4 cup white vinegar

DIRECTIONS

Cook quinoa as directed on package. Cool.
When quinoa is cool, mix with the chopped herbs, scallions and pine nuts.
Whisk together the oil, vinegar, cumin, turmeric and ground fresh ginger. Add salt and pepper to taste.
Pour the dressing over the quinoa mixture. Combine well.
Beautiful Tranquil Music
Designed for
Healing Touch ~ Massage ~ Yoga
Meditation ~ Relaxation ~ Sleep

~ ~ ~

The Crystal Clear Collection is
Now Available as Downloads

“Your music slows down my mind and opens my heart”

Cynthia Hutchison
Educational Program Director for
The Healing Touch Program

www.twinflamesproduction.com
May, June and July are the months of summer in the Chinese calendar, a time of growth after spring’s new beginnings, with Yang continuing to rise and taking over Yin’s winter dominance. As we enter summer, a Yang season ruled by Fire element, tune in to the expansive, active energy of Yang to harmonize the heart, body and mind with the external world and the joyful nature of the season.

In the Chinese Five Elements system, Fire is associated with joy, happiness and the heart. Symbolized by the light of the Sun, it is no wonder that summer is the season most associated with easy, lighthearted pleasures that warm the heart, with Yang’s brightness at its peak. Daylight hours are longer as we leave behind spring’s gradual transition from Yin to Yang and the cold and darkness of winter, when Yin dominates.

The Five Elements system is the foundation of Traditional Chinese Medicine and Chinese metaphysics, which includes Feng Shui, astrology and the Chinese arts of divination such as the I-Ching. It effects not only the environment but also our inner world. Our state of being is a reflection of Mother Earth’s — we are the microcosm of the macrocosm. When nature is not in balance, neither are our physical, emotional, spiritual and mental bodies.

The Yin and Yang of Summer
The beginning of summer on May 5th takes us into the month of the Snake in the solar calendar, a Yin Fire month, with Yang starting to dominate after a Yin and Yang balance acquired on Spring Equinox. The Snake, a Yin Fire sign, brings hope, change and dreams of success and travels. Stay in your center, as Yin Fire is unstable Fire and the quality of Yang during the first month of summer is still impulsive and unpredictable.

The month of the Snake is a good time to move one step at a time toward your purpose as one step taken during this month can lead to many more — imagine a room full of candles lit by a single candle.

On June 6, we enter the month of the Horse, a Yang Fire sign. The quality of Yang has now matured and stabilized. In the Chinese solar calendar, this seasonal marker is called “Grain Ripens” — a time when fruits and vegetables are quickly ripening. By the time we reach Summer Solstice, Yin has completely disappeared and Yang is then at its peak, dominating the energy of the season.

The Horse, one of the four “Peach Blossoms” in Chinese metaphysics, brings love and unbridled joy, while Yang Fire is like the Sun, unconditional and constant in giving light and love. Embrace the light, absorb Yang’s playful energy and tune in to the frequency of joy so abundant on a warm summer day. Community
Nourishing the Heart

celebrations and social gatherings are favored. It is no wonder that June is one of the busiest months for weddings, summer parties and graduations.

Feeding the Fire
Just like summer itself, with active Yang energy expanding, your body and mind are influenced by the Five Elements. Listen within for what your body needs to keep the Fire burning, the heart healthy and happy and the Yang qi thriving. Whereas winter is the time to recharge, with Yang diminished, spring brings renewal with Yang reappearing. Summer is the season to step up your physical activities and carry out plans conceived during springtime, as our Yang energy is at its most vibrant.

In the Five Elements system, an element is strengthened by its own element (its “friend”) and nourished by the element that produces it (its “mother”). As Wood element, associated with spring — trees, flowers, leaves, grass, the color green and the sour taste produces Fire. Eating Wood element foods is the key to nourishing the heart. Foods that are Wood in element include green vegetables and fruits that are astringent or sour in taste such as limes and lemons.

Eating in season ensures that we take in the essence of the season to strengthen the Fire within. Most red and purple fruits and vegetables such as cherries, figs, berries and tomatoes as well as vegetables that are bitter in taste such as endive, arugula, bitter melon and dandelion greens are naturally Fire elements.

Our spirit is intuitively drawn to the outdoors in summer. Honor the call from the divine. Walking in nature and enjoying the sunshine are Wood and Fire element activities that feed the heart, physically and emotionally.

