“If the only prayer you said in your whole life was, ‘thank you’ that would suffice.”

— Meister Eckhart
In This Issue:

3  Letter from the Editor

4  Contributors

6  Good for the Mind

8  The Energy of Food
   by Sharon Greenspan

10 Essential Energy by Cyndi Dale

12 Practitioner Support
   by Holli Brown

14 Practicing Gratitude
   by Karin Ogren

18 Holistic Nursing: Ushering in a
   New Paradigm of Healing and
   Wellness by Lucia Thornton

26 Discover Your ExtraOrdinary
   Life Through the Akashic
   Records by Linda Howe

30 Four Key Tips to Help You
   Bridge the Chasm Between
   Traditional Western Medicine
   and Energy Medicine
   by Astrid Pujari

34 Caring Science and The
   Intersection with Healing
   Touch by Jean Watson

42 Forgive to Save Your Life
   by Carmen Harra

46 Connections

48 Energy Marketplace
Dear Readers,

Today, as my flight leaves the ground, circling upward, I am struck by the beauty of the earth beneath me and how fortunate I am. The high desert where I live is a place where beauty is found in both the grandeur of red rock cliffs and canyons as well as in almost unnoticeable things, things one might easily pass by. What might seem exposed, dry, and barren to some, I find stunningly gorgeous.

In this land, I have learned to notice small things, the seemingly insignificant bright lights. Arroyos that have been washed by recent heavy rains expose rocks and gnarled tree roots. Moss clumps plump to fuzzy dark green after rain. Lichen in shades of lime green, yellow and orange dot grey rocks. Fragrances run on soft breezes, lizards scurry for cover, rabbit brush blooms in brilliant yellow, clouds billow in an endless blue sky and ochre-grey lined adobe hills spotted with sage brush line the horizon. All these things I carry with me as I travel and I am grateful.

Regardless of my surroundings or environment, I find the key is to notice, to really see, to take time to listen and appreciate. If I succeed in doing this, how fortunate I find myself to be. My eyes see splendor and my heart is filled with gratitude.

The holiday season is upon us. A special season when we are gifted with the opportunity to give thanks, give to others and receive in a concentrated way. Once again, for me, these opportunities come in small ways - a smile, an act of kindness, a thank you, a responding to a need. In either the giving or receiving, I am blessed. The season becomes one that is less hectic and quieter, yet full to the brim.

This issue is one to savor, perhaps over a cup of tea or a bowl of soup on a rainy/snowy evening. The topics included bring insight in a variety of ways from holistic nursing and Caring Science to bridging traditional western medicine and energy medicine, holiday eating, forgiveness, and gratitude. These pieces, written by amazing authors, have wisdom for all seasons.

We, the Energy Magazine staff, give thanks for you, our readers, our amazing contributors and all those who have supported the magazine this year and in years past.

We wish you a most blessed season!

Margaret

At the recent Healing Touch conference, we created a “gratitude tree.” Each of us wrote something we were grateful for on heart shaped sticky notes and placed them on the tree. Regardless of our pasts and current challenges, there was much to be grateful for. By the end of the conference, there were hundreds of heart leaves adorning the tree.

photo courtesy of Cathy Andersen
Karin Ogren, HTCP, is on staff at Energy Magazine and owner of Healing Touch Studio of Seattle. Previous to her new career in energy medicine, Karin worked in theatre administration and social services. Her passion for service to humanity and creativity continues in her Healing Touch practice.

Astrid Pujari, MD, ABIHM is double board certified in Internal Medicine and Integrative Holistic Medicine with an additional four-year degree in herbal medicine from the College of Phytotherapy in London. She works in private practice at the Pujari Center in Seattle integrating conventional medicine with nutrition and alternative medicine. She has written two books: The Healthy Knees Book and The Healthy Back Book. www.PujariCenter.com

Linda Howe, founder and director of the Center for Akashic Studies, is the leading expert in using the Akashic Records for personal empowerment. She is author of two award-winning books, and her third book, Discover Your ExtraOrdinary Life, will be released in 2015. Linda offers personal Akashic Records consultations, and she has created an inspired curriculum of in-person and online classes and certifications designed to Bring Your Soul’s Purposes to Life! www.AkashicStudies.com

Carmen Harra is an internationally acclaimed intuitive psychologist, author, relationship coach, spiritual teacher, and karmic counselor. She is the author of the international best-seller, Everyday Karma, and five more critically acclaimed books. Carmen is currently working on her seventh book, Karma Queens, which will be released in early 2015. www.CarmenHarra.com

Karin Ogren

Editor-in-Chief
Margaret Nies

Editor
Nancy Strick

Assistant Editor
Karin Ogren

Graphic Artist
Billy Courtney

Webmaster
Matt Courtney
Jean Watson, PhD, RN, AHN-BC, FAAN is Founder and Director of non-profit foundation: Watson Caring Science Institute. In 2013 Dr. Watson was honored as a Living Legend by the American Academy of Nursing, its highest award for nursing. Her books have been AJN books of the year awards and seek to bridge paradigms as well as point toward transformative models for this 21st century. www.WatsonCaringScience.org

Lucia Thornton, ThD, RN, MSN, AHN-BC, is a former president of AHNA and has been involved in nursing, holistic health, subtle energy healing, and health care for more than 35 years. She developed the Model of Whole-Person Caring™ which was the recipient of the 2004 Norman Cousins award and serves as a prototype for creating healing cultures within the workforce. www.LuciaThornton.com

New 2015 Energy Magazine Calendar

Twelve Months of Beautiful Mandalas

Each month a mandala is coupled with an affirmation. The word mandala comes from the Sanskrit language and loosely translates to mean “circle.” The root of the word affirmation comes from the Latin affirmare, meaning “to confirm, restore.” Let the energy of your thoughts and words as expressed through these affirmations bring tranquility, vitality and joy to your life.

Order your copy today!
Purchase several as gifts for friends!
Quantity discounts available
www.HealingTouchProgram.com/store

Copyright © 2006-2014 Healing Touch Program Inc.
1️⃣ The essence of our being is a fully integrated energy system of consciousness. The Power of I Am shows how we can use this energy and transform and optimize our human energy body by working with the chakras. Through a series of prayers, affirmations, music, crystals, poems, and simple yoga poses, readers learn to maintain a balanced and harmonious continuous flow of energy through each chakra, leading to an increased sense of peace, harmony, and balance. Offering insights about the continuity of life, the laws of nature, and discovering ways to connect to our higher self, The Power of I Am leads to a path of healing and achieving our greatest potential.

2️⃣ The aim of Whole Person Caring is to present a new way of looking at who we are and what we do. It is about seeing ourselves and our work in a greater light. It is about bringing heart and soul back into our lives and work and advocating for a health care system that does the same. Focusing on mental - as well as physical - aspects of patient healing and employee care, this book helps health care leaders recognize not only the symptoms of illness but the root causes, providing an integrative approach and holistic model to help hospitals and other health care organizations transform.

3️⃣ Coloring for Joy is far more than a coloring book – it is a unique concept which like sunlight bursting through the clouds immerses children of all ages in positive energies of Love and Joy. Coloring for Joy offers a point of connection with the positive emotional states that are so important for healthy growth and development. Coloring for Joy is FUN yet the benefits are intended to be profound as it helps children forge a sense of wholeness, support and place within the world.

4️⃣ A follow up to her popular Songs Of The Spirit I & II, Karen Drucker’s Songs Of The Spirit III includes twelve inspirational songs and chants that can be used for healing, expressing gratitude, starting your day, or bringing your day to a close. Karen’s songs are affirmations for manifesting your desires and deepening your relationship with yourself and your spirit.

For more information or to purchase these titles click on the title’s image above.
This manual was created through a cooperative effort between Healing Touch Program and Lourdes Lorenz, Director of Integrative Healthcare, Mission Hospital, Asheville, NC.

Healing Touch Integrative Care Program

Integrating Healing Touch in the Clinical Setting

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

Find out more or order your copy on-line at www.HealingTouchProgram.com/Store or by phone - (210) 497-5529
Holiday Eating - A Gift To Yourself

The holiday season is a great time to adopt new eating habits! Many of us fear gaining weight during the holiday season. Yet we neglect to set clear, measurable intentions about what we would like to have happen.

As energy practitioners, we know that intentions are critical to effecting change and creating new patterns. Dietary intentions are not about “eating more fruits and vegetables” and “eating less sugar.” They are about healing the emotional voids, which lead to emotional eating. They are about the deep emotional reasons we want to make changes. Some may say that the root of all change is to feel love and happiness.

The two best ways to fail making dietary changes are willpower and discipline. At best, these work temporarily. Usually what happens is that dieters follow willpower and discipline until they cannot take it anymore and then, in a fit of feeling deprived, eat the whole bag of chips or package of cookies or container of ice cream. Another common response is for a stressful or wonderful situation to arise (both of which are abundant at the holidays) and dieters choose to have “just a little” of something they are “not supposed” to have. They usually eat more than originally intended. Then they feel guilty or shameful about it and punish themselves.

