The spiritual landscape is shifting. More and more people are reconnecting to their intuition and searching for a higher purpose.  

- Susan Wagner
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Dear Readers,

Summer has slipped away and autumn is now at hand. With the autumn equinox and the changing of the light, the daily pace seems to shift. Summer vacations and activities are waning; our children are back in school; we are harvesting the last crops of the garden’s bounty and our focus begins to shift to quieter activities. Don’t get me wrong—when we wake to a crisp, clear fall day, there is still plenty of energy flowing and the desire to be active and outside.

However, with the shift in daylight, it is easier to focus on those activities we have let slide during the summer. We may take the time to read the books that were set aside for outdoor activities, pursue an art class, join a book club or join the gym. Growing one’s practice may become more central again. We begin to ease into a different rhythm that matches the changing of the season.

This issue provides much “food” as we explore this new rhythm, offering considerations for internal changes, opportunities to heal ourselves and on a grander level, advanced practice work, building a bridge with coaching and much more.

I invite you to slow down, get a cup of coffee or tea and sit back and relax with Energy Magazine. I am sure you will find much within these pages to inform and inspire.

Margaret
Contributors Sept/Oct 2015

Renée Henning is an attorney, a writer on various subjects, and a hospital volunteer. Her articles have appeared in books, magazines, newspapers, and newsletters (e.g., Washington Post, A Day in the Life of Public Service Lawyers, Catholic Digest, National Catholic Register, Women Magazine, WNC Woman, WE Magazine for Women, ActiveOver50, Hudson Herald, Roots & Wings, Ours, Adoption Today, Adoptive Families, International Concerns For Children Newsletter, and Living).

Dee Gerkin was born in Ohio, has lived in Southwest US for more than 25 years. She is a HTCP/l Certified Holistic Nurse, Reiki Master, Clinical Nurse Specialist and Family Nurse Practitioner. She is committed to holistic modalities being used in every household, in every country. She especially enjoys teaching Healing Touch and working with clients seeking ongoing health maintenance.

Dr. Linda Bark started her nursing private practice in 1970, taught holistic nursing and energy work in the 1980’s, and has consulted to holistic healing centers since 1990. She founded the Wisdom of the Whole Coaching Academy, published an award-winning textbook, and helped create two national coach certifications. She believes working at an energy level is the most powerful transformation process available. She teaches individuals and organizations such as the Mayo and Cleveland Clinics, and KPMG in India.

Heather McCutcheon left corporate America in 1998 to study massage therapy in search of a greater sense of purpose. She shunned metaphysics until the universe challenged her to open her mind with an unmistakable invitation. Now she uses energy work to serve clients through her private practice, teaches Reiki to enthusiastic students in institutions of higher learning and recruits volunteers for humanitarian projects. She is the author of the new book Connecting the Dots. www.connectingthedots-book.com

Kelsey Misbrener is the Membership Manager at the Academy of Integrative Health & Medicine. She completed internships at Cleveland Magazine, Anthony Thomas Advertising and The News Outlet and has been published in the Akron Beacon Journal, Cleveland Magazine and other publications. She is an animal lover who spends her free time hiking, volunteering, reading, writing and spending time with her boyfriend, friends, family and rabbits.
Janna Moll, MSN, CMT, HTCP/I is the founder and president of Energy Medicine Specialists and has a 24+ year private practice in Energy Medicine. She teaches all levels of the HT curricular program, serves on the HTP curriculum committee, is a lead 4/5 Instructor and has served on the Certification and Ethics committees. Janna specializes in teaching difficult and broad-ranging concepts in an easy-to-grasp format. EMS strives to provide the highest ethical and educational standards in the field of energy medicine.

Charlotte Nielsen graduated from the University of Alberta, Faculty of Pharmacy and Pharmaceutical Sciences in 2003. Her experience as a community pharmacist focused on specialty compounding, home health care, palliative care, and natural products. Charlotte is a Reiki Master Practitioner, and a graduate of Wisdom of the Whole Coaching academy coach training program. She is currently the Research and Development Coordinator for Wisdom of the Whole Coaching Academy.

Anne Sliper Midling's job is to tell stories about all the exciting things that Norwegian University of Science and Technology (NTNU) researchers have found out, or are trying to find out. She reports on the university’s science news in articles, videos and photos for Gemini. She is also a press contact, media advisor and one of three desk editors at Gemini.no.

Susan Wagner is a veterinary neurologist whose pioneering work acknowledges the spiritual interaction between people and animals. Dr. Wagner co-authored Through A Dog’s Ear: Using Sound to Improve the Health and Behavior of Your Canine Companion. She is a Healing Touch for Animals® practitioner, and is the founder of Equine Assisted Awareness, an energy based equine therapy for humans. Dr. Wagner has been seen on CBS Early Morning and The Today Show on NBC.

Sandy Wright has a passion for helping people return to health on all levels. She practices energy and functional medicine, always looking for the disruptions in the body’s energy fields and bringing them back into balance. She has appeared on WTN’s Beyond Medicine, served as a healer in the documentary: Voyage to Betterment, and is a regular on local radio. She offers various workshops and seminars in functional medicine. She is the developer of the EnergyCleared app. She offers in office and distance sessions to her clients. Her practice, the Wright Health Centre, Inc. is located in Windsor, Ontario Canada.
1 | A breakthrough book that combines yoga with the most effective practices of energy medicine to vastly increase the benefits of your practice.

Lauren Walker has adapted the renowned energy medicine techniques pioneered by her own teacher, Donna Eden, so they integrate seamlessly into the movements and postures of yoga practice. “These tools are simple, easy to learn, and fit right in with what any yoga practitioner is already doing,” Walker explains. “They’ll allow you to work smarter, not harder—so you can have a healthy body full of energy, zest, and joy for what life has to offer.”

2 | *Embodying the Sacred* presents an innovative approach to both birth and Christian spirituality. Drawing from the actual physical processes of pregnancy and birth, Peg Conway relates them to Catholic-inspired practices in a wise and empowering way. Reflections, prayer, activities, ritual, and creative expression organized around the three trimesters of pregnancy invite readers to assemble a “spiritual birth bag.” With its focus on the inner journey, this approach provides an ideal complement to other forms of birth preparation.

3 | When we want to make a significant change in our lives, one of the ways to do this is by choosing specific foods to support that change. Foods and eating present a powerful way to begin and support a shift for the whole self since eating occurs every day, many times a day.

The sheer bulk of food we eat provides not only physical matter to give the body energy, but also “an energy signature” to feed the subtle needs of the soul. *Chakra Foods for Optimum Health* provides a hands-on guide to how to heal body, mind, and spirit through foods and eating.

4 | “A woman’s work is to define herself.” Dominique Christina says: “There is an urgency for women. Every woman is composed of many selves—inner players of the psyche who contribute their voices to the greater “I.” In *This Is Woman’s Work*, she takes you on an inward journey to meet, listen to, learn from, dance with, and embrace the gifts of each persona. Through firebrand poetry, compelling inquiry, and heart-opening writing exercises, she invites you to forge an intimate connection with each inner woman so you may integrate their voices, realize their wisdom, and open to your full expression and power.”
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The Game of Golf — and the Discipline of Healing

I really do not golf, but I do know it has a lot in common with subtle energy healing.

Actually I have golfed—a bit, usually near Brainerd, Minnesota, near a gigantic statue of Paul Bunyan. I only do so under duress, however.

Since my sons love putt putt golf, I have been dragged to the range during vacation at least forty times. After one or two holes, I am fed up with chasing the neon colored ball and start dropping it where it is supposed to go. My boys tell me that is not a true hole-in-one—but since I am usually the one paying, I end up with a pretty good looking score card.

I also once had a former boyfriend take me to a “real” golf course, insisting that he could teach anyone to golf. According to Denny, golf was the easiest sport in the world to learn. “How could you screw up?” he asked. “You are basically walking around on well mowed grass hitting a ball with a pole.”

He did not believe me when I insisted that there was no way I could hit such a small ball with such a skinny stick. My sports development had concluded with whiffle ball, which features an enormous bat and a ball nearly as big as a watermelon. After one hole, he agreed with me. I had no aptitude for the game.

I am talking about golf because it is important to establish the difficulties involved in the simplest appearing activities. Energy Medicine practices, including hands-on healing, can appear deceptively easy—and in many way, are quite straightforward. The essence of all forms of healing, no matter the procedure, lies in the heart. Ultimately healing involves the sharing of love.

Professional energy healing, however, is as complex as golf, if not more so. I have found that not all my clients understand this. One client asked why I charged so much for a session when all I did was stand and wave my hands over them. A student wondered why all the training was necessary. “Isn’t healing a natural instinct?” She asked. “Isn’t it just like prayer?”

If only they understood!

