When I am willing to step into the realm of uncertainty and ambiguity, I open myself up to infinite possibilities.

— Anita Moorjani
Dear Readers,

Yesterday on my early morning walk along the water, I snipped wild growing daffodil, pussy willows, wild rose limbs and a plant that I am not familiar with. Plunging them into water immediately, they made the trip home well and now sit in a vase on the china cabinet. Today is warm and windy with rain in the making. Spring continues to duck and dive, just like a kite on a windy day.

Spring is a time of change, and with it this year my life is changing as well. June 30 will be my last day with Energy Magazine. After twelve years of involvement, I am letting go as Editor-In-Chief to let other things move deeper into my days.

The things that have been in the background, like the bulbs and seeds deep in the earth, are now pushing their heads up, wanting attention. And attention is what I now long to give them. I have “a million” (an exaggeration I know but it seems like that) artistic pieces waving their hands at me. The outdoors and my garden are calling, there are books to be read, thoughts to be written down into who knows what format and last, but definitely not least, I desire to help my dear partner in his endeavors. In addition, my elderly four-pawed companion, Lima, is asking me to sit with her more so we can simply watch the world go by together. All of this is sprinkled with a healthy dash of travel.

So dear friends... this is how I think about the Energy Magazine readers and authors... it is time for me to say adieu. This will be my last Letter from the Editor, and my last issue. Beginning with the July/August issue you will be introduced to a new Editor-In-Chief. Lindsay, our Editor will remain the glue in the process, holding everything together through the change.
I want to thank you all for the amazing and wonderful journey these past years have been. I have learned, and been given, so very much. I have no more words, but I hope that you can feel what I cannot express.

With thanks and blessings to all,

Margaret

P.S. If you would like to help us take Energy Magazine into the future as Editor-In-Chief visit this link for details.
Contributors May/June 2019

Joette Calabrese, HMC, CCH, RSHom, is an international homeopathic consultant, author, educator and sought-after public speaker. She is an honorary board member of The Weston A. Price Foundation where she has authored a popular column in their international quarterly journal Wise Traditions for the past nine years. Additionally, she composes and posts free weekly blog articles on her website in an effort to spread the message of homeopathy by sharing many of her profoundly successful homeopathic protocols. www.PracticalHomeopathy.com

Carolyn Chilton Casas is a Usui/Holy Fire® III Reiki Master practitioner. She is a student of metaphysics, Science of Mind and Quantum-Touch®, a writer and poet. She co-founded a women’s circle in her area to raise money for Guatemalan women who are living at poverty level to start businesses to support their families. She also raises funds for an organization in Nicaragua that supports children for their education. Carolyn can be contacted at ceccasas@aol.com.

Allison Case empowers people to manifest their heart’s desires. She is a Healing Touch Certified Practitioner, yoga instructor and mala artist. Her work is focused on supporting her client’s physical, emotional, mental and spiritual energy systems to achieve the energy of wellness. She utilizes many tools including drawing on her Energy Medicine education, conscious living principles and two decades of corporate experience successfully leading diverse teams and developing solutions for Fortune 500 clients. Visit www.FlourishIntegralHealth.com.

Dean Fraser is registered with Associated Stress Consultants. He is also an intuitive healer and author of five books on helping us to realise our full health and happiness potential, including You But Happier, Healthier and More Successful. Learn more at www.DeanFraserCentral.com.

Patricia Frisch PhD, psychologist, MFT and author of Whole Therapist, Whole Patient: Integrating Reich, Masterson, and Jung in Modern Psychotherapy is an expert in Wilhelm Reich’s character-analytic and somatic approach, known as Orgonomy. Dr. Frisch is founder and Director of The Orgonomic Institute of Northern California (OINC) where she supervises and trains professionals in her method both in-house and through an audio training program. For more information you can visit her website at www.OrgonomicTherapy.com.
Douglas Green, MFT, LPCC, is a Registered Drama Therapist with a private practice in Los Angeles. He is also an adjunct professor at Phillips Graduate University and the Chicago School of Professional Psychology. He is the author of the critically acclaimed *The Teachings of Shirelle: Life Lessons from a Divine Knucklehead*, and the website AskShirelle.com, which offers advice from the viewpoint of his ridiculous dog, based on the wisdom in his book. Learn more at [www.DouglasGreenMFT.com](http://www.DouglasGreenMFT.com).

Jack Licitra teaches music at South Bay Arts in Bayport, NY. He has released 10 CDs under his name and with his group Jack’s Waterfall. He became a reiki practitioner at an early age and has made a career out of connecting music and energy practices. In 2015 he received a “Partner in the Arts” award from Stonybrook University. His novel *Positively* is available on kindle. Learn more at [www.ArtsPharmacy.com](http://www.ArtsPharmacy.com).

Cortney Martinelli is the author of *Love, Reiki, Vibration*. She is a CYT, Reiki Master, creative and founder of SHINE. Cortney has been teaching Reiki for almost a decade. She loves taking esoteric concepts, such as Reiki and vibration, and teaching them in a way that is easily accessible to the average, every-day person. Her mission at SHINE is simple: be a lamp, a lifeboat, a ladder. Learn more at [www.Shineakron.com](http://www.Shineakron.com).

Colleen McCann is a certified Shamanic Energy Practitioner who was a fashion stylist in a past life. She has travelled the world researching crystal traditions and conducting crystal readings, as well as space clearing and balancing, shamanic healing and intuitive business coaching sessions. Her work has been featured on GOOP, The New York Times, Vogue, Vanity Fair & Refinery29. She lives in New York and Los Angeles. Her website is [www.StyleRituals.com](http://www.StyleRituals.com).

Lindsay Mulligan, is a graduate of the University of North Carolina at Wilmington, where she majored in English with a concentration in Professional Writing. Lindsay has written for several organizations and publications and currently serves as Editor of Energy Magazine, a position that combines her passion for writing and her personal journey of health and well-being. In her spare time, she enjoys writing poetry, taking photos, traveling and adventuring. She can be reached at lindsay@HealingTouchProgram.com.
1. **Rumi: Tales of the Spirit** is a sweet, comforting, and at times, fiery guide to nourishing the spirit. In a hopeful but pragmatic tone, timeless storyteller Rumi and award-winning author and playwright Kamla Kapur guide us through the trials of life and teach us to embrace suffering, to pray even when it feels hopeless, and ultimately, to surrender to the cosmic will. In twelve fresh and powerful tales of wisdom, we learn to trust in ourselves and in the universe, experience joy in good times and bad, and find the strength to persevere through life’s struggles. Kapur brings new life to these centuries-old stories while staying true to their roots in Rumi’s time and place. These retellings convey Rumi’s deep insight on the human condition and bring to light the vast and subtle meanings of his stories that are often lost in translation.

2. This book will take you on an inspiring journey, following an ancient manuscript with powerful lessons that will transform your life. In this self-help tale wrapped in fiction, you will learn the nine mistakes that prevent many from achieving their goals. You will learn how to overcome these hurdles and reinvent your life. This success parable is packed with wisdom that will help you discover and follow your personal purpose, push beyond your perceived capabilities and achieve more than you ever dreamed possible. You will find yourself returning again and again to a deceptively simple story that teaches actionable insights and enduring truths.

3. The habits you choose over time create your day-to-day thrive. What habits have you been choosing? Are they helping you—or holding you back? Evolving your habits does not have to be a struggle. In this book, you are guided into 10 critical daily routines based on Ayurveda that will rejuvenate you by aligning your daily schedule with natural biorhythms. Rather than presenting a rigid checklist of scheduled tasks, the author encourages easy and steady progress through small actions. Including access to dozens of downloadable worksheets to help you chart your progress through the habits, **Body Thrive** provides step-by-step instruction for developing aligned action in your daily routine.

4. Were those people in Isaiah’s dream the same people from school—Magda, George and Angry Rose? And why were there dead birds and fish everywhere? When the four encounter one another the next day by the same pond from the dream, they realize they have shared a dream and there really are dead birds and fish covering the ground! This leads to real-life adventures. Not friends in the beginning, romance blossoms as they work together with their Power Animals to discover what is happening.

For more information or to purchase click on the title’s image.
Energy Magazine
Celebrating 13 Years
June 2019

Energy Magazine was born in 2006 by Lisa Gordon, CEO Healing Touch Program (HTP) and Billy Courtney, HTP’s graphic artist as a way of communicating with the Healing Touch Community. Over the last thirteen years it has morphed into a comprehensive magazine that supports all those who wish to learn about or practice Energy Medicine. Today we have 26,868 subscribers.

Our subscribers are what keeps Energy Magazine vibrant and unfolding into the future. You keep our small, focused staff searching for authors, articles and images that will entice you to open and read each issue when it arrives in your inbox. You are our motivation and we send you our heartfelt Thank You! Without you, we would not exist.

Healing Touch Program is what allows the magazine to subsist, change and grow. HTP has generously financially supported the magazine over the past thirteen years. HTP allows us to continue delivering Energy Magazine six times a year as a free subscription.

Change Is In The Air!

With this issue, Margaret Nies, our Editor-In-Chief is stepping down to pursue her dreams. We are looking for someone to carry the vision forward.

- Would you like to join Energy Magazine?
- Would you like to be the one to take the magazine into the future?
- Do you have ideas to share and a passion for Energy Medicine?

If so, check out all the details here.
When to Let Go?

As healers, we are committed to the living. We would do anything within our reach to enable others to enjoy happier, healthier and longer lives. But as with anything, we must know when to let go.

I have two stories to make my point. One is funny. The other is sad. Both are important.

Until about two years ago, my oldest son, Michael, was the proud owner of our 1999 Jeep. I say “our” because, for years, it was a joint project.

I bought it when my youngest, Gabe, was only one year old, which would have made Michael about eleven. I drove it for five years. It was quite the mom mobile. People laughed when we passed by, as there were dozens of Blues Clues stickers on the windows. At age sixteen, Michael started borrowing it — you know how that goes — I never drove it again.

Off it went, toting him to school dances and then off to college, traversing the windy corn fields between Minnesota and Iowa. As time went on, Michael peeled off a few of the Blues Clues stickers, until finally, he scrubbed the remaining stubborn stickers off for his first job, which involved working for the state Senator.

There went the reminder of Gabe’s childhood.

After a few months, Michael called and asked if I would be willing to sponsor a new air conditioner — soon. I asked, “Why?” After all, the 1999 Jeep was probably on its last legs. Why spend the money?

Apparently, Michael had been driving the Senator around in the early mornings. So far, the summer daybreaks had been mild, but soon, Michael pointed out, he would have to take the Senator, in his suit and tie, somewhere in the afternoon. For the sake of our country, I needed to help.

The 1999 Jeep got a new air conditioner. And over the next several years, it acquired many other additional body parts, from a redone engine to several rounds of tires. It seemed that the Jeep would never die — or be allowed to die — for it was now more than a family vehicle; it also supported America.

One day, Michael called. By this time, he was living in Washington DC in the Congressional building. Every day, the Jeep was driven to work. There, it hung out under the Capitol building. I like to think it hummed the National Anthem until it was time to go home. But one afternoon, it did not start.

Out came my credit card, this time to sponsor the Secret Service’s fee for running a background check on the tow truck company. I also paid for the tow. But alas, it seemed that no matter how hard — and expensively — the garage worked on the 1999 Jeep, it was to never start again.

I cried. Gabe teared-up. Michael towed the Jeep to the street in front of his home and kept it there for months. Finally, we had to relinquish it.

I still have a picture of the 1999 Jeep in my living room.

It is not easy to let go of something embedded with memories. It is even harder to release a person to the inevitable.

When my father was diagnosed with lung cancer two decades ago, he underwent surgery. The doctor assured him that they got it all. Then they reversed their decision. He underwent radiation. Once again, they were optimistic.

My father had supported us all with his positive attitude, so I was surprised, when visiting him in the hospital after his last round of radiation, to find him glum. Despite his mood, the curtains were open and the sky was bright and blue.
“How is it going, dad?” I asked, trying to sound pert.

My dad simply asked me to close the shades.

“Why?” I asked, foreboding in my stomach.

“There is an airplane in the sky,” he explained. “And I will never fly again.”

My dad loved airplanes. Besides piloting single-engine planes, he used to rebuild them in our garage. They would be delivered, a carcass of broken body parts, and he would start his operation, much like a surgeon, putting everything together again. He would then gather the neighborhood men. First, they would haul the rehabilitated wings into the backyard, and then the gleaming new body that was soon healed and transformed.

Because we lived behind a highway, all the school kids would see our planes. It was cool, to be known as the “girl with the airplanes in the backyard.”