Balancing the Fire
When we are in sync with the season and taking in what nourishes the heart, we are naturally grounded, as Fire produces Earth in the Five Elements cycle. Too much Earth, however, may cause the body to feel heavy and sluggish, especially in the current year of the Earth Dog as the year’s strong Earth element can pull us down with its downward energy.

It is important that we eat light, organic food that is easily digestible and more Yin in nature to cool the body. Avoid greasy, fried or barbecued foods (which have too much Fire) and sugary treats (which are too much Earth). With Fire element already strong in the environment, cook your food lightly. Steaming or quick stir-frying preserves the vibrancy of qi in the food.

Water element, so abundant in winter, is scarce in the Fire months. Stay hydrated with warm or room temperature water and hydrating foods such as cucumber, celery and watermelon. Chinese Medicine believes that the digestive system has to work much harder when processing iced drinks or cold food.

Exercises keep the body cool as sweat disperses heat out of the body. So do hot spices such as chili peppers and ginger, associated with Metal element, which cool the body by pushing heat out.

Summer is the time to kick it up a notch, with Yang rising. Welcome the season’s brightness with action and activities that feed the heart. Synchronizing your emotional, mental, spiritual and physical bodies with the flow of nature brings balance, clarity, harmony and vibrancy.

Enjoy the lightness of Yang, as Yin will soon reappear just in time for fall.

Author Vicky Iskandar can be found at www.FunctionalFengShui.com.
Because childhood is full of bumps and bruises

Healing Touch Can Help

As a parent, Healing Touch tools help you easily comfort and heal your child when life’s bumps happen. You can strengthen their immune system, promote wellness, help them sleep better at night, and more.

Look for classes in your area today.
On February 25, 1969, Christina, a twenty-year-old administrative assistant in the department of Political Science at Pomona College in Claremont, California, went to the department’s basement mailbox to pick up her employer’s mail. As she touched a package in the mailbox a bomb detonated, hurling her across the room. Dust and soot filled the air; six-foot splinters of wood shot like arrows into the cement wall behind her. Flames from the explosion scorched Christina’s face, leaving her temporarily blind. The blast severed two fingers from her right hand and ruptured both eardrums.

Christina planned this experience before she was born. And she knows why.

As he worked with more people, Newton discovered an important commonality across sessions: clients described appearing before a group of wise, loving and highly evolved beings known as the Council of Elders. The Council informed Newton’s clients that they are the beings who oversee the cycle of reincarnation on Earth. The Council members knew everything about Newton’s clients — not only everything about their current lifetime, but also everything about all their past lives. Conversations with the Council made clear that each of us has many lifetimes in which we work on certain lessons — such as forgiveness, surrender, humility, patience, perseverance and unconditional love. Once we feel we have mastered eternal being, learn what you planned for your current lifetime, why you made those plans and how you can best fulfill your life plan.

The field of between lives (or life-between-lives) regression was pioneered in the 1990’s, when hypnotist Michael Newton had a client who spontaneously crossed over to the “other side.” The client described to Newton in remarkable detail what our lives there are like: the homes we create for ourselves, the games we play, the classes we take. Newton quickly realized that he made an extraordinary discovery. He shifted gears professionally and launched an entirely new form of regression work.

As a hypnotist specializing in Between Lives Soul Regressions, I utilize regressions to help my clients heal from their greatest challenges and see the deeper spiritual meaning and purpose of those challenges (which is a large part of the healing). Through hypnotic regression work, you can have a direct experience of your non-physical home; understand firsthand your identity as a sacred and
Deep Healing through Hypnotic Regression

A particular lesson, we move on to another “arc of lives” in which we seek to master another lesson or lessons. Eventually, we complete our time in the Earth school and then move on to the next experience of our choice in a universe that offers infinite types of experiences, both physical and non-physical.

In my work as a hypnotist, I have seen many clients experience deep healing from a Between Lives Soul Regression. For example, I recently worked with a woman who lost two family members to suicide. In her meeting with the Council, the Elders brought in her two “deceased” loved ones. (It is not unusual for the Council to bring in loved ones, including pets, who have returned Home.) My client experienced a poignant and profoundly healing reunion with her family members, both of whom assured her that they are well and thriving.