Subtle energy healing is—as you know—actually quite complicated. Think of the discipline and many factors involved in showing up for a single session as a practitioner:

- Hundreds to thousands of hours of training
- Practice, practice, practice
- Participation in ongoing education and associations
- Self-care necessary for service work
- Education and practice of social aspects of service business—how to help clients with emotional needs, etc.
- Ability to set realistic goals
- Determining which techniques to use with the client
- Client management—of personal and client expectations, scheduling, and more
- Self-awareness regarding codes of behavior—for self and clients
- Knowledge of intuitive energies and subtle fields
- Awareness of spiritual beliefs of self and client
- Engineering involved in running a business—from web site to insurance needs to administrative duties

Of course, a client is not usually aware of these jigsaw puzzle pieces when working with a Healing Touch or other type of subtle energy practitioner. When “waving my hands,” I might be simultaneously assessing a spiritual issue, sensing congested energy, and increasing the flow of lymph fluid in their system. When “just praying,” I am working hard to separate my personal judgments and opinions from higher guidance. When a client is upset because they can not get an immediate appointment, they do not know that my assistant booked someone with a terminal illness into the cancellation. But it is good for us, the practitioners, to be aware of the interlocking qualities of subtle energy healing, and sometimes, to compliment ourselves on keeping everything straight!
One of the most admirable qualities of Healing Touch is the well-developed protocol. Included are codes of behavior, healing philosophies, specific techniques, and more. Truly, this organization is setting a standard for everyone in the subtle energy discipline, assuring both practitioners and clients that the complexities are accounted for.

As for myself, I am relieved that I am better at healing than I am at golf. As Arnold Palmer once said, “Golf is deceptively simply and endlessly complicated.” Just like healing—and life, for that matter.

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.

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Finding Motivation on Important But Non-Urgent Tasks

I have a friend who is self-employed, running his own business and doing a great job ... except that he finds himself procrastinating on important tasks like writing.

No, I’m not talking about myself! Although, to be honest, I do the same thing too.

We all do, I think: we know there’s something we should be doing that’s really important for our careers, personal lives, businesses ... but there are other less important we do instead. We check our email, respond to messages, read news, find interesting things to read online.

Our problem isn’t that these important tasks are that hard ... it’s that we don’t feel motivated. So we procrastinate.

It’s hard to motivate yourself when you’re self-employed, or when no one is breathing down your neck making you do things right now. Especially when there’s a world of fascinating things online, or a million little tasks you can do instead.

What can we do?

Here’s what I suggest:

1. Reconnect with why it matters. If you want to write something, for example ... why is it important to you? What do you love about the writing? For my friend, he loves teaching others what he’s learned, and seeing the comments of the people he’s helped. It brings him joy. That’s incredible, and it’s easy to forget this deeper meaning when you’re caught up in the busy-ness of your day.

2. Remind yourself how much you love it. Sometimes we actually find enjoyment in these important tasks. There’s something about them that you’re not looking forward to ... perhaps it takes more mental concentration, or a bigger chunk of time to focus on ... but there’s also the beautiful side of the task. Maybe writing is a nice time out from your chaotic day, maybe it’s a way to reconnect with what’s important to you, maybe it’s a vital form of self-expression that you don’t often get a chance to do.

3. Talk to someone about it. When my friend reached out to me with this problem, and had to answer some of my questions, he suddenly found the motivation to start writing again. It wasn’t anything I did, but I think forcing yourself to talk to someone else brings out the problem in the light of day, and the little childish fears and impulses that normally rule us don’t have as much power under that sunlight.

4. Ask what’s stopping you. When you find yourself procrastinating, pause. Ask this simple question, “What’s stopping me from writing?” (or whatever task you want to do) ... and be honest. Sometimes it’s the idea that you don’t have time right now, but the truth is you probably do have time. Sometimes it’s that you don’t know how to do the task, in which case you might ask someone else or do some online research on how to do it. Other times it’s just that it seems hard or uncomfortable, and in that case I suggest you do the three suggestions above. But usually there’s nothing really stopping you from writing. Nothing stands in your way from doing important, joyful, meaningful work. So get to it!
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The Tesla Principle

Susan Wagner, DVM, MS, DACVIM

As energy practitioners, we realize that energy is far more than something that turns lights on and off or runs our cars. We understand that we are made of energy and that we interact with people and animals on an instinctive, energetic basis. All living and non-living substances are made of vibrating electromagnetic energy – just like light, sound or microwaves. We literally send off an invisible electromagnetic field in all directions, like ripples created by pebbles tossed into a pond. This energy field is a connection to our animal companions, wildlife and natural surroundings. It connects us to every being on the planet.

Scientists recently made a profound discovery supporting this concept when they captured the Higgs Boson or “God Particle.” According to particle physics, every field must have a particle associated with it – the pebble in the pond. We may not be able to see the waves, but if we find the pebble, then we know the pond exists. The Higgs Boson was theorized to be the particle associated with an energy field that connects everything – hence the name God Particle. After years of painstaking work, the Large Hadron Collider in Europe measured the Higgs Boson. Science is now proving what spiritual teachers have always maintained. We are truly all the same - all species are part of the same “force field.” The human-human and human-animal bonds are not only emotional - they are physical. When we think of someone, we are instantaneously connected because we are part of the same energetic soup. Have you ever thought of someone with whom you have not talked in a long while and they call out of the blue? That is not coincidence – that is nonverbal energetic communication through the ethers of the cosmos.

Long before the Higgs Boson there lived an eccentric genius named Nikola Tesla. Among his inventions are alternating current, the radio, appliance and ignition switch motors, and the Tesla coil which creates an electromagnetic field. His theories led to the development of Magnetic Resonance Imaging (MRI), an advanced technique that helps healthcare providers see the body in a way that is light years above a standard x-ray. In addition, he has a pretty cool car named after him.

One of the most well-known stories about Tesla involves his theory of magnetic resonance. He believed that if an oscillating device is placed on a structure, it would ultimately cause its demise. The oscillations would resonate with the structure’s inherent frequency and slowly cause it to vibrate. With each oscillation, the energy intensifies and the vibration of the structure magnifies. It is similar to a child on a swing – with every gentle push she goes higher than the time before. Ultimately the physical composition cannot withstand the force and breaks down. Collapsing bridges and opera singers shattering crystal glasses are two examples of this concept. Tesla decided to test his theory. He placed an oscillating device on a support beam in his basement laboratory. The police arrived within hours because tenants had called to report an earthquake. The entire building was shaking!
It was only natural that I read Tesla’s work because I grew up hearing fascinating stories about him. He is a distant relative of mine, and my father made sure we knew who he was and what he contributed to humanity. Then one day I had my “ah ha” moment. After re-living a painful situation in my life for the seemingly thousandth time, I realized it was just like Tesla’s theory of magnetic resonance! The players may have been different, but the underlying dynamic was the same – over and over again. If oscillating devices can tumble a skyscraper, why can’t a repeating energy pattern topple our lives? As with Tesla’s oscillating device, our childhood wounds are energy patterns that recur over and over, becoming increasingly stronger.

We believe the obstacles holding us back in life are new problems or the current disease is a new illness, but they are not. They are physical manifestations of an old wound recurring in different forms, waiting to be acknowledged. I call this The Tesla Principle.

We cannot heal a disease or relationship until we understand what it really is. In fact, that is what healing is! Healing is becoming aware of our energetic patterns, discovering what they teach us, and learning how to stop reacting in a negative fashion. If we perceive ourselves as victims, the cycle will continue. Once we understand this concept, we can respond differently and get off the “swing.” Moreover, this energetic completion is the reason we exist – our very life’s purpose. With this finishing point comes healing, balance, harmony, and the expression of our highest self. Our life flows more easily and gracefully and we are able to experience peace in the midst of suffering. I invite you to look back over your life. Can you see your recurring patterns? They are also played out generation after generation, lifetime after lifetime.

As a veterinarian and Healing Touch for Animals practitioner, I have come to see animals as a wonderful expression of The Tesla Principle. Guess who comes into our lives and reflects our oscillating patterns back to us? Can you conceptualize that your two dogs fighting with each other is a sign that two humans are not getting along? It may be spouses, parent and child, or boss and employee, but an important relationship needs to be healed. Moreover, the oscillating pattern began as a childhood relationship that was not healthy, so it returns through future relationships. If these or any of our other patterns are not illuminated and healed, they will continue to manifest until something crumbles — just like Tesla’s skyscraper. This could be a relationship, a career, or our bodies.

You may not think that your cat urinating on your favorite oriental carpet is a high spiritual purpose, but it is. He is illuminating your own life by “acting out” your energy. Perhaps you are unwittingly permitting someone to take advantage of you OR “piss on you.” Animals may exhibit unwanted behaviors, but they are never inappropriate when they help us see an energy pattern that needs to complete. In this way, our pets guide us through life. It is part of their higher purpose.

Horses also mirror what we humans need to see. Anyone who does equine therapy, and who is really in tune with the horse, knows that it is doing the work. I smile to myself when I watch a session in which the human therapist is trying to control the situation. I know the horse is helping the patient and therapist by not letting them have control.

I have been blessed to be a part of true healing with Equine Assisted Awareness, a therapy that was shown to me by very some gifted horses. Horses reflect our Tesla patterns back to us through their behavior and channel a beautiful healing energy for each partici-
pant. Any horse can be a conduit for this work and it is an amazing process to experience.

Is this not true of all animals? I believe every animal can provide us with energetic wisdom, even on a larger scale. They reflect what is happening with humanity. As long as there is a child being abused, we will have violent dog fighting. Some animals do more than reflect our energy patterns. Feral cats, for example, show us poverty and also hold a healing space for the humans and other animals living in difficult conditions. When there is no more poverty and homelessness, they will not be needed.

I invite you to look for the patterns in your life and open to a new mechanism for healing. Be aware of when you are being the angry or woeful victim. That state of being only energizes patterns and never allows for completion. When we understand that our own energy fields are creating everything in our lives, we cannot blame others. They are merely acting as our Tesla patterns require and playing the role of the people from our childhood. This includes both two-legged and four-legged “actors.”