As I closed the curtain, however, my dad’s refusal to look for planes in the sky only saddened me. It told me that the radiation had not worked. My father was tucking in his own wings, preparing to fly off elsewhere. He just needed my approval to begin letting go.

I held his hand, silently, and nodded.

As healers, we support life. We restore our clients so they can soar again, or at the least, we help them stand tall so they can breathe in the smiles of the sun. There is a time, though, for endings.

What can we say? What can we do? Sometimes, we have only to know that they know. And then, we stand by their side, holding hands. We know that they will fly again, but elsewhere.

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.
Anxiety and the Adrenals — Part 3
Unraveling Fear and Worry

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. — Arthur Somers Roche

In the second installment on Anxiety and the Adrenals we spent some time discussing how getting caught in the middle of the stress loop of anxious states begets more anxious states. We discussed holding the points on the forehead — termed the OMG points — until we feel pulsing. Holding the OMG points restores blood flow to the neo-frontal cortex and thusly, our emotional equilibrium. We also learned about the bilateral adrenal points — about an inch above and about an inch out either side of the navel — and how rubbing these points gives the adrenals a pause when we find ourselves caught in loops of cascading stressors. Those navel adrenal points can serve as “off” buttons to the flood of stress hormones that accompany the anxious state, at least temporarily.

In this issue I would like to address how to counteract damage that stress hormones perpetuate on our bodies and restore peace of mind. There are impressive volumes of information explaining the damage that stress does — from zits to heart disease. All imbalances have their roots in how we process stressful events. Unchecked stress hormones are the door opener to all disease states.

We do have two meridian systems that are arranged around the “Do I feel safe?” question. They are called Triple Warmer and Circulation Sex meridians (TW and CX for short). Triple Warmer is the meridian that governs our external safety. It is Triple Warmer meridian that gets us out of the burning house. Circulation Sex is the meridian that governs our internal safety. It is the meridian that navigates our inner world. It helps us navigate our connections with family, friends, work and most importantly, it governs how we manage ourselves. One system asks what is chasing me? The other system asks what is causing me to suffer?

Lonny Jarrett in *Nourishing Destiny* discusses these two systems in this way: “Think of Circulation Sex and Triple Warmer as the guard stations protecting the imperial city and the borders of the country respectively.” The function of these two systems is imagined in the names of two corresponding points on the meridians — Triple Warmer 5 is known as the “Outer Gate” and Circulation Sex 6 is known as the “Inner Gate.” Both energies sit at their respective gates guarding diligently in tangent to keep our whole self safe.

When someone is really freaking out — they cannot pay rent and are losing their home or they cannot find meaning in a dead end job — the consequence is the same. Inner or outer stress is the same; it all damages our physical selves. Stress that does not feel manageable to us triggers an overreaction in our defense systems and leaves us stewing in the overload of stress hormones.

The systems of TW and CX are the energies that govern the stress response — but when they are balanced TW and CX are the energies that give us the ability to take a deep breath and stay cool in the midst of the storm; they also assist us in making excellent strategic decisions.

**Triple Warmer 3**

Triple Warmer 3 is the point for helping balance that external stress response. It is located on the back of the hand between the 4th and 5th metacarpals about a half an inch from the knuckles. This point is called the Central Sand Bar Point, Middle Islet, Central Isle or the Island in the River. You get the point. Safe place surrounded by fast moving water — that is Triple Warmer 3.
Here is the poetry and power of this point. Life, like the flow of a river, constantly builds and rearranges our sense of self. The turmoil of the river disturbs us and when there is a storm, we fear we will be simply washed away. This point is the island in the storm. It is a stabilizer. Tap this point between 2 and 1000 times a day to stand safe on the island in the fast-moving river. When we engage this point our ability to weather the turmoil of our lives becomes our normal. This point holds our ability to see through the stress to stable grounds. Dr J R Woosley states that Triple Warmer 3 “...is for the birth of getting well.”

Circulation Sex 9

The Circulation Sex meridian, in its capacity as the Inner Gate, offers the acupoint Circulation Sex 9. This point is located on the tip of the middle finger. It is the last point on the Circulation Sex meridian. It is called the Rushing into the Middle, Central Hub or the Surging Center. This point helps those who have trouble expressing themselves, connects the mother to the child and calms the inner self. Dr. J R Woosley observes that this point “...restores one’s creative power, builds self-esteem, corrects the vision for oneself and mends the capacity for discernment...”

There are two applications for stimulating Circulation Sex 9.

First, hold the entire length of one of your middle fingers by wrapping your other hand around the length of the middle finger. This draws the energy down the meridian and energizes the end point. Hold for as long as you need on one hand. Switch hands. Holding 30 seconds for each middle finger is usually enough to get the energy to start to calm when panicked — but hold longer if the anxiety is intense.

The second application is to tap the end of the middle finger of one hand — CX 9 — on the Triple Warmer 3 of the back of your other hand. Tap about 10 times and then pause for about 10 seconds and then tap again. Then change hands.

The second application incorporates both systems of the inner and outer guards. Tapping with the CX 9 on TW 3 institutes a communiqué so all are on the same page. Looping back and forth between the external protector and the internal protector generates mending and recuperation.

One of the many upsides of crafting a rapport between CX and TW meridians is that they hold the keys to the relax and repair hormones. While there is a great deal of damage that long-term stress can do to a body, there is equally a great deal of healing that happens when these two systems are running smoothly and in tandem with one another. When in balance tissue repairs, inflammation decreases, blood pressure regulates and our ability to feel wellness returns.

In the next issue we will discuss how stress affects our brains.

Dr. Sara has studied all things energy for over 36 years. She has a private Energy Medicine 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 Anxiety and the Adrenals: Energy Medicine Solutions for Unraveling Fear and Worry. Dr. Sara is founding faculty for Eden Energy Medicine School. She teaches Eden Energy Medicine in Asheville, NC, Chicago and London. contact@drsaaraallen.com or www.GoodForYouEnterprises.com

References

Good for the Body

Healthy Living

Focusing Inward

Energy workers and lightworkers work with the varying energy fields of the human body and consider the mental, physical, emotional and spiritual aspects of the client. Energy practitioners work to cleanse and balance the energy system of their clients and to promote increased vibrancy. While energy work will certainly produce these results, there are daily behaviors that one can adopt that are holistic in nature and serve to nurture many facets of health. Total health of the physical body, mental body and energetic body requires attention to all facets.

As a professor, I have spent my entire career teaching students about what foods are best for varying conditions and how to prepare food that is optimally healthy. In private practice, I coach and guide clients to make better choices that can heal their bodies. When it comes to healing the body there are many aspects that may interplay to produce disease. Clients show up and are usually looking at their problem from the viewpoint of the symptoms they are experiencing. Of course, these symptoms are what need to be healed and food can and will help to reverse many symptoms. Sometimes it is adding foods (like antibacterial foods) and other times it is removing foods (like those that cause allergies). Other times, making many changes only helps so much. Then the client-practitioner relationship takes on a role of sleuthing out the root cause of the problem.

From a functional medicine perspective, finding the root cause of disease is the strategy to healing conditions. Somatoform disorders is the broad category to diagnose when patients have medically unexplained symptoms. However, these disorders are underdiagnosed, which becomes problematic in the integrative medicine model. The reason is that if the root cause is mental, emotional, spiritual or energetic in nature, the tools in a traditional tool kit will be of limited use. Western culture is only beginning to accept the varying modalities of healing that are well accepted in other cultures.

I often discuss “finding the metaphor” or taking a somatic approach to discovering a root cause of what appears to be a physical problem but may be deeper. True behavioral change may mean releasing energy that is no longer serving a client. Sometimes clients seek me out specifically because they are ready find their metaphor for illness and reach new levels of healing. Although, they usually do not come in thinking that is why they are there!

Finding the metaphor involves digging into the physical, mental and spiritual to see where those energy systems collide to create a problem. For example, a person with hunched shoulders or a kink in their neck may be “carrying the weight of the world on their back.” A person with degenerating arthritis in their hip may have had a “crippling experience” or feel “crippled” about moving forward in life. A person whose gut is expanding and dense may be “harboring resentment” or “feel like they got a kick to the gut.” An anorexic may feel “invisible” to her family or spouse. An obese person may want to “barricade themselves from hurt.”

In the clinical setting, diet and exercise will only go so far to resolve physical symptoms or ailments if the root cause is psycho-somatically linked. Broadly characterizing these ailments under the heading of mental health still does not adequately address issues of the spirit or soul. Traditional Andean societies use whole plant-based medicine in cleansing rituals to treat these ailments that are viewed as quite common.

A whole body and mind approach to cleansing and healing can be employed by anyone to increase health through better food choices and ultimately their vibrational level as well. This is not a prescriptive diet but rather, a way of looking at one’s food view, body view and world view through the same lens. The seven chakras are each assigned different
colors, of which most reading this are aware; but traditional cultures also assign foods for each chakra. The first step to promote healing of psychosomatic conditions is to consciously choose to eat foods from all colors of the rainbow paying particular attention to foods that correspond to the chakra that is out of balance. For example, if an individual is suffering with degenerative arthritis and feeling “crippled,” one could associate that condition with issues of digestion, absorption and transformation (lack of nutrients to promote joint and bone remodeling). The yellow chakra or solar plexus is associated with the digestion system and vital energy. Traditionally, grains are associated with this chakra although a more modern approach is to link beautiful vibrantly yellow foods to this chakra. Herbs like cinnamon, mint, ginger, turmeric and cumin benefit this chakra.

I conducted my doctoral research on spirituality and weight-loss maintenance. My reason for choosing this topic was that I noticed that all of my eating disorder patients and obese patients shared a commonality which was a profound lack of self-love and ability to self-care. Thinking vibrant colorful thoughts, wearing colorful clothes and seeing beautiful colors in life will help to stimulate the entire being. Attending to the body, mind and spirit as one unit has the capacity to heal the whole organism.

Denise Pickett-Bernard PhD, RDN, LDN, IFNCP is a functional and integrative nutritionist who has developed university and graduate level curricula in culinary nutrition and integrative and functional clinical nutrition. Considered an expert in culinary nutrition and food-based interventions, she maintains a private practice in Roswell, GA where she helps clients reach vibrancy and flourishing using mindful food-based interventions. She leads the Culinary Collaborative with the Integrative and Functional Nutrition Academy. Her most recent endeavor is to produce a rehydration beverage www.RevitalizePro.com. Having practiced as a Reiki Master for over 15 years, Energy Medicine influences all of her professional initiatives. www.DrDeeNutrition.com

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Gemstones, Malas, Mantras + Japa Meditation

Allison Case

One’s destination is never a place but rather a new way of looking at things. – Henry Miller

Upon departing from my Energy Medicine program graduation, I stepped into an artist co-op in Asheville, North Carolina and purchased a mala. I had no knowledge about the history of this jewelry piece I was acquiring to celebrate a long-awaited day; I only knew that my roommate during the final training weekend wore a string of 108 gemstones and I thought the necklace looked like a fashionable accessory someone on a spiritual journey ought to wear. What instantly surprised me was how the mala made me feel when I wore it. I researched the meaning behind the stones and found they carried the energy of compassion, peace and comfort —the same energy I felt when in contact with the mala. This finding led me on a path that included not only an expanded awareness about the energy of gemstones but also the power in a mantra, the possibilities Japa meditation provides and most significantly, a reinforcement about the importance of setting intention in our lives.

The Energy of Gemstones: A High Vibrational Connection

The earth provides us a wide range of healing energies in the form of crystals and gemstones. These healing elements are created from minerals that first originate from magma. The magma surfaces from the core to the Earth’s crust at a varying pace, sometimes over billions of years, and through this migration forms a unique structure. Each stone has a distinctive vibration that is created by the back-and-forth motion of its particles. The individual journey of formation creates the special makeup of each stone (much like our individual journeys that make each of us unique).

From an energetic healing perspective, the human energy body resonates with and attunes to the higher vibrations of the stone’s natural energetic properties. If you have picked up a quartz crystal and felt a tingle or surge in your body that is most likely because the energy of the stone was transformed into an electrical charge when it came into contact with the heat of your body.

The healing effects of gemstones are usually subtle and may not be so apparent at first. Keep working with them and over time you most likely will feel the energy they have to provide. If you are new to gemstones, start exploring what stones resonate the most with you by simply following your intuition. The right stones will speak to you. Clear Quartz, Amethyst, Carnelian, Citrine, Rose Quartz, Blue Lace Agate, Black Tourmaline and Smokey Quartz are some of my favorites to start a collection with because this grouping covers many energies, chakras and colors.
Before using your stones, you should clean, charge and set them with an intention. Gemstones can be cleaned of stale energy by setting them in sea salt for a few hours or by running them through sage smoke. After your stone is clean, place it in the light of the moon, the sunlight or by the base of a house plant for a few hours to charge. Once the stone is clean and charged hold it in your hand and set an intention; let the crystal know what you want it to do for you.