Food, like energy, is not good or bad. It has a vibration and that vibration can enhance our well-being or disturb our well being. It depends on our intention and how we use the energy.

The two best ways to succeed at making dietary changes are removing judgment and eating to fuel our bodies. These are both paradigm changes and shifts in how we think about food. For example, some people eat comfort foods when encountering stressful situations or as the weather becomes colder. Some people reward themselves with food to overcome pain and to celebrate joy. Many families hold a value that food is love. Food is -- food!

If you find yourself reaching for comfort food this holiday season, consider why you need comfort. What is the emotion of discomfort? Is it anger? Sadness? Loss of control? Which chakras or meridians are affected? How might you address this without food?

Think about the next holiday gathering you will attend. What would you like to have happen? Are you eager to connect with a specific person? Are you excited about the venue? If the event is wildly successful for you, what will have taken place?

If you are eager to connect with someone, what will you talk about? What is the intended outcome of your conversation? Do you need to prepare any information or strategy to create that outcome? How will you know if the outcome has been met? Be sure to set a qualitative or quantitative measurement for your goal.

Maybe you are excited to wear a new outfit or one you do not often have an opportunity to wear. Shifting the focus to what is really important to you will guide your actions. Take time to explore your true desires for holiday gatherings.

As you change your perspective on the role of food and begin to work through emotions instead of choosing emotional eating, your food choices will naturally change. You may find yourself no longer seeking comfort in calories. You may find that you enjoy food even more and are satisfied with just a few bites of your favorite treats.
When you make changes, your family and friends will notice. In all my years of private practice, I have yet to fully understand why others become defensive about their food choices when those around them make changes. But I can guarantee they will! Having strategies to gracefully negotiate the situation for a positive outcome is critical for success and a joyful gathering.

People may ask if you are following a diet or why you are not eating a particular dish. There are several great responses. One is to say that you are experimenting with eating differently and notice that when you focus on ________, you have more energy and sleep better. This will intrigue some people and they may ask more questions. Having stated that you are experimenting sets the stage to say “I am not sure” when you do not know the answer.

Another tack is to say that you are challenging yourself. Name your challenge and then ask the person if he or she can help you and describe, in detail, what kind of help you need. People LOVE to help and this is a great way to get someone to champion your change rather than challenge it. For example, let’s say you want to stop eating dairy. You might say “I am challenging myself to go dairy-free. Can you help me figure out which foods might have dairy hidden in them? I'm not sure if there are eggs in that casserole or whether toast-spread has butter in it.”

If someone becomes defensive and says, “Oh, I couldn’t do that,” the best response is simply a neutral acknowledgment of their statement. You might say “I hear you” or “It is not for everyone” and then change the subject.

This year, give yourself the gift of healthy eating FOR the holidays. Enjoy gatherings by having clear focus. Create measurable outcomes and then, treat yourself when you attain your goals! The treats are all the good feelings. Notice where in your body you experience them and then enjoy those juicy vibes!
Handling Responsibility
(Or When a Client Hands You All the Responsibility)

Life hands us continual opportunities to assume responsibility for others’ decisions. How do we handle this human tendency when working with clients who often surrender their power to healing professionals of all sorts? Not only does it feel uncomfortable, but there are also certain practical changes that can only be enacted by a client. Plus it is not fun or effective to clean up “messes” that are not our own.

Case in point, only recently I ended up playing “maid” because the parties responsible for a mess—a big one—were more than happy to elevate me to Chief Responsibility Officer. Of course, two of the culprits had tails, but still.

My son, Gabe, had hosted what seemed like an entire team of monster-size boys for an overnight. I ordered late night pizza with the agreement that they would carry the boxes to the outside garbage when done. I then went to bed and rose early to get the crew off to football practice.

Arriving home, I immediately suspected disaster. Usually, two gigantic dogs rush me, each trying to out-bark the other with a full news report. You know the drill. The cat from next door crept under the fence. The speckled dog from the other block marked the front lawn. Someone forgot to leave steaks as payment for guarding the house. However, instead of greeting me, Lucky and Honey were sitting sheepishly in front of Gabe’s room, pretending that they would never set a paw in there.

Dogs are not very good liars. My two bandits had tomato stains all over their faces—and feathers stuck in their fur. The feathers were not there because they had been little angels, either.

The bed sheets were in shreds and the pillows were ripped open from inside out. What was left of the pillows would make mighty find feather dusters. Whatever extra feathers were not on the dogs were all over the room. As the dogs informed me, it was not their fault they had wrecked the room. No, their tails were pointed right at Gabe and his friends. Apparently there had been pizza slices hidden in the bed.

As Gabe implied later, the disaster was not his fault either. Actually, it was mine. He knew I would get mad if the food and boxes had not been handled as I had requested so he and his friends hid the leftover pizza and boxes in the bed (because they were tired and overslept, may I add). They had been planning to throw everything away when they got home—but I ruined their opportunity by leaving his bedroom door open when I left.

Guess who ended up helping the boys clean up the mess? It sure was not the dogs.

When we do too much for a client, including taking on too much responsibility, it can result in our feeling used. It is hard to be professionally effective if we feel like we are carrying a load that is not ours. As the old saying goes, it does not work to care more about our client’s treatment than the client does.

Healers of all types struggle with client pressure. A physician friend was thinking of moving to administration instead of clinical care because he was so tired of being seen as the only healthcare authority in the room. As he pointed out, there is actually very little most healthcare professionals can actually do, except crisis support and assisting with client decisions, if clients will not examine their own internal or external behaviors, from eating healthy foods to wearing their seatbelts to dealing with their emotional needs. In fact, he believed that 80 percent of the patients he saw would not need him except for situational care if they assumed personal responsibility. From his point of view, we are experiencing an epidemic
of perceived patient powerlessness, leading to intense and backbreaking pressure on healthcare providers.

Of course, we want to help our clients. We are being engaged to help and helpers are often responsible people. We want to make a difference; we want our clients to feel better and live more fruitful lives. Just as cannot take credit for our clients’ successes, however, we also cannot accept blame for their failures.

We know it does not work to force decisions on a client. Neither can we do our best work if we are overstraining to put up boundaries. I think it is much more productive to gently help a client perceive their choices in a situation. This stance requires understanding why people do not like to accept personal responsibility.

I believe that the main reason people refuse accountability is that they are ashamed of their past or current behaviors. Many of us grew up with parents or in systems that used shame to “guide” us. Shame being the sense that there is something wrong with us, rather than acknowledge that we might have done something wrong—or less right. These systems tend to present in these ways.

1. “It is all your fault.” The “all your fault” systems are characterized by authority figures who will not accept their own responsibilities. Instead they blame the underlings. In a family situation, these “underlings” are often the children. In institutions, they might be the employees. This type of system leaves individuals stuck in over- or under-responsibility. Over-responsible people have difficulty determining what changes will make a difference because they think they should change everything. Under-responsible people freeze at the thought of accepting responsibility and want others to do everything for them.

2. “Better be perfect.” Perfectionistic systems force impossible standards on their members. The result is pickiness. Clients with this background might struggle with determining the core issues to face and want to fix them all. They might also hold us to a code of expectations that we cannot meet.

How do we help clients who exhibit these dynamics? First, I avoid providing guarantees. I am careful with my promises. If asked if I can “fix” the situation or “assure” them they will recover, I state I will do what I can and maybe we can partner. I also use “soft” language, such as, “My sense is this,” instead of determined statements. Also, I ask the client a lot of questions such as, “What do you think,” or “How might you go about looking at this issue?” In other words, I engage them in their own healing process.

I believe that people seek a hero because they cannot perceive the heroic within themselves. This means it is important to highlight clients’ gains and successes and compliment their progress. If I am going to work with a client on a long-term basis, I like to tackle smaller issues first and leave bigger issues for later. Better to make one tiny but significant change than fail at a large and vital one. In addition, I always remember that clients might be afraid I am going to shame them or blame them for their problems. What good is heaping more shame on an already volatile situation? Instead I like to uncover the roots of any shame and more often than not, clients end up more willing to try a new attitude or activity.

Of course there will be a time when we jump into “the mess” with our clients. And that is okay—as long as we are not the only ones cleaning up “their room.” Now if boys and dogs would only get that point.

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.
A National Provider Identifier or NPI is a unique 10-digit identification number issued to health care providers in the United States by the Centers for Medicare and Medicaid Services (CMS). The NPI has replaced the unique provider identification number (UPIN) as the required identifier for Medicare services, and is used by other payers, including commercial health care insurers. The transition to the NPI was mandated as part of the Administrative Simplifications portion of the Health Insurance Portability and Accountability Act of 1996 (HIPAA), and CMS began issuing NPIs in October 2006.