Do not resist what is happening. Instead, see it as your life’s purpose to understand the wisdom within the situation and complete the cycle. This may be a difficult task, depending on the severity of the original wound. It may require help from a caring professional or spiritual advisor. I truly believe that life was not meant to be abusive. Humans somehow became disconnected from their lifeline of positive energies. This allowed people to lose themselves in darkness which resulted in horrific acts for many children. Healing those wounds takes time and support.

I suggest a three step process to work toward completion of Tesla patterns. This helps us connect to our intuitive side and allows illumination of our highest path. It is very simple, yet may not be easy. The steps usually need to be repeated many times as the Tesla patterns return in different forms. Be patient and have fun with it! When you can laugh at your patterns, you will know you are very close to completion.

First: Be aware of when you are being triggered. What emotions are you feeling? Experience them – what we resist persists. If this is too difficult to do alone, work with a professional.

Next: Ask yourself, what wisdom is imbedded here? How can you work with it for the greater good? Take a deep breath and be still. You may receive a visualization or message right then, or it may come during other quiet time of reflection.

Lastly: Think of something peaceful that allows your heart to open. Visualize putting the energy pattern right into the higher vibration emanating from your heart chakra. Then let it go! Be patient – you will see results as problems solve themselves or you will receive clear guidance on action steps needed for resolution.

I also invite you to look at your pet’s “bad” behavior differently. They are walking a path with us and open doors to greater self-awareness and healing. Animals are our connection to power and teachers of wisdom. They work incognito, in different forms, yet knowingly lead humanity to wholeness. All we need is to be open to their messages and receive their gifts. My hope is that someday each of you will come to know them as the energetic teachers I believe they are.

The spiritual landscape is shifting. More and more people are reconnecting to their intuition and searching for a higher purpose. It may not look like it now, but peace is being created on the planet. As each of us complete our Tesla patterns and find peace in our own lives, we make the journey easier for all who struggle. Consider walking into the painful emotions and look for the wisdom hiding within them. Tell yourself to get off the Tesla swing and see what starts to open for you. Keep the pure intention of moving forward and completing all old patterns. Most importantly, remember to stay in a calm, peaceful place – where all true healing exists.
I have been a healer for over 15 years.

My career actually started in Photography – as a Medical Photographer to be exact. Those 12 years were spent photographing surgery and affected patients for teaching and research, as well as, medical journals and encyclopaedias.

To make a long story short, I came to the conclusion that mainstream medicine was missing the mark in a BIG way. Do not get me wrong, I have the utmost respect for surgeons, Emergency Room doctors, etc. but for general medicine it became my opinion that more harm was being done than good. In too many cases, the cause of the disease was not being explored.

The case that broke the camel’s back (I was working in Saudi Arabia at the time so excuse the pun) was a 35 year old woman who was five months pregnant. Her breast started to grow and would not stop. Two weeks after I first photographed her, I needed to change my camera lens to a wide angle in order to include both breasts in the photograph. The next time I saw her, she was in the Operating Room with three different specialists scratching their heads without the faintest clue about how to help her. At this point, her breasts were bigger than gigantic watermelons. The cause of the problem was never found and I always blamed them for not looking outside of their scope of medicine. They removed them, reconstructed them and sent her home. Two months later she was back, this time with growths under her arms. I do not know what happened to her afterwards. That poor lady was the reason I decided I had to learn how mankind had survived without ‘mainstream’ medicine. No easy task as I was working in Saudi Arabia with no internet in those days.

One of the physiotherapists, who worked at the hospital, had just returned from Sri Lanka after taking an intensive acupuncture course and was raving about it. A few months later I found myself taking the same course. As I knew nothing about alternative medicine, I decided that, since the Chinese had been practicing acupuncture for over 5,000 years, they must know something. It was a good start. While there, I met a homeopath/MD and became interested in homeopathy, which I found mind-blowing. I returned to Saudi Arabia and started an after-hours acupuncture clinic and registered for a distance course in homeopathy from Devon, UK.

A year later I moved to Vancouver to study homeopathy. After six years of studying I moved to Windsor, ON to be closer to family and to have my son. Starting a homeopathic practice in Windsor was slow business and I needed to work. I found a job at an Allergy Clinic using Nambudripad’s Allergy Elimination Tech-
Integrating Technology and Energy Medicine

nique (NAET). At first I was very skeptical. It was my second introduction to muscle response testing. The treatments seemed ludicrous. They included massaging the spine while holding onto vials of, nothing really. I decided to keep an open mind for two weeks, mostly because I needed an income. Two weeks later I was SOLD. Babies were dramatically better, pets were better and patients were reporting that they could eat things that previously would have caused them an allergic reaction. A few years later I opened my current business, where I have the freedom to practice and develop my own methods.

That introduction was over 12 years ago. Since then, I have spent my free time learning other techniques such as BioKinetics Health System, Yuen Method, Total Body Modification, BodyTalk, etc. All of these techniques use muscle response testing (MRT) to assess the cause of dis-ease. Each of them uses a customized menu of mental, emotional, spiritual and physical life stressors to determine the root cause through muscle testing. Over the years, my office room walls have been covered with different charts and menus to the point where I have run out of wall space. Always at the back of my mind is the question of how to combine all of this information in one easy-to-use portable format.

Last year I was lucky enough to have some Australian friends living in my city. My best friends’ husband, Scott, is an exceptional programmer. I asked if he would be able to create an app (software application) for me that would include all of the menus/information I use in my practice. Together we created ‘Energy Cleared.’ It is the first app of its kind. It includes over 5,000 energetic ‘stressors.’ It does not include the proprietary menus from any of the courses I took, but does include every possible emotion, food item, core belief, virus, environmental stressor, etc.

Energy Cleared is designed for the professional as well as the lay person. (It is free for the lay person). It can be used very simply or can give very detailed information. Chiropractors, functional medicine practitioners etc. may have their own healing method, so once they find the energetic stressor they can use their own healing methods to clear the blockage.

The beginner or lay person will need to know how to muscle test or use a pendulum to find the stressors. Muscle testing, also known as muscle response testing or applied kinesiology is a non-invasive way of assessing the body’s imbalances.

There are a number of different methods (search YouTube) but the most common involves applying slight pressure to a large muscle, usually the arm. If testing another person, you will stand in front of them while they hold their arm out to the side. Apply slight pressure (2-5 lbs) while they are holding something in their hand or on their mind. If they can resist the pressure, there is no issue. If their arm weakens, whatever the substance they are holding or whatever is on their mind is creating blockages in their body’s energy system.
Methods for self-testing include the ‘O’ ring test or the Sway test. I often teach children the Sway test as it is the easiest of all self-testing methods. Standing straight and balanced, you lean forward and tell your body that this is how a ‘yes’ looks. Then lean backwards and tell your body that this is how a ‘no’ looks. Stand straight and balanced again - now ask your body to show you a ‘yes.’ Wait patiently without thinking about it too much. Your body should feel pulled in the forward direction. It is very subtle but noticeable.

Once you are able to use muscle-testing, you can ask your body any question. You may feel quite uncertain in the beginning but persistence pays off. It took me a few years before I felt very confident.

For those new to healing, the app includes ‘healing solutions’ ranging from Emotional Freedom Technique (EFT) to homeopathic remedies. The Energy-Cleared.com website includes instructions and videos for the beginner.

The other day I was helping a friend determine why her business had slowed. Using the app, we muscle tested to find that ‘jewelry’ was the ‘stressor.’ When I asked her about this, she knew immediately what the issue was. She had a subconscious belief that the diamond pendant she was wearing was perhaps repelling business on an energetic level. The diamond was from her first wedding ring. Her husband’s mother gave it to him. My friend was sure that diamond had been stolen and thus carried negative energy. She then decided to sell it and give the proceeds to her church, which she felt much better about. Since then, her business has regained the traffic it had lost.

Chiropractors, naturopaths, moms, pet owners, veterinarians can all benefit greatly by using Energy Cleared. Clearing energy blockages helps return us to health and happiness. Every time we clear our own issues, we are one step closer to increasing the vibration of human kind.

A recent survey of over 4,000 nurses found that 80% felt that spirituality should be covered in nurse education as a core aspect of nursing. Why? Because it works, it falls in line with new theories on consciousness. “Our human thoughts are linked to nature by nonlocal connections: what a person chooses to do in one region seems immediately to effect what is true elsewhere in the universe.”

Compelling evidence suggests that those who follow a spiritual path in their life live several years longer than those who do not follow such a path, and that they experience a lower incidence of almost all major diseases.

**Energy Medicine from Heart Centered Rebalancing**

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Having become disenchanted with the bombings, killings, inhumanity and global unrest, and knowing these issues would not to be solved quickly in the political arena, I began to work with setting the intention to heal my heart and the heart of humanity. Based on previous instruction, I was concerned about the particulars of obtaining recipient agreement/consent to receive the healing energy.

I found that many have written about intention and healing (Wayne Dyer, Richard Gordon, Paul Pearsall, Barbara Brennan, to name a few) and in doing so, felt that obtaining specific permission in this case was not necessary. In The New Human: Quantum Touch 2.0, Gordon discusses heart energy, “a body awareness and love that we feel in the area of the heart. It is a loving energy, sometimes warm or tingling, profound and energizing, that we feel in the center of our chest (2013, p. 40).” He states that for healing to occur, “touching ... is not essential. And distance ...doesn’t matter at all (p. 40).” He also indicated that he believes this energy is generated through the heart chakra (or energy center) (p.110) and does not feel it is necessary to obtain permission to do this work at a distance based on the fact that it is not necessary to have permission to send love to anyone. We are radiating love and “asking for the highest good” for recipients, not for our “concept of what should happen (p. 112).”

