When you look at life though eyes of gratitude, the world becomes a magical and amazing place.  – Jennifer Gayle
Dear Readers,

We have entered that time of year where our body wants to slow down and rest — where hibernation seems like a wonderful event. At this time of year, I think I am just like the squirrels in the yard who are busy hiding nuts for the winter and building their nests in the tree tops. I find myself wanting to tidy up — placing everything in the exact “right spot,” unpacking my sweaters and tucking apples, squash and pumpkins into the cool closet in the basement. I dig out my recipes for warm breakfasts, soups, stews and other hearty meals. This is my way of building my nest for the winter.

This is the time of year when everything inside of me wants to become quiet. I call it “going quiet.” If the time allows I become introspective and contemplative. My office couch becomes laden with neatly stacked articles and books, throws to snuggle under and writing materials. I relish the idea of time to rest, read and write.

Yet, the outside world keeps pushing in. My mind busily makes lists of things that must be done and if I am not careful it becomes a whirling dervish prodding me to “do.” There are family and friends to see, meals to prepare, presents to purchase and work to be done. I work to translate the list my mind makes to paper as I know that once this happens my mind settles, if at least temporarily, and as it settles my body responds accordingly. Yes, there are things to be done and I dutifully check things off my list. However, I make it a point to slow down and ask
myself — Do I really need to do this? Does this serve me? Is it necessary to do this now?

That inner me, the one that is full of wisdom and understanding of who I really am and what I really need, quietly and consistently reminds me to take heed — slow down, don’t rush and sleep more. I am reminded to truly rest in all ways.

It is the balance between the inner me and the outer world that I seek at this time of year. For me this balance is the ultimate self-care. With it comes harmony between all aspects of myself and that around me. And, in this balance I experience joy.

I wish you a holiday season full of beauty, love, joy and wonder.

Margaret

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Angie Buxton-King was one of the first energy healers to be paid by the NHS in the UK in 1999. Her charity, the Sam Buxton Sunflower Healing Trust (SBSHT) was created in 2006 in memory of her son Sam, who was diagnosed in 1995 at age seven with leukemia. Sam benefited enormously from healing before he died in 1998 at age 10. SBSHT’s work is to integrate healing into cancer centres and hospices. www.CancerTherapies.org.uk

Amy Camie is a spiritual harpist, passionate speaker, gifted recording artist, intuitive composer, inspirational author, founder of the Scientific Arts Foundation and co-initiator of The ORIGIN Methodology of Self-Discovery. Her strong classical background allows the music from her soul to flow freely through her fingertips, creating highways of sound that awaken memories of wholeness, harmony, compassion and love. www.AmyCamie.com

Lori Chortkoff Hops, PhD, Licensed Psychologist (PSY 14335) and Reiki Master has a psychotherapy practice in Westlake Village, CA. Dr. Hops practices integrative mental health and is completing certification in Comprehensive Energy Psychology. She serves as Secretary on the Board of Directors for the Association for Comprehensive Energy Psychology (ACEP). She taught a workshop on Nature’s Elements and Healing Rituals at ACEP’s annual conference in May 2017. www.DrLoriHops.com

Margaret Nies has been around alternative practices since she was a child. Born to parents who started a health food store in the early 50’s and practiced organic gardening, illness in her family was thought of in broader terms than the traditional western medicine model. Margaret has continued to embrace this thought process. She has a background in Cranial Sacral Therapy, Bengston Energy Healing Method, Healing Touch and business management. With a passion for the outdoors, she can never get too much of sunshine, plants, animals or weather.

Karen O’Dell has her MS in Mind-Body medicine, is a Healing Touch Certified Practitioner, Certified Integrative Wellness Coach, Certified BioWell operator/analyst through the International Union of Medical and Applied Bioelectrography (IUMAB) and a registered psychotherapist. She teaches an introductory course on the human energy system and energy medicine for IUMAB and has worked as a home health and hospice care provider for 19 years receiving her medical training through the U.S. Army as a combat medic.
Rod Thomson, HTP, CHt, is a life and business coach. He is the co-founder of Imagine If Coaching and Consulting. Rod integrates Healing Touch and Past Life Regression Therapy with traditional coaching techniques as he specializes in assisting clients through transitions. He has become a champion of energy therapies by presenting to various audiences. Rod’s goal is to broaden exposure of energy healing in an effort to reduce dependency on pharmaceuticals. www.ImagineIfCoachingConsulting.com

Lauren Walker is the author of *Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice* and *The Energy Medicine Yoga Prescription*. She has been teaching yoga and meditation since 1997 and created Energy Medicine Yoga while teaching at Norwich University. She teaches EMYoga across the US and internationally and has been featured in *Yoga Journal, Mantra +, Yoga Digest* and *The New York Times*. She was recently named one of the top 100 most influential yoga teachers in America. www.EMYoga.net
1 | Barbara Ann Brennan is one of the most influential healers and spiritual leaders of the 21st century. Now, in her latest book, *Core Light Healing*, her work continues with revolutionary new information on working with the creative process and the fourth level. The fourth-level, or astral, world bridges the creative pulse from the physical to the higher levels of reality and manifestation. Barbara reviews the configuration of the Human Energy-Consciousness System (HECS) and describes the creative process as it flows through the HECS. She guides us through the steps to release the blocks so creative energy is free to flow. When the creative pulse is unblocked, we are able to manifest our longing. *Core Light Healing* also chronicles Barbara Brennan’s life journey and personal experiences.

*Core Light Healing* offers to take you on a journey to create the life you have always imagined.

2 | Never before has the story been told of how the Western chakra system developed from its roots in Indian Tantra, through Blavatsky to Leadbeater, Steiner to Alice Bailey, Jung to Joseph Campbell, Ramakrishna to Aurobindo, and Esalen to Shirley MacLaine and Barbara Brennan. If you’ve ever had questions about the inconsistencies between chakra systems or wondered where the names, colors, locations, and other associations came from, you will find the answers here, with tables and illustrations showing how the Western chakra system developed, using many rare and forgotten sources.

3 | Richard Gordon maps out new territory in the rarely explored intersection of science and spirituality in this investigation of the profound relationship between matter and consciousness. He explains how the hands-on energy healing technique he uses provides a unique window into the secret nature of matter. He offers a wide range of simple experiments that challenge many dogmas of science. These experiments clearly demonstrate that our consciousness can profoundly influence matter, and that an object charged with energy and intent can dramatically affect us physiologically in seconds.

4 | The *Magic Mirror* solo harp CD by Amy Camie relaxes the body, reduces anxiety, and supports brainwave and immune system function. The CD is a gift that will help your patients, staff, clients, volunteers and others relax and de-stress.
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Happy Thanksgiving
November 23

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.
- William Arthur Ward

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

Merry Christmas

November 23

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Niceness Does Not Always Get the Boat Built

I embrace and apply most of the phrases I have learned in the variety of Twelve-Step programs in which I have participated.

“Live and let live.”

“Let go and let God.”

“Count your blessings.”

In fact, I find that many of my clients’ problems dissipate, and sometimes disappear, when they adopt attitudes like tolerance and appreciation. Stress is linked to many acute and chronic issues and exacerbates almost any challenging situation, leading to high blood pressure, heart disease, obesity, depression, anxiety and a weakened immune system, amongst other disorders. Quite literally, reminding clients that they do not have to carry the world on their shoulders, nor respond to everyone else’s needs, is often enough to decrease stress symptoms significantly. Healing energy can now replace the tense energy.

Every so often, however, I must prompt a client into action. Think of what might have occurred if Noah, upon hearing that the rains were coming, had put off building the ark until the water was over his head. Biblical scholars would be holding a very different discussion with their followers.

One client example that displays the call to action involves a woman who came for an energy healing session. She wanted to reduce her husband’s alcohol intake. It turned out that her husband downed about ten beers a day. She pretty much matched that number. Atop that, when drunk, they fought and hit each other, often in the presence of their ten-year-old son.

I think that my client expected that I would soft-pedal the situation. After all, one of the nomenclatures I use to describe myself is spiritual healer. Are not spiritual people “nice”? And I can be nice, but sometimes, it is better to be kind. Niceness and kindness are different qualities.

Niceness involves being pleasing in nature or appearance and also socially correct. There is nothing wrong with being nice. It is okay to open the door for strangers or smile at a cranky great aunt. I taught both my boys to wear clean clothes on dates and to be polite to their grandmother, no matter her behavior.

“Kindness” is a horse of a different color. It can include being nice or sweet, but is also incorporates compassion and honesty. Sometimes, the truthfulness element of kindness creates more disharmony than harmony.