**Malas: A Tool to Focus the Mind on What You Want More of in Your Life**

*Our intention creates our reality. – Wayne Dyer*

A mala is a string of beads used in meditation to count intentions, mantras, prayers or breaths. It is a tool for focusing the mind. Each mala is created with intention. As an energy practitioner my work involves channeling energy while communicating a message about what a client wants to release followed by what they desire to manifest more of into their life. During an Energy Medicine therapy session, a practitioner is the conduit for the client who ultimately heals themselves. A mala can also be viewed as a conduit to aid in communication of a healing intention.

A full mala contains 108 counting beads plus one guru bead. The larger guru bead (also called the teacher) symbolizes a transformation from darkness to light. It marks the starting and ending point of the mala. The tassel is connected to the end of the guru bead to finish the mala with a final knot. A truly authentic mala is made with one continuous piece of string. The number 108 has a powerful significance in Eastern culture. To name a few examples there are 108 letters in the Sanskrit alphabet, 108 holy sites in India, 108 acupressure points on the body and 108 energy lines throughout the body that all converge and connect at the heart chakra.

When creating an intentional healing mala with gemstones, I let my intuition be my guide. I continue to be joyfully surprised when I research the meaning of the final gemstones selected for a custom piece as the healing properties of the stones seem to always pair perfectly with the client’s intention.

A mala can be worn as a necklace, wrapped as a bracelet or placed in a special spot in your home as a visual reminder of what you want to manifest in your life. To gain the most benefit from a mala it is used with a mantra in meditation, called Japa meditation.

**Mantras and Japa Meditation: Tools for Deeper Self-Realization**

*What is mantra? Mantra is two words: Man and tra. Man means mind. Tra means the heat of life. Ra means sun. So, mantra is a powerful combination of words which, if recited, takes the vibratory effect of each of your molecules into the infinity of the Cosmos. That is called Mantra. – Yogi Bhajan*

Japa is the meditative repetition of a mantra or intentional thought utilizing a mala to count the chant. The sanskrit word Japa translates to English means to mutter. The mantra or intention can be spoken aloud or within the reciter’s mind. The meditation is generally performed sitting but can also be done standing or walking.

A mantra, as referenced in Yogi Bhajan’s quote, translates to instrument of the mind. It is categorized as part of the 6th limb of yoga, Dharana, known as concentration. A repeated mantra helps keep us in the present moment of now and holding a positive thought. The power of the mantra is in the vibration and resonance that is created through the ritual. The mantra chosen can be whatever word or series of
words feels right for you. Some people prefer to use a Sankrit word such as “OM” or “Tattwam Asi”, which translates to “I am that.” I have observed transformations using mantras from Louise Hays’ book, You Can Heal Your Life. Let your intuition guide you.

As with all meditation styles, Japa meditation benefits include lower blood pressure, reduced anxiety, improved sleep, increased focus and a deeper sense of self. I believe that meditation with a mala and mantra increases the speed of manifesting an intention. Our thoughts are very powerful and have a direct connection to what occurs in our lives. Devoting time to this daily ritual has opened up avenues I did not feel possible before working with a mantra during meditation. I have also witnessed my client’s lives changing using Japa meditation. One particular client committed to a daily Japa meditation practice with an intention to heal their cancer and within four months received significantly improved test results pertaining to their cancer markers. The results cannot be medically proven to be related to the meditation practice but in my heart, I believe it to be true (as does my client).

To use a mala in Japa meditation first place your mala in your right hand. Place the mala over your middle finger. The middle finger represents the air. (There is a belief that you should not use your pointer finger to move the mala as that finger represents fire.) Use your thumb to move the beads towards you. The thumb represents universal consciousness. Start at the guru bead and repeat your mantra as you touch each of the 108 beads. When you find your mind wandering bring your thoughts back to your mantra. Continue until you reach the guru bead. Finish with “Namaste” or your word of gratitude. It is believed that you will experience the most benefits from Japa meditation if practiced daily for 40 continuous days. Keep a journal to note the shifts and movements you see as it relates to your intention. The more you use your mala the stronger the energy of the mala will feel. When a mala breaks it is believed that the intention has been brought into your life and it is time to manifest something new.

A Guided Japa Meditation

Sit in a comfortable position and take a moment to find a mantra that speaks to you. Hold your mala in your right hand with the mala hanging over your middle finger.

Close your eyes. Concentrate on your breath. Feel your belly expand outwards with each inhalation and contract with each exhalation. Imagine your legs sinking deep down into the earth.

Take a few more deeps breaths and see your toes slide to the core of the earth. Now tap into the energy at the crown of your head and imagine that energy rising up to the farthest part of the sky. Take a few more deeps breaths. Imagine light running from the farthest point in the sky through your body to the core of the earth. Take a few more deep breaths.

Bring your awareness to your heart center and imagine a large ball of white light. Imagine that light expanding outside your body to the edges of the room. Take a few more deep breaths.

Move your focus to your mala in your right hand. Start at the guru bead and repeat your mantra as you touch each of the 108 beads. Use your thumb to shift the beads. Say your mantra and lightly twist the bead toward you then move onto the next bead. Continue the process until you have completed 108 repetitions of your mantra. Keep your mind focused on the mantra. When thoughts arise shift your focus back to the mantra and the mala beads.

Finish the meditation with “Namaste” or a closing gratitude of your choice.
Starter Gemstone Collection

Clear Quartz, Amethyst, Carnelian, Citrine, Rose Quartz, Blue Lace Agate, Black Tourmaline and Smokey Quartz are some of my favorite crystals and gemstones to start a collection with because this grouping covers many energies, chakras and colors.

Clear Quartz: an amplifying stone associated with the crown chakra, aids in manifestation and higher spiritual receptiveness.

Amethyst: a protective stone associated with the third eye chakra, helps clear negativity associated with stress and aids intuition and balance.

Blue Lace Agate: an activating stone associated with the throat chakra, enhances communication and expression.

Rose Quartz: a spiritual stone associated with the heart chakra, a stone of the heart that carries the energy of compassion, peace and unconditional love.

Citrine: a protective and empowering stone associated with the solar plexus chakra, helps release unwanted energy and attract joy and success.

Carnelian: a stimulating stone associated with the sacral chakra, increases the energy of creativity, motivation and courage.

Black Tourmaline: a grounding and purifying stone associated with the root chakra, it provides protection from negative energy and a sense of security.

Smokey Quartz: a grounding stone that stimulates and balances all the chakras and helps rid negative energy.
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Drama Therapy — An Introduction

Douglas Green, MFT, LPCC

If you are ever fortunate enough to visit Athens, you may find yourself at the Acropolis, where the ruins of the great Theater of Dionysus stand — the actual stones where the timeless plays of Aeschylus, Sophocles and Euripides were first performed.

What might surprise you, though, is the ruins of a hospital lying next to it. In fact, every theater in Greece at that time was built next to a hospital, to the degree that they were considered part of the same institution.

The Hellenic Greeks had what we today would call an Eastern view toward health, considering it to be a state of balance between the mind, body and soul. If you were ailed, you would be sent to the hospital for herbs or surgery, but also prescribed to see a play. Not for entertainment (the Romans came up with that concept later), but as a religious ritual, where viewing a poetically-performed tale of the gods or heroes would vicariously raise you, in your mind and soul, to increase that healthy balance.

As in so many areas, ancient societies have a lot to teach us today about mental health.

Some years ago, I was in therapy to deal with pretty severe anxiety. My wonderful therapist taught me a great deal about the causes of my problems, what I had misinterpreted in my life and so on. But I was not changing much; I just understood it all better.

Then a strange thing happened. I signed up for a Meisner acting class to learn some skills for my work, assuming I would be the worst actor in the class — as I had found that usually to be the case. But as I struggled to “get out of my head,” “live in the moment” and “react truthfully to imaginary circumstances,” I found a marvelous side-effect. Suddenly, my therapy started working; I was changing in the ways I had hoped.

Years later, I became a therapist myself. And in my education, I came upon the concept of Drama Therapy. I realized this meant that I could help my clients do what I had done in co-experiencing my therapy and that acting class. They could change and grow much more quickly and easily (and without having to learn all those lines!)

Drama Therapy, in one form or another, has existed for millennia. The Ancient Greeks had their aforementioned theater-hospitals. Aristotle wrote of the effects of Catharsis from witnessing theater. And countless religions have, to this day, had healing rituals in which participants enact archetypal roles.

Then in the 1920s, while Stanislavsky was redefining...
Drama Therapy — An Introduction

acting, Vladimir Iljine created a concept of therapeutic improvisational theater. More famously, J.L. Moreno, a contemporary of Freud in Vienna, created the concept of Psychodrama — in which participants re-enact painful or traumatic experiences. (Psychodrama, while part of Drama Therapy, is too intensive and demanding a process to be covered in this article; it should only be practiced after training from a qualified Psychodramatist.) Since then, multiple professionals have found ways to use Drama Therapy in hospitals, clinics and schools to help with everything from special needs children to schizophrenia to marital difficulties.

The key element of Drama Therapy, and a reason it often can work with resistant clients, is the “Distancing Factor.” Any item used in therapy, other than the therapist and patient, that frees the client from solely talking about themselves — a Jungian sand tray, a Gestalt empty chair or of course all the toys and games in Play Therapy — serve as Distancing Factors. These Distancing Factors triangulate within the therapeutic dyad, enabling the client to express or feel unacceptable feelings through the third party.

Abused children are often given dolls, with which they will show what was done to them — in ways their trauma would never allow them to verbally relate. Take this to an adult level and see how many secrets that a person would never naturally divulge come out in their drawing, poetry or acting. Often this use of the Distancing Factor enables them to see new qualities in themselves and new possibilities for movement and change.

Because any creative activity can work as a Distancing Factor, any therapy that involves creativity and action qualifies as Drama Therapy. But here are a few easy and inexpensive techniques any therapist can use:

**Four Drawings.** This is particularly useful for new or highly resistant clients. I found it excellent in addiction groups, for example — patients whose difficulty connecting to their own feelings had led them to self-destructive numbing behaviors.

The therapist gives each patient paper and crayons and asks them to divide their paper into four sections. In each section, they draw an event from their life. Perhaps it is a realistic image (their wedding), a symbolic one (a broken heart) or a representative one (a football). Not necessarily their life’s most important events — just four that come to mind.

So, what is Drama Therapy? Simply put, it is the use of any technique from the theater, for therapeutic purposes. It might include acting something out, but also art, music, costumes, masks, writing... you name it.

In a clinical context, though, it is the use of the creative and active for therapy.

For many people, life forces or allows us to live in our heads and feel detached from our core selves. The pain and anxiety this creates leads us to look for help, but what we get from books, lectures, talk shows and most therapy simply increases our education. Drama Therapy, however, engages both our bodies, in action, and the creative parts of our brains. This engagement bypasses, overrules or tricks that clever intellectual part into allowing actual change to occur.

Drama Therapy shares much with somatic and mindfulness-based therapies, engaging the mind-body connection. But by including the Creative, Drama Therapy also makes the patient’s mind an active participant in the work. (Therapists, think of that advice your teachers gave you, to “Never work harder than your clients.” Having them engage creatively guarantees this.)

As in so many areas, ancient societies have a lot to teach us today about mental health.
When they are done the therapist has the patient(s) share one or maybe two of the drawings, telling what it represents and why it is important to them.

Note: Allowing the patient(s) to not divulge all the stories helps them feel safe in this environment. Perhaps it even inspires them to “rebel” by telling more!

Sociometry. This creation of J.L. Moreno is a simple group activity, in which the therapist divides the room into different areas (corners work well) and asks the patients to move to different ones based on questions the therapist asks. “Everyone who was born in this city, move to that corner.” “Everyone who has a pet move to this corner.”

Members of the group will experience their identity in different ways as it progresses. If so desired, the therapist can move to more difficult questions, “Everyone who has been in a fight with a loved one lately, move over there” or “Atheists over here.” But be warned, this can create a sense of alienation in a new group. I would particularly warn against deeply personal information unless the group warrants it, “If you have been sexually abused” or “If you have had an abortion,” for example.

An additional activity I like is a more detailed Sociometry. For example, I will tell a group of forty people to form a line in the order of their feelings about The Beatles, from who likes them the best, down to who most dislikes them. The only way for them to do this is to figure out questions to ask each other. Initially they will form sections (Love ‘em, Like ‘em, Okay with ‘em, Hate ‘em), but then have to find deeper specifics — “I saw them at Shea Stadium,” “I know every word to the White Album by heart,” “My parents burned their records,” — creating a safe yet interesting way to get to know each other and express themselves.