A friend had asked for directions for doing this work. Perhaps this will help. Before setting the intention for healing, many healers “center” themselves, that is, to go within oneself where you are most authentically you, connect with your higher power, however you define that, and then set the intention/decide to send love, kindness, compassion and healing to the hearts of all humans. As suggested by Lynne McTaggart, in The Intention Experiment, the power of consciousness “may prove that a single collective directed thought is all it takes to change the world (2007, p.xxxi).” McTaggart later adds that an intention should be “a highly specific aim or goal, which you should visualize in your mind’s eye as having already occurred (p. 143).”

Wayne Dyer, in The Power of Intention, reminds us to let go of the “ego-mind.” When ego is removed, Universal Source or life force energy can flow freely (2004, p. 219). Even with the intention to heal the heart of humanity, it is easy to slip into judgment. “Those people” should not be doing this or that (perhaps unconsciously saying that others should be more like me and should not look like what we have seen on the news). It is important to visualize the heart of each human as beautiful, radiant and loving, not the opposite. With our multiple awareness and intention, perhaps we can impact healing the heart of humanity.
What have I learned so far? I began working from my heart chakra and sent energy to the heart chakra of humanity. It then occurred to me that for healing of myself and others, the entire spirit/energy field may benefit from this connection, so I now usually send the energy from each of my seven Chakras (energy centers). Sometimes I breathe the healing into the heart of humanity. Sometimes I visualize a beautiful heart sculpture; sometimes I visualize a globe with thousands of people. Often I visualize the heart radiating energy. I have used Reiki, Healing Touch, Quantum Touch 2 and Tonglen meditation (shared online by Pema Chodron) to assist in healing the heart of humanity. For more information on ways to help heal the heart of humanity, I created a Facebook page, Healing the Heart of Humanity. You can find it at www.facebook.com/pages/Healing-the-Heart-of-Humanity/945571118808985.

I have invited angels and guides to assist in this project. I remain open to any intuitive hints I might receive about doing this work. I also remember that theoretically all healing is self-healing, so I am treating myself as well.

Why do I call this project Healing the Heart of Humanity? While I know that I send the energy to heal many, I hold the awareness of a collective heart of humanity. When we accept the wisdom of Bruce Lipton in *The Honeymoon Effect* that “we are fundamentally energetic beings, inextricably connected to the vast, dynamic energetic field we are a part of, we can no longer view ourselves as powerless, isolated individuals (2013, p. 21).” I assume that the collective consciousness of those who may wish to join this project can effect a change in the hearts of all. I visualize peace, love, kindness and compassion on earth, as well as my own growth in sharing these qualities. There is no way to measure the effects of this project, but I trust we can effect a change in the world. Will you join me?
Building the Bridge: An Expanded Coaching Model to Integrate Energy Medicine Practices into Current Healthcare and the World

Linda Bark, PhD, RN, MCC, NC-BC; Charlotte Nielsen, BSc Pharm

There is a movement in western healthcare toward promotive and integrative medicine that shifts focus from treating the patient when sick (reactive medicine) to partnering with the patient to prevent illness and create health in ways that are in alignment with the patient’s beliefs and preferences. Readers of Energy Magazine are well aware of the benefits of Healing Touch and other energy practices that restore balance to the energetic system supporting the body’s healing of disease states and moving patients and clients toward higher levels of health and well-being. Coaching, too, has been documented to facilitate the achievement of a higher quality of life and supports the creation of healthy habits. Furthermore, an expanded model of coaching using integral theory works from an energetic and multidimensional approach. A coaching model that is based on an energetic perspective makes combining coaching and energy work easy, and integrating the two is a powerful way to increase positive results for the client.

What happens when Healing Touch and coaching skill sets are combined? Dowd, Kolcaba, Steiner, and Fashinpaur (2007) compared the effect of Healing Touch, coaching, and a combined intervention of both Healing Touch and coaching on comfort and stress in younger college students. The combined group showed an 85% improvement, followed by the Healing Touch group with a 67% improvement and the coaching group with 58% improvement. (p. 199) The researchers found that “Healing Touch has better immediate results on stress and comfort, and that coaching had better carryover results on both outcomes.” (p. 201) However, the Healing Touch treatments did not include education on self-care Healing Touch techniques, which might have changed the level of improvement between the groups. One thing was clear, the combination of Healing Touch and coaching produced the largest improvement in physical and/or mental signs and symptoms including positive changes in appetite, sleep, anxiety, depression, and academic performance. (p. 194)

In addition, Bark and Nielsen, the authors of this article, have seen many energy practitioners integrate skills from an expanded coaching model into their energy practice. Practitioners frequently report the two skill sets function as “a perfect marriage” with each potentiating the other and facilitating a powerful positive change in patient and client well-being. Some energy practitioners also find their coaching role can bring in clients who might not select an energy practitioner alone.

Coaching and energy medicine have both moved into the spotlight in recent years for their potential to help create promotive and effective health and well-being. With healthcare costs skyrocketing and quality of
“Practitioners frequently report the two skill sets function as ‘a perfect marriage’ . . .”

Autonomy is one of the keys to intrinsic motivation (Ryan, 2013) and is present in coaching and energy work. It is at the heart of coaching, where clients are the experts, deciding their goals, how they get there and how to create new ways of doing and being. Energy work supports autonomy by following clients’ energy and respecting their energetic boundaries; input is offered but interaction is determined by clients’ readiness and inner wisdom. This is an example of how coaching and energy work are on parallel paths and can easily be combined.

To understand this further, let us look more closely at coaching. What exactly is coaching? It is defined differently, but with common elements, by different organizations and various professions that have already integrated coaching.

The organization considered globally to be the gold standard for credentialing coaches, The International Coach Federation (ICF), defines coaching as “partnering with clients in a thought-provoking creative process that inspires them to maximize their personal and professional potential” (International Coach Federation, n.d., Coaching FAQs).

A Nurse Coach is defined by the American Holistic Nurse Credentialing Corporation as a “registered nurse who integrates coaching competencies into any setting or specialty area of practice to facilitate a process of change or development that assists individuals or groups to realize their potential” (Hess et al., 2013, p. xv). Further explained, “Nurse Coaching is a skilled, purposeful, results-oriented, and structured relationship-centered interaction with clients provided by registered nurses for the purpose of promoting achievement of client goals” (Hess et al., 2013, p. xv).

A way of envisioning coaching is with the coach standing beside and slightly behind the client. The coach is not the expert knowing the answers but “skilled in supporting movement without leading,” (Bark, 2011, p. 28) where the client moves “at a self-determined pace and in a self-determined direction.” (Bark, 2011, p. 28)

The inner workings of general coaching can be easily described by the four core competencies of coaching:

1. **Clarification**
2. **Catalyst**
3. **Co-construction**
4. **Companionship**
Building the Bridge

as outlined by the International Coach Federation. These core competencies consist of setting the foundation with the client, co-creating the relationship, communicating effectively, and facilitating learning and results (ICF, n.d., Core Competencies). Table 1 offers an overview for each of the core competencies.

General coaching can be very mental, focusing on logic, thinking, and looking at smaller and smaller parts of the whole. This potentially limited perspective can diminish the power of energy connection and impact. The Wisdom of the Whole® coaching model is an expanded model of coaching that builds on the foundations of general coaching and embeds integral theory and energy concepts into every aspect of the coaching process. This model includes the mental but adds a multidimensional approach and can act as a bridge to integrate energy medicine into current healthcare (Bark, 2011).

Table 2 illustrates the difference between active listening according to the ICF core competencies and active listening using The Wisdom of the Whole® core competencies.

The integral theory of this expanded coaching method is based on Jean Gebser’s description of the structures of consciousness. Jean Gebser (1905-1973)

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### Table 1 - ICF Core Competencies of Coaching

<table>
<thead>
<tr>
<th>Setting the Foundation</th>
<th>Co-Creating the Relationship</th>
<th>Communicating Effectively</th>
<th>Facilitating Learning and Results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>c. Direct Communication</td>
<td>c. Planning and Goal Setting</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>d. Managing Progress and Accountability</td>
</tr>
</tbody>
</table>

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### Table 2 - Comparison of Active Listening According to ICF and The Wisdom of the Whole® Core Competencies

<table>
<thead>
<tr>
<th>Active Listening with ICF Core Competencies</th>
<th>Active Listening with The Wisdom of the Whole® Core Competencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Distinguishes between the words, the tone of voice, and the body language” (ICF, n.d., Core Competencies, C. 5. c)</td>
<td>ICF core competency plus listens energetically, including sensing vibrational and energetic frequency (somatic resonance) (Bark, 2011).</td>
</tr>
<tr>
<td>“Asks open-ended questions that create greater clarity, possibility or new learning” (ICF, n.d., Core Competencies, C. 6. c)</td>
<td>ICF core competency plus asks open-ended questions that relate to body and energy awareness, such as “Where do you feel that in your body?” or if aware of chakra system, “What is happening in your third chakra as you discuss this power issue?” (Bark, 2011).</td>
</tr>
</tbody>
</table>
Building the Bridge

was a philosopher who intuited an entire shift in the structure of western consciousness. He is best known for his seminal work, *The Ever-Present Origin*, which is based on the sciences and humanities and describes five structures of consciousness, which started at the beginning of humankind and are impacting the present period and the future. (Gebser, 1949/1985) His insights bear similarities and are confirmed by the work of Sri Aurobindo (philosophy), Pierre Teilhard de Chardin (theology and paleontology), Alfred North Whitehead (philosophy) and David Bohm (cosmology). Gebser’s key insight was that consciousness mutates toward its innate integrality. He described our current culture being in the final death throws of the deficient and declining mental-rational perception of reality and simultaneously standing on the threshold of a new consciousness that is capable of revolutionizing the foundations of human civilization.