The young mother seeking assistance for her husband, rather than herself, was in dire need of kindness.

I took her through an assessment for problem-drinking. I reproached her for analyzing her husband’s issues rather than her own. I asked her to consider what the drinking and fighting were doing to their son. My client was curious.

“I thought that he was too young to be affected?”

Only when I helped her remember her own childhood, which included being raised by two alcoholic parents, did she realize the severity of her behavior and its effects on her son.

Upon leaving, the client looked at me and said, “I thought you would be nicer than you were.” I am not surprised. People do not always like to have the leaks in their boat pointed out.

I had learned my lesson, however, a few years before, when working with another young mother who had just given birth to a little boy.

This mother called to complain about a small tumor in her
breast. I encouraged her to schedule the biopsy recommended by the doctor and to follow that physician’s resulting advice. She said she did not want to.

I was nicer back then. I did not press her on the decision.

She called a year later. There were more tumors. This time, I was more insistent. “You need to consult with an allopathic doctor.” Again, she refused. I repeated my advice, suggesting that the symptoms indicated that she might have cancer. She said she thought that she could heal herself. My stomach felt sick. I pushed her much more than I had during the first session, but maybe not enough. I only knew that the year before, I had reverted too soon into the “let go and let God” mode, not understanding that sometimes, we are the placeholder for God.

A few years later, I received a phone call from my client’s friend. My client had died of a widespread cancer. She left behind a five-year-old.

Most likely, I could not have changed the course of my client’s life — or death. We are not responsible for the decisions our clients make, but we do need to know when to be only nice or also kind. I mean, Noah would not have started on his boat unless the message was clear, insistent and ominous. Sometimes it is ourselves, the healers, that need to hand our clients a nail, plank and hammer, and invite them to start building.

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.
Good for the Practice

The Role of Retreat

Do not seek the light. See it.
Do not look for beauty. Be it.
Do not search for Self. Know it.
Let the birdsong teach you.
Let the sunrise break your heart open.
Let every breath remind you of sudden miracles.
— Jeff Foster

To see the light, be the beauty, know oneself, speak the language of the birds, allow the sun into the dark of your heart and to know miracles — I believe these are miracles born of deliberate discourse with the silence within.

Generating a relationship with the silence within requires that we dedicate ourselves to a practice of inward experiencing, inward looking and connecting to our sacred, authentic nature. I think this practice of going inward is part of a spiritually disciplined life — a requirement for the one who wishes to embrace a life of truth, beauty and goodness. I think this journey is essential if we want to bring these elements into our professional practices.

A retreat offers you focused time to celebrate and nurture the Spirit within you, to tap into the deep well within and bring forward newness with which to continue your personal and professional practice. A retreat is more than a vacation where you take time and space away from your life and look differently at the world. In a retreat, you are looking through new eyes, calling forth the intentional lenses of nurturing and deepening your relationship with your body, your mind and your Spirit. A retreat is filled with disciplined, focused and intentional personal work that requires you to look beyond your ordinary life and then integrate this personal work into your professional offering.

Consider the primary pillars of your spiritual and professional work: your body, mind and unique connection with Spirit. I invite you to go on a retreat, be deliberate in your deepening with Spirit through these pillars and dive deeply into the practice of becoming a strong, spiritual being.

The following offer some suggestions for a retreat to help you deepen, shift your perspective and refill the well that feeds you and your professional practice.

Your sacred body
Your sacred body includes both the physical and emotional aspects of your physicality. The body is your sacred vehicle, your temple, the container for your sacred life and the beautiful gift of you embodied.

You can use affirmations to support repatterning your physical and emotional energetic templates. Repatterning is a very specific type of work used in the energy system. It allows you to literally replace or refine a new template for your physical body (or emotional or mental bodies). Because the energy system holds the patterns that inform what the body will become, this repatterning creates the pathways to change. Affirmations are messages spoken aloud, repeated mentally or written down that provide new energies to positively support the health of your body. You can also look into the more physical aspects of nurturing your physical body — resolving to eat delicious, healthy foods and making a commitment to intentionally rest your body.

Your sacred mind
Your sacred mind requires both active study and active silence. The mind is the home of the logical, the seat of our ability to know the world and process our experience. For this reason, the mind needs to be nurtured, not escaped from, on your retreat.

Bring with you inspiration — recorded lectures or new information that will open up new questions to ask your-
allow for asking in prayer (not bound to a specific faith) for additional wisdom to come forward.

Retreats require both a receiving and an active intentional practice that includes all these dimensions of body, mind and spirit. After a retreat, the space and wisdom that exists now in us support us on our path of conscious ascension.

Many times in a retreat, the deepening is not only about being present and listening, but is also about honoring the reflection and cultivation of new practices for deepening your spiritual experience. So many people think of a retreat as the time spent in a location challenging (lovingly) the current orientation of one’s life. I believe that if you go deeper in how a retreat can serve you, it becomes less about the moments in the retreat and more about the new practices and deepening that materialize from the retreat.

A retreat can help you deepen your spiritual practice. Explore the gifts received in your retreat and reflect on how they might be incorporated in your healing practice.

Amelia Vogler is a specialist in Elemental Energy Healing and mentors holistic practitioners worldwide to deepen their sacred practice. She also moonlights as the Executive Director of the Healing Touch Professional Association supporting Healing Touch practitioners in their advanced education. Her life’s work is seeded by the desire to bring healing to all those that share this beautiful planet. www.AmeliaVogler.com
Drink Up!

Nearly 75 percent of the American population falls short of the 10 daily cups of water prescribed by the Institute of Medicine which, in medical terms, means that most people in the U.S. are functioning in a chronic state of dehydration.¹ (Other countries will differ in percentage of dehydration and prescribed amounts to drink. Access to clean water also impacts dehydration.)

“60 percent of our bodies is composed of water, 75 percent in our muscles, 85 percent in our brains, it’s like oil to a machine,” explained Dr. Roberta Lee.²

As energy workers, we know that vibrations are carried by water. Isn’t that part of why we provide a glass of water to clients after a session? If we are facilitating vibration, it is exponentially important for us to remain hydrated. So how we can we drink more? Make it a game!

I used this method to build my hydration habit and have taught it to many clients. First you will need to determine how much to drink per day. There are a few ways to determine that magic number of ounces or liters. According to some authorities, divide your body weight by two and that is the number of ounces of water you should drink per day. Some use the 8 x 8 rule: eight 8-ounce glasses (64 ounces or about 2 liters total). Others say you should urinate every hour or two and that urine should be faint to light yellow. Find the method that resonates with you and determine how much water to drink per day. HINT: if you decide to measure by how many times per day and color of urine, document the following until your urine is a healthy light yellow.

- How much water is consumed per hour
- How often you urinate
- Color — pick a scale and be consistent. You can get paint chips at the store to help you gauge.

Once your urine is a healthy color and you are urinating every hour or two, keep track of how much you are drinking over a three-day time span. Then average that amount. This method will account for bringing you to a hydrated state if you are dehydrated. If, when you begin, your urine is light yellow and you are urinating every hour or two, then just skip to averaging.

Whichever method you use, remember to adjust for lifestyle changes such as exercise programs, seasonal changes or flying often. Many of us need more water in winter when dry heat permeates our environment. Some experts say that caffeinated drinks and watery fruit can be included in your daily intake. Others disagree. Truly listen to what your guidance (which does not reside in your taste buds!) tells you.

Now...get a re-usable water bottle that you love and some rubber bands. Divide the magic number of ounces or liters you need to drink by how many ounces or liters your water bottle holds. This is the number of times you will need to refill your bottle. This is also how many rubber bands you will need.

Every time you refill your bottle, put a rubber band around the bottle to help you keep track of how much water you drink.

You win the game when all of the rubber bands are on the bottle!

While this might seem silly, it works. We love games. We love to challenge ourselves and to have tangible evidence of meeting our goals.

Another key to hydration is to sip water. When you drink a glassful all at once, your body does not absorb it as well. If your urine is completely clear, then your body is probably not using the water that you drink. Drinking water
first thing in the morning is also very effective in restoring hydration. Yes, drink water before your coffee or tea or morning caffeine. This will hydrate and stabilize your body. What do I mean by “stabilize”? Energetically and mentally, water helps our system to process emotions that our subconscious releases during the night, flushing away what no longer serves us or has thrown us off balance. Physically, water assists with heating or cooling our body, depending on activity and environment. It increases the fullness of blood cells, empowering them to remove waste and use nutrients that bring us back to homeostasis.