A Between Lives Soul Regression begins with a series of physical and mental relaxation exercises (relaxation is the key to going into trance). I then guide the client into a past life. Spirit usually shows the person a past life that had a major impact on the plan for the current lifetime. The client experiences several different scenes in the past life, the last of which is the death scene. The client’s consciousness then leaves the body in the past life and returns to our non-physical Home. (I know this may sound a bit ominous, but it is actually very gentle and easy. Anyone reading this article is likely to be an old soul who has already done this hundreds of times.)

About 80% of my clients are greeted by one of their spirit guides when they cross over; the other 20% are greeted by a loved one, angel or spiritual figure of significance to them. We ask whoever greets you to explain why you were shown the particular past life you saw and how it is related to the plan for your current lifetime. We then ask that being to escort you to the Council of Elders.

Clients find their meeting with the Council to be an awe-inspiring experience. The two comments I hear most often are, “I could feel the complete, unconditional love the Elders have for me,” and “The Elders knew everything about me, yet had absolutely no judgment of me.” Once the client is in front of the Council, I prompt him or her to ask the questions on their intake form. Most people ask why they chose their particular parents, siblings, friends, children and romantic partners. If certain experiences are planned and if so why? How they are doing in terms of fulfilling their plan and how they may better fulfill their plan in whatever time remains. In short, a discussion with the Council of Elders helps you to see deep meaning in relationships, experiences and circumstances that may previously have appeared to be random and arbitrary, or worse, pointless suffering.

Occasionally after the session is over, the client’s analytic mind kicks in and begins to doubt that the experience was real. I view the brain as a bio-computer. Like any computer, its outputs are wholly dependent upon its inputs. Because the brain’s inputs are from the five senses in this (the third) dimension, it has no framework for evaluating an interdimensional experience like a Between Lives Soul Regression.

Let me give an example. I once led a group past-life regression at a conference. Two of the participants in this workshop were sisters. The sisters had a similar experience during the regression where they saw images of a particular past life in their mind’s eye, but the images did not feel “real” to them. They both therefore concluded on their own that they had

The client’s consciousness leaves the body in the past life and returns to our non-physical Home.
Independent confirmations of this type are unusual, but the vast majority of my clients do not need them. They simply know that they spoke to the Council and they sense truth in the Council’s words. The wisdom shared by the Council helps them understand who they are as souls and why they are here. They then go on to learn the lessons in a much more conscious and much less painful manner. Peace and joy ensue.

It is one thing to know intellectually that you are a soul, but quite another to have the actual experience of yourself as a divine and eternal being. That experience creates a felt sense of your true nature which, in turn, leads to awakening and remembrance of your inherent magnificence. Therein lies your healing.

Author Robert Schwartz can be found at www.YourSoulsPlan.com

- Deep Healing through Hypnotic Regression

simply made up the entire experience. But then they went out to dinner together and shared their experiences. What they discovered — to their amazement — was that they had both gone back to exactly the same past life in which they had been in a family together. One was the mother, the other the daughter, so they saw it from different viewpoints. But everything they saw was the same! They saw the same people, clothing, home, furnishings and grounds around the home in the same historical time period. This gave them independent confirmation that what felt made up had, in fact, really come from Spirit.

Not only that, over the next few months the sisters traced their family tree back about five generations to a particular estate in England. Then one of the sisters went there. She wrote to me, saying “Rob, the grounds around this estate are exactly what I saw in the workshop!” The sisters then had a second independent confirmation that what “felt made up” had really come from Spirit.
The Gifts of Trauma: Cultivating Self-Love and Self-Compassion in a World of Unrest

Mariana Caplan, PhD, MFT

Challenging times call for skillful responses. As both a psychotherapist and a yoga teacher, the past couple of years have brought forth new issues and new challenges in both the yoga and therapy rooms. Whereas previously, many people arrive on the mat or to counseling in search of personal and relational healing and growth, many more people are turning to healing modalities as a way to process the intensity of what we are witnessing in the world around us. Politics, ecological issues and existential fears about the state of the world, and what we are leaving for our children and future generations, have often been the subject of therapy sessions, whereas in the past, these issues never came to the forefront of psychological work.

What is happening in the world around us can no longer be totally separate from our inner journey, healing and thriving. For many people, we can no longer distance ourselves off from the suffering of the earth and its people and multitude of life forms — nor do we wish to. We want to mend our wounds, restore ourselves, thrive and bring healing to the world in which we live. In order to do this, the cultivation of self-love and self-compassion is a necessity rather than a luxury. It is a road of healing ourselves, others and the world around us.