Gebser is not the only thought leader in the field who

<table>
<thead>
<tr>
<th>Structure with description</th>
<th>Stage of human development</th>
<th>State during 24-hour daily cycle</th>
<th>Examples of coaching tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archaic – very close connection with source</td>
<td>Inside womb and connected to mother</td>
<td>Delta sleep</td>
<td>Compassion, connection with source, sense of purpose</td>
</tr>
<tr>
<td>Intuitive or “magic” – connection with source, identification of group and nature, little language, able to function using subtle sensitivities</td>
<td>Young child who believes in Santa Claus, Easter Bunny, Tooth Fairy</td>
<td>Dreaming state like theta brain waves</td>
<td>Intuition, individual and group energy fields, species learning, morphic fields</td>
</tr>
<tr>
<td>Mythical – some separation from source; perspective of above and below; more language than previous structure; myths about creation and other events; emphasis on how to appease and relate to Gods and Goddesses</td>
<td>Young child interested in stories and makes up own stories, loves myths and costumes, plays different roles</td>
<td>Alpha states where there is a dreamy feeling but some awareness of story told in the dream, place just before sleeping or just after sleeping</td>
<td>Story, personal constitutions, dialogs</td>
</tr>
<tr>
<td>Mental – logical, sequential thinking, duality (either/or), focus on material not subtle, “To see it is to believe it,” little connection with source</td>
<td>Young adults able to understand concepts and theories</td>
<td>Waking state – beta brain waves</td>
<td>Patterns, timelines, plans, measurements</td>
</tr>
<tr>
<td>Integral – ability to be in all above structures and at times, act from one more fully than another; ability to move fluidly among structures; ability to hold all structures as if they are part of a hologram</td>
<td>Some adults and perhaps some of the younger generations who are not so rigidly embedded in the mental and value the other structures of consciousness</td>
<td>Awake and open to earlier structures of consciousness</td>
<td>An integral coaching session that draws from all the structures of consciousness as needed</td>
</tr>
</tbody>
</table>
predicted a major shift in consciousness in our times, but in his unique model, he not only defined the new paradigm but importantly described a process for arriving at the new level of integral consciousness. (Gebser, 1949/1985). Below is a table briefly explaining the five structures of consciousness or ways of being and doing. In the first column, the structure is named and a simple description is presented. The second column describes the structures during our human development, and the third column identifies these structures in our daily cycle of 24 hours, demonstrating that the structures are more familiar than one might have originally thought. Coaching tools based on the structures are described in the fourth column.

Scientific support is growing to show the value of integral theory and what it could mean for our modern-day world. For example, the research of Anna Wise can begin to explain what happens in the brain when different parts of self are accessed, similar to what happens in integral coaching sessions. In her book *The High Performance Mind*, Wise describes the differences between beta, alpha, theta and delta brainwaves when measured using spectrum electroencephalography (EEG) and explains the beneficial brainwaves resulting from relaxation and meditation techniques. Interestingly, Wise found that different brainwave patterns can be measured when subjects are working with imagery, receiving intuitive inspiration, and using conscious thought processes for newly and well-informed action steps. In true integral fashion, Wise also describes the different brain waves as equally important and without hierarchy. She also includes an example of the EEG brain wave pattern for what she refers to as the “awakened mind” (Wise, 1997), which could be considered to demonstrate the integral structure of consciousness.

Gebser laid out the structures of consciousness not for mere intellectual curiosity but to describe the current collapse of many institutions of our time that are built on the mental structure and to provide a method for movement into the new integral structure of consciousness. He believed that this change relied on our ability to integrate the previous structures of consciousness. (Gebser, 1949/1985)

This invites us then to move out of the duality of the mental and into the inclusion and expansion of the integral. Coaching from this expanded model then, is one way of practicing, to whatever level possible, this new way of being and doing that includes energy and intuition from past structures of consciousness.

We find ourselves at a very unique time in history where many aspects of our human existence are at a crisis point, waiting for us to make our choices individually and as a global community. The challenge of clarifying the emerging integral world from the current cultural dissolution stands before us. Indeed, it is perhaps more obvious now than when Gebser first articulated it. With energy medicine practitioners being such a vital component of a movement toward promotive medicine and sustainability, an expanded integral coaching model serves as a perfect bridge to incorporate multiple perspectives, multiple modalities, and multiple ways of healing for new and inventive solutions to our current challenges.

Skilled energy medicine practitioners are perfectly poised to understand the swift-moving cosmic currents that are assisting our evolution as a species, and evidence-informed integral coaching offers a strong, grounded, and practical foundation for all of us to incorporate energy medicine practices and a coaching culture of learning, growth, and respect of personal autonomy into mainstream healthcare and the world.

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Hara - Deepest Healing For Advanced Practitioners

Janna Moll, MSN, LMT, HTCP/I

What is the Hara?
The Hara is the unique energetic expression you choose to bring with you from Divine source. This energy is drawn out of the “all that is” and is essential to complete spiritual into physical manifestation on this earthly plane. The Hara carries all the lessons and intentions for the evolution of your spirit in this lifetime. It is YOUR personal history and your potential past, present and future. I refer to it as your personal Akashic record (the record of all in your life that exists on the Etheric level). The Hara is pictured as a column of light that runs from the Central Sun (Divine Source) above the head, through the center of the body and down to the Earth Crystal.

From where does the energetic source of the Hara originate?
The Hara originates at the source called ‘all that is,’ the Central Sun, the Zero Point Field, or God – whatever terminology for the Supreme Power or Knowledge that is appropriate for you. The Hara arises the moment your higher self gives intention to have a physical experience. The Hara exists to support you having a physical body and to experience a lifetime on this planet.

I believe the Hara manifests as a central cord wrapped by three spiraling cords of coherently uniform energy. There are three nodes on the Hara corresponding to the three points: Individuation Point (ID), Soul Seat (SS) and Tan Tien (TT). The harmonic vibrations thrumming in the cords generate an intense energy field that radiates from each cord like ripples from a pebble dropped in a still pond. Please note that this energy exists before the physical body manifests. Therefore, it cannot be physically dissected and because of its very high vibration, cannot yet be measured.

The energy spectrum is a range of frequencies organized into three categories. Considering the frequency from lowest to highest or zero to infinity range, they are called the electromagnetic, quantum and subtle energy spectrums. The electromagnetic energies are that part of the lower spectrum for which we are currently able to build instruments. This has been referred to as the ‘Newtonian’ physics realm as this includes the instruments that enable us to predict and manipulate the behavior of mass. Physicists are actively pursuing the nature of these energies with instruments that allow researchers, given enough input energy, to separate energy into smaller and smaller pieces.

Quantum energies and subtle energies are even more energetic than this. In the quantum spectrum, researchers William Tiller and James Oschman have been able to detect and demonstrate the existence of these energies by the use of high-energy particle accelerators that can cause interactions at or near the
speed of light. They have shown that in this energy range the mere intention of the scientist can manifest particles out of an extremely energetic field. They find this effect to be of a “subtle” nature since it is like the energy needed to create an intention or thought. It was thus dubbed “subtle” energy. Subtle energy is difficult for researchers to detect because we currently cannot produce energy or the instruments needed to be able to contain the energy to do the measurement. As energy practitioners, we are working with the subtle energies at frequencies above the seen and measurable realm of energy, or at and above the speed of light. At this level objects do not behave in a predictable way as determined by the Newtonian physical rules. Therefore, rather than ‘spinning’ as a top would, the chakras actually pulse and radiate outwardly as the light from a sun does.

Why is the Hara important to you as an energy practitioner?
All information about the individual is held energetically in the Hara. This information includes all experiences past, present and future. It also includes all contracts for lessons, life, soul and all karma, if you believe in karma. (If you do not believe in karma – it doesn’t matter! Call it soul memory or symbolic information.) When we assess the Hara, we are seeing a moment in time where energies have concentrated. Working with the Hara energy is the fastest way to access and release trauma from the human energy system. Trauma, by its very definition, is a pivotal point in someone’s life where energy has become stuck.

When a client responds to a situation with fight, freeze or flight, now a specific energy pattern exists. Any time the client comes close to touching that trauma again, the client goes into the same pattern. Learning how to guide a client to the origin of a energetic compromise origin is in the Hara. If you are repeatedly working with opening/clearing the chakras and one or more of them do not hold open between sessions or they cannot open fully, look for the compromise to sit in the Hara system. To find this compromise, we assess the Hara with a pendulum, muscle testing or through intuitive means. The Hara is a very subtle system that exists before the physical body manifests.

How does it affect our healing?
If your client is expressing statements such as, “I am not safe,” “I do not want to stay here” (meaning on this planet or in this lifetime), “I do not want to connect with others because this world is dangerous and cruel,” or “I cannot open to a spirit/God that lets bad things happen to good people,” these indicate a lack of trust and/or a deep trauma being held in the Hara system. Healthy energy is moving and free flowing energy. Disease or compromise is an example or sign of where the energy has become congested – like a blocked drain diminishes the flow of water.