I challenge each of you to play the game. Get a water bottle and some rubber bands. Develop the habit. Notice how you feel, changes in energy levels and if how much you consume changes. Feel free to let me know what happens for you by connecting with me on Facebook at www.facebook.com/wildsuccess.us.

Sharon Greenspan, CHHP, HTCP, C-IAYT, 500RYT/e-200RYT, M.Ed is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and energy medicine. She is a professional speaker, author and maintains a private practice. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart disease (she came into the work to clear her tumor and reverse debilitating depression). She’s authored the Eating Your Way To Health Workbook, 105 Questions about the Raw Food Lifestyle, Wildly Successful Fermenting™ and several recipe books. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Tucson, AZ with her soulmate, Todd.

References
1. Medical Daily, accessed August 15, 2017
2. Ibid
Music as Vibrational Connective Highways

Amy Camie

During a conversation years ago, sound healing pioneer Steven Halpern said, "Music is a carrier wave of consciousness." I agree. I feel sound and music create highways of connection between the musician and the listener. The vibrations of the musician’s feelings, thoughts, beliefs and life experiences flow through this highway and resonate within the listeners—creating opportunities for listeners to explore similar feelings, thoughts, beliefs and life experiences within themselves.

Music is a familiar medium to illustrate this idea. However, all actions, all forms of expression create highways of connection. Whether it is writing, dance, art, cooking, touching or gazing into someone’s eyes — every action, every mode of expression, begins with an individual’s conscious or unconscious desire to express something which then flows out into the world.

How Music Originates

Components of music such as notes, rhythms, key, harmony, melody, tuning, scales and instruments are the building blocks musicians use to manifest inspirations, communicate personal experiences and create compositions. They construct their highways of sound to express their connection within themselves and their relationship to the music flowing through them.

As a classically trained musician I have played harp for more than four decades. During the last 20 years, the awareness of this etheric connective highway has inspired my personal spiritual exploration and the unique expression of this inner connection through my music.

This journey has led to experiencing and appreciating three distinctly different origins of musical expression which I feel can also be applied to any type of expression:

1. From a conscious technique, theory or proven application. (Mental)

2. From a desire to share a personal experience. (Emotional)

3. From a source of inspiration independent of mental or emotional consideration. (Spiritual)

1. Creating compositions begins with a conscious awareness or desire to create something specific—utilizing learned techniques, theories or proven applications.

Examples of this type of expression could be the creation of compositions from traditional theory and structured forms, intentionally using rhythmic pulses that entrain with the heartbeat or brainwave
Music as Vibrational Connective Highways

Music can be a profound step in the discovery of self, the conscious act of honest, internal exploration.

2. Communicating personal experiences through music begins with a desire to express one’s feelings, emotions, thoughts, stories, ideas, dreams or insights that emanate from a personal experience. This music often becomes the soundtrack of our lives.

Examples of this type of expression could be popular songs of young love and heartache, patriotic songs of strength and courage, religious songs of hope and renewal, country songs of honest and hard living or rap and hip-hop songs of challenges and dreams.

Listeners may visualize personally experiencing the lyrics or remembering a time and place when a similar situation happened to them. This type of musical expression reflects our human experiences.

3. Manifesting inspirations originates from a field of all possibility. In the vastness, in the silence, the potential for everything exists as unexpressed vibrations — that is, until an impulse of an unidentified “something” ignites a spark of inspiration that moves this potential into form. Within this space the musician listens. In this silence there is no conscious awareness or emotional feeling; there is no past or future desire; and the dancer becomes the dance. The desires and experiences of the “self” dissolve, creating a clear highway of connection to that which is larger than one’s self.

When listening to this type of music you may feel as if time has stopped, the moment expands or you are transported into another realm. You may experience unexpected visions and images or drop into a place within yourself that you have not yet explored. This is the type of music that takes us beyond the egoic self and opens a highway of connection to a spiritual realm in which we are all connected.

Once the music begins to flow, these three types of expressions often merge. Examples of this type of merging would be when a jazz musician starts a familiar song and improvisations transform into inspired manifestations, when an inspired manifestation stops flowing because thoughts of theory or chord progressions enter the mind or when musicians begin with the intent of using a learned technique and find themselves inspired to try something new.

The origin of expression fascinates me, as it reflects frequencies and choosing specific key signatures or altered tunings of instruments to specifically elicit a desired outcome or response from the listener.

As a listener you may enjoy music created within the framework of familiar structured forms such as in classical musical theory. You may anticipate or expect the intended results of new techniques or applications that may amplify your experience. If you are sensitive to energy, you may even feel the conscious intentions and desired outcomes flowing through the music as forceful or manipulative.
our inner relationship with ourselves. Our attunement and alignment to the origin of all of our actions and expressions has the potential to help us nurture compassion, develop understanding, be open to forgiveness and experience healing within ourselves and with each other. Listening to music in a conscious way affords us the opportunity to attune these skills of sensitivity and honest reflection.

What travels through the highways of connection?
As listeners, the more aware we are of how we experience music, the more interactive our relationship becomes with the music. As we attune our sensitivity to the consciousness of the musician and honestly feel his or her music flowing through us, we increase our mental, emotional and spiritual resonance with the musician and within ourselves.

My conscious intent for recording my first CD was to help my father relax and heal after surgery. I was curious to know what inspired composers to write each piece. Since I would never know the answer, I felt and expressed how their melodies resonated within me. A small pilot study measuring brainwave frequencies of listeners confirmed that this music induced a state of relaxation in four minutes by lowering beta wave frequencies and increasing alpha wave frequencies. Could this illustrate a direct connection between my heartfelt intent to help my father relax and the measurable responses within the listener?

My first experience of manifesting inspirations was with my CD The Magic Mirror. After my husband, a very gifted and sensitive intuitive, shared with me several ancient crystal healing chants, I started hearing melodies. The music continuously played like an internal radio. We recorded the CD simply to give the music form. There was no intent, other than to create a clear channel through which this music could flow. This music felt different than my first CD, recorded to help my father relax. I believe the difference was how this music originated, as an inspiration rather than a conscious creation of a composition or a desire to share a personal experience. Several years later, brainwave and immune system pilot studies measuring the impact of The Magic Mirror on listeners revealed that instead of producing the same effect in each listener as in the previous pilot study, each listener received exactly what he or she uniquely needed in order to balance brainwaves and support immune system function.

Results from these two pilot studies create an opportunity to deepen the discussion of how the origination of musical expression affects measurable outcomes in listeners, which to date, is not often a considered variable in most research.

“What are they saying?”
Music can be a profound step in the discovery of self, the conscious act of honest, internal exploration that goes by many names — mindfulness, meditation, self-empowerment, enlightenment, etc. It has been said “peace begins within” and music is one way to begin the journey.

When my sons were in school, we listened to heavy metal music during our morning drive — not just heavy metal but black metal, death metal, symphonic metal — from groups around the globe. At first it was painful to endure the apparent nonsensical growling vocals, incessant power bass drumming and wailing electric guitar riffs. The energy moving through this music felt forced, angry, combative, even threatening. Those were feelings I did not want to experience—mostly because they were feelings I did not want to address within myself.

Then one day I asked the boys, “What are they saying?” Opening myself to understanding the inspiration for the creation of this music forever changed my perspective and experience of this genre. I learned about the ancient myths and historical figures eulogized in the music and about the stories of band members who endured personal tragedy. My heart opened to feel this music as an expression of another human being’s experience of life and as a result, I learned more about myself.

Music is an expression of the philosophy of our times and of our diverse cultures. Each culture is composed
of unique individuals experiencing life from their personal perspectives, inspired to express themselves through distinct highways of connection. As we encounter these diverse highways of connection, we have the opportunity to learn more about ourselves, if we are courageous enough to explore.

There is a healing quality and value in all music because it is an expression of someone’s thoughts, ideas, emotions, pain, joy and spiritual connection. As human beings, we are intimately connected to one another and music has the potential to create bonds of connection that release fears, repair misunderstandings, rectify differences, restore hope and heal and unify our mind, body and soul.

Music is a universal language, but only to the extent we are willing to express it honestly and listen consciously. Conscious listening, along with honest feeling, provides an opportunity for compassionate healing.

Much more than background ambiance, daily entertainment or a temporary diversion from reality, music is a vibrational connective highway which has the potential to unite and heal the world from the inside out. It is up to us as musicians and listeners to make that so.

Author Amy Camie can be found at www.AmyCamie.com.
Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings.

— William Arthur Wade

This calendar is all about the simple act of being grateful. It can reduce stress, free you from anxiety, block negative emotions, help you sleep better, improve your physical health, offer hope and help you understand what it truly matters to you.