Trauma is something that affects many people whether they know it or not. A new understanding of trauma is coming to the forefront of modern psychology. In addition to the kinds of overt traumas that many people have suffered, the term everyday trauma refers to the inevitable pain and trauma that is experienced simply as a part of life. Existential fears, the impact of the cascading ecological and political crises around us, the speed and complexity of today’s world and even important things that did not happen in our lives that we have longed for or wanted — such as partnership or a child — are all examples of everyday trauma. Many people suffer this everyday trauma throughout their lives but may never have a name for what they experience or the tools to address it. Fortunately, when we understand the impact of trauma in our lives and learn to turn towards it in order to bring healing and compassion to the hurt aspects of ourselves, we can begin to not only address our own wounds, but to extract the hidden gifts of trauma.

The Gifts of Trauma

When it comes to trauma, the best medicine is love. Psychological wounds, knots and contractions, even the psyche itself, respond much more effectively to love than they do to force or judgment. In this regard, self-love is not frivolous or indulgent, but actually necessary to heal trauma. Incredible healing comes
The Gifts of Trauma: Cultivating Self-Love and Self-Compassion in a World of Unrest

when we combine mindfulness with self-compassion, and when we practice yoga well with the support of psychologically-informed skills, it is a direct, embodied form of self-love.

Most people who have been traumatized are surprised to learn that their trauma can become an asset. To be specific, the more we face and heal our trauma, the more wisdom, transformation and opening we gain. If we pay attention to trauma and the gifts it brings, these new capacities have a chance to flourish within us. Here are four such gifts that yoga and psychotherapy can help to transform:

Empathy
If we can keep our hearts open even as they are breaking, we become better able to feel and connect with others and their suffering. People who have suffered from trauma can often access great empathy for the suffering of others. With the requisite training and inner work, psychotherapists and yoga teachers who have experienced trauma can learn to establish and maintain healthy boundaries with clients, which will actually allow them to feel and express deep empathy and compassion without getting overwhelmed by others’ suffering. To be able to feel another’s suffering deeply without getting overwhelmed is tremendously healing to clients, students and anyone we care about who is suffering.

Sensitivity
Understandably, people who have experienced sympathetic/hyperarousal symptoms for much of their lives tend to be hypersensitive. With yoga and psychological inquiry, hypersensitivity transforms into energetic awareness. This can feel psychic at times, but it is actually quite natural, like the phenomenon of receiving a phone call from a friend you were just thinking about. Someone with heightened sensitivity has the ability to attune to the energy of others and the physical space they share. Like empathy, this level of sensitivity empowers our ability to connect. Working through trauma allows us to harness this unique gift and benefit anyone we choose to encounter.

Spiritual Transformation
Trauma often breaks people open at an early age. It leaves them with fundamental questions about love, connection, suffering, the meaning of life, healing and service. In this way, trauma opens our hearts to spiritual longing. My teacher Lee Lozowick wrote a wonderful prayer: “Please give me a wound of love that only God can heal.” Trauma can leave us feeling overly porous, but this permeability can offer us more doorways into our own embodiment as well as the mystical states offered in yoga and meditation. Again, committing to the necessary inner work enables us to access this profound gift of trauma without succumbing to the popular pitfall of spiritual bypassing.

Healing
So many of our greatest teachers and leaders have experienced some type of trauma in their lives. It actually seems rare to me that people enter the path of yoga or psychological inquiry with a healthy, intact and supportive childhood. Accordingly, the commitment to our own healing allows us to offer the same to others. Countless people come to yoga through extreme circumstances — chronic illness, accidents, severe injuries and addictions. Yoga can be incredibly powerful medicine in this way, and it enables these people to communicate yoga’s potential when they themselves become teachers. The wounded healer is such an important archetype for our time, and it is paramount that those who suffer trauma understand that recovery and empowerment are possible. As Pe-
The Gifts of Trauma: Cultivating Self-Love and Self-Compassion in a World of Unrest

Mariana Caplan

May/June 2018 | Energy Magazine

“Trauma is a fact of life. It does not, however, have to be a life sentence.”