I worked with a client who presented with fear around losing her work, house and not having trauma in order to release this pattern is an essential tool for the energy practitioner. This work does not replace professional psychological interventions, of course. Remember, all practitioners need to work within their scope of practice. We are changing the energy, not doing psychotherapy. Because of this, the work we initiate can move very quickly and create life-changing results. For most clients, this work is an easy way to clear stuck Hara energy.

How is the Hara energy used for healing in an energy practice?
There is a classic sign that indicates when the client’s

“When we assess the Hara, we are seeing a moment in time where energies have concentrated.”
enough money to survive. I asked her, “Have you ever been without a roof? Without a job? Not had enough to survive and pay your bills?” Her answer was, “No.” This is an indication that there is a trauma held in the Hara because her response does not reflect her actual life experiences. Finding the origin is a quick way to release it permanently. I asked about what was happening when she was in utero. She admitted that her mother was pregnant with her while her father was in the service and serving in a war. When I asked how her mother felt about being pregnant and then led her back to the time when she ‘saw and felt’ the world through her mother, she shared that her mother was afraid of not being able to keep her job and then subsequently, losing her house and not being able to eat, raise a baby or pay her bills.

You can only heal what is yours to heal. It is very common for a child in utero to take on the issues for the mother because being mostly spiritual still, the child rationalizes that “if mom does not survive, I do not survive.” When prompted to return these issues to her mother (or her mother’s guardian angel) for healing (or not), the client easily and happily did so. The Hara is then re-patterned through a series of energy techniques without this overlay. In a subsequent session, the client reported NO remaining fear or angst over these same imagined losses.

Practitioner Development, such as adding practice knowledge of the Hara, assists you in developing and deepening client assessment and treatment skills. As Energy Medicine practitioners, advanced classes and training increase your professional awareness and expand your ability to facilitate the deepest healing for your clients, clearing trauma from the Hara and allowing more energy to flow. ☑️
Wanted: Amateurs to Put the Audience to Sleep

Renée S. Henning

How can people who sing in the shower entertain a tiny but receptive listener? Like me, they can volunteer in the neonatal and pediatric units of major hospitals.

I sing, sometimes off-key, to infants and toddlers. Having crooned to hundreds of small children one-on-one since the late 1980s, I know that many youngsters would benefit from live music. The volunteer’s target audience includes patients hospitalized for months whose parents seldom visit. These minors could use someone to dispense music, along with cheer. Therefore, I propose that more people offer to serenade the little ones and that hospitals welcome such volunteers.

The demands of this charitable activity are not great. A hospital unit requires neither full command of the lyrics nor a beautiful voice. (I am the proof!) Normally the baby or toddler never heard the song before. Thus, the performer could forget words and miss high notes for all his audience would know.

However, there is one harsh requirement. After growing fond of a youngster, the singer may arrive one week to hear that the child died. The volunteer must accept that not every patient survives.

In my experience, toddlers and babies, including “preemies,” who should still be in the womb, respond positively to many genres of music. They particularly appreciate upbeat, bouncy tunes sung softly and repeated many times. The performer should avoid sad songs and inappropriate lyrics for these listeners.

I suggest three tests for judging a hospital recital for children. If the performer, handed a howling baby, satisfies one of the three, the concert is a success.

The first test is snoozing. Particularly prized in a hospital is the singer who puts his audience to sleep! My best performance under this test took place in a crowded ward. That day a baby and I were assigned a small space between two mothers breast-feeding their infants. When my recital ended, all three babies and one of the two mothers were sound asleep!

The second test is relaxing. A performer for infants tries to send the child into the alpha state. Under this test, the baby, though awake, is so mellow and “boneless” after the concert that he appears to have turned into Jell-O.

The third test, the medical improvement test, requires some sign, even small or temporary, of an improvement in the child’s physical condition. Numerous patients are attached to oxygen, tubes, and wires. Often their monitors show wild swings in their vital signs. Frequently I have seen the swings lessen or the
WANTED: AMATEURS TO PUT AUDIENCE TO SLEEP

Baby’s breathing become more regular when I have been singing. This improvement cannot be solely attributable to hugging because sometimes the child was lying in a crib.

Another common area for medical improvement involves food. Many newborns need to gain weight to be discharged. With music, I have often coaxed underweight infants to drink more baby formula than usual. I first realized the connection between music and food intake in the early 1990s. That day, after feeding and serenading every infant in the pediatric department, I overheard a nurse say, “I don’t know what’s going on today! All of the babies are eating incredible amounts!”

Singing can have a positive nutritional - and medicinal - impact even on infants being tube fed. Based on my observations, a concert can sometimes prevent a child from spitting up food and the medication provided with it.

A baby born addicted to cocaine and heroin starred in one of my better performances under the medical improvement test. Like other infants experiencing withdrawal, she was agitated and jittery. After I held and crooned to her awhile, she was calm. (I have had similar experiences with other infant addicts.) Intrigued, her nurse decided to administer a test while having me sing and cuddle the child. Despite the girl’s poor showing of 50%, the nurse was delighted because it was the highest the baby had ever scored!

In fact, music therapy is a recognized profession. The therapist meets with clients (who may have physical, mental, or emotional problems) in a hospital, prison, office, or elsewhere. Unfortunately, a hospital may, for cost reasons, assign the professional only a few children for fifteen minutes per youngster. (In contrast, I spend up to three hours of my three-hour session singing to a child.) Some studies indicate that infant patients receiving music therapy eat more, cry less, and leave the hospital sooner.

Amateur recitals present a “win-win” opportunity for volunteers and their audience. The singers expand their song repertoire, gain the satisfaction of helping youngsters, and have fun in the process. Their listeners profit from the cheery break.

“Singing can have a positive nutritional - and medicinal - impact...”

Indeed, the women over the centuries who sang to their children and grandchildren were wise. Based on my experience and that of professional music therapists, many young patients would benefit physically and emotionally from a private concert. For all these youngsters, I hope there is somebody willing to sing to them.
2016 AHNA 36TH Annual Conference

Interconnectedness: the Soul of Holistic Nursing

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Reiki and PTSD
Easing the Burdens of War

Heather McCutcheon
Reprint from Massage & Bodywork November/December 2014

A staggering number of American veterans are coming home from service with posttraumatic stress disorder (PTSD). According to the US Department of Veterans Affairs (VA, 228,875 of those who served in Iraq and Afghanistan have been diagnosed with the debilitating condition, and new cases are being recognized every day. Practitioners from a variety of healing modalities feel called to help ease their burden and are increasingly being sought out by individuals, service groups, and the VA itself. Reiki is one of the modalities receiving increased attention, as it can alleviate symptoms for the afflicted and help ease the stranglehold PTSD has on their lives.

IMPACT OF TRAUMA ON THE HUMAN ENERGY FIELD

All branches of the US military spend time and money to prepare soldiers for combat, but it’s impossible to be fully prepared for the uncertainty, fear and trauma inherent in a combat mission. The threat this poses to the human psyche can have potentially devastating consequences over the long term, which in some cases, even surpass those of physical injuries.

Physical, emotional, and psychological issues are directly tied to the human energy field. Following are some of the ways a traumatic tour of duty may wreak havoc on the chakra system.

First/Root Chakra
The first chakra governs survival and the basic necessities of life: food, shelter, clothing and connection to a system of social support. It corresponds with the adrenal glands, which initiate the fight-or-flight response to threats. Routine and comfortable familiarity help maintain balance in the first chakra. Being removed from home, family and friends, and taking part in violent exchanges that threaten survival over extended periods can be very injurious to this chakra. Over time, energetically stored trauma can be triggered and the fight-or-flight response activated when no actual threat exists, as in the case of PTSD.

Second/Sacral Chakra
The second chakra governs emotional well-being and the ability to seek out and enjoy pleasurable experiences such as food, positive social interactions and intimacy. When emotions such as fear and sadness are repressed and pleasurable experiences are scarce, health energy flow via the second chakra can be disrupted or blocked. This may inhibit experiences of joy, even after the soldier has returned home.

Third/Solar Plexus Chakra
The third chakra governs sense of self and ego functions. It is the source of personal power and dictates our ability to set and achieve short- and long-term goals for ourselves. The inability to exert individual
Reiki and PTSD

will and influence over one’s own life circumstances, as is often the case within the hierarch of military life, negatively impacts the third chakra.

Fourth/Heart Chakra
The fourth chakra governs love, trust, unity and one’s sense of connection with others. Soldiers often struggle with the concept of “us” and “them” in combat and with following orders that result in the deaths of strangers. For members of the military to successfully function in these roles, this chakra must be shut down and barricaded. This self-imposed blockage can be difficult to clear upon return to civilian life.

Fifth/Throat Chakra
The fifth chakra governs communication. The ability to freely express one’s truth and receive incoming ideas without censure indicates a healthy fifth chakra. This is possible in an environment where differences of opinion are permitted and everyone has an opportunity to speak and be heard. That, however, is not typically the case in military situations.

Sixth/Third-Eye Chakra
The sixth chakra governs intellect and the ability to integrate and utilize tangible and intangible forms of information. This includes data collected via the five senses, as well as intuition or instinct. These sensory abilities may be heightened in life-or-death situation. Yet, the inability to respond to one’s own intuition by escaping or seeking safety may create a disconnect from this valuable, inner GPS system.