Puppets. Puppets are excellent for this work, as they both engage our childhood selves and are highly expressive. Asking patients to pick from a group of puppets to find the one that best represents them, or the one they would most like to be, can be highly powerful.

(Children usually do not need to be asked; they will just grab the ones that feel right and start working their issues out right in front of you, if you are smart enough to step out of the way!)

Shadow Masks. Another very powerful activity involves giving the patient(s) construction paper, scissors and crayons, and asking each to make a mask of the part of themselves they do not show to others. If appropriate, you can include a discussion of Jung’s concept of the Shadow Self, but the exercise works very well even with a lighter, less intense rationale.

Once they have made the masks, have them interact with each other, wearing the mask, and speaking as that quality of themselves. This can be done in an individual session, if so I would recommend that the therapist do it themselves as well, so as to lessen the “labeling” danger. Clients often enjoy the therapist’s transparency in showing their own issues.

One theatrical note: Many clients will introduce themselves in their mask as “I have this issue where I cannot express anger” or such. If so, direct them to play the quality instead: “I am so angry! I am always pissed off!” That is the full engagement that helps create the change. However, this can also prove disturbing for some patients; if so, be sure to allow them to stop the exercise.

A therapist can take the concept of Drama Therapy in endless directions. Writing, for example — whether narratively writing out experiences, just writing out words to express their feelings or creating poetry, songs or raps — elicits a different part of the brain from talking and often brings out feelings and thoughts the patient was unaware of. If the patient feels very safe, one way to increase this quality is to have them write with their non-dominant hand.

In the end, Drama Therapy works because, while we think of theater as “entertainment,” the actual definition of that word means “to show hospitality to; to keep, hold or maintain in the mind; to receive and take into consideration.” This is exactly what therapy aims to achieve.
In Greek, the word for soul is *Psyche*. And the word for mind is *Logos*.

So, in its work to raise the soul and mind, the first Psycho-Logist was a stage. Transform your office into one and watch the magic happen.

Author Douglas Green can be found at [www.DouglasGreenMFT.com](http://www.DouglasGreenMFT.com).

Reference

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Best Homeopathic Remedies for Seniors – Part 2

Joette Calabrese, HMC, CCH, RSHom

Part 1 was published in the Mar/April issue.

Aging is a natural process that occurs very slowly over many years. As a person ages, cell multiplication slows, and some cells may begin to function incorrectly. A healthy lifestyle can slow the progression of these changes, but when additional aid is needed, homeopathy can help an aging person maintain health and vitality and deal successfully with the challenges of aging.

Classical homeopathy strives to find a single remedy that addresses the majority of the symptoms of a disease. In dealing with the problems of aging, however, a combination of remedies or single remedies given in series may be necessary to address the widespread symptoms of aging.

Part 1 of this article discussed how to handle and administer remedies, offered general information and specific remedies for grief and loss, Alzheimer’s Disease and problems of the mind, arthritis and ambulatory problems and sleep issues. Part 2 now continues by offering specific remedies for a number of ailments seniors experience.

Gastrointestinal Complaints

Nux vomica is a premiere remedy for gastrointestinal problems, nausea and diarrhea, particularly when these problems are brought on by overindulgence or stress. Too many rich desserts or heavy foods, overindulging in alcohol or sweets or general overstimulation from social outings may leave a person feeling angry, quarrelsome, irritable and insensitive to the feelings of others. They are apt to easily find fault with others, but they themselves are extremely sensitive and easily hurt or insulted. Nux works to address these problems and provide relief from physical or mental anguish.

Common symptoms include heartburn, nausea, dry retching, gassiness and bloating. The person wishes he could just vomit to get it over with. Sometimes this comes to fruition, other times not. The same holds true for bowel movements. The person would feel better if only he could go yet is only able to pass a small amount of stool.

Arsenicum album is the remedy to consider for food poisoning or when vomiting and diarrhea are relentless. The person may experience abdominal cramping and burning pain in the rectum. Although water is craved, drinking even the smallest amount will cause vomiting. Most of the symptoms appear after midnight and the desire for company is profound. Bundling under the covers is common despite the fever that ensues. The person may be restless, with
frequent changing of position, and may fear that the illness is fatal.

The person needing *Sulphur* has an issue with appetite; sometimes, there is a complete loss of appetite, while other times the appetite is excessive. Food often tastes too salty, and the person desires sweets. The person may feel weak and faint around 11 a.m. if he or she is hungry. Water can often satisfy the appetite. The abdomen is sensitive to pressure, with a sensation as though something in it is alive. Morning diarrhea drives this person out of bed and he or she has a feeling of rawness or soreness somewhere in the gastrointestinal tract.

*Veratrum album* is the remedy to choose when the person experiences violent and voluminous diarrhea with vomiting, which may also be simultaneous. The stools are greenish in color and watery. This is accompanied by cramps in the abdomen, which are relieved by diarrhea. Motion aggravates these symptoms, so even walking can bring on a wave. The person is commonly chilly, weak and very thirsty for cold water.

The person needing *Aloe* has an aversion to meat and experiences nausea with an accompanying headache. Flatulence after eating is common and so is pain around the navel that is made worse with any pressure. The patient also experiences constipation and stool passes with great effort.

*China* is used when the person vomits undigested food and seems dehydrated. If the person is clearly dehydrated, it is prudent to get him to the hospital for an IV. This is not a very invasive procedure and can be lifesaving. Meanwhile, *China* can be given to balance the sodium and water ratio in the body. A good test of dehydration is the pinch on the wrist test. If you gently pinch the wrist and the skin does not return promptly and fully within a second, the person may need this remedy. Other symptoms indicating the need for *China* include slow digestion and hunger and longing for food that stays undigested. Flatulence is common, especially after fruit. Simply put, the digestion is slow. The person sometimes complains of internal coldness and belching of bitter fluid with no relief.

The need for *Phosphorus* is often indicated by the amount of vomiting the person experiences. A great deal of vomiting and diarrhea that may present as involuntary stools may indicate a need for *Phosphorus*. Restlessness and a desire for large amounts of cold drinks are common, but as soon as the smallest amount of liquid settles in the stomach, it triggers vomiting once again. *Arsenicum album* also has this characteristic and is actually the first choice for this symptom.

*Pulsatilla* may be indicated for dietary imprudence. Too much ice cream or imitation fat can cause a Pulsatilla state. Even high-quality ice cream can cause this picture to emerge. Generally the symptoms are not too severe, but they often include heartburn, heaviness in the stomach, a stomach ache and a coated tongue. Although not particularly thirsty, the person may welcome cold drinks. The most important aspect of *Pulsatilla* is the emotional state. The person (most often a woman) is weepy and in need of attention and cuddling. The moment the attention is withheld, she becomes demanding and tearful again.

Of all the nausea and vomiting remedies, *Ipecac* is the one called for when dealing with the worst and most extreme nausea possible. Think of this remedy when these symptoms are relentless and when even vomiting offers no relief. Generally, the person is not very ill except for perhaps a fever and some weakness, but the vomiting is nearly non-stop. Pains may appear...
in the abdomen with lots of gas and the stool may be green. *Ipecac* symptoms sometimes appear after excessive eating.

When motion causes digestive symptoms to worsen, then *Bryonia* is likely the remedy. Even the slightest head movement can instigate nausea or vomiting. Small amounts of liquid may also cause vomiting, as with the *Arsenicum* and *Phosphorus* pictures. The person may exert pressure on his abdomen with his hand to achieve a mild temporary relief. He may also desire to be still. Diarrhea, when present, occurs in the morning.

*Podophyllum* is not commonly found in remedy kits, but if a person is prone to diarrhea, it would be prudent to have this on hand in a 30th potency. *Podophyllum* is of immeasurable value during a bout of severe diarrhea. The stool is often liquid, and the diarrhea is often accompanied by a headache. Occasionally vomiting accompanies the diarrhea, but the critical aspect of this remedy is the voluminous amount of stool. This remedy has a reputation for usefulness in areas where dysentery is an issue.

**Remedies for Colds, Coughs and Flu**

In classical homeopathy, we generally choose remedies based upon the totality of symptoms, not the pathology. That being said, several manufacturers of homeopathic remedies have produced combination remedies, combining a number of remedies that address the most common symptoms of colds or flu. These can be quite effective and are worth keeping in your home for a quick response to cold and flu symptoms.

At the first sign of cold or flu symptoms, if you act within the first 12-24 hours, you may be able to abort or at least lessen the illness to a great degree. Keep the following remedies on hand and use the following flow chart to help you know how to administer them:

- *Aconitum* 6x or 6c
- *Ammonium carbonicum* 6x or 6c
- *Arsenicum album* 6x or 6c
- *Mercurius sol* 6x or 6c
- *Nux vomica* 6x or 6c

Always stop administering the remedy when you start to see improvement.

If the flu is rampant in your neighborhood, consider using a prophylactic against it. One of the best is *Influenzinum* 30. You can begin this approximately one month before flu season starts by giving four doses four times in one day Repeat this every week for one month. Stop when the threat is over.

This prophylactic is usually highly effective, but if you develop a fever or scratchy throat, take *Oscillococcium* (pronounced oh-sill-oh-cock-sign-um) every four hours for two to three days. This remedy is one of the most popular over-the-counter flu remedies sold in Europe and has a reputation for stopping an illness in its tracks or considerably shortening its duration. This remedy is particularly effective for a cold or flu that comes on in cold, wet weather.
If you did not start the remedies in time or you chose incorrectly, and the cold lingers and lingers (lasting more than two weeks or so), consider the following remedies. (Note: In all of the information I offer here, be sure that the symptoms are a true cold or flu. If the problem is an allergy, the remedies will not help. It would seem that this is easy to decipher, but the two ailments are quite similar in presentation. If it is indeed allergies, then contact your classical homeopath for constitutional work.)

One of the best little tricks I know is to use Sulphur 30 every 3-4 hours for 1-2 days. If at any time the cold seems to be much improved, then stop the remedy. If it returns a few days later, then resume using the remedy. However, do not continue with it for any longer than 5 days.

Aconitum should be considered for a cold or flu that comes on suddenly and ferociously, especially when ushered in from exposure to cold. This can occur when a cold wind blows on an uncovered head in winter months. The old adage “stay covered or you will catch your death of cold” is wise advice. In fact, if caught at an early enough stage, Aconitum can abort subsequent pneumonia.

The person may experience anxiety because of the ferocity with which the illness presents. The eyes become sensitive to light, and the illness is, or at least feels, quite extreme. The fever may not be extreme, but a quite painful headache, watery nose and a dry cough will often present, especially a croupy cough.

Gelsemium colds and flu come on gradually with accompanying low energy for several days. The low energy is more like total exhaustion. The person is droopy and dragging, and this must be the predominant symptom for Gelsemium to work. Other indicating symptoms include a tickling in the back of the throat, runny nose with watery and irritating discharge, chills on the back and a headache just above the neck.

Bryonia is common for coughs, so if a cold moves to the chest, consider this remedy. The cough is dry, with spasms that are worse with deep breathing and after eating and drinking. Open air and warm water relieve the cough. The cough is painful, resulting in soreness throughout the body from retching. Pain from coughing can trigger an instinct to restrain the head or chest. The patient wants to breathe deeply, but the pain prevents this, producing short, panting breaths instead. There is little mucus, but what is there is yellow or bloody. The person is often thirsty and cannot find the right temperature. He will likely look sick with a dusky complexion and be irritable and want to be alone.

Rhus tox is the remedy for hoarseness where the voice is worse on first starting to speak and then becomes less of a problem as the day goes on. In a cold or flu, the person feels worse while still, and the headache, stomach ache, cough or hoarse voice improves with sustained movement. Often a cough will prevent sleep or is triggered by sleep, causing wakefulness. The throat is generally red and sometimes the tip of the tongue has a red triangle of color.

Eupatorium is renowned specifically for colds and flu and does not have much other application. Use this remedy for a runny nose with sneezing and hoarseness, and a cough with numbness in the chest. The cough may be so strong that the person feels he must support himself by holding his chest. The muscles and bones are sore. The illness is generally worse at night and often presents with a loose cough.

Arsenicum is used for head colds and coughs as well as gastrointestinal problems. The cold will be marked by a profuse watery and burning nasal discharge. The

Aging often brings a host of other symptoms, and many homeopathic remedies are available to help.
nose is runny but feels stuffed. *Arsenicum* is characterized by lots of sneezing that does not bring relief. Over time, the mucus becomes thick and yellow and is accompanied by a dull headache in the forehead. *Arsenicum* is good for all kinds of coughs: throat or chest, loose or dry. *Arsenicum* sufferers feel worst at night, especially from midnight to 3 a.m. Being cold makes this person feel sicker, but warm drinks bring little relief to an *Arsenicum* sore throat. The throat and chest may burn, and application of warmth often comforts this sensation. Sometimes we see wheezing as part of the picture. Restlessness, particularly with anxiety, is common.