Gratitude knits the pieces of our lives together into a joyous pattern. Through gratitude you may find a peaceful place within, bring joy to your life and witness the abundance in your world.

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The Efficacy of Energy Medicine

Karen O’Dell, MS, HTCP, ICWC

The efficacy of Energy Medicine in the biomedical field of the United States has a rapidly growing scientific evidence base. Energy Medicine is generally defined as the therapeutic use of energy. Energy Medicine taught by Healing Touch Program (HTP) implements the use of Energy Medicine to facilitate healing in the human organism. The Healing Touch Program implements Barbara Brennan’s theoretical framework, some of which is supported by a growing body of scientific evidence.

Healing Touch energy therapy is a non-invasive, evidence-based approach to health and healing which facilitates healing on all levels of the human organism including physiological, psychological, energetic and spiritual, through a heart-centered intentional direction of energy. Healing Touch treatments employ non-invasive techniques to balance, energize and clear the human energy system — acting to enhance physical, mental, emotional, energetic and spiritual health and healing. When providing a treatment, the practitioner works directly with the human energy system to facilitate healing by placing the client in a position to self-heal.

In Healing Touch, the practitioner must use the four core concepts of centering, grounding, attuning and setting intention to provide a beneficial energy treatment. Centering is the process of bringing focus to the heart center and holding a state of sincere love and caring. Grounding is the process of visualizing a connection to the earth and the physical body, becoming fully present in the moment and releasing all distractions. Attuning is a process of entering into conscious relationship with a client, usually through light physical touch. Setting intention is to commit to a specific action, thought, emotion, way of being or belief. In Healing Touch the practitioner is not attached to a specific outcome and they usually set an intention for the client’s highest good.

What exactly does all this mean? What is the human energy system? Why is it so important to center, ground, attune and set intent? How does this affect the physiological and psychological health of the human organism?

The Human Energy System

The human energy system is also known as the energy field or biofield. According to current scientific research and HTP (2011), the known composition of the human energy system is quite complex and includes many aspects. For example, the energy system is comprised of the Core Star, the Hara, the chakras (energy centers) and auric bodies (energy fields), the physical body and the meridians (energy tracks). HTP (2011) describes the Core Star as the divine essence...
Everything is energy, this isn’t philosophy, this is physics!

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which emits the highest vibrational frequency and can be found in the heart or abdominal regions. The Hara, or Hara Line, is a column of energy that connects the tan tien (lower belly), the soul seat (heart area) and the individuation point (above the head), which is the point where the division between the invisible world of spirit and the physical world occurs. According to HTP (2011) the Hara connects the physical body to earth and the spiritual dimension — and holds our birth intention and life purpose.

HTP bases its framework on the seven-chakra system, as there is a significant amount of supporting scientific evidence for its existence and the influence it has on healing and the overall health and well-being of an individual. The seven major chakras (energy centers) spin and create the corresponding seven auric layers or auric bodies (energy fields surrounding the body) which interpenetrate each other and the physical body. The seven chakras are the root chakra, located at the base of the spine and pelvic floor, the sacral chakra, located in the lower abdomen about two inches below the naval, the solar plexus chakra, located in the upper abdomen above the navel, the heart chakra, located in the heart, the throat chakra, located in the throat, the brow chakra, located in the center of the forehead and the crown chakra, located at the top of the head. There are also numerous minor chakras throughout the hands, feet and limbs which can be found at each joint.

Each of the seven auric bodies, or layers of the energy field, is created by the energetic spin of its corresponding major chakra. For example, the root chakra generates the first auric body, or layer, which is the Etheric Field and is closest to the physical body. The sacral chakra generates the second layer which is the Emotional Field, the solar plexus chakra generates the third which is the Mental Field, the heart chakra corresponds to the fourth layer or Astral Body, the fifth layer is the Etheric Template, corresponding to the throat chakra, the sixth layer or Celestial Body corresponds to the brow chakra and the crown chakra generates the seventh layer or Ketheric Template.

According to HTP (2011) each of the chakras also has its own unique vibrational frequency which corresponds to specific colors of the rainbow, with the root chakra being red and vibrating at the lowest frequency, and the crown chakra being violet and vibrating at the highest frequency. Each chakra also correlates with and influences a specific area of the body. For example, the lower chakras such as the root through solar plexus correlate more with life force, emotional needs, thinking, feeling and earthly, physiological survival. The higher chakras of the heart through the crown correlate with creativity, the higher mind and spiritual needs. The energy centers also correspond with the glandular system and neural plexus.

The Meridians, or energy tracks, are a well-known aspect of Traditional Chinese Medicine. The Academy of Classical Oriental Sciences (2017) describes meridians as energy highways which run throughout the entire body and can be mapped, appearing as a web of intricate, interconnecting energy lines.

Just like the neurological system and physical body, every organ emits varying amounts of energy which can be measured in joules.* The human energy field is electromagnetic in nature, emitting various measurable energetic frequencies. Basic physics demonstrates that electricity creates a magnetic field. Blood contains iron which is magnetic. HTP (2011) cites scientific evidence by Dr. Rollin McCraty that indicates the heart generates the strongest electromagnetic field of any organ in the body which is 5000 times stronger than that of the brain!

Thought is a type of energy and proceeds form. Based on this information, current scientific research and previously noted information regarding the human
energy system has determined that a healing response may be facilitated in an organism through appropriate manipulation of the energy system. According to HTP (2011) Energy Medicine treatments have assisted individuals to facilitate healing responses from subtle to miraculous which have been documented in all aspects of health including physiological, psychological and spiritual.

But how does working with the energy system facilitate healing? Well, it is actually very simple. It is all about intent! And here is the science to back that statement.

Evidence
Believe it or not, physics has some pretty simple answers as a result of numerous mind-blowing discoveries. Einstein said, “Everything is energy, this isn’t philosophy, this is physics!” Tesla stated that when science turned its eyes to the unseen, it would advance more in one decade than it has in its entire history. Now, we are finally there. James Oschman, PhD observed that,

**In a few decades, scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, science is explaining the roles of energy fields in health and disease as a result of the development of sensitive instruments.**

(Oschman, 2015)

Scientific research by McCratty, Bradley and Tomasino (2015) further validates and expands on the findings of basic physics which demonstrate that our bodies are electromagnetic and that the neurological system and heart are electric and generate magnetic fields. According to research results provided by McCratty, Bradley and Tomasino (2015), the electric amplitude produced by the heart is 60 times greater than that of the brain and as previously stated, the magnetic field produced by the heart is 5000 times greater than that of the brain. McCratty, Bradley and Tomasino’s (2015) findings further reveal that the heart is a sensory organ and capable of executive cognitive functions such as memory, perception, cognition, emotional processing, learning, decision making and communication, which are independent of the brain’s cerebral cortex.

According to McCratty, Bradley and Tomasino (2015) individual heart fields are constantly interacting with those of others close by regardless of speech or physical touch, communicating on an energetic level by radiating electromagnetic fields which are then received, translated and bear influence on the heart and nervous system of the recipient. For example, McCraty, Bradley and Tomasino (2015) found that one person’s brain waves could synchronize to another person’s heart. Research results by Tiller and Dibble (2009) provides supporting evidence displaying that when individuals were in close proximity or touching one another, a phenomenon known as entrainment could occur. Entrainment is the process in which one individual’s brain waves synchronize with another’s heart. In this state of entrainment, each individual can receive stimuli and subtle messages from the other through shared effected brain wave patterns. Tiller and Dibble (2009) also observed that the possibility of entrainment was especially strengthened when there was intention to do so. This is why being heart centered is so important!

When energy is viewed as the agent that causes physical effect, research identifies that the energetic emissions generated by varying conscious emotions and intentions of one individual can influence measurable changes in the physiology of another. McCratty, Atkinson, Tomasino and Tiller (2013) found that cardiac coherence (a state of balance and harmony within the heart and among body systems) can be increased through intention. When an individual maintains a state of sincere love or appreciation, the resulting qualities of the energies generated can facilitate changes in the structure of water and in the conformational state of DNA.

The primary mechanism for improved health and healing in Healing Touch are the intentions set by the practitioner and the subsequent energies and frequencies they produce. Anufrieva, Anufriev, Starchenko and Timofeev (2004) state that thoughts
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numbers and these effects are not a result of simple human contact but rather the intentional direction of energy.

Using the BioWell Gas Discharge Visualization (GDV) device, an instrument developed by Dr. Konstantin Korotkov which can view, measure and analyze the human energy system through bioelectrography and electrophotonic imaging, Korotkov (2012) observed immediate energy increases in the energy reserves of Energy Medicine practitioners when they entered states of sincere love and gratitude in preparation for providing treatment. The hands of practitioners were also found to emit strong transformations of UV light parameters, increased emissions of radiation, x-ray, gamma ray and electromagnetic emissions with frequencies in the same ranges as those previously identified above by the biomedical field to accelerate the healing process.