Seventh/Crown Chakra
The seventh chakra is the portal to the higher self and life purpose. We each have our own unique path to follow, which can become most evident to us when the lower chakras are clear, strong and functioning at optimal levels. When we are more concerned with survival or baser tasks, the fulfillment we might experience with an open crown chakra may not be available to us.

We store trauma in our bodies energetically, not only within our chakras, but all the way down to the cellular level. Because reiki helps balance and fortify energy fields while clearing energetic blocks, it can address issues similar to those mentioned here. Reiki helps restore the chakras back to a healthy, vital state and eases and even eliminates the symptoms of stored trauma.

“Over time, energetically stored trauma can be triggered and the fight-or-flight response activated. . .”

Fifth/Throat Chakra
According to the Washington Post, the number of military deaths due to suicide in 2012 surpassed that of deaths in combat. In addition to depression and hopelessness, erratic behavior and the inability to recreate a productive life means the impact of PTSD reaches beyond individuals to their families, communities and society as a whole.

The response from the VA has been a push to develop initiatives and protocols to bring veterans some relief, including energy healing modalities, massage, meditation, yoga and other means of promoting relaxation. The VA estimated it would spend $600 million in 2013 to treat PTSD, though programs are expanding beyond the VA to independent service centers created to meet the rapidly growing need.

USING REIKI TO REACH OUT
In early 2012, I contacted the Jesse Brown VA facility in Chicago to see how members of the Midwest Reiki Community could connect to veterans in need. I was invited to bring a group of practitioners to the next VA Stand Down, a service fair for homeless veterans
that is held in locations across the country. These events offer food, shelter, clothing, health screenings, VA and Social Security benefits, counseling, an opportunity to reconnect with other veterans and referrals to services such as health care, housing, employment and substance abuse treatment.

During the first year volunteering at Stand Down, we had a difficult time selling people on reiki initially. As we offered demos to the crowd, we were met with a variety of responses ranging from “no thanks,” to winks and chuckles. Overseas, our troops are exposed to all manner of hands-on “services” and misconceptions were to be expected. I had advised all the volunteers to dress conservatively – despite the intense heat – to minimize confusion.

We persevered and soon signed up our first takers. One of these individuals was so moved by his session, he took it upon himself to stand guard near us and respond to the negative comments from passersby: “No, it ain’t like that; you got to try this!”

And several of them did. Over the course of the day, the five volunteers were able to work on more than 20 veterans, most of whom were very grateful for the experience. Several walked away scratching their heads, unable to understand how they could feel so much more relaxed after just a few minutes of someone touching their head, shoulders and chest.

After receiving an invitation to participate in the Stand Down event again in 2013, our group of volunteers was enthusiastically greeted at the venue by event staff and vets who remembered us from the previous year. There were very few inappropriate comments this time and we were able to work on more than 90 veterans and VA volunteers over the course of two days.

At one point, the director of volunteer services approached us to ask, “What’s happening out here? Everyone’s talking about you guys!” That conversation led to an invitation to give a presentation to the Jesse Brown VA’s Patient Centered Care committee, where I proposed a two-phase reiki service and training program for veterans, offering not only healing possibilities, but also job opportunities. I’ve received approval to implement phase one. It includes a large group of reiki volunteers providing 10-minute sessions to vets in the VA medical center several times a week, right alongside, and under the supervision of, the medical doctors and mental health professionals.

Gaining this approval was a long process. It involved background checks, and providing information about reiki training, outcomes, and liabilities to decision makers at the VA to inform new policies governing such a reiki volunteer program. Because these individuals needed to secure approval from VA leaders in Washington, DC, this conversation has had a much greater audience than I dared hope for in the early stages. It looks like we may be helping to pave the

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**REIKI FOR VETS WITH PTSD**

The following guidelines can help inform you when working with PTSD clients.4

- Create a safe, relaxing environment
- Be mindful of music (e.g., some Vietnam vets hold a negative connotation with Asian music)
- Veterans are usually grounded people, so keep explanations in simple terms and refrain from incorporating props that may detract from their experience, such as crystals or pendulums
- Show respect by making eye contact and referring to veterans by name
- Don’t approach a client with PTSD from behind without announcing yourself—no surprises.
- Ask for permission to touch; hover in the energy field if it is preferred
- PTSD clients may wish to keep their eyes open to feel in control
- Use your intuition to follow the energy. In very traumatized individuals, the signals are not subtle
- Be a good listener, but don’t ask them to tell their story, as it may be re-traumatizing
- In the event issues come up for a PTSD client and they wish to talk it out, be able to refer to a talk therapist. Don’t exceed your scope of practice
way for similar programs on a national scale. As a result of these inroads, we also received an invitation to participate in the VA's Welcome Home event at Soldier Field in Chicago. The Healing Touch community had been asked to bring up to 50 energy healing practitioners to work on veterans attending the event, and they offered the Reiki community several of those spots. It was such an honor to be a part of this massive collaboration and witness hundreds of veterans being introduced to energy healing work throughout the day.

LESSONS LEARNED
As reiki volunteers continue to reach out to decision makers to gain acceptance for this modality, I hope they benefit from some of the lessons we have learned along the way.

Perseverance
It is within our power to overcome obstacles and elevate understanding and receptivity to our services through education – particularly by offering experiential opportunities. Energy healing modalities may not immediately resonate with those firmly rooted in the Western medical paradigm, but the more times they hear the same message coming from a wide variety of sources, the more readily they will come to understand what is being offered. Try not to become discouraged. Instead, delight in being part of this remarkable process.

Patience
Change may not happen overnight, but it will happen. Our collective efforts are shifting the way the public perceives complementary healing modalities and facilitating their integration into mainstream systems of physical and mental health care.

Going forward, I will personally continue to work to make reiki available to all veterans, soldiers, first responders of all kinds and anyone holding trauma in their energy field. I would love to see reiki available in prisons and all manner of rehabilitative environments. Wouldn’t it be wonderful to have all Peace Corps volunteers trained in reiki before they head out the their assignments, and have reiki practitioners dispatched in conjunction with the Red Cross and Doctors Without Borders? The value of the work is illustrated in this one simple quote from a grateful veteran who was basking in the calm that followed his 10-minute reiki session: “If we would have had this type of technology before we went to war, nobody would want to fight.”

Now that’s a goal we can all get behind.

References
1. US Department of Veterans Affairs, “Report on VA Facility Specific Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF), and Operation

WHAT IS REIKI?
Reiki is an energy healing modality in which the practitioner makes a flow of life-force energy—called chi or prana in other cultures—available to the recipient.

Everything is made of energy, so reiki is able to address healing on all levels: physical, emotional, psychological, and spiritual. Its noninvasive nature is what makes reiki a great resource for those suffering from PTSD.

The benefits of reiki are sometimes immediate and profound, and usually found to be cumulative over time. In addition to its ability to alleviate pain and stress and promote an overall sense of well-being in very little time, reiki has two unique features: it can be learned quickly by anyone, and it can be used as an effective means of self-healing on a daily basis, much like the practices of yoga or meditation. The first level of reiki training takes place over a one- or two-day class, and children as young as 7 years old have attended reiki classes and gone on to offer reiki and its myriad benefits to others.

As awareness of its efficacy in reducing physical pain and anxiety grows, reiki is being increasingly incorporated into hospital treatment programs around the world, and the corresponding body of anecdotal and clinical data is mounting in its support.

GET INVOLVED
If you are interested in offering reiki to veterans, get involved with your local VA Stand Down. Here’s where you’ll find the current schedule: www.va.gov/homeless/events.asp. Once you have secured an invitation to an event where veterans will be gathered, these tips will help your event go smoothly:
• Recruit volunteers well in advance from within your local reiki community.
• Distribute information about PTSD to all volunteers in advance so they know what to expect
• Send out event reminders, including a map, recommended dress code, what to bring, and your contact information.
• At the event, use a sign or banner to attract attention and educate the crowd. (One veteran suggested
  • our banner would be more effective if it simply read, “Got PTSD? Try this!”)
• Create a waiver/media release for all recipients to sign prior to their session.
• Provide handouts with information about reiki.
• Distribute stickers that say something like, “Ask me about my FREE reiki session.”

UPDATE - April 2015
Having benefitted from Reiki session for several months, many of our regular recipients are ready and waiting for us when we arrive on site. It’s become part of their routine and we’ve heard some come to the hospital specifically for their mini-Reiki treatment. Those new to Reiki still filter into our area each week, and we’re thrilled to introduce them to their first Reiki experience. Throughout the hospital we are given a warm reception and hear comments from doctors and staff such as, “We’ve been hearing such great things about Reiki!” We continue to offer demonstrations whenever possible.

The VA has opted not to offer Reiki classes in-house, but some of the vets have sought out learning opportunities independently. We look forward to the day they will volunteer alongside us offering Reiki to their fellow soldiers.
AIHM is an interdisciplinary membership and education organization committed to the transformation of health care on a global level. The Academy's values include the belief that unconditional love is the premise of all healing.

The American Holistic Medical Association (AHMA) merged with the American Board of Integrative Holistic Medicine (ABIHM) to form the Academy of Integrative Health & Medicine, a membership and educational organization working to unite integrative practitioners of all modalities under a common goal -- to transform health care globally. The Academy, in the process of developing an advocacy arm to support integrative healthcare expansion, offers E-Learning for continuing education, publishes at least two articles in the AIHM Journal Club per week, has more than 10 regional chapters and continues to grow.