*Belladonna* is useful for fevers that are associated with cold, flu and coughs (see more about *Belladonna* in the Sore Throats section). The most prominent symptoms calling for *Belladonna* are high fever and extreme pain in the ears or head.

*Allium cepa* is made from onion and this remedy helps the symptoms you might think of from cutting a raw onion: clear, burning nasal discharge and eyes tearing with redness and burning. The person may feel worse in warm rooms in the evening and better in open air. Sometimes a tickling cough will develop that leads to a dry, painful cough.

*Drosera* is another remedy for cough. This cough is dry and croupy, with a barking, ringing sound. The cough may lead to heaving or vomiting. This remedy has been used for many decades for whooping cough. In that case, there is a characteristic whoop or gasp at the end of the cough. The cough, as well as other symptoms, is made worse by lying down. Eating and drinking can cause renewed coughing fits.

*Euphrasia* symptoms include a non-irritating discharge from the nose that is worse in open air or when lying down. The cough is loose and not very deep, with lots of mucus. The cough is worse during the day and better at night.

The cell salt *Ferrum phos* (*Ferr phos*) can be helpful for those who are predisposed to colds. In this case, it can be employed as a prophylactic by taking it when around others who are sick. The best way to do this is by taking *Ferr phos* 6 every 4-6 hours until the threat is over. This remedy is useful in the first stage of an inflammatory illness. This is particularly effective for a short, painful, tickling cough or a hard, dry cough with a sore chest. Hoarseness is also common, and the cough is better at night.

*Kali bichromium* may be considered for the later stages of a cold, for a thick yellow stringy discharge that is so thick that it is hard to blow the nose. Even crusty discharges in the nose are obstructive. Often there is pain in the sinus area, at the base of the nose or above an eyebrow. Remember this remedy any time a sinus infection is at hand. As the quintessential simple sinus infection remedy, start your search by considering *Kali bichromium* first.

*Natrum muriaticum* (*Nat mur*) may be helpful when a cold is ushered in by sneezing spells with lots of clear or white mucus. There may be a loss of taste and smell, so the person loses interest in eating. The mucus can sometimes be sticky and collect in the throat, and the mouth and nose may develop small blisters or sores, especially in the corners of the mouth, accompanied by cracked dry lips. The person may feel weepy and sad but rejects attention. That is, if you offer him or her consolation, they will pull away and clam up his emotions.

*Phosphorus* is good for a variety of coughs that include a dry, croupy cough as well as one that is loose and deep. Chest pain is common and is generally worse from movement, particularly when lying on the left side. There may be tightness or pain in the chest, and this may be triggered by lying on the left side. The person may have laryngitis.

*Pulsatilla* may be used when thick yellow or green mucus is present in a cough or cold. Most importantly, the person is likely to be weepy and crave affection and is made more comfortable when outside or with a fan blowing on her. A runny nose may alternate with congestion, and the runny nose is better in open air and worsened in a stuffy, warm room. *Pulsatilla* is good for dry and loose coughs; sometimes the cough
ends in gagging. The cough is dry at night but loose during the day.

*Spongia* is one of the best remedies for a harsh, barky, dry cough. The cough of *Spongia* sounds like a saw grinding through wood. When drinking warm fluids and eating temporarily relieve the severity of the symptoms, it is a call for *Spongia*.

**Sore Throats**

Sore throats are best handled by giving a dose of the correct remedy every 4-8 hours for 1-3 days until relief is obtained. Gargling with warm salt water is a good way to help keep the throat clean and move towards completion. Strep throat sounds threatening but is often quickly relieved in one to three days by sound homeopathic strategies.

*Belladonna* is the first remedy to consider with sore throat, particularly if the pain is intense. And if the pain has a sudden start, with fever and redness, then *Belladonna* is also likely to work. The redness can be seen on the cheeks as well as the throat or tonsils. But the throat color is not a soft red; rather, it is an angry red. Similarly, the pain is an intense pain. The throat may be swollen but with little pus formation, which makes swallowing difficult and painful. Even liquids are excruciating to swallow. The throat can sometimes feel quite dry. This is your best remedy for a strep infection.

*Hepar sulph* is used when a sore throat is accompanied by severe infection in general. The tonsils are often quite swollen and coated with pus. The nature of the pain is as if something is stuck in the throat, such as a piece of glass. The pain extends to the ears.

The person may be irritable and demanding and feel chilly. Warm drinks soothe the throat.

*Arsenicum album* is indicated for a sore throat with a great deal of chilliness in tandem with a fever. The person experiences great restlessness and anxiety that is so intense at times that exhausts the person. Then weakness ensues, with intense fears of being left alone. The throat pain is burning pain and is accompanied by chilliness with fever. Warm drinks are comforting, and cold drinks aggravate the pain.

When a sore throat comes on slowly over a period of days, consider *Gelsemium*. The characteristics associated with this remedy are chills up the back, a desire to be alone, and a hot body with cold hands and feet. The most important distinction is the person’s overall energy level. *Gelsemium* is needed when profound heaviness characterizes the condition and produces a dragging, drooping appearance that is extremely evident. Even the eyes droop with heaviness. The person wants to be left alone because even the slightest interaction is simply too much.

When the illness includes an aching body, fever, sore throat and swollen glands, consider *Phytolacca*. The throat is dark red or purple. The body aches cause restlessness, and it is difficult to get this person warm, even when well covered.

The cells salt *Ferrum phos* is very helpful to fight inflammation. A *Ferrum phos* sore throat is one in which the tonsils are red and swollen while the mouth is hot.

A *Mercurius* sore throat is characterized by fever and weakness with excessive saliva. Key symptoms include drooling (evidenced by a dampened pillow case or a need for increased swallowing), a puffy tongue, lots of mucus and a metallic taste. The person is also usually very sensitive to temperature, complaining if the room is too hot or too cold. Very much like Goldilocks and the Three Bears, nothing (in the way of temperature) is just right.

**Other Remedies to Consider**

*Carbo animalis* may be helpful for older people who suffer from debilitating diseases that cause poor circulation and lowered vitality. Other symptoms addressed by this remedy include offensive secretions, distended veins, blue skin, ulcers on the skin, and in
serious cases, gangrene and decomposition. This person may be sad, reflective and anxious at night, with a desire to be alone and avoid conversation.

Fluoricum acidum is indicated for goiter, bed sores, varicose veins and skin ulcerations. Unlike those helped by Carbo animalis, this person desires company and likes to talk but may avoid family members.

Selenium has been shown to have a marked effect on the genito-urinary system and may be helpful with prostrate problems and sexual atrophy. Other indicators include emaciation of the face, thighs and hands, loss of hair from all over the body, including the eyebrows, whiskers and genitals, overall debility and extreme sadness and melancholy.

Aging often brings a host of other symptoms, and many homeopathic remedies are available to help. If you or your loved ones are suffering from numerous symptoms of aging, the best recourse may be to consult with a professional homeopath who can help you navigate through an entire course of treatment designed to address individual needs.

Author Joette Calabrese can be found at www.PracticalHomeopathy.com.
The Power of Music Helps Kids with Autism

Jack Licitra

As a music educator and energy practitioner, I often work with children and young adults who have autism. It is indeed a soulful practice. Whether I am working with autistic kids at South Bay Arts (my studio), in schools or in summer camp settings, the power of music helps give kids the best life and the best experience possible with autism.

Autism is a complex experience that varies from person to person. Autism includes a wide spectrum of "symptoms" and how it manifests depends on the particular child. What each child needs can be very different. Some kids require a quiet, low-energy, calm environment to help them with sensory issues. Others find peace in the midst of "musical chaos" — drumming or group sing-a-longs. For each child, we are trying to find the tools that best suit them.

However, the common denominator is this — kids with autism definitely read the energy of people around them. The important thing is creating an environment where they are able to feel safe and secure enough to let out self-expression, in whatever form it takes. The way you feel about the child can make them feel safe. Your energetic feeling, your posture, your breath — it all creates a level of enthusiasm and openness.

If the practitioner directs a focused, energy-based intention in a strong and positive direction, this allows the client the space to be safe and express.

Drumming and singing are bridges between the physical aspect of the brain waves and the heartbeat and pulse. Music affects those processes in a physical way. However, consciousness is a combination of awareness and intention. This is where the metaphysical relationship comes into play, between music and autism, because the practitioner and the client become aware of each other — they develop verbal and nonverbal communication by reading each other’s energy.

Musical experiences can expand someone’s energy field. So the process of working with an autistic kid begins with observing their energy. When I am working with an autistic student and I see their energy field light up and expand, I think to myself, “Hey! Somebody is about to come out of their shell.” When the energy field expands, I know we are getting the right results.

No matter what client I work with and no matter what the setting, it is helpful to base our work together on a consistent foundation. This foundation is made up of breathing, confident postures, relaxation, positive experience and positive reinforcement.
With a confident posture the student might be sitting or standing. What they are really doing is grounding themselves, being in the moment, in that posture. One example of a confident posture is when a student puts their arms straight up in the air, with their fingers extended like tree branches and a smiling face. When they do this, they are no longer stuck in themselves or hiding behind a wall. We also use positive mantras (affirmations in a chant form) to help ground the student.

I would like to present two case histories of students with autism, to illustrate strategies that help them experience music.

**Case Number One: Josh**

Josh was 22 years old and mostly nonverbal when I met him. He was verbalizing but not with coherent sentences and thoughts. Josh was a shy guy.

I thought drumming would be our starting point. But Josh was unable to accept prompting in basic rhythm patterns. Instead, we worked on the microphone and used a song Josh was familiar with: “One Call Away” by Charlie Puth. I had another young student come in and model the song for Josh by singing it. While that was happening, I played the melody on the piano. When Josh saw the other student sing, he mimicked their singing. After a few months he began to sing it perfectly. When he was on the mic singing, his energy field was definitely expanding.

Josh was able to read well. So we used a letter system, where letters corresponded to keys on the piano. Using this technique, Josh mastered simple songs on the piano.

In every lesson, I had him do some mindfulness exercises, with confident postures and breathing. I believe this helped him feel safe to try new things in the music studio environment.

I still see him every week. Now he is a rock star in group circles, singing on the mic in front of fifty people. During the process, it took time to develop a consistent flow and get him to understand what we were doing and help him feel comfortable with it. And then all of a sudden, a nonverbal kid found a voice.

**Case Number Two: Jane**

Twenty-six-year-old Jane had sensory issues. She was very sensitive to loud sounds and had severe anxiety in groups of people. Jane was semi-verbal; she would use words, but she repeated them over and over again, and she did not always speak coherently or meaningfully. She also had a lot of general anxiety, exhibited symptoms of obsessive-compulsive disorder and worried constantly.

We started with chanting, singing “o, a, e, i, o” over and over again. Jane found this vocal toning soothing. It let her relax. Then we started working on the piano — quietly. Jane began to sing “You’ve Got a Friend in Me” from the movie “Toy Story” on the mic.

Over time, she felt safe and as she received encouragement from me and her parents, the music we played got louder and louder. However, Jane was not affected by it anymore. Soon she was playing on a loud rock drum kit and enjoying it.

Jane would also sing in drumming circles. At first, after singing, she would have to hide in another part of the studio for a few minutes and calm down. Eventually she was able to remain in the circle and continue as part of the group.

Drumming and singing are bridges between the physical aspect of the brain waves, the heartbeat and pulse.
In conclusion, each day a child with special needs is like a box — you open the box and you do not know what you are going to get. So it is good if a teacher can read energy and be intuitive and creative. What we are doing is trying to create an energy-rich environment and a positive space where these kids know we care about them. They know inside and out that this is their place to thrive.

Author Jack Licitra can be reached at www.ArtsPharmacy.com.
Sometimes we have an idea in our head of what a beautiful garden will look like once we are finished planting, only to be disappointed with the lack of growth or the pesky weeds that take over. In the garden of life, this feeling of disappointment holds true as we become frustrated and defeated when the parts of our life that we want to thrive are not and the negativity is.

Like attracts like, yes? Therefore, when our focus is not on our true intentions, we give room for those weeds to break through and flourish. Sometimes it starts off with a single worry that becomes a day full of stress and feeling defeated by the time we go to sleep. We are often wrapped up in the growing weeds so much that we forget the beautiful flowers that deserve more attention than the weeds. Instead of feeling gratitude and positivity and growing those feelings by allowing them to stay present, we unknowingly contribute to the negative feelings with worries or gloom and scratch our heads when nothing seems to go right.