Discovering your own body’s natural resources for invoking self-love and self-soothing can be an inner oasis to help process the intensity of our inner and outer lives. For years, I wore soft fabrics and velvet shirts just so that I would be more inclined to rub my arms and embrace myself throughout the day. Try these three practices in seated meditation, throughout the day or during yoga class or personal practice.

**Talk to yourself with a kind voice**
Practice making your inner dialogue — or the way that you talk to yourself — a voice of deep kindness. When you notice you are talking to yourself harshly or criticizing yourself, try to shift your voice to that of someone who you really love. Speak kindly to yourself, even if it does not feel natural right away. One of the deepest shifts many people report from therapy is that the tone of voice with which they talked to themselves had softened and become kinder.

**Physically embrace yourself with kindness**
On a physical level, practice embracing yourself by giving yourself a long, genuine hug, or running your arms lovingly up and down each other as you would embrace another. Other options are to place your hands on your heart or in any other place that helps you to physically express compassion for yourself. In activities like seated meditation, going to sleep or other practices, take time to physically soothe yourself by holding your hands over your heart, arms or another self-soothing gesture.

**Self-Embrace in yoga**
When I teach psychologically-informed asana classes, I begin with different versions of the Mountain or seated pose that yoga classes often start with. Instead of holding hands in prayer in front of their chest, I have people explore the pose with their arms in a self-hugging position, or with their hands resting gently on their belly, or resting on their heart. Even simple changes like this can create a stable, loving and self-soothing atmosphere in relationship to our body in the moment it is practiced.

We cannot control much of what is happening around us, but we can use the tools of yoga, spiritual practice, somatics and psychology to work with our responses to what we face. Trauma healing involves not only addressing past pains, but also cultivating what is pleasurable, good and working in our lives and ourselves, and to the discovery of wholeness and pleasure in our own bodies. We turn our wounds into gifts, and the same tools we use to heal ourselves bring healing to the world around us.

Author Mariana Caplan can be found at www.YogaAndPsyche.com.
As I studied Healing Touch on my path to certification, I learned that Healing Touch is a biofield therapy that uses light touch to enhance the body’s natural ability to heal by opening, clearing and balancing the energy centers. At the heart of these centers are chakras, or energy transformers, that support this process. We were taught that the chakras transform subtle frequencies in the universe to frequencies at which the cells vibrate, thus promoting health. This all seemed very abstract at the time. I was told to remember the words of Janet Mentgen, “Just do the work.” Over the past nine years, I have chosen to “do the work” of Healing Touch, primarily in the field of Hospice care.

The abstract concept of chakras as energy transformers eluded me until I met clients, Ann and Mary. When I met Ann, she was 102 years old, had dementia and did not care to be touched. Reluctantly, I took on the assignment, which I figured would last a session or two. I was not concerned about the issue of touch because I work within the auric fields above the body. I usually did not work with patients who had dementia. Generally, I did not find them to be very coherent and it was difficult for me to connect on a personal level. During the first and second sessions with Ann, I worked above her body, moving from chakra to chakra, sensing magnetic vibrations in the auric fields. Although there was little verbal communication between us, I did feel a personal connection with Ann and decided to continue the sessions.

Generally, Ann would be sleeping when I started the session. After five to ten minutes, she would open her eyes and talk directly to me. The way in which she spoke to me was disarming. She would look at me directly and speak to me in a very coherent manner. Although coherent, she did not speak to me within a context of spatial awareness. She did not address me as Bill, the visiting Hospice worker. Rather, she would address me by someone else’s name. She would speak about some event such as staying home while her friends went gambling. I knew she had originally lived in Reno, Nevada, so it became apparent that she saw me as someone else in her life story.

Sometimes, she would ask me a question about something that appeared to make her feel guilty. Because I did not know who she was addressing, I did not want to respond in any way that would disturb or challenge her. I chose to answer, as if I were that person, with a simple, “yes”, “no” or “that sounds O.K. to me.” After a few minutes, she would close her eyes and go back to sleep. Although Ann was silent during most of our sessions, I experienced this type of interaction enough times to convince me that she truly saw me as someone else. I was sure that alpha wave...
breathing, grounding and “doing the work” of Healing Touch was connecting me with the spiritual world. I visited Ann a total 21 times, until she passed.

Prior to these sessions with Ann, I had always tried to explain Healing Touch in terms of the scientific basis of touch therapy and the research that supported it. It was these sessions with Ann, however, that opened my mind to what could occur within the spiritual realm during Healing Touch sessions. Specifically, working with the energy above Ann’s body in the celestial field of God and spirituality, was allowing me to become a channel for past spirits in her life.