The Centers for Medicare and Medicaid Services (CMS) has developed the National Plan and Provider Enumeration System (NPPES) to assign these unique identifiers and the taxonomy numbers are made by the National Uniform Claim Committee (NUCC).

taxonomy.nucc.org

The Health Care Provider Taxonomy code set maintained by the NUCC is an external, non medical data code set designed for use in an electronic environment, specifically within the ASC X12N Health Care transactions. This includes the transactions mandated under HIPAA and the National Provider Identifier (NPI) application for enumeration. Effective 2001, the NUCC took over the administration of the code set. Ongoing duties, including processing taxonomy code requests and maintenance of the code set, fall under the NUCC Code Subcommittee.

The Health Care Provider Taxonomy code is a unique alphanumeric code, ten characters in length. The code set is structured into three distinct “Levels” including Provider Type, Classification, and Area of Specialization.

Currently, as an Energy Medicine practitioner, there is no way to register for an NPI number unless you already have a license such as nursing, massage, psychotherapy and/or any other license that is in the current set of taxonomy codes. Even if you do have an assigned NPI number, there is no current way to indicate even a specialty such as Healing Touch in your NPI number identifier description. A Specialist subcategory exists but you must specify the license and the state in which it was issued.

The NPI Taxonomy codes have many categories, one is Other Service Providers and under this category are listed
Good for the Practice

Good for the Practice

Acupuncturist, Naturopath etc. This could possibly be the category to include Healing Touch Certified Practitioner (or Certified Energy Practitioner). HTPA’s Healing Touch Insurance Initiative Committee is working on the NUCC application to request an NPI Taxonomy Code for Healing Touch Certified Practitioners to use. It is required to have a NPI number in order to request third party payment for services.

If you have any information about this process that you could share with us please send an e-mail to Holli Brown at holli.brown@live.com.

---

Healing Touch Association of Canada

CONFERENCE

April 24-26, 2015

Vancouver Island Conference Centre
Nanaimo, BC

...where mountains and oceans collide
slide into and over one another
separate yet together

FOR HEALING TOUCH & ALL ENERGY HEALERS

DIVERSE SPEAKERS & WORKSHOPS, including:
- Value of Communication in Energy Health Work
- Mini Meditation Practice
- New First Nations Healing Program... and many more

HEALING TOGETHER

NANAIMO 2015

For more information:

www.htac-jm.org

---

Alternatives for Healing

EXCLUSIVE DISCOUNT FOR HEALING TOUCH PRACTITIONERS!

Use Discount Code: ADFAFH14

Questions? Give Us a Call
303.476.1714
We are Available (MG):
8am - 5pm, 7 Days a Week

We are the Bridge that connects people to YOU!

AlternativesForHealing.com is a LOCAL, NATIONAL and GLOBAL Holistic Directory.

Plus, practitioners have the option to post their videos, articles, blog or newsletter (link to your site)... Alternatives for Healing is a unique and cost effective way to attract more people to your holistic business. Join Us Today!

This discount is exclusive to the Healing Touch Program Members
“If the only prayer you said in your whole life was, ‘thank you,’ that would suffice.” – Meister Eckhart
Good food to eat, my kids’ laughter, glimpses of blue sky (I live in Seattle), our tight community of neighbors, for all these things, I am truly grateful.

T’is the season to count our blessings. While Thanksgiving encourages us to give thanks on the fourth Thursday of November, being grateful for our blessings throughout the year is a practice that enlivens us and fills us with joy.

Gratitude is Good for You
Gratitude shifts our perspective from what we lack to the abundance we already have. Research demonstrates that gratitude makes us happier. Studies done by Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami found that “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” Our thoughts and emotions influence our energy systems. Therefore, focusing on the things we are grateful for encourages a healthy energy system.

Thankfulness also connects us to others: the fleeting interaction with a stranger that lightens our day reminds us of humanity’s goodness. When we say “thank you” for the gifts others offer us, we deepen that connection by sharing our gratitude.

A Deeper Gratitude
According to Steve Taylor, Ph.D., there are three kinds of gratitude or appreciation: gratitude through absence, gratitude through comparison and conscious gratitude. The first two are dependent on external experiences. In gratitude through absence, we lose something that was taken for granted only to realize its value after it is gone. With gratitude through comparison, we appreciate our circumstances by comparing ourselves to others in less fortunate situations.

The third kind of gratitude “is a distinctly different type of appreciation from the two previous types, in that it doesn’t come from an external source. Conscious appreciation arises naturally from giving our full attention to our surroundings and our experience. . . It’s the sense of natural appreciation we might feel when we feel relaxed and our minds are fairly quiet, and we perceive the world around us freshly and directly. . . These moments of appreciation are so important because they show us a glimpse of reality. After all, in most appreciation experiences, we only become aware of what is already there, what was always there, but which we have stopped paying attention to. Our lives are filled with
blessings which we forget to count.”¹ This third kind of gratitude, conscious appreciation, is the gratitude we can cultivate through practice.

Practicing Gratitude
The list of methods for practicing gratitude may be familiar. The trick is making gratitude a habit, a way of thinking that flows freely and naturally from our deepest selves. That’s where the practice part comes in, meaning we do something over and over until we get better at it. The list below is to get you started. It doesn’t matter so much what you do to cultivate gratitude as how often you do it.

Gratitude journal - Each week, write down what you were grateful for during the week. Describe the situation, include how you felt and take time periodically to review the abundance from past weeks.

Gratitude list - This can be a quick list written at the end of each day or shared with the people in your household. Every evening at the dinner table, my husband, kids and I share at least one thing we are thankful for. Not only does this cultivate a habit of gratitude in each of us, it also builds our family connections as together we celebrate the good things in our lives.

Gratitude prayer - Start your day with an acknowledgment of all the goodness in your life. Doing so can set the tone for the rest of the day.

Say “thank you” - While a common courtesy, remembering to genuinely express our gratitude to others keeps our perspective aligned with the positive in our lives.

Write thank you notes - In this age of sound bites, email, Facebook and Twitter, who doesn’t love receiving an old-fashioned thank you note in the mail? Holding it in your hands, reading it time and again connects us with others and reminds us of our own capacity for kindness. However, writing thank you notes is a practice that benefits the writer as well as the recipient by focusing us on the gifts we receive.

This season, as we remember the first Thanksgiving, let us follow the example of Native Americans who have been especially eloquent about voicing gratefulness, as in this Iroquois prayer:

We give thanks to our mother, the earth, which sustains us.
We give thanks to the rivers and streams, which supply us with waters.
We give thanks to all herbs, which furnish medicine for the cure of our diseases.
We give thanks to the corn, and to her sisters, the beans and the squashes, which give us life.
We give thanks to the wind, which moving the air has banished diseases.
We give thanks to the moon and the stars, which have given us their light when the sun was gone.
We give thanks to the sun, which has looked upon the earth with a beneficent eye.
Lastly, we give thanks to the Great Spirit, in whom is embodied all goodness, and who directs all things for the good of earth’s children.

May you be blessed this season with an awareness of all you have to be grateful for.

Healing Touch is offered as a five-course program that allows the student to learn, grow and practice through didactic as well as experiential work. The coursework fosters personal and professional growth throughout the entire program. Abundant resources are available that provide support during one’s journey. Healing Touch practitioners abide by a Code of Ethics and within a Scope of Practice. Each class offers nursing and massage continuing education credits.
Holistic Nursing: Ushering in a New Paradigm of Healing and Wellness

Dr. Lucia Thornton, ThD, RN, MSN, AHN-BC

How do we reconstruct a healthcare system that is primarily concerned with disease and illness to include a major focus on health and wellness? How can we integrate holistic healing and caring practices into our hospitals and communities? What steps are needed, and what is the role of nurses and other professionals in this process?

We have entered a new era of health care in which leaders, administrators, practitioners and consumers are actively seeking answers to these questions. Implementing holistic models and inviting healing practices and professionals into the healthcare system is a necessary first step. Holistic nurses will play an integral part in creating this new paradigm of healing and wellness.

What is Holistic Nursing?

“What do holistic nurses do? Where do they work? Do I need special education and training to become a holistic nurse?”

Holistic nursing is defined as “all nursing practice that has healing the whole person as its goal” (AHNA & ANA, 2013, p.1). Holistic nursing can be practiced in any setting. Demographics obtained from a recent conference of the American Holistic Nurses Association (AHNA) show that approximately 35% of holistic nurses work in hospitals, 22% in universities and colleges, 16% in private practice, and 12% in ambulatory and outpatient services. (See figure 1).

Figure 1: Work Settings of Holistic Nurses

Demographics obtained from 215 respondents at the June, 2014 AHNA Conference.