Korotkov (2012) suggests that these findings confirm that states of sincere love and gratitude held by Energy Medicine practitioners facilitate significantly increased radiation emissions in varying ranges of frequencies from the hands and at times, the entire body of the practitioner. These findings further display that intentions of love and gratitude produce measurable energetic frequencies which can facilitate reproducible, beneficial long-range physiological changes in immune system function, as well as psychological and energetic health. This is why intention is so important.

Interesting BioWell Scan Results
Representation of the energy field around the body of a healthy, happy adult. Energy output 59 Joules. Balance 97%.
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What do the implications of these findings mean? It is all about intent!

Author Karen O’Dell can be contacted at LitleWanderer@yahoo.com.

References

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* Joule, unit of work or energy in the International System of Units (SI); it is equal to the work done by a force of one newton acting through one metre. Named in honour of the English physicist James Prescott Joule, it equals 107 ergs, or approximately 0.7377 foot-pounds. In electrical terms, the joule equals one watt-second—i.e., the energy released in one second by a current of one ampere through a resistance of one ohm.
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Healing in Hospitals and Hospices in the United Kingdom

Angie Buxton-King

The experience of personal tragedy has provided me with the will and motivation to spread the understanding that energy healing can provide a very useful support system to people struggling with health issues, specifically cancer.

My late son, Sam’s, diagnosis and treatment for leukaemia (1995-1998) directly inspired me to provide a healing service at the bedside in the oncology unit.

In 1999 I was employed by University College London Hospital (UCLH) as a healer working with cancer patients as part of an integrated holistic package of care. After four years of working as a healer on the wards, I was promoted to the post of manager/healer of the complementary therapy team. My role was to lead the acceptance and development of healing and other complementary therapies within the University College London NHS Trust. In 2011, after 12 years, I left UCLH but my focus continues to be on opening doors for other healers to work within statutory settings.


SBSHT was created in 2006 to provide funds to employ healers to work with cancer patients. Our model is that we donate funds directly to the hospital or hospice which then creates a position for a Reiki practitioner or spiritual healer. We are very proud to have funded over 30 healers since we began our charity’s work.

In my new book, I overview the cancer journey and describe how healing supports patients and their families at every stage from diagnosis to health or passing. I am immensely proud and privileged to be able to use Michelle Petroni’s artwork to illustrate the emotional impact of the cancer journey.

Working with the National Health Service (NHS) has been extremely fulfilling (when working with patients) and immensely frustrating when dealing with financial managers and human resource processes. But nothing I have experienced before or since is as fulfilling as working with someone at the bedside, delivering a therapy they would otherwise not have thought of using, seeing the wonderment in their eyes and their asking, “When are you coming back?”

Complementary therapy (healing) has come a long way in the United Kingdom since the House of Lords
One of the keys to the integration of healers into healthcare is to be paid to be in a post.

Our Healing in Hospitals and Hospices training helps prepare the healer for a paid post within the NHS or a hospice and includes:

- Personal preparation of the healer
- The use of common language that bridges rather than alienates
- Simple anatomy
- Infection issues
- Healing techniques to assist medical procedures
- Understanding the patient pathway and how the healer supports the patient journey
- Measuring outcomes
- Funding issues: how to gain funding and support for posts

And much, much more!

There is no doubt that applying for a funded post as a healer within a hospital or hospice does require a confident, experienced healer. Healing standards have changed a lot since I began my work at University College London Hospital in 1999. National Occupational Standards (NOS) for Reiki and spiritual healing are in place and they have helped integration. Hospitals and hospices can now be assured of a minimum level of training and can have confidence that the healers they interview will be professional and understand professional boundaries. These standards are clearly also important for volunteer healers — as all patients are vulnerable.

Working alongside conventional medicine requires a passionate and committed healer. It is not for the faint-hearted, no matter how well intentioned. A well-trained and emotionally prepared healer will be effective and happy in a post. That is good news for everyone.

I believe one of the keys to the integration of healers into healthcare is to be paid to be in a post. Volunteers are generally not invited to attend multi-discipline team meetings, nursing handovers or to teach in the induction programme for new nurses and doctors. These are all great places to help integration of a healing service.

One of the questions we as trustees of our charity ask ourselves is, “Why aren’t more healers approaching hospitals and hospices?”

It is of course a challenge to approach hospitals and hospices, but with the right training, you will succeed.

The blueprint for our charity’s work is to provide funds for two days a week for a maximum of two years to enable the healer to prove a need. At the end of the two-year period, the hospital or hospice is usually keen to hold onto the service. We then work with them to provide separate ongoing funds to continue the service beyond our funding.

Our experience continues to be that money is what
will help drive the expansion of healing in healthcare, and realistically this money will have to come from outside the NHS. I, along with my fellow trustees, believe that any future cancer team should include complementary therapies in the patients’ package of care, hence the work of our charity.

Our continued aim is to provide funds and support innovative projects to enable healers to work alongside conventional medicine. This, in turn, will bring about a more supportive, holistic journey for patients and their families.

So, what is stopping you from approaching a hospital or hospice? As someone once said to me, “Don’t sit on your hands, use them!”

Author Angie Buxton-King can be found at www.CancerTherapies.org.uk.

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Sam the Wonder Dog – A Curious Case

Margaret Nies

In our family, most dogs are Wonder Dogs. Many dogs have been part of our lives in one way or another, either as family members, neighbors, friends or clients. They all have had unique and amazing qualities and personalities that make them qualify for the title of Wonder Dog. Sam is no exception.

History
Sam’s original family had to move and could not take him with them. His current family agreed to foster him in March of 2009 — then “fell in love with him and decided to keep him forever!” Sam’s history and medical records were never transferred so we don’t know his exact age but believe him to be about eleven or twelve years old.

About two years ago, a tumor began to grow on Sam’s side. It grew slowly for the first year and then started growing rapidly. In about March of 2017 Sam’s family took him to their veterinarian who did some blood tests, which came back without abnormal results. It appeared the tumor was a “fatty tumor” - hopefully benign. The vet indicated that it was risky to remove it surgically. The family decided not to do surgery or a biopsy due to cost and the fact that Sam was generally in good health.

Treatment
Linda met Sam on July 28th. She had taken a Bengston Energy Healing Method® workshop in mid-July and was eager to try her new skills. This method teaches a technique called Image Cycling® that is used in conjunction with hands-on or long-distance healing. It was developed by William Bengston who first worked on several hundred people. People with cancer, as well as some other conditions, were cured. About 35 years ago he “went into the lab” to try to figure out what was happening by using various kinds of mouse models. The research produced the same amazing results. Dr. Bengston’s website, www.bengstonresearch.com posts several of his papers if there is further interest.

Linda mentioned her new healing technique to the family and they “agreed to let her have sessions with Sam.” When she treated Sam on July 28th she couldn’t believe the size of the tumor — it was larger than a 16-inch softball.

“I was overwhelmed by the size of the tumor and couldn’t put my hands around it. I also didn’t know if it was benign or not so I let the family know that he would take the healing only if he needed it and that it might get worse before it gets better and that nothing would probably happen initially, but I would give it a try and see what happens. Sam laid by my hand for about 45 minutes and the family couldn’t believe he laid by me because he usually only likes Tom (his owner).”
Linda made daily visits and did hands-on healing for about an hour each day.

Then, on August 15th, roughly two weeks later, there was a sudden change. Sam’s family called and said that morning they noticed a big opening in the tumor and they had taken him to the vet. The veterinarian told them they could either put Sam down or remove the tumor. She also said that because of the size of the tumor, removing the tumor would be risky and the incision might be difficult to close. The family chose neither option so the vet gave Sam an antibiotic and told them to keep the tumor covered. They did not tell the veterinarian that Linda was working on Sam.

Linda wrote a post on Bengston Yahoo Group for feedback. Her email stated, “I treated him on August 5th in person and left some treated cotton to use in between hands-on sessions. I saw him today (August 15th) and the owner said his tumor was becoming infected. I noticed that the tumor is also softer and that hair is growing back.” She sent a photo of the ulceration on the tumor. My reply was, “First, one never knows what to expect. Softening of the tumor usually is a good thing. The advice is to keep treating.”