One might ask what made Ann’s behavior any different from other clients who suffer from dementia. It was not so much the coherent manner in which she spoke, nor was it that she addressed me as someone else. Rather it was the personal connection I felt with her. It was this spiritual connection that guided me through 21 sessions knowing that I was unable to help give her aging body relief from much of the physical discomfort that she was experiencing. It was this spiritual connection that taught me the true meaning of “bearing witness” or sitting in the presence of human suffering without judgment. But most of all, without this spiritual connection, I would have never approached my next patient, Mary, with the willingness to ask for and accept help from the angelic world. It is within the context of my prior eight years of hospice work and Mary that made it a watershed moment in my journey as a Healing Touch practitioner.

My experience with Mary convinced me that once engaged in the spiritual world during healing, angelic forces can be summoned to help. It also led me to make a distinction between angels and spirits. Although I believe they both carry an energetic force, I believe all angels are spirits — however — not all spirits are angels.

Mary had congestive heart failure. Two months prior to the diagnosis, she experienced a stroke, which left her unable to speak. As I left my first session, I noticed that there were several angel dolls around her home. I asked Mary’s daughter if the family believed in angels. She replied that they absolutely did. Excited to hear this, I replied that I also believed in angels and that this was something that could possibly help me to connect with her mother. Before I began my second session, I told Mary that I believe in angels and suggested that we each ask our favorite angel to come and help during the session. She indicated yes, and I proceeded to start the session. Mary fell asleep as I began to work within the auric fields, attempting to align the chakras. When I ended the session, Mary was still sleeping.

A few days later I received a call from the volunteer coordinator to report that after I left Mary, she regained much of her ability to speak. Excited, but somewhat skeptical, I called her daughter to get the details. Remarkably, after our session, Mary was speaking quite clearly. This further confirmed my belief in the presence of angelic forces. My time visiting Mary lasted another 12 sessions, until she passed.

Mary and Ann dramatically changed the way in which I came to view healing. It became so much more than a touch connection that utilizes physics principles of entrainment and magnetic induction to change cell frequency and balance the energy system. For me, it had now become a simple matter of “doing the work” and allowing the angelic forces of angels, within the spiritual world, to express themselves. I have had numerous experiences since then that have given me ample evidence that angels exist. My subsequent experiences have not been as dramatic as Ann
or Mary’s, but nonetheless, no less profound. They always bring me a feeling of hope.

One such experience occurred at an acute care facility. It brought me back to a time when my mother took me to visit a friend named Mooshie at a care facility in Minnesota. It was uncomfortable seeing people in those circumstances. The noises and smells were not pleasant. My mother, a very caring person, knew Mooshie loved cheeseburgers and would always stop along the way to buy one. I believe she wanted to show me the value of showing up and doing small things with great love. Now here I was, much older, feeling much like I did as a young boy.

While waiting for the caregiver to change the bed of a patient, I sat on a couch watching the residents. Some were being pushed about in wheel chairs, heads hanging. Others were sitting around the facility staring off, disengaged. One individual had something protruding from his neck that should not be growing out of any human being. I felt like a child again and I felt sad. It was one of those moments when I wanted to leave. At that point, I put my head in my hands and said to myself, angels if you exist please show me some sign that you also exist in a place such as this.

I did not really expect this request to be answered. However, when I lifted my head, the first thing I saw on the wall directly in front of me was a 16” x 21” picture of a magnificent monarch butterfly. I had been in that facility many times before and had never noticed it. I have always loved butterflies. I read books about these transformational creatures and I am stunned when I see them in the wild. The picture did not change my situation, nor did it heal my patient, but in retrospect, it changed everything. It was a reminder of the beauty that life offers, if only we ask. It gave me a sense of hope.

After my experiences with both Ann and Mary, I did struggle with how I was going to explain Healing Touch within a narrative that would include both the concept of chakras as energy transformers and the angelic forces of the spiritual world. How was I going to explain it in terms of the physics principles in which I still believed and the new found spiritual experiences which lay before me?

I remembered reading a study about photons. These are quanta of energy that if pumped into a box will express themselves, randomly, as frequency or particles. However, if a person focuses his/her attention (intention) on the box, the photons will express themselves only as particles. In the world of quantum physics, I believe this is referred to as “wave function collapse.”