Holistic nurses utilize a variety of approaches and modalities in providing holistic care. Some of the common interventions that holistic nurses incorporate include: subtle energy healing (e.g. Healing Touch, Therapeutic Touch, Reiki, etc.), reflexology, guided imagery, biofeedback, aromatherapy, massage, nutritional counseling, cognitive therapy, lifestyle counseling, breathing and relaxation.
Holistic Nursing

Holistic Nursing

Holistic nurses strive to be models of wholesome and healthy behavior by creating optimal health in every aspect of their lives—physically, mentally, emotionally, socially and spiritually. This is a lifelong journey that involves valuing who we are, appreciating the preciousness of our existence, and treating ourselves with loving-kindness in all that we do. It is about living consciously; being aware of what we eat, how we care for our bodies, who we bring into our lives, the quality of our relationships, and the meaning and usefulness of our work. (Thornton, 2013, p.151).

Resistance to change, self-doubt, and low self-esteem can block our journey to optimal nurturance. Examining these blocks is crucial for understanding and identifying sources of resistance. Many of these attitudes and beliefs are caused by social conditioning and early life experiences that simply no longer apply to adult life. Being willing to explore what lies beneath the surface is important if we are to create healthy and wholesome patterns of living.

Commitment to Self-Care, Self-Exploration and Awareness:

A commitment to self-care is foundational to holistic nursing and to all healers, for that matter. Taking time to examine and explore the various aspects of your life is the first step in this process. Gaining an awareness of your patterns and habits and bringing
into consciousness that which has been unconscious is important (see Sidebar I). Some of the practices utilized by holistic nurses for self-exploration and awareness include meditation, creating time for reflection and introspection, dream work, mindfulness practice, and journaling (Thornton, 2013).

Commitment to Caring for the Environment:

Holistic nurses advocate and promote healthy environments and the healing of our planet. Just as Florence Nightingale advocated and understood the importance of fresh air and clean surroundings for her patients, so too, holistic nurses promote practices that help ensure the sustainability of our Earth. Holistic nurses understand that the health of our planet is inextricably linked to the health of every individual.

A Way of Practice

Centering and Intention Setting

Centering and creating an intention for healing are processes in which the holistic nurse engages prior to any practice. Centering is a practice of creating an energy field that serves as a container within which the healing process can occur. An intention can be defined as a mental state with a purpose. Intention setting brings focus and intention to the practice, thereby increasing the effectiveness of the practice.

Sidebar I: Questions for Self-Exploration and Awareness

Take some time each day to reflect on an aspect of your life. Here are some questions to help you explore various aspects of your life:

**Physical**:
- Is my diet optimal?
- Does my intake consist mainly of whole and natural foods?
- Are my elimination patterns frequent and regular? Do I receive optimal sleep and rest daily?
- Do I engage in beneficial movement and exercise daily?
- Do my breathing patterns promote well-being?

**Mental**:
- Do I have a problem-solving orientation toward life rather than a victim mentality?
- Do I usually have a positive attitude and positive thoughts toward school and work?
- Do I have a sense of humor?
- Do I possess self-awareness — am I objective about my strengths, limitations and possibilities?
- Am I able to perceive reality with clarity?

**Emotional**:
- Do I love and accept myself and others?
- Am I able to give and receive love from myself and others?
- Am I able to express my own truth?
- Am I able to have deep feelings of identification, sympathy, and affection for others?

**Social/Relational**:
- Do I engage in relationships that are wholesome and loving?
- Do I engage in relationships that promote growth in my self and others?
- Am I able to set healthy boundaries with others?
- Do I engage in work that is meaningful?

**Spiritual/Energetic**:
- Am I able to connect with God/higher self/universe/spirit?
- Do I engage in meditation/prayer/introspective practices regularly?
- Do I know and understand love as the essence of self?
- Do I have a deep respect for all?

Take your time in addressing each of these questions. Remember this is a life long process of deep inner inquiry and growth. As you go through these questions, note when you respond with a powerful “no”. These are the areas that you need to pay attention to. Focus on one area at a time. Create some short term and long term goals for each of the areas that you want to improve. Remember to treat yourself with compassion, love and kindness!

© L. Thornton 2008, p.34, 2011,p.44
Holistic Nursing

This perspective also creates a foundation in which the practice of subtle energy therapies like Healing Touch makes sense. In the prevailing biomedical paradigm people are perceived to be an amalgamation of molecules and atoms that interact in a predictable fashion based on laws of mathematics, chemistry, and physics (Curtis and Gaylord, 2004). In the biomedical paradigm, the use of subtle energy therapies makes no sense whatsoever. When we redefine who we are and acknowledge our energetic essence then subtle energy practices make perfect sense and can be explained within the context of this new paradigm.

Caring/Healing/Transcendent Presence

Another characteristic of holistic practice is the depth and profound quality of presence that the nurse has with her patients. Jean Watson speaks of the full use of self in the transpersonal caring process. When the nurse becomes heart-centered she has the capacity to resonate with the person at a heart/soul level. At this level, the nurse connects with the person at a deep

Acknowledgment of the Infinite, Sacred, and Energetic Nature of Being

Holistic nursing acknowledges that people are infinite, sacred and energetic beings. Florence Nightingale spoke of human beings as a reflection of the Divine with physical, metaphysical and intellectual attributes (McCrae, 1995). Jean Watson teaches that we are sacred Beings (Watson, 1998). Martha Rogers stated that each person is an irreducible, indivisible, pandimensional energy field (Rogers, 1992, p.29). The Model of Whole Person Caring combines the key concepts of these nurse theorists and defines a person as: An energy field that is open, infinite, and spiritual in essence and in continual mutual process with the environment. Each person manifests unique physical, mental, emotional, and social-relational patterns that are interrelated, inseparable, and continually evolving (Thornton, 2013, p. 42). Thus, from the perspective of holistic nursing theorists and models, people are energy fields that are infinite and sacred in nature. This orientation makes a difference in how we approach each other. It shifts how we speak, how we listen, how we relate and how we interact.

Sidebar II: Centering and Intention Setting Technique

- Pause for a moment before engaging with patient or client.
- Set aside any concerns regarding the past or the future. These can be picked up when leaving the room.
- Gently close your eyes.
- Breathe deeply and slowly.
- Repeat to yourself, I am here for the greater good of this person – I give my full attention to the here and now.
- Direct awareness to the area around your heart, bringing to mind something or someone that evokes your love and compassion.
- When connected with that feeling of love and compassion repeat again, I am present to the moment.
- This entire process should take only between 5 and 10 seconds.

psychosocial and spiritual level. The nurse must be able to connect with her own heart/soul/transcendent nature before she can establish that connection with others.

Integrative and Collaborative Practice

Holistic nurses understand the importance of collaborating with other healing practitioners in order to provide care that considers the whole-person. This is especially important with the rise in chronic conditions that involve a multitude of social, psychological, and physical problems. The Institute of Medicine reports, As the delivery of care becomes more complex across a wide range of settings, and the need to coordinate care among multiple providers becomes ever more important, developing well-functioning teams becomes a crucial objective throughout the healthcare system (Institute of Medicine, 2010, p. 72). Holistic nurses can help coordinate the myriad of professionals (e.g. physicians, physical therapists, social workers, naturopaths, chiropractors, acupuncturists, energy healers, massage therapists, homoeopaths, etc.) into a well functioning team. The holistic nurse’s knowledge of both traditional and alternative healing practices and professions helps guide the patient in obtaining the most appropriate, least invasive and cost-effective care possible.

In addition, holistic nurses are skilled in a variety of healing therapies and modalities. Many holistic nurses have taken advanced courses or have received additional certification in areas such as Healing Touch, Reiki, Therapeutic Touch, nurse coaching, integrative practice, reflexology, nutritional counseling, body-mind therapies, homeopathy, music therapy, and aromatherapy to name a few.

Education and Board Certification in Holistic Nursing

There are currently 12 undergraduate programs in the United States (U.S.) endorsed by the American Holistic Nurse Certification Corporation (AHNCC) that prepare undergraduate students in holistic nursing.

To be eligible for board certification by the AHNCC at the basic holistic nursing level (HN-BC), a nurse is required to have: (1) an active, unrestricted U.S. license; (2) a baccalaureate or higher degree; (3) at least one year of full-time practice or 2,000 hours of part-time practice within the last five years as a holistic nurse or graduation from an AHNCC-endorsed university; and (4) a minimum of 48 contact hours of holistic nursing continuing education within the last 2 years.

After becoming eligible for certification both a qualitative assessment and a quantitative examination must be passed before certification may be obtained.

Board certification is also offered at the advanced practice level (AHN-BC & APHN-BC) for nurses with graduate degrees and nurse practitioners. The eligibility criteria for advanced practice are similar and certification also requires passing a qualitative assessment and a quantitative exam. The AHNCC also offers certification for Nurse Coach, Board Certified (NC-BC); or Health and Wellness Nurse Coach, Board Certified (HWNC-BC). For more information access the AHNCC website at: www.ahncc.org.

The American Holistic Nurses Association (AHNA) endorses and sponsors a variety of educational programs related to holistic nursing practice. For more information access the AHNA website at: www.ahna.org.