Two events that capture the heart of the Academy's approach are Crone and Sage School. These two gatherings that take place during the Academy annual conference are a special tradition, part of the Academy's legacy from one of its two predecessor organizations. During the events, the wisdom of the elders is honored as they lead a group of healers to share in reflection and come together to celebrate our shared humanity and holistic heritage.

The Origin of Crone School
In 1970, women made up just 9.7 percent of the nation's Medical Doctors (MDs) and Doctors of Osteopathic Medicine (DOs), according to census data. Female physicians who practiced holistic, integrative medicine were even rarer and inter-professional support was limited.

In 1978, the AHMA formed to unite holistic practitioners. The female practitioners who were part of the group needed more support, so they formed what they called Crone School.

Crone School began as informal gatherings over a few long dinners and eventually became a scheduled ceremony at each AHMA meeting where the women sat in circle and shared stories. All women at the conference were invited, including attendees, faculty and exhibitors.

"The need for Crone School was brought to us at a point in time when the hearts of many young women were hurt and even broken by the broken medical system," said Dr. Gladys McGarey, widely known as the "Mother of Holistic Medicine" and the founder of the Foundation for Living Medicine.

The word "crone" might conjure negative connotations, but the women chose it to reclaim the beauty
and strength of aging, according to Dr. McGarey. “We thought it was time to change the picture of the old woman from being an ugly, withered, wicked person and reclaim her as a crony or friend who may have wrinkles and not be young and beautiful, but who has wisdom and loving life experiences which need to be shared.”

Once a woman reached “cronehood,” she was done with child rearing, usually done with usual “work” and able to be a source of wisdom, solace and inspiration to others in the clan, according to Dr. Wendy Warner, a longtime member of the Academy’s predecessor organizations and 2015 AIHM Conference Co-Chair.

Those of us who have been on this planet for many years have our own scars,” Dr. McGarey said, “but also have lived through the pain and can share our own healing tools.”

Though the number of female physicians and surgeons has increased by 22.7 percent from 1970 to 2010 -- female practitioners are still the minority. “The system is still broken and the hearts of healers are in need of love, support and understanding,” according to Dr. McGarey. “We women know that we all need each other and Crone School is a wonderful place for this need to be met.”

Dr. Warner has attended Crone School for many years. She said her most profound experience was when she split with her conventional Obstetrics and Gynecology (OBGYN) practice 10 days before the annual Crone School gathering. “I was feeling cast adrift, unsure of the next step, totally alone and raw.” Even at the time she was splitting from her conventional practice, she was comforted by the fact that she would be with “her people” soon.

Imagine a room full of women, mostly healers, many of whom had similar stories to mine. I was in such good hands! I regained my feet and my heart there that night.”

Sages Follow
A few years after Crone School began, several of the men of the AHMA observed the great benefit the women were reaping from their ceremony and determined to create their own special evening, said Dr. Bob Anderson, a founder of AHMA and ABIHM.

Though the word “sage” implies hubris, Dr. Anderson said nothing could be further from the truth. The term was used to convey that older physicians have more hindsight and life experience and can pass along what they have learned to physicians new to integrative health. The dictionary defines the term as “someone venerated for the possession of wisdom, judgment and experience.”

Though the elders are called upon to share knowledge, the sages “have no monopoly on the truth.” There appears to be no hierarchy in the Sage School circle. According to Dr. Anderson, “All need for pretense fades away. Judgment and competition, so embedded in the practice of medicine, are suspended in the Sage circle.”

Sage School is similar to Crone School: men form a circle and share the struggles and joys of being an integrative practitioner and a human. “Unrestrained sharing of sometimes-intimate information being met with unconditional acceptance was very helpful as I moved along my path of becoming a better and more caring healer, and a more fully alive person.”

Dr. Anderson especially enjoyed Sage School because it was a break from the usual brain-centered ap-
Everyone was seated, the women in the four corners of the room played a song with various wind and drum instruments.

Next, we were encouraged to bring our spiritual tokens to the center of the circle. Some brought rings, some brought rocks. I was not sure what to put in the middle, until I felt the weight of my most beloved necklace hanging around my neck. It was my late Ota’s (grandfather’s) gold chain with a wrapped crystal adornment from my boyfriend. I unclasped the back and walked forward to add to the collection of prized possessions.

We began the ceremony by passing around a heart-shaped healing rock that Dr. McGarey brought with her. I watched as each person held the rock, reluctant to let go before passing it to the next person. I was nervous to hold it and planned to pass it quickly. However, when my neighbor passed it to me and I felt the heat and loving energy of so many people inside that rock -- I understood. It could not have weighed more than one pound, yet it felt like a ton. I immediately felt grounded and in a meditative state. Just as hesitantly as the others, I passed it to the next person.

When I returned to my hotel room after the ceremony, I felt a new energy coursing through me. I felt relief after sharing experiences in a room with so many like-minded individuals - and - I felt a renewed sense of pride in my womanhood.

The tradition of the Crone and Sage Schools will continue at AIHM’s October 20-25, 2015 conference—People, Planet, Purpose: Global Practitioners United in Health & Healing in San Diego.

References
2. Ibid.

Crone School Firsthand
I attended my first Crone School at AHMA’s final conference in 2014 in Minneapolis. As I joined two long lines of women, who were peering over heads to see what was in front of us, I heard the sound of Tingshaw Tibetan Bells and singing bowls -- then saw the gatekeepers of the room moving the instruments around those waiting, sending them into the room with a cleansing blessing.

The door opened just a sliver as each new person entered the room. I tried to get a glimpse of what was behind that door, but all I could do was listen. I heard a woman’s voice say, “She calls herself Jane.” Then an echo of many others responding, “Welcome, Jane!”
This was Crone School.

When it was my turn to enter, my heart was beating fast and my palms were sweating. I was given the blessing and then guided into the room. “What do you call yourself?” the gatekeeper asked. “Kelsey,” I whispered. “She calls herself Kelsey,” she said in a booming voice. “Welcome, Kelsey!” the room echoed back to me. She gently pushed me forward where I found a seat in the large circle of chairs. Only a few were left.

The energy in the room overtook me immediately, wrapping me in a swath of safety and warmth. I looked around the room and exchanged nervous smiles with some women I knew, and some whom I did not.

Others joined the circle until there were no seats left and we welcomed each with the same greeting. When
Mindfulness, Zen, Acem, Meditation drumming, Buddhist and transcendental meditation — There are countless ways of meditating, but the purpose behind them all remains basically the same: more peace, less stress, better concentration, greater self-awareness and better processing of thoughts and feelings.

But which of these techniques should a poor stressed-out person choose? What does the research say? Very little – at least until now.

Nondirective or concentrative meditation?
A team of researchers at the Norwegian University of Science and Technology (NTNU), the University of Oslo and the University of Sydney is now working to determine how the brain works during different kinds of meditation.

Different meditation techniques can actually be divided into two main groups. One type is concentrative meditation, where the meditating person focuses attention on his or her breathing or on specific thoughts, and in doing so, suppresses other thoughts. The other type may be called nondirective meditation, where the person who is meditating effortlessly focuses on his or her breathing or on a meditation sound, but beyond that the mind is allowed to wander as it pleases. Some modern meditation methods are of this nondirective kind.

“No one knows how the brain works when you meditate. That is why I’d like to study it,” says Jian Xu, who is a physician at St. Olavs Hospital and a researcher at the Department of Circulation and Medical Imaging at NTNU (Norwegian University of Science and Technology).

Two different ways to meditate
Fourteen people who had extensive experience with the Norwegian technique Acem meditation were tested in an MRI machine. In addition to simple resting, they undertook two different mental meditation activities, nondirective meditation and a more concentrative meditation task. The research team wanted to test people who were used to meditation because it meant fewer misunderstandings about what the subjects should actually be doing while they lay in the MRI machine. The results were published in the journal *Frontiers in Human Neuroscience*.

Nondirective meditation led to higher activity than during rest in the part of the brain dedicated to processing self-related thoughts and feelings. When test subjects performed concentrative meditation, the activity in this part of the brain was almost the same as when they were just resting.

A place for the mind to rest
“I was surprised that the activity of the brain was greatest when the person’s thoughts wandered freely on their own, rather than when the brain worked to be more strongly focused,” said Xu. “When the subjects stopped doing a specific task and were not really doing anything special, there was an increase
in activity in the area of the brain where we process thoughts and feelings. It is described as a kind of resting network. And it was this area that was most active during nondirective meditation.”

**Provides greater freedom for the brain**

“The study indicates that nondirective meditation allows for more room to process memories and emotions than during concentrated meditation,” says Svend Davanger, a neuroscientist at the University of Oslo, and co-author of the study.

“This area of the brain has its highest activity when we rest. It represents a kind of basic operating system, a resting network that takes over when external tasks do not require our attention. It is remarkable that a mental task like nondirective meditation results in even higher activity in this network than regular rest,” says Davanger.

**Meditating researchers**

Most of the research team behind the study do not practice meditation, although three do: Professors are Holen and Øyvind Ellingsen from NTNU and Professor Svend Davanger from the University of Oslo.

Acem meditation is a technique that falls under the category of nondirective meditation. Davanger believes that good research depends on having a team that can combine personal experience with meditation with a critical attitude towards results.

“Meditation is an activity that is practiced by millions of people. It is important that we find out how this really works. In recent years there has been a sharp increase in international research on meditation. Several prestigious universities in the US spend a great deal of money to research in the field. So I think it is important that we are also active,” says Davanger.
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