I also asked if she would like to ask for permission for some remote healing in addition to her hands-on. The family gave permission right away. Three people who had taken the Bengston workshop offered to help. The only one we know of who actively worked on Sam is myself and I began remote sessions that evening. On August 18th, Linda sent another photo of Sam —

“The tumor seems like it is detaching and it looks like it is ‘dying’ and it smells like old meat. It is covered up with moist gauze and a shirt to keep the dog from licking it.”

She also asked the million-dollar question, “Do we keep treating or take to the vet?” The ultimate decision was up to the family, but the guidepost we used was Sam. Was he in pain or deteriorating? Or, was he otherwise acting normal, his eyes clear, eating and drinking? Linda would report, “I was amazed that Sam did not appear sick, was more energized then when I first met him, and that the wound did not get infected.”

Similarly, in the numerous Bengston research experiments, the mice that were being treated continued looking healthy with bright eyes and good coats. They would run around the cage, play, eat and drink normally even with large ulcerating tumors. They did not act sick.

Linda documented the tumor almost daily through photographs. The tumor itself kept getting smaller although no “tissue” was actually ever found in the cloth coverings. She reported, “The inside skin that once held the tumor was ‘clean’ around the circumference and looked healthy as compared to gross mass of tissue resembling old grounded meat.”

Treatments continued with the tumor growing smaller until he was taken back to the vet on August 31st. The family was exhausted from changing bandages and trying to keep Sam from licking and bothering the tumor and the potential infection if he did. They were also concerned over the size of the opening.

During this visit, the vet was surprised by the change in the tumor size and acknowledged Linda’s “creativity.” She could see no reason now for not being able to remove what was left of the tumor and safely close the wound. Sam was scheduled for surgery the following day, September 1st.

Sam came home from the hospital on September 2nd. Healing sessions (in person and long distance)
continued until the stitches were removed. However, the need “felt” different and sessions were infrequent. On September 16th, his stitches were removed.

We are still waiting to hear the surgery vet’s thoughts on Sam’s tumor. No biopsy was taken during the surgery. However, the vet tech who attended Sam during the surgery indicated that the piece removed was very dense and solid.

**Observations**

There are several similarities between this case and Bengston research:

• Sam gravitated to Linda — mice gravitate to the left hand when in need.
• Healing is not linear and seems to happen in bursts. Nothing happens and then a sudden change. Ditto in mice experiments.
• The tumor ulcerated as in mice experiments.
• Only the tumor seemed to be deteriorating.

• Sam was bright eyed and otherwise healthy during treatment — even when the tumor was really ugly.
• Healing is a response to need.

On the next page are photos of mice that were part of Bengston research experiments. You can see the tumor has ulcerated. Although it may be difficult to tell due to the size of the photos, these mice are bright-eyed and not acting sick. They went to full cure.

In the Bengston mice experiments, treatment is not linear. In other words, one might treat for several days or weeks with no healing seemingly happening. Then, suddenly, the tumor will ulcerate.

Dr. Bengston often talks about healing being a response to need — to the need of the healee. Mice who have been injected with cancer will gravitate to the left hand. Once the mice are cured, they pay no
attention and go about normal mice activities. This is also true of mice who do not have cancer.

A Curious Case
This is a curious case for many reasons. First, Sam’s “healing” progress showed many similarities to the method that was used for treatment (Bengston Energy Healing Method®). Secondly, there is no way to know with any certainty if either of the practitioners (or anyone else who worked long distance) actually helped heal Sam. Without a biopsy or histology, it is not certain whether Sam’s tumor was cancerous or a benign fatty tumor. In speaking to a veterinarian recently, he indicated that some benign fatty tumors will go through a process of “dying” such as this one did. Lastly, if the practitioners did assist with the healing, were both of them necessary. In other words, perhaps Linda’s hands on treatments would have been sufficient.

It is very easy to jump to conclusions, in either direction, with cases like this. It would be wonderful to have tests that give more clear-cut indications. However, even with tests, we still know so little about what is actually happening. We have some clues, but much more research is needed.

What have we learned? Healing happens. We don’t really know why or how – the mechanism of action remains a mystery and there are many remaining questions. Yet, we can offer healing to those in need and they can benefit from our offering.

Author Margaret Nies can be found at marg@HealingTouchProgram.com.
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This two-part series explores nature's elements of air, fire, water and earth as foundations of healing rituals designed to invoke, release, cleanse, embody and integrate energy. The first article explored ancient energy practices, while the second article applies nature's elements and healing rituals to modern energy practices.

A new client sees you for a first session. You read about her history on an intake form and listen to her story. You observe how she interacts with you and the environment of your healing space. You explore with her the areas she wants to change. Your mind sifts through the various approaches you may select to help her, being aware of her unique characteristics, desires and past history with healing modalities. After implementing the techniques that best suit her, you check in with her to see how she is responding compared to when the session began and propose the next steps in her healing journey.

This description of a generic healing session could apply to various modern healing approaches, such as Healing Touch, Reiki, energy psychology, Energy Medicine, psychotherapy, acupuncture, physical therapy, homeopathy or other allopathic treatments. Despite their distinct interventions on the path to wellness, they all share a common story comprised of a beginning phase marked with greeting customs, a middle phase of uniting in a pursuit of a goal or goals and a closing phase of integrating information. The story arc repeats itself as healing sessions continue and work is done between sessions.

On a deeper level, this story arc can be seen through the lens of how nature's elements and healing rituals are present in modern energy practices, much the same as healing practices used by the ancients. For instance, when clients tell their story and healers listen, the natural element of air is used to issue forth ideas (lungs and vocal chords creating sound waves through the air). The healing ritual of invocation, or making a request, is also present when stating an intention for change.

This article describes a six-step process of change, based on a model from the Comprehensive Energy Psychology (CEP) treatment modality from the Association for Comprehensive Energy Psychology (ACEP). The model follows the story arc described above and is broad and flexible enough to be adapted to modern healing approaches from a variety of traditions. Each step in the model can be associated with one of nature’s elements and healing rituals (for a more complete description of nature’s elements and healing rituals, see Part 1 of this series). When we apply lessons from nature’s elements and healing rituals to our modern practices, we are invited to deepen our work, innovate and connect to the unconscious roots of healing traditions across cultures and time.
When clients tell their story and healers listen, the natural element of air is used to issue forth ideas.

**Step 1: Invocation/Air — Getting Started**
The first step in a healing setting typically involves gathering relevant information, gaining permission to work together and setting the intention for healing to occur. This call for help, or invocation, is often spoken aloud through the medium of air. What is often missing from modern practice in the secular world, compared to healers from the past, is the intentionality of this invocation. Similar to a call to worship, or a summoning of sacred energy, the initial contact for a healing session can be seen as a divine action. When intention is coupled with invocation, consciousness elevates and we are more likely to bring out the best in ourselves and our clients. You may want to consider the amount of focused intention you and your clients are establishing in the opening stage of work, from the first time you meet, to the beginning of each session thereafter, bolstering the invocation for wellness.

**Step 2: Releasing/Fire — Preparation**
Next comes a process of releasing that which no longer serves the client. Before one can move forward and gather newness — the old must be shed so there is room for growth. The element of fire is ideal for releasing, as it purifies and burns away debris. Not all systems of healing focus on the step of releasing, yet if used, it can lead to a readiness for new ideas and perspectives. In the CEP model, releasing is accomplished by preparing the energy field for treatment interventions. The body emits energy patterns, such as polarity (energy flowing like the positive and negative ends of a battery) which can be measured. The CEP model tests for the coherence of these energy patterns. Imbalances are corrected, leading to a better regulated, calm and open state to receive subsequent treatment interventions. This step is akin to having the proper tools and ingredients primed and correctly assembled before preparing a meal.

**Step 3: Renewing/Water — Identifying Goals**
The next two steps evoke the element of water, with its properties of renewal and cleansing. Rinsing an object, such as a muddy sea shell, reveals its true nature underneath, allowing it to reveal its true colors while removing layers that obscure its inner reality. Like clear running water, the healing stage of renewal serves to restore freshness. Renewal occurs when selecting a goal or target for change, as the mind and body of the practitioner and client collaborate upon an agreed contract and perceive reality with fresh eyes. Practitioners vary in how explicit they are in setting goals for change — but on some level this step is required in order to establish a stable field for change to occur.

**Step 4: Cleansing/Water — Removing Blocks to Treatment**
Water also excels at cleansing, or freeing from contamination, by removing blocks or obstacles. Oftentimes clients will demonstrate their blocks to treatment by being evasive, confused, undermining their success or fighting the tide of change. The CEP model addresses these common aspects of human nature by working with them, rather than struggling against them. Blocks are framed as allies in the process of change, pointing out that which needs to be acknowledged, understood and released before a treatment intervention is applied. Objections to change, whether conscious or unconscious, are respected as holding information about the complexities of the situation. For instance, a client may be afraid of who he might become if he engages in a new way of being. These and other fears and warnings are noted, both verbally and in the body’s energy systems, and removed prior to the next step, which is the treatment intervention phase.