A New Vision

A new vision for health care is emerging. It is a vision that brings health, healing, compassion, and wellness into the conversation. It is a vision that invites professionals to work together to create a healthy and sustainable society. It puts people, their needs, their dreams, and their lives at the core of its efforts. It holds promise and sets us on a course toward a vital and healthy nation (Thornton, 2013, p.4).
Changing paradigms—especially when it causes us to transform the way we view ourselves and how the world around us functions—does not come easily. This type of cultural shift takes innovation, creativity and wise leadership. Holistic nurses are in a unique position to help guide the change and step to the plate as transformational leaders in this new era of health care (Thornton, 2014, p. 31).


References:


WANTED
The sensory and extraordinary experiences of Healing Touch and other Energy Medicine Practitioners. An online survey Open to all levels of practitioners.

For more information: http://terrehaute.medicine.iu.edu/index.php?cID=710
Liability Insurance for Energy Medicine Practitioners

Do I need to have Liability Insurance for my Energy Medicine Practice? This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there’s always some risk that someone with whom you interact will be dissatisfied. Fulfill your professional responsibility to your clients. Protect yourself and your clients from undue risk.

For my Practice:
- [x] treatment table
- [x] rented space
- [x] business cards
- [ ] liability insurance

Make sure it’s checked off your list.

Discover Your ExtraOrdinary Life Through the Akashic Records
Over the past few years, I have had the great privilege of witnessing remarkable personal healing in individuals from every walk of life, religious affiliation, economic category and racial group. In the 21st century, powerful, permanent, energetic-spiritual healing is fast becoming the new norm, awakening humans and benefiting the collective consciousness.

Pioneers in the field of consciousness development are enjoying the well-deserved fruits of their labors. This level of healing has been hard won after centuries of effortful exploration not to mention blood, sweat and tears. We all reap the rewards of their efforts. Yet, as any one consciously navigating dimensions of awareness knows, there is plenty more to come - more to explore, discover, reveal and relish. It is up to the individuals experiencing transformation to discover the next step, as it is being revealed on a moment-by-moment basis.

The primary concerns of our post-2012 world are:

- How do we maintain our emotional-spiritual sensitivities while effectively participating in the world?
- How do we shift into ExtraOrdinary Living while engaging with the world as it is – without sacrificing our hard won awakening and awareness?
- How do we bring our soul’s purposes to life?

Our personal transformation provides not only joyful relief but also significance for mass consciousness. We individually matter - more than we know! Personal healing is the first step. Doing our part in the transformation of the common good inspires and uplifts the whole of humanity, provided we maintain our personal equilibrium at this new altitude of awareness while engaging in ordinary life.

For the past 20 years, I have been both student and teacher of the Akashic Records, using the Pathway Prayer Process to Access the Heart of the Records. My specialty is using the Akashic Field for personal transformation. What a wonderful journey it has been! I describe my method in *How to Read the Akashic Records*, and requisite foundational elements based on the Akashic Absolutes. These three Absolutes - *Fear Not, Judge Not and Resist Not* - together establish and maintain a sacred sanctuary for identifying and embracing one’s inner truth from the perspective of the soul.

In *Healing Through the Akashic Records*, I address issues of personal healing using Akashic Light to accelerate personal transformation. From an Akashic perspective, we see human wounds as spiritual opportunities to encounter the Divine Reality and experience our soul’s perfection. Spiritual practices such as unconditional love for self and applying the sentiment “Of course!” can resolve lifetime of self-rejection and abandonment. Bringing
such, we are challenged to recognize that other humans may have access to greater power than we do, at times. Likewise, we may experience occasions of being more adept than others. This is the Circle of Life and our challenge is to accept it all - without judgment. As we accept that there is a power greater than ourselves, we take our place in the Circle. As we relinquish negative judgments about Authority, we are able to receive even more. Having received, we have more to give – because - giving is the heartfelt desire of all human beings. This precept is both simple and profound. We are the authors of our lives - and - our destinies.

Standing in the flow of this incredible power, we discover a need for Discipline. Without it, we are unable to make good use of the Life force. Discipline is composed of repeated thoughts and behaviors weaving energetic structures; it supports the best use of this type of power. With appropriate disciplines in place, it is easier to listen to the inner promptings of our soul, which always leads us to our Destiny. Accepting Discipline without resistance enhances our effectiveness as we make our Earthly walk. Responsibility follows.

Soul-level responsibilities are obligations we have for ourselves and others; they structure our path. Responsibilities form a crucible through which our personalities transform. Conscious responsibility alters our relationships. For example, caring for others can be either enabling (in its lower form) or caregiving (in its highest expression). Through Responsibility, our human selves become more sensitive and refined. Thus, we are a powerful presence in our world.

We are our soul’s first and best choice for achieving our destinies. In fact, it is through our very humanity that our soul’s purpose is best demonstrated.

We are infinite spiritual beings and also mere mortals. So we must accept our Incarnation without reservation in order to manifest our soul's intentions. Yes, we are human with all its innate imperfections and limitations. In addition, we are our soul’s first and best choice for achieving our destinies. In fact, it is through our very humanity that our soul’s purpose is best demonstrated. We are the right person, from the right family, on the right continent at the right time to reveal the magnificence of our soul. How wonderful!

While we may certainly be “god” in our own universe, none of us is THE God of the Universe. As this consciousness to others through extending the "Benefit of the Doubt" at the level of motive, frees us from long-standing resentments so we can become the people we are meant to be. Allowing ourselves to identify the safe and positive impact of freedom facilitates a propulsion into more and more expanded states of freedom -- freedom from old limiting patterns and the freedom to authentically self express.

This is a succinct description of a deep process. These practices can take many lifetimes to complete; all of which deliver us to this moment when we have the opportunity to live in this unique era. Here at the shore of Discovering Your ExtraOrdinary Life, I intro-
How do we ride the wave when Life gets stormy? This is when the pillar of fierce, fixed, quiet Commitment enters the scene - empowering us to stay the course! Commitment attaches us to our path, so that the energy of the path is returned to us, gifting us with a sustaining, nurturing energy. We literally become turbo-charged to live our life and achieve our life’s missions!

Take a few moments to consider your present understanding for each of these five concepts: Incarnation, Authority, Discipline, Responsibility and Commitment. Perhaps your relationship to one is stronger than the others. This is natural. Take time to give yourself a chance to make peace with the reality of your old ideas and the impact they have had on your well-being. Know that you are always doing your very best, so be kind to yourself. What would it be like to open to this truth? It is yours to hold! At this time, you are entitled to consciously select new, supportive ideas to empower your flourishing. You are here to succeed. All of Life is rooting for your success! You matter and you are needed, now.

As you become aware of and master these five concepts, you may begin to see them standing as pillars of light surrounding a center core of light which is your inner being. Were we to glimpse this arrangement from above, we would see a five pointed star radiating infinite, eternal Light from the core of our being! This essential internal structure supports us to engage effectively in the world without sacrificing our spiritual sensitivities, awareness or Light.

Making peace with who we have been, accepting ourselves and others exactly “as is” relieves us of lifetimes of crippling confusing ideas and frees us to walk in the world and Shine! Shine! Shine!

THE BENGSTON ENERGY HEALING METHOD® WORKSHOP
With Dr. William Bengston

If you or someone you love has Alzheimer’s, depression, cancer, asthma, digestive diseases, allergies, cataracts or eczema, help may be at hand.

DATE:
Friday to Monday, January 9 to 12, 2015

LOCATION:
Hilton San Diego Resort & Spa, Mission Bay, CA

TUITION:
$595 by November 30, 2014, $665 after

Discounted room reservations at the Hilton!
Go to our website or call Jessica Finney at 619.275.8903 by December 19, 2014.

Pre-registration is required.
Call (312) 786-1882, or go to www.equilibrium-e3.com/bengston

Sponsored by: EQUILIBRIUM ENERGY + EDUCATION
www.equilibrium-e3.com

Thirty-five years of research and clinical experience show that The Bengston Energy Healing Method® is a powerful, safe energy therapy that can produce remarkable results for both people and animals with a variety of physical and emotional disorders, primarily those that are inflammation-based. In this three and one-half day training workshop, Dr. William Bengston teaches the method that produces tangible results in the laboratory as well in people and animals. The basis of the therapy is a unique process called “image cycling,” the key to stimulating the body/mind to restore itself to a natural state of wholeness. No special beliefs or previous training in energy modalities are required, image cycling is a skill any one can learn to access a deep source of profound healing intelligence. For more information about this method and related research, please go to www.equilibrium-e3.com/bengston and www.bengstonresearch.com.

Copyright © 2006-2014 Healing Touch Program Inc.

Discover Your ExtraOrdinary Life
Medical students are not known for being adventurous. I remember, for example, how many people would stop and stare every time I brought my breakfast, a fruit smoothie which included a carrot, to class during my first year of medical school. Occasionally a brave soul would exclaim, “What is that”?!? It took a few years for my “strange” eating habits to become a lovingly tolerated eccentricity and probably at least a decade for long lost doctor friends to reach out and actually ask me for advice on how to eat in a healthier way.