I am guilty of this at times, as many of us are. It might start off with a single worry before I go to sleep, and quickly quadruples, leading to a night of poor-quality sleep and being left with even more negativity the next day because I have helped my weeds grow; I have unknowingly caused even more distress.

This pattern may also ring true for someone who starts the day in a bad mood and every single thing that happens throughout the day makes it worse. You become angry when you are cut off on the interstate... Your coworker gets on every nerve... You get in an argument with someone close to you...

That bad mood, the “weeds”, have spread because we have allowed them to; we did not shift our focus to the beauty and sweet aromas of the flowers, and because of this, they are not standing out as they should.

Troublesome issues arise that we may or may not have control over. Stress happens. But when we get wrapped up in the negativity of those circumstances, our intentions or broadcast to the universe might be saying, “Hey, give me some more of this annoying stuff!”

Instead, if we focus on the flowers — loved ones, hopes we have for the future or even the kindness of a smile to or from someone — we start attracting more of those beautiful things... the things we truly want to experience and have in our lives.

What Parts of Your Garden Are You Watering?

Lindsay Mulligan
It is not always easy to catch, but if you can spot a negative loop or downward spiral in your thinking or mood, you can shift it to something positive that can easily turn things around.

If focusing on hopeful affirmations about the future seem like too much of a task when you have caught yourself in a very negative state, just start with the things in your present. Who or what are you thankful for now? What good things are happening in your life? What can you think about that makes you happy? Gratitude and happiness are wonderful feelings to focus on to shift your mood and broadcast to the universe.

What positive things you have you done today? What is something positive you can do now? Give smiling a try. Tell someone to have a great day and mean it. Give someone a compliment. How does it make you feel — good? Focus on that feeling.

When my troublesome thoughts begin to get the best of me and I catch it in the process, I immediately tell myself to leave that worry alone for now and focus on the positive — my flowers. I am thankful for this. I am thankful for that. If I hope to improve the situation I am stressed about, I express those hopes as if they are experiences that have already happened. Our home on the market has already sold. I already feel completely healthy and happy. I already am in a wonderful mood. We want to project to the world what we would like back instead of what we are worried or angry about, or what we do not want.

You want to water the parts of your life that already do or will make you happy and content; these are the parts you want to grow. Release the rest and find that the weeds start to struggle in bringing down that which you want to flourish the most.

Author Lindsay Mullican can be reached at Lindsay@HealingTouchProgram.com.
Reichian Therapy, developed by Wilhelm Reich (1897-1957), is an analytic and biophysical therapeutic method that provides character and biophysical restructuring. It recognizes the essential functional identity of the mind and body. Also known as Medical Orgone Therapy and Orgonomic Therapy, Reichian Therapy recognizes how “armorings” against the free flow of life energy blocks full authenticity and open emotional/biophysical expression. Reich’s work became the classical foundation for somatic therapies that followed.

Wilhelm Reich was an analyst and initially a student of Sigmund Freud (1856-1939). He parted ways as his theories embraced a more active approach of engagement, both verbally and biophysically, with the patient. He created a unique character typology and map of body armoring and with his discovery of Orgone energy, the energetic principle became fundamental to his application. Reich understood that there is a universal energy that pulses throughout all living systems and the universe and that for health to be achieved it must remain in a freely moving state.

Reichian therapy focuses less on the story the patient relays but rather on how the patient actually is, how he relates and how he functions. The therapy focuses on defenses that impinge on the developing authentic self — as defenses become distortions that contort the mind, the body and impede pulsing energy flow.

For energy healers, coaches and other professionals the study of Orgonomy and character typology will increase skill level and provide a critical framework and lens to view the client.

In my book, Whole Therapist, Whole Patient: Integrating Reich, Masterson and Jung in Modern Psychotherapy I update Reich’s work to include attachment theorist and personality disorders. My book explains the method in guidebook fashion.

Orgonomy embraces health with a functional mind-body approach that helps patients access their naturally abundant free-flowing energy and couples it with capacity for lively contact and clarity of perception in an unarmored body. This approach is distinguished from other therapies by its energetic concept of functioning. When there is blockage in our mind and body, our capacity to function at our fullest is limited by both aspects. Our physicality is part and parcel of the health equation. As mental health professionals — why not work with the body directly? Why not expand treatment beyond a strictly verbal analytic therapy model, as we increasingly realize the importance of body-mind components that factor into the etiology of physical disease, stress-related...
symptoms and capacity to heal. I am incredulous that the vast majority of analysts never engage the patient’s body in the process, likely because somatic interventions are rarely taught in a methodical way that is congruent with theoretical principles of analysis. With verbal therapies, the mind and emotions are engaged, but not the body; therefore, the mind-body split continues.

With over 40 years in private practice, it is apparent to me that impressive and powerful mind-body alterations result from engaging the patient’s body in the treatment. Our life-long memories are housed in our body; our physical structure reflects our genetics, our historical experiences and is a template carved out of our life situations and events. Many aspects of our physical health in maturity are directly related to our early psychological history. A research study in the New York Times, confirms the long-term physiological effects of stress in childhood. This study shows that early stress may be linked to hardening of the arteries in adulthood. Finnish researchers studied 12-18 year-olds across many social, emotional, economic and stress measures within the family and studied the group again at ages 40-46, measuring coronary artery calcification. Controlling for other contributing causes, the research found that “the higher the childhood stress score, the greater the risk for coronary artery calcification.” Orgonomy addresses the historic stress embedded in all physical systems and creates a vehicle so that the material can be psychologically and biophysically metabolized and released.

With the Orgonomic biophysical treatment modality, the body is mobilized as a vehicle of expression for deeply held emotions. With strictly verbal work, the physical expression is contained and inhibited by a seated upright position that relies exclusively on cognitive and verbal communications, leaving the defenses more intact. Many patients have difficulty expressing feelings and have never cried as adults even when they desperately wanted and needed to. Others have been warned early not to raise their voices or get angry and that inhibition has had deleterious effects on their own ability to be assertive and communicate openly in relationships.

When patients experience biophysical work on the couch and are given permission and instructions that facilitate emotional expressions and permit new expressions of long-held feelings, they feel liberated. Their awareness of self and what has occurred in their lifetime grows from the inside out. They experience deep release and relief as their physical tension and contraction gives way to energetic movement and expansion. As Wilhelm Reich states, the natural state of the organism is pulsation: expansion and contraction — and the natural healthy organismic pulsation is reinstated through consistent sessions of bodywork. As constriction, tension and blockages are released through expression of real feeling coupled with physical movements, the body can let go and the patient may experience pleasurable streaming (energetic waves from head to toe) and deep relaxation that becomes integrated into their nervous system.

Historically, our survival depended on developing a coping style that resulted in the least amount of adversity; the character structure embeds in the psyche and becomes the individualized defensive style of the patient. That same defensive structure is the organizing template for all bodily processes and felt physical experiences of the patient. This is what is meant by the term “body armor;” the ways that the character
armor is expressed in the body including: the nervous, hormonal, immune and circulatory systems, the flexibility or rigidity of the musculoskeletal system, sexual responsivity and performance and felt sense of health. Our body-mind is one so we can create improvement by working directly with both parts. Unfortunately, the majority of mental health therapies do not approach this obvious relationship. Focusing just on talk therapy leaves half of the equation ignored.

When we intervene directly with the body, we unwind and release bound muscular tensions, realign the autonomic nervous system so the sympathetic (fight, flight or freeze responses) balances with the parasympathetic functions (digestion, relaxation responses) lowering chronic stress reactions and reducing inflammation leading to overall better health. The autonomic nervous system is an example of expansive and contractive systems within the body. We are changing a patient’s approach to life at its root — how the patient exists within his body-mind.

Patients feel enormous relief as they develop a new sense of freedom of expression and release long-held feelings as they recapture archaic memories. They experience a growing capacity to deeply relax afterwards as their parasympathetic system learns to give-in to the relaxation response. They become able to express their strength and power as well as give-in to vulnerability. The energy flows throughout their body rather than remain blocked (trapped) in their head, chest, diaphragm or abdomen, which prevents a flow (streaming) to the limbs. These are some benefits of biophysical treatment interventions.

Author Patricia Frisch can be found at www.OrgonomicTherapy.com.

References
Time for another one of those well-worn clichés that also happens to be eternally true! We are what we eat...

Our human body is the chosen vehicle we use to travel around this bluey-green planet of ours. It is a bit of a no brainer then to take the best possible care of it and give our body the best chance to serve us well until it is time to leave.

It makes sense that the fewer stresses we put on our physical body and digestive system, by choosing carefully what is taken into it, the easier time it is going to have.

Personally, I have found over the course of the last couple of decades that my own body reacts better to mostly unprocessed food. The more natural my chosen food is, the smaller the list of ingredients is on any kind of label gracing the packaging and the healthier and happier my body is.

Eating food free from artificial colours, flavour enhancers, e-numbers and preservatives means our digestive system is going to have an easier time in processing it.

Further along the same principal, artificial sugars or too many natural, yet highly refined sugars, ask a lot from our bodies to absorb and process. These alien intruders have only really become a part of our daily diet (to the extent they are today) in the last fifty years or so.

Over-burdening our body — and this applies equally to even the healthiest food or drink if we over eat — puts unnecessary stress and burden on our finely tuned digestive system.

If you take on heavy fuel, chances are you are going to get heavy!

I am vegan, occasionally raw vegan, which is eating only uncooked fruits/nuts, and have found this diet works wonderfully well for me, although I equally accept that this lifestyle choice may be considered a little too extreme for some. I have weighed seventy-two kilos (158 lbs), give or take a kilo, for the last two decades and my general health is excellent. I never over-eat; having partaken of a reasonable lunch, I follow it later with a light evening meal. If I snack at all, it is on fruit or nuts. I drink plenty of water (but not too much) and get plenty of exercise. If I cannot get out and take a walk (my favourite form of exercise), then I enjoy a swim. I also ensure that I take the time to have a 15-20-minute workout with weights at home every day.
Vitamins

We all have easy access to just about any and every type of vitamin, mineral or supplement conceived of or imagined. All we need to do is hit the high street or click a mouse. Yet, how many of these vitamins do we genuinely need to be taking and how many are simply passing through our bodies, serving little useful purpose?

During the last twenty years or so I confess, as a health-conscious vegan, I must have sampled at one time or another pretty much all the myriad of different vitamin and mineral concoctions; the promised goal is to replace the essential elements vegans apparently miss out on through avoiding meat, dairy and fish. Last year I decided it was time to truly find out where my body was in terms of how vitamins were affecting it. Off I went to my chosen health professional for a complete medical review. The pleasing conclusion was that I lacked only a little vitamin B2. She recommended I take this short term in the form of a high-potency supplement and add extra almonds, mushrooms and sesame seeds into my diet for the long-term fix.

If you genuinely feel you could use some extra vitamins over and above your usual diet, take the time to go and get checked out by a health professional. This way you ensure you are supplementing with something you need short term. Look at what can be added into your diet for the long-term fix.

If you are vegetarian or vegan, it is almost mandatory to have your B vitamin levels checked periodically as a matter of course and for peace of mind. A nicely balanced diet might leave further supplementation obsolete. The other point to bear in mind here is that our needs are more than likely going to be entirely different during the summer months as opposed to winter. Again, if your instinct is suggesting you would benefit from supplementation, a visit to your general practitioner or choice of healthcare professional allows you to know for sure. Facts are always preferable to guesswork when it comes to our well-being.

Juice

“Five a day” have become the watchwords when it comes to our intake of fresh fruit and vegetables. This is a generally recognised standard to maintain a natural balance in our diet. Although more is always preferable to less so why reach only the minimum recommended amount?

Juicing fresh fruit and vegetables is an excellent way of increasing our valuable intake of their beneficial vitamins and minerals. Pre-packed cartons of juice from the supermarket are okay, if there is no other option. To truly get a good balance of nutrients, juicing for ourselves is the way to go. Perfectly serviceable juicers have dropped in price recently, becoming accessible for most budgets. The wonderful thing about juicing for ourselves is that we do not need to add extra preservatives or any of the other stuff commercially produced juice often contains.

For more information about starting out with juicing combinations I recommend the book *Juicing for Health* by Caroline Wheater or something similar. You can also find a juicing website that is trustworthy concerning the validity of information they provide.

Organic

There is organic produced food and then there is ethically produced organic food.
Some of the animal waste-based organic fertilizers, such as chicken pellet manure, commercially used by growers and directly available to us via garden stores, has been produced as a by-product of factory farming in one form or another.