**Step 5: Embodiment/Earth — Treatment Intervention**
On the physical level, the earth is our home, offering
us all we need for healthy sustenance. On emotional and spiritual levels when we come home to ourselves — we embrace authenticity. When we combine body, mind and spirit seeking wholeness, we embody, or make concrete and perceptible, that which was previously in the realm of pure potential. Treatment interventions seek to deliver us back to ourselves, realigning us and creating greater balance, structure, coherence and flow. Each healing tradition uses its signature tools for embodiment. The CEP model synthesizes energy from the meridians, chakras and biofield to affect change and can be used alongside other interventions for a broader practice.

**Step 6: Integration/Wood — Lessons Learned and Next Steps**

The healing journey can be thought of as taking the shape of a spiral or circle, folding back upon itself as it progresses through time and space. In this way, lessons learned are integrated with the past, present and future — informing movement toward wellness. Integration, or uniting into a whole, can be seen through the lessons of wood. Wood, derived from plants, is a product of all of nature’s elements. The plant receives the fire of the sun providing photosynthesis; water feeds the roots and is then transported to the rest of the plant; soil or earth grounds, feeds and protects the life force; and the air interacts with the leaves exchanging oxygen and carbon dioxide. When a session ends, the client has a chance to weave together all the riches of the prior steps. Reviewing what worked and what did not can lead to deeper questions about the journey of change, offering the client applications in the real world, so learning can continue beyond the treatment space.

**Putting It All Together**

The elements from nature are available within and around us every moment, and can be applied to virtually any healing approach. Upon reflection, you may find you already incorporate air, fire, water and earth in your sessions. The CEP model uses primarily body-based and psychoenergetic modes of creating change, which can serve as an adjunct to other healing practices such as psychotherapy, body-based treatments, nursing, medical and coaching to name a few (ACEP offers courses on CEP and a certification program for mental health and allied health professionals).

Moving beyond the client, a practitioner may choose to alter the environment in the treatment space on a physical level. Using the element of air, breathwork can fill the space with vibrations from the voice through chanting, humming or singing to enhance treatment modalities. Fire can be brought in by lighting a candle to soften the atmosphere or to dedicate sacred space. Wood and water can be combined when spraying essential oils derived from plants and applying it in the treatment area, or if welcomed, around clients to clear their energy body. Earth can be honored by introducing crystals or rocks into the healing space, or taking off one’s shoes and standing barefoot on the floor for grounding and releasing energy.

Review your treatment sessions to see where and how you incorporate invocation, releasing, cleansing, embodiment and integration into your work. This awareness can bring new insights into how you practice, which areas you want to develop and which you may want to revise or eliminate. Your clients can be brought into this process, discovering how they integrate nature’s elements and healing rituals in their lives beyond the treatment sessions. Incorporating rituals and nature’s elements does not have to take up a lot of time. Often it is wiser to engage in one to five minutes of intentional practice throughout the day, rather than scheduling a block of time which may be postponed due to other commitments. As you and your clients expand awareness of nature’s elements and healing rituals in treatment sessions and in daily life, you may notice changes inside connecting you to your deepest self, refreshing and renewing you in ways that radiate out into the world.

Author Lori Chortkoff Hops can be found at www.DrLoriHops.com.

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One of the most important questions in regard to our desire for health and healing is this—why is it so hard to do the right thing? Many of us struggle with this. On the one hand, we desire to be healthy, strong and fit — and on the other hand, we desire to sit on the couch, watch movies and eat ice cream.

It is challenging enough to wonder why we do not do the right thing on a global perspective, but perhaps we need to examine this on a personal level.

Just last night I talked with a friend and sometime-client who has been having heart palpitations. Because she is otherwise a healthy, active and happy woman, they are incredibly distressing and unnerving. A few nights ago they got so bad that she called paramedics to her house at one in the morning when she awoke with her heart racing. They connected her to a heart rate monitor for 24 hours to make sure there was nothing seriously wrong with her heart. Fortunately, there was not. When we spoke later, I asked her some general questions and made some suggestions about what might help bring her heart into synchronization with her body.

In addition, I asked her if she was still drinking coffee. She said she had minimized coffee to just one cup in the morning. Then she gave me several reasons why she needed that coffee—to get going, to get to work on time, to wake up. Now, I love this friend and of course want her to be healthy. But I am also resolutely, and by necessity, non-attached to my clients’, friends’ and family’s choices and decisions with regards to health (and pretty much everything else). This woman knew that coffee was bad for her, knew that coffee revs up the adrenaline in her body — ultimately depleting the adrenals — and puts the body in a constant low-level form of fight or flight. Her heart was reacting to some stimulus in her body and she was trying to discover what that was — but she was still unwilling to give up the single biggest stimulant she was consuming. Why is that?

I asked this question of another friend and he said that he likes to be “bad.” He likes to color outside the lines, take risks and not always be the boring, do-everything-right man. It makes him feel excited to take those risks.

Again and again I come across this tendency, what is called in Sanskrit Prajna Paradha and translates literally as “a transgression against wisdom.”

We know eating sugar is bad for us — that it feeds cancers, creates fat and diabetes and is more addictive than heroin. Nevertheless, we eat more sugar every year, averaging 180 pounds of sugar per person...
We think we are invincible and that nothing bad will happen to us.

Prajna Paradha tells us why — It is a “violation of good sense, or perversity of mind, which arises from attempts to rearrange the world to suit oneself while ignoring the inherent rhythm of the universe...Most causes of disease are individual and preventable, but most of us fail to prevent the disease by acting contrary to what we know is in our own self-interest mainly due to a weakness of the mental will.”

I believe one of the reasons why we ignore what we know to be in our best interest is that we think we can overcome anything. We think we are invincible and that nothing bad will happen to us. We are also highly resilient and our bodies can take a lot of abuse before showing its displeasure.

For instance, I have a friend in his early 70s. In the past ten years, he has had one ailment after the other — open heart surgery, debilitating shingles, depression. When I talked to him he said, ”I don’t understand it really. I was so healthy all my life and then, boom!”

Well the truth is, he was not so healthy his whole life. He has had a three-a-day martini habit for decades. He rarely exercises, aside from walking frequently. He eats well, but not with any particular reason beyond his taste buds. His body was able to live and function for his whole life without any problems that he could notice. But the fact is, his body had been struggling for years. At last it gave up and exploded (his heart) and then started attacking itself (shingles). It is not too late for him to turn things around, but a much bigger intervention is required now than if he took care of himself from a young age.

Here are a few reasons my advanced students gave for not “doing the right thing”:

I would say poor planning and time management. For me I know I need to work out to feel better and also eat healthier. But with a toddler it feels overwhelming just to shower, much less feed myself or work out. Planning ahead and managing time better can help. (B. Orchard)

I'm realizing how stubborn I can be. (E. Guerriera)

I think it’s about not being able to resist pleasure. Foods that are bad for you but taste so good. Skipping exercise because the rest on the couch feels great. Getting sucked into social media instead of sitting down to meditate for those 20 minutes—the pleasure pulls us! There is greater long-term pleasure and benefit to choosing the healthy options, but in the immediate moment, it isn’t always a strong enough pull. (S. Walker)

I believe humans are not so good with “transitions.” Sitting on the couch—great. Going out to take a walk is also great. But moving from the couch and deciding to go out for a walk—not so great. We negotiate, we procrastinate and we find good reasons to change our mind. Often it is only a matter of taking the first steps. (L. Sykes)

I think another reason many people make choices against their best interest is that they fear boredom. If you work in a job that does not make you happy, it is hard to wake up and get there every day. After a
day working on someone else’s projects, you feel the need to have some personal enjoyment, cut loose and maybe, as my friend said, “be bad.” There is also the perspective that these bad choices are “treats” or rewards for doing something. So after you have worked out and eaten well all week, your reward is a big piece of chocolate cake after pizza and four beers.

One of the other reasons is perhaps darker—an overwhelming nihilism. After all, we are all going to die, no matter how healthy we are now or how much kale we eat or how much sugar we avoid. I have had the experience myself of spending all my time and energy trying to “do the right thing.” Always eating organic food, no sugar, no alcohol. On and on. During ski season I started hanging out with a younger, partying crowd, and I watched myself being almost a parody. I was like a character from Portlandia, wanting to know if my organic chicken had led a happy life. There is nothing wrong with vigilance and self-control, but I was literally stopping myself from the full enjoyment of life by my restrictions. When I looked at my motivations more deeply, I saw that they were anchored in fear. A fear of getting sick. A fear of dying.