I say this because, now, an orange colored smoothie probably would not shock many doctors -- but energy medicine still does. As much as we want to pride ourselves on being scientists with an open-mind -- ready to explore new horizons in healing -- the fact is that adventure in medicine is not well rewarded. The exception is in very specific, regulated contexts -- such as research studies. For the average healthcare provider, most are expected, paid, taught, and asked by those who oversee them to play within the rules. Too much creativity is not usually considered safe.

As a result, it makes sense that healthcare providers practicing in the traditional Western model are often cautious and skeptical when it comes to energy medicine. As a physician who is board certified in both internal medicine and integrative medicine, and who has been teaching energy medicine for many years, I can say that I have considerable experience bridging the gap between Western and holistic medicine.

I would like to share four key tips that have worked for me along the way:

1. **Start with compassion.**

   This is probably the most important tip. You can bridge any gap -- whether it is between you and a client, you and a healthcare provider, or the client and their higher healing potential -- by starting with compassion. This also applies to someone who elicits fear or antagonism. This includes subconscious fears, because that energy will be projected and felt by others, even if you do not say anything. So for me, the first step to create harmony between myself and any other provider or institution, is to start by visualizing peace between us, and by changing any subconscious beliefs in myself that sabotage that truth. I do this until I can hold that visualization firmly in my mind and body with ease.

2. **Consider volunteering, even in a capacity unrelated to Energy Medicine, in Western Medicine settings.**
Four Key Tips

Working in a Western Medicine setting, and even volunteering, can give you a considerable advantage in two ways. First, it gives you a better understanding of how Western medical institutions operate, and what avenues may be open for you to share your Energy Medicine skills within the institution. Secondly, it increases your ability to meet people in the medical field, and to develop the personal connections that can be helpful in building a practice.

3. Personal relationships are key.

To bridge the gap between Western Medicine and Energy Medicine, start by developing relationships with those who work in healthcare. Ultimately, although you may have different roles, I have found it is important to focus on what we have in common as people. We all appreciate it when someone genuinely cares about us. Do not just focus on meeting others to build business, but rather, practice genuine caring and interest in others and this will naturally lead to trust.

4. Consider offering a free energy session for open-minded staff.

In my experience, it really helps to focus on developing trust and personal connections using the steps above if you want people to accept your offer of a free session. Although there are always exceptions, most people need to know you to some extent before they will take the next step, particularly if it involves driving somewhere or calling to make an appointment. Free sessions can help interested Western medical staff to develop more personal experience with your work which can help increase your credibility. If you do offer free sessions, I would recommend doing what you can to make it easier for the potential client to follow through - such as offering to come to their workplace to offer the session, and making sure the time works well with their schedule.

In general, all of these tips have one point in common -- they require respect. Respect for yourself and respect for others. As you know, in order for someone to have faith in what you are doing, you have to have faith in what you offer. If you do not have a real, and deep knowing that what you offer has value, then you are not practicing in integrity. Why? Because you are effectively asking people to invest their time, energy and possibly money to receive something about which you are only partially self-assured. Lack of integrity can also translate as a lack of credibility with others - making it harder for you to attract clients or build a practice.

As we all know, the four tips above are helpful tools, but what distinguishes a master from a beginner is not the tool, but the person using them. Functioning from this place of deep knowing and integrity gives Energy Medicine practitioners an advantage. As someone who understands energy, you know when you are in alignment - not just on a superficial level but from a place deep within. This gives you the ability to consciously work from that place, in order to serve others from the greatest place of goodness, truth and compassion.
New Energy Bodies and Energetic Diagrams Cards

**Front Side:** Depicts the Seven Energy Bodies Interpenetrated within the Human Energy System along with descriptive text that can be used to enhance your healing work.

**Back side:** Energetic Diagrams offer a visual suggestion of how a human energy field can dynamically change based on feelings, thoughts, beliefs, intentions and actions at a particular moment in time.

Size 7.75” x 9” Printed on high gloss laminated card stock. Sold in sets of 10 cards for $10

www.HealingTouchProgram.com/store
Caring Science and The Intersection With Healing Touch
ABSTRACT: This article outlines the core aspects of Caring Science, and the intersection with Healing Touch, the core energetic integrative modality of caring-healing practices. It captures the essence of ‘Transpersonal Caring Moment’, which draws upon an ethic of ‘Belonging to Source’ - the infinite field of universal Cosmic Love, the foundation for all healing.

As nursing and health care practices evolve beyond medical cure and treatment of pathology at all costs, the public and professionals alike are entering a new scientific understanding of healing and health. This new era goes beyond material mind-body physical medicine and ushers in evolved energetic integrative models for healing (restoring wholeness in the midst of inner and outer fragmentation of life forces) - helping one energetically to align inner and outer ‘self for right-relation -- right-alignment’ with Source – universal Love). Such a shift is related to an evolving human consciousness which unites humanity-environment and the universe across time, space and physicality into a unitary field model of Caring Science. This evolved view is consistent with the latest thinking in integrative medicine/nursing (Watson, 2014b).

Caring Science offers an expanded ethical and philosophical foundation and a unitary worldview for healing, which differs from Medical Science’s focus on treatment and disease centered cure and holds an ethical and scientific foundation for integrative energetic principles and practices. This integrative thinking unites indigenous practices across time with the latest scientific views of wholeness.

As Caring Science becomes more universal across cultures and traditions, it is a hopeful paradigm for nursing and health care to establish a new role in serving the global human caring – healing and health needs of the public, now and into the future.

Caring Science: Integrative Healing Touch (HT) Principles Converge

What is distinctive about Caring Science and Integrative HT principles? Intentional practice of human caring is an emergent quality of unitary whole systems thinking, making new connections between the unitary energetic patterns of worldwide human caring practices and healing in our world. This relationship between human caring and healing represents a fundamental path of consciously attending to the energetic pattern of unity and the human-environmental global-universal field of oneness - connecting one to an infinite field of universal cosmic love, the source of all energy healing.

Unitary caring science is consistent with integrative energy medicine principles and what may be referred to as a quantum world, or even a quantum
cosmology. That is, we now know from science and quantum thinking that the mere act of participating in or observing a system causes that system to change its behavior. “Some physicists have postulated that there is something special about consciousness that causes the abstract quantum potentials, described by quantum theory, to ‘collapse’ into hard physical reality observed in the everyday world” (Vieten, 2012, p. 6).

In the world of quantum physics, it is acknowledged that everything is connected with everything else and

... the ethic of belonging helps us understand that a practitioner’s conscious acts of human caring and practice of Healing Touch, have an individual and global effect at the same time.

there is one wholeness of all. The writings of David Bohm address this as well (1980a, 1980b, Bohm & Peat, 1987).

Caring science, as an emerging area of nursing and trans-disciplinary study, grounds this expanded, quantum worldview related to integrative principles and acknowledges a deeper ethic of “belonging” (Levinas, 1969; Watson, 2008), making it explicit that we all belong to the infinity and universal cosmic energetic (quantum) field of the whole. This core integrative principle becomes a fundamental worldview, or even more encompassing, a cosmology, as a starting point for science, integrative energetic principles, and our global society from which we cannot escape. Thus, the ethic of belonging helps us understand that a practitioner’s conscious acts of human caring and practice of Healing Touch, have an individual and global effect at the same time.

Worldview-Ontology

In contrast to unitary caring science and integrative thinking, the Western separatist ontological world-

view is one in which humans seek control certainty, and domination over all aspects of life, death, the environment, and our world. This worldview is pervasive in our Westernized world and is motivated largely by Ego and Fear. Thus, it keeps humans and nations and countries separate, insecure, easily threatened, distrustful, and disconnected from each other, from our own sense of belonging, whereby someone different from us, may be perceived as threatening and/or considered an enemy.

This separatist worldview of conventional Western science society, does not serve human needs and our shared humanity. In spite of major advances in health and healing and medical science, our western system of health care is dominated by outdated world views of material physical plane of existence, in contrast to a unitary oneness of all – whereby energetically everything is connected to everything else.

The shift occurring is related to an evolved consciousness for humanity.

For example: What is the highest level of consciousness? My answer is love, which allows for evolution of higher consciousness to what Teilhard de Chardin referred to as the “Omega point”—humans becoming more Godlike, connecting with the “infinite field” (de Chardin, 1959, 1964). De Chardin posited that our consciousness becomes co-extensive with the universe toward unification (de Chardin, 1964, p. 310, Watson, 2014a p.104).

Thus, the starting point for Caring Science as Infinity of Love and evolved consciousness, perhaps also can
be the ethical, philosophical starting point for HT.

That is: the ‘Ethic of Belonging’ begins with the belief and perennial wisdom that our human experiences and journey through life and death are shared with all of humanity - across the globe. We are all ultimately, one-world-one-heart, united with infinite energy of love, across time and space belonging to the great sea of humanity.