The same applies with pesticides; rather than drenching our food in chemicals, there are more natural ways of doing things. Permaculture is one example, the planting of sympathetic plants to protect one another from likely pests. Using essential oils like citronella as a repellent to avoid crops being eaten by insects or lavender to discourage weeds from growing are becoming more widespread forms of protection for produce. There is a wealth of reliable information on the internet from various organizations, such as the Organic Consumers Association, which exists in one form or another in most countries.

If you are buying most of your food from grocery stores, a little investigation into where the products come from and how they are grown can pay dividends. There is a wealth of information available via the internet and if you ask the store employees directly they are generally quite helpful. Alternatively, growing your own fruit and vegetables puts you in control of what products go onto them and there are many ethical organic options out there, either for fertilizing or pest control. We are what we eat.

Author Dean Fraser can be found at [www.DeanFraserCentral.com](http://www.DeanFraserCentral.com).

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Learn More
When first beginning to practice Reiki, one of the biggest pitfalls I see with my students is the tendency to come from a place of ego. We ALL do it — especially when we are working with a person we are close to, someone we love or someone we are trying extra-super-hard to “heal.” I will explain, but first let me remind you of two basic principles of Reiki.

1. Reiki has its own intelligence (Rei meaning Source or higher-consciousness).
2. Reiki never depletes your energy because it is channeled healing. The Reiki practitioner’s energies are never used and therefore never depleted.

Here is a huge and highlighter-worthy truth: If you feel depleted or unwell after giving a Reiki treatment, then you are coming from a place of ego, not a place of Reiki.

What I mean by ‘coming from a place of ego’ is, whether you know it or not, you are trying to affect the healing. Reiki does not work like that. You are not doing anything. You are the cord through which the energy flows.

I commonly find myself having this conversation about ego over-and-over again with Reiki practitioners when I am at events. For that reason, I am going to share a real-life example.

I was approached recently at a yoga festival by a Level 1 Reiki practitioner. She was new — just attuned — and still trying to figure out what it all meant. This woman began the conversation by saying that she had been providing Reiki to her sister, an on-again-off-again recovering drug addict, and that after treating her, she would feel very drained and unwell. The woman wore this as a badge of honor symbolizing that she “gave-it-her-all” during the sessions with her sister. She went on to say how much she loved her sister and how she desperately wanted to help her. Through conversations she had with others, she came to believe that the reason why she did not feel well was because the energy that was flowing through her was extra powerful — as it was obvious that her sister needed more Reiki than most due to her circumstances.

At the risk of being redundant I am going to break this conversation down, because I think it is that important. Also, please forgive my bluntness — again, because I think it is that important.

She Knows Too Much
This lovely woman knows too much about her sister, for this particular situation. Sometimes, it is better, when starting off, to know little-to-nothing about the person that you are treating. The more unattached
When you are attached to the outcome, you are coming from ego.

You are to the person and the illness, the more unattached you will be to the outcome. When you are attached to the outcome, you are coming from ego. Let me say that again, when you are attached to the outcome, in any way, you are coming from ego. And when you are coming from ego, you are not coming from Reiki. It is a distinction worth grasping.

Right about now you might say something to me like, "but that is the whole reason I became attuned to Reiki because I want to help heal my son, husband, mom or sister". Yes, I get that. However, if this is the case, you need to fully understand the rest of what I am about to say before practicing on someone where the outcome is of great importance to you.

Often you can allow the Reiki energy to flow through you unaltered when you work with strangers. I know this from years of experience with myself and my students. After Reiki level two training, I give my students the opportunity to practice with 'strangers' during my yoga/Reiki workshops. This is typically the first time they are practicing Reiki on someone other than their family members or friends. Repeatedly, I hear from my students how different the experience is when working with participants in the yoga workshop. For the first time, they can experience Reiki as intended, with no ego attached. It is a beautiful thing that I am truly unable to put into words. Once you have experienced it, you will know the distinction between coming from ego and allowing Reiki to flow through you unaltered. It is this unaltered state that you are reaching for.

She is Focusing on the ‘Drug Addict’ Not Her Sister’s True Spirit

One of the most important traits of a healer is to be able to hold the space of wellness for another. In part what this means, is you never want to focus on the person's illness or problem. Understand what is going on here. Let us assume that most of the time, your clients are coming to you because they have something 'wrong' with them. I can guarantee that this problem consumes most of their thoughts. In fact, universal law ensures this. Someone must hold the space of well-being for them. Someone must focus on their true nature, their perfection, their wholeness, their well-being or the idea that their cells are regenerating constantly. And I assure you, it is not going to be them — so it must be you.

If you get really good at this, you will have people lining up to be in your presence. In fact, this is ultimately what Jesus did. People would stand in front of Jesus, dripping in their illness, and he would look at them through the eyes of the Father and know their wholeness, know their perfection, know their divinity and know their birth-right. This is the space where miracles happen. This is how you raise vibration. This is how you heal.

You simply cannot focus on the problem and expect to feel good after the session. Simple enough. The most important job of a Reiki practitioner is to hold the space of well-being for another. If you know the intimate details of their illness/problem, it is harder to do this, but it is possible. This is a good time to get centered with Gassho meditation, which is the first pillar of Reiki and can be used to clear the mind, open the heart, and strengthen one's Reiki energy. If you cannot, you need to refer your family member or friend to another Reiki practitioner. You can, of course, still give them your love, your support and your prayers — but I would not call it Reiki.

Do Not Give it Your All – In Fact, Just the Opposite

This woman was certainly right about one thing: she was feeling drained and unwell because she 'gave-
You are practicing on Hitler or Mother Teresa, a sinner or a saint, someone who is a drug addict or someone who is vibrating at 72 MHz — it just does not matter. Reiki makes no distinctions. It sees all life through the eyes of Source. It is both powerful and gentle at the same time. Reiki is not thinking, “This person is super sick, so we better zap them with extra powerful healing today.” It does not work like that. Regardless of the person you are sharing Reiki with, Reiki flows in the same powerful yet gentle way each time.

In conclusion, if you are looking to practice Reiki on another, whether you know them personally or not, years of experience have shown me that the more aligned, centered and relaxed you are the more this beautiful, divine energy can flow through you unaltered. Take the pressure off yourself and sit back and enjoy, knowing that everything is always unfolding perfectly.

Author Cortney Martinelli can be found at www.Shineakron.com.
September 15, 2018

It is 7:00 a.m. My back feels sore, so I do my regular Reiki routine and then start to get up. Immediately, I realize something is not right. Pain in my back and hips and weakness in my legs immobilize me as I try to move. I grab onto the bed stand and dresser to get to the bathroom door. Spasms make me feel like my legs might give out. Grasping the tub ledge, then the shower door and the countertop, I make it to the toilet.

What could it be? Two days ago, it had felt like I had pulled a muscle in my back while rushing around, so I went to a chiropractor for the first time yesterday. I was not in pain before his adjustments, only my lower back and hips were tight, but this morning is a whole new ball game. Deciding to see if an Epsom salt bath might help, I do not even have enough strength to lift the bag of salts. I drag it across the floor. It is like I am in an alternate reality. It takes all my determination to bend down to plug the drain, take my clothes off and get my legs over the edge of the tub.

I lie in the warm bath, no longer in pain because I am not moving. Outside the big window over the tub there are quail chattering on top of the fence. I love watching them and hearing the noises they make to each other. Like with all the animals on our property, I talk to them. Back to reality, I realize it is possible I may not currently be strong enough to get out of the tub, but I remind myself to practice loving what is, as taught by Byron Katie. Somehow, I enjoy the time without worrying about what will happen next.

When the water starts to cool, I attempt to stand up but there are still jolting pains as I feebly lift first one leg then the other out. I hang on to the tub, too weak to dry my body. I ask for strength to get to my bed. Once there, I collapse with the towel laying over me.

I stay in that position, Reiki hands on heart and core, then giving myself Quantum-Touch around my hip until I hear my son get up. I call to him asking for a pain reliever and my cell phone. Getting dressed seems like an impossibility. I call the chiropractor who treated me yesterday, but he is not available. I text my Reiki teacher. I also send messages to two friends I met recently in a series of Quantum-Touch classes in northern California. They are part of a Healing Intentions circle we have recently put together. Our first meeting is this afternoon, but they will not be joining us because of the distance. I laugh to myself — the cosmic irony of life; I had planned on being an intender, not an intendee of our first circle together.

Then I call my good friend who lives two streets...
How Much Time is Needed to Heal?

We are often lulled into taking our bodies for granted, assuming they will always respond the way we want.

over — we trade energy sessions and she is part of our healing circle. She practices Energy Medicine as taught by Donna Eden and Reiki. I am thankful when she offers to come an hour before the meeting to see if any blockages in my body can be cleared. This eases my mind and I accept. In the meantime, I test my ability to walk by hobbling to the window to raise the blind. I try some light stretches. I am learning quickly to breathe deeply instead of tensing up and holding my breath in anticipation of the pain. Walking with deliberation, hanging on to the counters, I make it to the kitchen. With difficulty, I prepare some coffee and a quick breakfast. Even the weight of the coffee cup alone is too much for me and I need to ask for help.

On the patio I try to relax with an ice pack wrapped around me. I feel more secure knowing that soon my dear neighbor will come and then the other friends for our circle. This is the opposite of my normal strength; I cannot remember ever being this weak. Generally, I consider myself to be in good physical condition — playing beach volleyball and hiking each week.

The chiropractor returns my call just as I am getting up on the table for energy work. Yesterday, I went to him because it felt like I had pulled a muscle. My movement was restricted before I saw him, but I had no pain. It was the first time I had ever been adjusted. I do not blame my current condition on his treatment; many of my friends have been helped by chiropractic care. After hearing the details, he suggests that my nervous system might have been overwhelmed by the adjustments he did, which could have caused an adverse reaction in my body. He suggests I use salt baths, a pain reliever good for inflammation and ice — the things I have been doing. We hang up agreeing to talk soon.

On the Reiki table, my friend helps the energy flow through my body. She senses a blockage at the second chakra and does techniques she has learned for clearing it, like making long sweeps across my hips and down my legs with her hands. She holds points on my feet and toes. When I tell her I feel a heaviness between my third and fifth chakras, she gives me Reiki there and on my back and head. Forty-five minutes later, with my feet on the floor I am able to stand up straight. I take a few tentative steps, but there is no pain, no spasms, no weakness and no restriction of movement. Smiling from ear to ear, I hug and thank my friend. She humbly says, “You are welcome, but it was not me who healed you.” We go together to welcome our friends at the door.

There are seven members in our Healing Intentions circle — five who are able to participate today. While forming the idea of this circle in my mind and taking steps to bring it into manifestation, two of our group members’ mothers had been affected by serious physical challenges — one a brain hemorrhage and the other a severe bout of an autoimmune illness. Our recently-formed circle rallied through emails and text messages, each of us doing our healing intentions individually for the two women until we could meet in person. During this time, both women noted an improvement in their symptoms. This is what I had hoped for, but still I am always so thankful when anyone gets relief from a condition they are experiencing.

Before starting, one friend lights sage, allowing it to create a sacred space, and then lets the smoke encircle each of us. We have decided to structure our intention work loosely on the studies done by Lynne McTaggart in her book, The Power of Eight. Each member brings an intention to the circle for us to collaborate on together. We go around the circle, one by one giving the details of our chosen intention. Then as a group we spend ten minutes on each
request, using distance Reiki, praying and/or using other healing modalities. I sit cross-legged for an hour and a half with no discomfort. The energy between us has a beautiful, peaceful feeling.

Now, after everyone has left and I have made dinner for our family, I am resting and writing this incredible story. How do I convey the gratitude I feel for the joint powers that helped me heal so quickly? I am grateful for the chiropractor’s part and for him reaching out just now in a text to ask how I am feeling.

I contemplate what I have learned from this experience. First of all, I learned to slow down. When I pulled something in my back, I realized it was from rushing too fast. I remind myself that since Reiki came into my life I have a new understanding of time and there is adequate time for everything. Being unable to do daily activities this morning will make me remember to have more compassion for others who suffer physical limitations. I gained an even greater appreciation of my normal health and well-being. When we have robust health, we are often lulled into taking our bodies for granted, assuming they will always respond the way we want. Above all, I was graced to be a firsthand witness and recipient of an instantaneous healing that has infused me with a clearer vision of the possibilities of working with energy.

October 5, 2018

Two weeks ago, I was pleased with the “happily ever after” ending to my story. Yet not long after that spontaneous healing, something happened, offering a second part to what I had written. But I was not excited to tell it. In my mind, it took something away from my original account and made it seem less valid. I wanted to hang on to my enchanted ending. Then I asked myself — What would serve most — reading a story about an immediate healing and leaving it at that or also giving an example of a healing that took longer but was just as miraculous? My answer came, and here is the rest of my story.