Could it be possible that angels are subtle wave frequencies of light, similar to photons, until we fix our intention on our energy transformer chakras? Then, like photons, these angelic frequencies are transformed to molecular particles to which our cells will resonate. Could it be that the term “wave function collapse” could occur when all chakras are aligned? Could it be that chakras can supercharge the transformation of energy from spiritual to physical?

With people who are dying, it is not so much a matter of balancing the system as it is to help provide some relief from emotional or physical discomfort. At a spiritual level, my focus is to use Healing Touch as a modality that can help individuals connect with their essence, rather than define themselves in terms of the disease. My hope is that heart-centered intention on chakras can transform the frequency energy of angels, messengers of hope, from the spiritual world to the physical, giving meaning to life when balance is no longer an option.

There are numerous angels — angels of gratitude, healing, comfort, peace and mercy. I believe that every time God breathes, another angel is created. Consider this — the next time you are working above a chakra, try setting your intention on a special angel, asking by name for assistance. My experiences have led me to believe that “doing the work,” asking for angelic assistance and using the transformational energy of the chakras can bring forth meaning and hope to both the healer and the client.
Mind Body Spirit Marketplace

14th Annual OKI Healing Touch Community Gathering

Accessing Higher Vibrational Energy

Marie Manuchehri, RN, is an internationally known energy intuitive and Reiki Master. Marie bridges conventional medicine and holistic healing, providing comprehensive energetic diagnoses.

May 19, 2018 9:00 am - 4:30 pm
Cincinnati, OH

Register online at www.HTWFoundation.org

Eden Energy Medicine Foundations Program
with Dr. Sara Allen
Asheville, NC

Foundations is the first year in Donna Eden’s Energy Medicine Certification Program.

DATES: Class 1: June 7 - 10, 2018
Class 2: August 23 - 26, 2018
Class 3: November 8 - 11, 2018
Class 4: February 7 - 10, 2019

Discover the benefits of Energy Medicine Coaching with Dr. Sara. EM Coaching is designed to enhance your gifts and talents and will deliver clarity and insight to your most difficult EM cases.

More info for classes & coaching at GoodForYouEnterprises.com or contact@drsaraallen.com
When we bring together yoga and psychology, we awaken possibilities for growth within our body, psyche, and spirit. Together they form a seamless weave of insights and practices applicable in the yoga studio, therapy room, or amid the rush of daily life.

~Mariana Caplan

Learn more
www.YogaAndPsyche.com
Learn how your body reacts energetically to everyday events and experiences through our online "The Energetics Of... " mini courses. Expand your mind, inspire personal development and build your understanding of the energy system all from the comfort of your home.

Mini courses include video training, workbooks and bonus meditations.

The Energetics of...
- Meditation in Motion
- Fear
- Loss

Order your copy today!
www.HealingTouchforAnimals.com

Barbara Ann Brennan is one of the most influential healers and spiritual leaders of the 21st century.

In Core Light Healing, her work continues with revolutionary new information on working with the creative process and the fourth level.

Learn more at www.barbarabrennan.com

If you don’t already receive our bi-monthly issues
Click here for your free Subscription to Energy Magazine
Would you like to know your life’s plan & purpose?

Discover the deeper spiritual meaning of your relationships, circumstances, and greatest challenges, as well as how to heal from those challenges.

Learn more
www.YourSoulsPlan.com

Transformative Therapy
Energy Psychology Mindfulness Hypnotherapy

Sarah Murphy
1062 E Lancaster Avenue,
Bryn Mawr PA 19010
610-212-9144
MurphySarah01@gmail.com
www.transformative-therapy.com

This could be your ad
being viewed by over 25,000 readers
with a direct link to your website or store.
Prices start at only $50 per issue
Click here to download our media kit for more information.

Sharon Greenspan
M. Ed, HTCP
Board Certified Health Practitioner
lost over 55 pounds after age 40,
reversed arthritis, released a tumor and let go of depression.

She wants to help you get YOUR health back!

Dissolve Your Sugar Habit ~ Have More Energy
holistic nutrition coaching and energy medicine

Personal coaching for sustainable habits which fit your lifestyle. Phone and Skype available.
757-943-9440
www.wildsuccess.us ~ www.SugarDetoxNow.com

www.HealingTouchProgram.com/store