Watson (2014a) explored this unitary view through the writings of David Hawkins, Power vs. Force (2002).

"Hawkins addressed the evolution of consciousness and notion of shared consciousness; his views are consistent with a caring science ethic of belonging and an integrative principle underlying HT. This view indicates the power of oneness of the human spirit and its relationship to the evolution of consciousness. That is, integrative principles are related to a pure consciousness in the universe, to which we all belong. This points toward options for how to access and manifest caring patterns that affect the whole. This evolution of caring is thought by Hawkins to be a higher consciousness that connects one with a universal life force, the infinite field of cosmic love. There is a connection between caring and love. In the caring science model, everything is connected energetically; thus, the person caring and offering HT is manifesting universal love, affecting the whole of humanity and contributing to the healing of humanity.

This unity of consciousness, an evolving consciousness framework, guides human-environmental energetic healing practices, such as Reiki and Healing Touch. These practices are based upon the subtle energy of love, as a high level of consciousness, if not the highest level of cosmic consciousness. The subtle and not-so-subtle connections between caring consciousness and energetic healing practices of love ultimately lead to connections between caring, evolved human consciousness and peace. (Watson, 2014:102)

That is, if one is manifesting an authentically caring consciousness during HT, then one is radiating the energy of love and peace into the integrative field of the whole. As Hawkins (2002) noted, If we really understood this basic knowledge, the world as we know it would be irrevocably changed, requiring all practices of politics, war, communications, media, economics, and medicine to transform their patterns of practice. (Watson, 2014:103)

So, in caring science and HT, everything is connected with the infinite, universal, energetic field of cosmic love. Basic human values of loving-kindness, equanimity, compassion, forgiveness, and tolerance, all messages from wisdom and spiritual teachers across time, are embedded in the “faces” of our global community and in the human caring practices throughout the history and tradition of nursing and other health and human service professions” (Watson, 2014). Within the context of Caring Science, the formal theory of human caring and transpersonal caring has evolved through the writings of Jean Watson (1979; 1985; 1988; 1999; 2008; 2011; 2012; 2014). The framework for identifying, naming and implementing a professional practice model grounded in Caring Science, adheres to ethical-philosophical and scientific professional practices, named the 10 Caritas Processes. The Caritas Processes name the phenomenon of human caring that nurses and other healing practitioners around the world, are offering to humanity; but these named daily healing practices have been unnamed, unseen and thus largely invisible – until very recently.


The named and researched Human Caring Phenomenon guide caring-healing practitioners to validate what they are practicing in caring for patients, families and communities, for health and healing, beyond medical technical interventions. These Caritas
Processes contribute to whole person/whole system Health care.

The 10 Caritas Processes™ are as follows:
1. Sustaining Humanistic-altruistic value system by the practice of loving-kindness and equanimity with self/others.
2. Being authentically present, enabling faith/hope/belief system – honoring the inner, life-world of self/others.
3. Being Sensitive to self and others by cultivating one’s own spiritual practices; beyond ego-self to transpersonal self.
4. Developing and sustaining loving, trusting-caring relationships.
5. Allowing for expression of positive and negative feelings - authentically listening to another person’s story.
7. Engaging in transpersonal teaching-learning within the context of caring relationships; staying within other’s frame of reference – shifting toward a coaching model for expanded health/wellness.
8. Creating a healing environment at all levels; subtle environment for an energetic authentic caring process.
9. Reverentially assisting with basic needs as sacred acts; touching mindbodyspirit of others; sustaining human dignity.
10. Opening to spiritual, mystery, and unknowns - allowing for miracles.

These Caritas processes become the guide to systematically engage in theory-guided practice, informed by the deeper philosophy, values, ethics, language and worldview of Caring Science. In this postmodern world, if we do not have our own language for caring, we do not exist and thus remain invisible to the dominant external world. Therefore, the language of the phenomenon of human caring–healing becomes critical to nursing’s advancement and future caring-healing-health practices to serve humanity. Also, in this era of evidence based practice, it is impossible to explore outcomes of caring if the phenomenon of caring is not named, documented and assessed as part of patient care standards.

Caring Science – Caritas Processes, A Transpersonal Caring Moment

As Healing Touch practitioners enter into a theory guided professional practice model of Caring Science, they become more intentional and conscious of the importance of a Caring Moment. In that a Caring Moment is where the theory of human caring and the unitary worldview of caring science are lived out. It is through the Caring Moment that the 10 Caritas Processes personally/professionally come alive for each person, connecting both to the universal field.

A Caring Moment is transpersonal, meaning the moment is larger than just the two people in the moment. Transpersonal conveys the authentic energetic human to human connection in that moment, connecting with the infinity field of Love/Source and is greater than the moment and lives on in the experience of both. It also implies that the connection is not ego centered but open to creative emergence and unknowns; energetically this caring-healing moment is affecting the whole field of human consciousness. (Watson, 2012).

The Caring Moment invites authentic presence, skill, rituals and intentional preparation. The Caring Moment, within the context of Caring Science transcends time, space, and physicality. That is, the experience in the moment is larger than just two people coming together. The whole caring consciousness of the nurse is contained within a single caring moment and extends into the universe beyond that actual physical moment. That moment can be an existential, spiritual turning point for the nurse and
the patient, opening up new possibilities to connect with Source. What is experienced in a Caring Moment becomes part of the life pattern and greater life context for both participants. All we have are moments in our life; each moment informs the nature of the next moment.

Watson explored these connections within the field of nursing in her chapter on Caring Science and Integrative Nursing. (Watson, 2014:103)

Unitary, integrative Caring Science Healing Touch principles and practices are related to the higher-consciousness energetic field approaches for health and healing. These principles are associated with non-physical domains, such as attitude, intentionality, and consciousness of positive emotions and mental thoughts. They address experiences of gratitude, forgiveness, grace, caring, compassion, and love, including mindful practices of rituals, prayer, and spiritual beliefs of hope and faith.

The Caring Moment invites authentic presence, skill, rituals and intentional preparation.

These global and universal messages and values also are embedded in existing theories, contemporary science, and philosophies guiding human caring and healing for ourselves, others, and our world. For example, the writings of contemporary nursing theorists, such as Martha Rogers, Margaret Newman, Rosemary Parse, Barbara Dossey, and Jean Watson all converge around the same core ontological and epistemological integrative unitary principles. They include:

- A Unity worldview—that is, the view that everything is connected.
- There is one energetic field of human-environment-cosmos oneness.
- Transcendent possibilities for human experiences, while acknowledging we are fully embodied; patterns and processes of relativity of time, space and physicality can be transcended.
- Unitary worldview acknowledges that, energetically, one’s intentional Loving consciousness transcends time and space, and exists beyond the moment, affecting the whole field.
- Evolving consciousness—evolving toward universal cosmic consciousness of love.

Conventional medicine does not systematically incorporate non-physical methods of energetic healing. Hawkins (2002) reported that conventional medicine, associated with physical pathology and disease, resides in a lower vibrational field and does not allow for evolution of human consciousness to a higher energetic field. (Watson, 2014:103)

The next turn in caring science and caring-healing HT principles and medical science is to go beyond exclusive physicality and systematically include consciousness, intentionality, and spirituality for whole-person health, healing, caring, and peace. Integrative nursing principles thus incorporate caring for the individual, the environment and ecosystem, the community, and beyond, as a way of honoring all living things.

In summary, Caring Science and the integrative principles and energetic consciousness practices of HT invite nurses and all HT practitioners to evolve even further, and consciously mature within the unitary quantum field healing model of the future - with attention to whole person/whole system transformation toward health and well-being of humans and communities.

References:


New Energy Magazine Bookmarks

Energy Magazine bookmarks are a:
- Excellent placeholder for all your books and magazines
- Helpful reminder of self-care principles
- Handy outline of the seven energy centers
- Useful handout for clients
- Thoughtful gift for friends and family
- Great way to spread the word about your favorite magazine

Order yours today!
Pack of 100 - $8.00
HealingTouchStore.com

Energy Centers:
1. Root - Red
   Grounding, Abundance Connection
2. Sacral - Orange
   Emotions, Feelings, Boundaries
3. Solar Plexus - Yellow
   Power, Purpose, Will, Singing into your own power
4. Heart - Green
   Love, Peace, Relationship, Open your heart
5. Throat - Blue
   Speaking One's Truth, Balance, Speaking and Knowing - safe to be known in any situation
6. Brow - Indigo
   Dreaming, Visioning, Intuition, See dreams and visualize your intuition
7. Crown - Violet-White
   Spiritual Connection, Oneness, Honor divine inspiration and your intuition

Affirmations for a Healthy Life:
- I enjoy taking time to care for myself.
- I say to myself more and more, ‘I love you. I respect you. I forgive you.”
- I am unique, creative and worthy of love.
- Caring for myself allows me to better care for others.
- My life is joyful and filled with wonderful surprises.
- I have the courage within me to face my fears and open myself to experiencing new ways of being.
- I take time to be quiet and listen within.
- I can laugh at myself.
- I thrive as I learn to provide more loving care for my body, mind and spirit.
We all have a number of people to forgive -- those who caused us pain in our past, made us suffer or took our goodness for granted. Forgiveness comes more easily when we acknowledge its life-saving grace. Forgive comes from an Old English word originally meaning, “to give completely” or “to give up.” In that sense when we forgive, we do give up. We forgo the anger, bitterness, and frustration that arise from retaining resentment against a person. We return these feelings to the universe and shun them from our personal energy field. Relinquished are the negative emotions and the brutal impact they have on our being. When we forgive - we detach.