I have had many beloved people in my life die far too young — sometimes from diseases that I now know had some preventable component to them. That is the impetus that has propelled me to seek the healthy road that I have been on for so long. Understanding that there is no elixir anywhere that will prevent your death can also free you to enjoy your choices more and to make them with a less strict and self-sacrificing drive.

The beauty of tantra yoga is that it allows everything on the path to understanding and finding your true inner self, your inner divinity and life’s purpose. Nothing is forbidden. This is why tantra is sometimes equated with sex, because many yogic disciplines (and many religions) require a denial of the sexual impulse in order to reach the heights of nirvana. In tantra, sexual energy is rightly understood to be the life force energy and as such is celebrated and used to allow us to reach beyond sex to find higher sources of satisfaction, joy and ecstasy. Nothing is denied on the path to spiritual enlightenment in tantra, whether other substances, alcohol, drugs, fast driving—you see where I am going with this. It is important to say that the spiritual path is not one of drugged-out-sexed-out excess. Not at all. The purpose of this freedom is to show you a window into what is possible. Once you see that possibility, you are then emboldened to increase your own innate powers of arriving there yourself. That is what all these beautiful, scientific and powerful practices are showing you—the path to peace.

Where we get derailed is when we lose our internal will, our own iccha shakti, as it is called in Sanskrit. It is easier to get drunk every night than to meditate. The important thing to learn is that every night the drunk is what Martin Prechtel calls “lost in the water.” Perhaps you once had a glimpse of divinity, but now, you are simply drowning. Or perhaps the sadness and grief in your life seems too big. So drinking is the way to mask and hide from it.

What is important is that we increase our own inner strength — not only to be able to see what the right choice is in any given situation, but also, to be able to make that right choice. That is the height of discernment in yoga—to have the clarity to see the right path before you and to have the strength of will to take it. The goal is to have balance. So maybe you have that glass or two of wine, but you do not drink the whole bottle. However, if you do drink the whole bottle, the next morning on your yoga mat you deeply ask yourself, why? Further ask yourself, from what am I hiding?

One of the other and perhaps even more powerful translations of Prajna Paradha comes from the description of how Ayurveda views the creation of the universe. At first, there was only pure potential. Then, there was a piece of awareness that separated from that oneness, saw itself and became aware of itself. The huge pool of awareness is love, and one of the first transgressions against the self is to fail to understand that we are all from love, all made of love and
that loving the self is the path back to wholeness. This is what it means, this “transgression against wisdom.” The wisdom is—We Are Love. It is a lack of self-love that drives us into nihilistic behaviors, including addictions and bad choices. If we look more clearly at this interpretation, we can see that loving the self gives us the will to make the right choices that then allow us to be healthier, more balanced and joyful. In fact, knowing that we are love is one of the most healing tools you can access.

Author Lauren Walker can be found at www.EMYoga.net.

References
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Four Pillars of Successful Healing

Rod Thomson

Do you have a client who is not reporting any improvement in his/her life, even after multiple healing sessions? You may see the client on a regular basis and session after session the update is the same. Maybe the client suffers from extreme insomnia and simply has not had any improvement in their sleeping patterns. Meanwhile, their relationships have not improved. Their career struggles have not improved. There simply seems to be no evidence that the healing sessions have had a positive impact on the client’s physical, mental, emotional or spiritual well-being.

Take a moment to review the client’s records. Is there something that you are missing? If you do not see anything obvious, these are the four questions that have helped me. I refer to these as the four pillars for successful healing:

1. Does the client desire to be healed?
2. Does the client believe they can be healed?
3. Is the session intent aligned with what the client truly wants?
4. Is the intended healing for the client’s highest good?

Desire
Consider whether or not the client benefits in any way by remaining unwell. One way you can check the level of commitment to their own healing is by assessing how engaged they are with their homework assignments. If the client is not actively engaged in their homework, that may indicate a lack of desire for healing. You may want to try a couple different assignments to ensure that it is not a particular exercise that is an issue. In addition to checking your client’s level of engagement, you may want to check for an appropriate level of energy exchange. For example, if you are investing more than what you are getting in return, the client may be relying too much on you for their own healing. As practitioners, we can facilitate the direction of energy, but the healing comes from within the client.

In one case, I had a client who would follow her doctor’s recommendations, but I struggled to get her to do the complementary homework that I assigned. After a few sessions of her not doing her homework, I assigned a different exercise for her to try. She reported that she tried the second assigned exercise one time and declared that it did not work. Her failure to give her homework a reasonable effort was an indicator that she was not willing to make an equal investment in her own healing. This made me question her true desire to heal.

As practitioners, we can look for clues as to whether or not a client wants to be healed. It may be in their words or actions. If you think a client does not desire
Four Pillars of Successful Healing

The power of positive thought can result in healing.

Belief
Our thoughts have power. Doctors are finding that the power of positive thought can result in healing. In some cases, administering a placebo can act as a catalyst to healing as the patient holds the belief that the placebo can result in healing. Thus, if a client believes she can heal, she will open the door to healing. On the contrary, if a client does not believe she can heal, she will be accurate because she will subconsciously ensure that her belief is correct.

When working with one client, she would say something along the lines of, “I just have to accept that this is the way it is.” She made this statement during multiple sessions, which indicated that she did not believe she could heal. As practitioners, we can try to positively influence our client’s beliefs by telling stories of people who experienced remarkable healing. We can also be confident in our beliefs and delivery so that our clients have confidence in us as practitioners. Ultimately, however, it is up to the clients to choose their beliefs regardless of the beliefs of the practitioner or the people who surround the client.

Personally, I had severe and obvious complications from major surgery. Initially, I had to have assistance just to sit up. While I was recovering and doing rehab, I was met with doubt and disbelief when I stated that I was returning to my job and that I would be walking device-free within three months. The in-patient rehab staff believed that even after a few weeks of rehab, I would still go home in a wheelchair. I was determined to heal and within three weeks of my surgery, I was able to go home with a walker, cane, and foot brace—no wheelchair. After three months, I was close to meeting my goal of walking device-free. I turned their doubts and disbeliefs into a challenge because I believed that I could heal despite having such skepticism around me during a critical part of my recovery.

As practitioners, it is up to us to help the client envision the best possible outcome and help them hold that belief.

Intent
Assuming that you have a client who desires to be healed and believes they can be healed, setting the proper intent is the next key to successful healing. As practitioners, we need to be aware that the intent statement is powerful. Therefore, a clear, well-crafted intent statement aligned with the client’s true intent is important.

In one case, I had a client who was living in an environment with a pair of toxic roommates. Her lease was coming due and she expressed her desire to no longer live in that environment. We worked to set intent for her to find a place to live that was a positive environment. During the session, she mentioned that she really did not like moving. To assist her in achieving her goal, I did a transition technique so that she could release the old and welcome a new, positive environment.

At the following session, my client happily informed me that the toxic roommates had announced that they were not renewing their lease. The result she received was a positive living environment without having to move, thereby fulfilling her true intent. In this case, the client’s desires were clear; however, you may find that the client’s true intent is revealed over time through your conversations with them.

To enhance the end results, it is well worth a few minutes of time at the beginning of a session to interactively work with the client in crafting an intent state-
ment that best aligns with what the client truly wants to address. Once the intent is clear, I have clients hold onto an image of how their life experience would be improved if they achieved their desired healing.

Highest Good
Your client desires to heal, believes they can be healed and the intent is set, but the intended results seem to elude you. You might consider having the client see a different practitioner. If the client still does not get the desired results, the fourth pillar to successful healing, the client’s highest good, may be in play. In our work, we hold the intent to serve the client’s highest good, which is not for us as practitioners or even the client to judge. The client’s highest good is something beyond our control.

As practitioners, we must have faith that the client’s highest good will be served, whatever that may be. It is important to recognize that healing can occur even when it is not observable. Not being able to quantify a healing can be challenging for us to accept because it is our nature to want to heal.

When coming from a heart-centered practice, I encourage you to remember to follow the steps to center, ground, and release. Releasing is important as you recognize that healing can take many forms and that there are things beyond your control.

Conclusion
The foundation for successful healing is in place when the client has the desire to heal, believes they can heal, clear intent has been set and their highest good is being served. Ultimately, we should expect and be willing to receive — miracles.

Author Rod Thomson can be found at www.ImagineIfCoachingConsulting.com.

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