Instead of giving my body a few days’ rest to soak up and adjust to the healing I had experienced that day, I went right back out into the fray. We think we are invincible, right? I helped with preparations for an annual rummage sale put on by our non-profit group and found myself to be sore at the end of the days I contributed despite being conscious of my movement. I used my bag of tricks again: baths, essential oils, stretches and an occasional pain reliever. The morning after the sale, I played volleyball on the beach, and again two days later. Looking back, maybe it was too many hours and too soon after an injury. The pain that had only lasted a few hours a week before was a distant memory and I even started wondering if I had imagined how intense it had been.

The next morning, ten days after the original back pain, I woke up feeling fine. An hour later I was doing my daily morning exercises and all of a sudden, I was hurting again. The same debilitating pain and spasms, only this time it seemed stronger and radiated into the opposite hip. I thought, this cannot be happening again! As I crookedly tried to walk, pain radiated into my hip and down my leg. Not being able to do anything else, I rested, gave myself Reiki and cancelled my plans for the day.

The following day I had a prearranged appointment for a massage with my Reiki teacher. My son took me because I was not strong enough to drive. To reach her office, I had to walk very slowly, hanging on to his shoulder. This time as I stood up from the table there was no spontaneous ceasing of pain, not then or later in the afternoon when the same friend who had given me Reiki ten days earlier came to give me another session.

Three days after the second onset of pain, there was a First-Degree Reiki class taking place at my house. It had been difficult to arrange a date when everyone was available and I did not want to cancel. All of the people in the class had come to me at different times for Reiki, and as they began arriving, I could see their surprise at how I had been slowed down by this physical problem. There can be a common perception that energy workers do not get sick or hurt, and if they do, they can heal themselves. Even I am guilty
How Much Time is Needed to Heal?

of believing that. Yes, I have had experiences of very quick healings giving myself Reiki — sore throats that disappeared after hours, cuts healing rapidly and strained muscles and joints feeling strong right away, but sometimes healing just took longer. No matter how hard it is, I believe there is a grace in accepting our experiences however they play out.

More than a week has passed and I am feeling much better. After the third day, the intense pain let up. I have received two more Reiki sessions and given myself Quantum Touch or Reiki every day. Now I just have a little tightness and feel more tired than usual. In both incidences of pain, the circumstances were similar — the same giver and receiver — the same symptoms. Why did I heal immediately the first time and not the second?

Perhaps there was more insight to be gained. Watching my son help me caused me to reflect on my feelings as the caretaker — first for my grandmother, then my father and now my mother. I made my thankfulness for having less pain and more mobility part of my morning meditation. Canceling a week’s worth of activities and plans was not easy, but those days became a sort of retreat — more time for reading, writing and contemplation.

At first, I was partial to my story of immediate healing. But I realize now both stories are important. Those who have worked with energy for any length of time know the possibilities. I have had clients who have healed with one session, but others who have needed more. It is the nature of the beast — one of the great mysteries of life. I am in awe that potential healing can happen in a moment but equally thankful for the miraculous wonder of a body, which through the intelligence of the Universe, needs more time to complete the journey of restoring itself.

Author Carolyn Chilton Casas can be contacted at ceccasas@aol.com.
I am an Energy Medicine Practitioner

I absolutely love my Energy Medicine practice.

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FIND OUT MORE ABOUT THIS COMPREHENSIVE PACKAGE
The Crystals of the Sacred Valley

Colleen McCann

Through the ancient art of ‘Stone Medicine’ we can heal mentally, physically, emotionally and spiritually. Crystals can help us to increase focus and clarity, silence anxiety and depression, curb addictions, build confidence, improve our communication skills, make better life choices, heal relationship traumas and get sounder sleep.

Did You Know: Shamans refer to the practice of placing crystals on someone’s body for healing purposes as “the laying on of stones.”

We often hear crystals referred to as “New Age,” but in truth, crystal healing is an ancient, age-old form of medicine. Crystal healing is woven into the threads of some of our most historic civilizations; The Mayans, Celtic Druids, African Bushmen, ancient Egyptians, Siberian Sami, Australian Aborigines, Native Americans and Incas. All cultures traditionally used crystals in their healing practices as a holistic, noninvasive, vibrationally based system of energetic healing. Sparkly crystals, river rocks, polished stones or faceted gems are laid at precise locations on and/or around a person’s body to facilitate healing. Shamans believe that this practice treats the physical body as well as the LEF (Luminous Energy Field) around the body. As crystals interact with people and the physical and energetic space surrounding us, they can absorb, defuse, direct, detoxify, focus and shift our energy.

In this context, “healing” means bringing balance to the mind, body, spirit and physical space. Shamans believe that everything starts on an energetic level and then manifests mentally, physically or emotionally. Negative energy, or “dis-ease,” can show itself through physical illnesses and behavioral issues, which are the final manifestation of ancestral, emotional, environmental, karmic, mental, physiological, psychological or spiritual imbalances. Crystal healing helps restore the body to its natural equilibrium.

Peruvian “Power Stones” Aka Kuyas

Our ancestors gathered stones and crystals from riverbanks, beaches, forests, caves and mountains. The Q’ero or Peruvian Shamans still honor this tradition today. On my most recent trip to Peru alongside my Shaman sister and Founder of Willka Yachay, Hannah Rae Porst, we journeyed from village to village visiting healers and elders of the community. One of the most exciting, powerful and sacred moments was watching the Andean Shamans unfold their medicine bags. Each bundle comes with its own personality filled with talismans like feathers or sacred herbs and kuyas/khuyas (sacred stones). The vibration of the sacred items was palpable and I could hear, see, touch and feel the stories of their family lineage and experiences within the folds of the fabric. Inside a Peruvian Shamans mesa (medicine bag) the crystals and stones...
found are indigenous to their ayllu (tribe/family), local mountain (apu) or native country (Peru). I asked every Andean Shaman I met how they acquired their stones. Many were intergenerationally received and passed from Shaman to Shaman within the bloodline.

One Shaman I met said a stone has been in his family for 200 years and another three generations. Gems not connected to a family lineage are found in nature and may be considered gifts from mountain spirits. Stones can also be received through karpays (Shamanic rites of initiation). One constant in all Andean Medicine bags are the Chumpi (means belt) Stones. These stones are sacred to the Q'ero as they are connected to the wisdom of the Apu's (mountains/mountain spirits) and have a direct relationship to Andean Cosmology. Chumpis are hand-carved in the Sacred Valley of Peru and come in different materials most commonly Hiwaya (meteorite) and Alabaster. Each Chumpi is linked to a certain mountain and therefore carries a specific energy or medicine, which enables a person to connect with the energy of that particular peak. The number of points on each Chumpi Stone represent the position it takes on a shaman's mesa cloth (in relation to other stones) and the specific mountain of the twelve mountains surrounding the city of Cusco. Chumpis are great for clearing, protection, grounding, rituals, ceremonies and Shamanic initiations and rites of passage.

“Power stones” are the ones that you feel the greatest connection towards. A stone is the right stone for you if it speaks to you and is screaming, “Pick me, pick me.” If you cannot make it to Peru your personal Power Stones may come to you through teachers and mentors, healing practitioners, metaphysical stores, friends or you might find one on a hike or after an extensive Google search. Please remember to ask permission from the crystal and the land that it is yours to work alongside.

Always Remember: A good Shaman always works with what is right in front of them. Pachamamma (Mother Earth) always provides exactly the right medicine.

While exploring the elder Shamans medicine bags and the vividly, colored marketplaces it became apparent what stones and crystals are indigenous to the land. I wanted to share a go-to guide of native gems that may be calling to you on your next pilgrimage to the Sacred Valley.

Alabaster Aka “The Super Soaker”
The stone of the ‘Sun God’ in Ancient Egypt as they believed it would draw their souls back toward the light. Alabaster is a ‘drawing stone’ meaning it has the ability to draw things to you or to draw things away from you, depending on the situation. It can help with cleansing/clearing/balancing chakras, mental dis-ease, self-forgiveness, forgiveness of others, mental clarity, meditation, bridging levels of consciousness, temper anger, heart disorders, insomnia, mental conditions and eases anxiety.

Amethyst Aka “The Vampire Slayer”
When you want to “Just Say No!” Amethyst is used in crystal prescriptions for treating addiction and
addictions show up in our lives in all sorts of ways: alcohol, shoe shopping, smoking, social media, negative self-talk, workaholism, etc. Just about anything can become an addiction. Ever wonder why crystal stores always have a giant purple Amethyst geode in the corner of the room? It is because Amethyst rids a room of negative “energy vampires.” It’s also super high-vibration and it helps us to tap into our intuition and to connect with higher planes of existence.

**Chrysocolla Aka “The Babe Magnet”**
Also known as the Goddess Stone, Chrysocolla helps us to embrace the divine feminine through strong communication, self-expression, empowerment and education. Chrysocolla stimulates the mind and at the same time its calming effects allow our truth and inner wisdom to surface and be heard. This stone enhances the power that our words and actions have on those around us, and encourages compassion and strengthening of character. It also brings forth prosperity and eagle-eye discernment in business by sharpening our analytical and intuitive abilities. Chrysocolla is the stone of oracles, high priestesses and medicine women everywhere; those drawn to it will feel a connection with ancient energies and indigenous wisdom traditions when they use it.

**Clear Quartz Aka “Black Skinny Jeans”**
Clear Quartz is a wardrobe staple, like your black skinny jeans. It goes with all your other crystals and it is not only a neutral — it is an amplifier. Clear Quartz is known as the “Master Healer” and “High Channeler,” and you can pair it with any other crystal to amplify what that other crystal does. It is used for connecting with your higher self, your intuition and your Spirit Guides.

**Iron Pyrite Aka “The Main Manifestor”**
Pyrite is called “Fool’s Gold” because it resembles gold to the untrained eye, but there is nothing foolish about this manifesting powerhouse. “Pyrite” comes from the Greek word pyr, meaning “fire,” because sparks fly from it when it is hit with another mineral or metal. Traditionally known to generate wealth, Pyrite carries a super-masculine vibe and it is great when we want to channel our divine masculine for confidence, willpower, persistence and getting things done! The design junkie in me loves this stone big time, because it naturally grows in perfectly formed squares.

**Leopard Skin Jasper Aka “The Lioness”**
Leopard Skin Jasper is also known as Leopardite, Jaguar or Leopard Stone because of its signature spots. As with all Jasper’s, this is a protective stone particularly during shamanic journey work and while sitting in the direction of “The West” (Jaguar) on the Shamanic Medicine Wheel. It helps connect with one’s spirit animals or with animals during healing practices. It aids in taking responsibility for one’s self as well as enhancing strength, vitality and stability and is great for Shamanic Practitioners as it is a stone of ‘being in service’ to others.

**Tektite Aka “The Cosmounaut”**
The name Tektite comes from the Greek word “tektos” meaning molten. This 14-million-year-old meteorite or Hiwaya carries the vibes of the cosmos as opposed to the vibes of the earth. Crystals are ancient computers and they carry memory of all they have experienced whether this be a severe weather pattern or ancient ceremony. This natural glass was formed as terrestrial debris that flew millions of light-years through the cosmos and formed during meteorite impacts on earth. WOAH... that is figuratively and literally heavy. Tektites are very dense and weighty. Shamanic extractions or in layman’s terms, an exorcism, are performed using this stone (Tektites enliven the aura, allowing it to expand and discard energetic debris and create free-flowing movement in the energetic body). Tektite is known for raising one’s vibrational frequency, strengthening the aura, expanding consciousness, increasing connections/synchronicities, forming a bridge between the physical and spiritual, accelerating physical healing and being an ideal meditation tool. If you feel deep connections to the cosmos Tektite facilitates the feeling of “going home.”

**Opal Aka “Mirror, Mirror”**
The name opal is thought to be derived from the Sanskrit upala, meaning “precious stone,” and Greek
opallios meaning “to see a change of color.” Opal brings one’s personality traits and characteristics to the surface for examination and transformation to ultimately create greater self-awareness. The “Eye Stone” stimulates the base, heart and crown chakra and helps to create a steady energy flow throughout the entire body. Looking to go deeper? Opals are ideal for past life exploration as well as Akashic record work.

PS. If you are a water sign this is crystal for you!

Author Colleen McCann can be found at www.StyleRituals.com.

Reference

Style Rituals PSA: Stone Medicine is meant to be an accoutrement to other health treatments. Always consult a healthcare professional on what your personal path should be and how you can combine Eastern and Western medicine for best results.
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