Being unable to forgive is detrimental to our mind, body, and spirit. Emotionally, pent-up feelings increase in force and influence over our state of well-being. We become cynical, distrustful of others, and insecure in our faith. Mentally, clusters of neurons form and begin to dominate our thought patterns. The more we hold onto our anger, the more we become angry. The more we linger on a bitter memory, the more bitterness overtakes our everyday mood. Science has proven that adverse emotions release harmful chemicals into our bloodstream and enter our cells. Physically, harboring the past in our hearts makes our bodies sick. Truly, resentment is toxic on all levels of being.

But you can break free from heavy memories and their burden. First, you must understand the four truths of forgiveness:

Understand why. To forgive earnestly, you must pinpoint the reasons it is necessary. Are emotions originating from an un-peaceful past affecting your present? Do the effects of a former betrayal, breakup, breakdown or broken heart continue today? Recognize the need to forgive. Identify whom you need to forgive. Then, you can begin the process.

Take time. Forgiving is a process, not a result. You cannot instantly forgive someone, because you must slowly wean yourself from the overwhelming emotions involved. But you can certainly reach forgiveness, step-by-step, day-by-day, through small acts that fortify your intention to absolve another. Forgiveness takes time but once you have pardoned - you are liberated.

Forgive yourself. The way you treat others is a reflection of the way you regard yourself. You must be happy with yourself in order to foster positive relationships that progress. Being happy with yourself begins by excusing your prior mistakes, however costly they may have been. Remember -- there are no mistakes -- only solutions in the making.

Count your blessings. Only when you realize the measure of where you were and where you are can you incorporate forgiveness into your life. Summarize the lessons you have learned. You are not who
you were when you wrongly trusted someone who later hurt you, or when you gave too freely to someone who did not deserve it. Counting your blessings serves to show the long, long way you have come.

Once you have evaluated these elements of forgiveness, you can speak your desire to grant pardon. Practice these affirmations to solidify your resolution to forgive:

I forgive (name). I break the painful bond between us. Each day, I am learning to forgive those who have hurt me. Their actions are powerless over me. I forgive the mistakes of my past and step into a brilliant future. Forgiveness is a virtue I am mastering as I heal my soul.

In addition to speaking your intentions, you can practice simple exercises of forgiveness, such as this example:

Think of a person who has caused you harm and write his or her name on a piece of paper. This can be anyone from a former friend, lover, or family member -- anyone with whom you share outstanding ill will. Underneath their name, write the words you associate with this person or scribble how you feel about them. Breathe deeply and allow the raw emotion to surface. Do not inhibit yourself. Release what you can onto the paper. At the bottom write, “I forgive you.” If necessary, write this phrase more than once. Fold the paper and hold it tightly in your hand. Know that all of the negative emotions within you have been transferred to this object. Continue to breathe deeply as you feel your energy shift. You will feel lighter as the weight of your harmful feelings lift. Say a prayer of forgiveness, asking the divine to empower you as you abandon animosity. Then, dispose of this paper. You can tear it up, discard it, or throw it into the ocean.

What is important is that you let it go to signify letting go of the sentimental attachment to this person.

It is never too late to forgive, nor is any wound too deep to heal through the miracle of clemency. Forgiveness begins through daily introspection, calming affirmations, and small acts that reflect your intent to forget and forge ahead. In time, you will thank yourself for your decision to forgive. Forgive today to save your life.
New from Sounds True

Healing Touch
Energy Therapy for Self-Care

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

For nurses, holistic practitioners, and anyone looking for in-depth training for self-care, The Healing Touch Home Study Course offers a valuable new resource for discovering the full potential of the human energy system. Taught by senior Healing Touch Certified Instructor Janna Moll.

The kit includes:
- 116-page workbook
- Audio CD
- Video DVD
- 46 daily practice & technique cards

Order your copy today
Online at www.HealingTouchProgram.com/store
By phone: 210-497-5529

Stay abreast with current offerings
check out the Sounds True store

Sounds True exists to inspire, support, and serve personal transformation and spiritual awakening.

Offering more than 500 audio, video and music titles about spiritual traditions, meditation, psychology, creativity, health and healing and self-discovery.
Connections
Energy medicine classes, practices, workshops, happenings and conferences

HEALING TOUCH FOR ANIMALS®
Educating today's animal enthusiasts to become tomorrow's animal healers

Join the thousands of practitioners dedicated to enhance the lives of our animals and their people.

Healing Touch for Animals® courses are being taught in cities across the United States, in Canada and in the Netherlands.

Register early to receive the Early Bird Price!

www.HealingTouchforAnimals.com
303-470-6572

Energy medicine classes, practices, workshops, happenings and conferences

Cellular Expansion and Healing
a form of energy medicine that supports healing and change at the building block level - the cells

Kristie Marie Schwartz
772-353-6627
info@lovenmycells.com
www.lovenmycells.com
"Joyful Feeling with Cellular Healing"

Monthly Business Support Conference Calls
2nd Tuesday of each month 9:00pm-10:15pm EST
sponsored by the

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

She wants to help you get YOUR health back!

Available to ANYONE interested in "making a living" practicing Healing Touch, teaching Healing Touch and/or coordinating HT classes.

Click here to learn more

WILD SUCCESS®
Dissolve Your Sugar Habit ~ Have More Energy
holistic nutrition coaching and energy medicine
www.wildsuccess.us ~ www.SugarDetoxNow.com

This is the first text to help students and practicing nurses translate and integrate the philosophy and abstracts of Caring theory into everyday practice. It was developed for use as the primary text for an online caring theory course that will be offered through the Watson Caring Science Institute in October 2013.

Learn more:
Watson Caring Science - watsoncaringscience.org
Click here to order book
New! Essential Energy Healing Techniques Digital Videos

In this four-hour video series you will learn everything you need to know to safely and powerfully effect change for higher good. Many of these techniques are unique to Cyndi, comprised of teachings she has assembled from her journeys, client work and studies around the world. Together, they are your “essential tool kit” for energetic medicine and magic.

www.cyndidale.com

Back Chakra Activation Workshop

Learn how treatment of the back side of the chakras help support people with anxiety, PTSD, depression, chronic illness, fatigue, and acute pain.

What you will learn:
* Self Care of the Energy Body
* An Energetic Body Balancing Technique supporting integration of the front and back side of the chakras
* Dialogue that assists in finding the dis-resonant back chakras
* A new activation and vibrational frequency that clears old patterning from the back side of the chakras.

Franny Harcey, HTCP, works with individuals, healers and therapists interested in personal transformation, physical healing and soul evolution.

Learn more or find a workshop near you
www.goldenshadowhealingcenter.com

Learn to be an Energy Healing Practitioner

Healing Touch Program is an accredited, international, continuing education program in energy-based therapy.

To find a class in your area click here.

Copyright © 2006-2014 Healing Touch Program Inc.
Only by perceiving that we are both individuals and at one with the whole can we begin to eradicate our fears and draw on Divine support during this crucial time. Harra shows us how we can . . .

. . . regain trust in ourselves, others, and the spiritual realm.
. . . reawaken our creativity to envision a better world.
. . . heal diseases and ailments.
. . . address the suffering we’ve caused to the human race throughout history.
. . . expand universal awareness and elevate our consciousness.
. . . achieve a state of abundance, generosity, and joy so rich that we overflow with compassion.

Wholeness is the nourishment we require to transcend a challenging era and foster unconditional fulfillment in our lives.
Energy Magazine Bookmarks

Energy Magazine bookmarks are a:
• Helpful reminder of self-care principles
• Handy outline of the seven energy centers
• Useful handout for clients
• Thoughtful gift for friends and family

Order yours today!
Pack of 100 - $8.00
HealingTouchStore.com

2014 Healing Touch Conference Totebags

Limited Supply
$15 each
HealingTouchStore.com

This could be your ad

being viewed by over 20,000 readers with a direct link to your website or store.

Prices start at only $50 per issue

Click here to download our media kit for more information.

New Self Chakra Connection Poster

- Large vinyl poster (27” x 42”) sticks to most surfaces without tape, nails or tacks
- Will not damage walls or surfaces
- Can be taken down and reused up to 200 times
- All steps shown as well as a brief explanation
- Perfect for your healing room, hospitals, offices, etc.

Order yours today!
$65 each
HealingTouchStore.com