

The logo for Energy magazine features the word "Energy" in a white, cursive script font, set against a circular orange background with a radial sunburst pattern. The word "magazine" is written in a clean, orange, sans-serif font to the right of the circle.

Energy

magazine

Sharing Energy - Transforming the World

May/June 2012 - Issue Sixty-One

The background of the cover is a gradient from light blue on the left to light yellow on the right. It is overlaid with abstract, swirling patterns of blue and orange lines, resembling energy or molecular structures.

Celebrating **6** Years of
Broadening the Exploration of Energy Medicine



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READERS -

Share your knowledge.

We are requesting responses to the question below to be shared with our readers in the next issue of Energy Magazine (July/Aug 2012).

"What is the most helpful Energy Medicine self care tool you have found or that you share with your clients?"

Please send your comments (150 words or less please) to:

info@energymagazineonline.com
by May 15th for possible
inclusion in the next issue of
Energy Magazine.

Submission does not guarantee inclusion. Also, due to space constraints, your material may be edited.

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Sharing Energy – Transforming the World

When we began creating the first issue of Energy Magazine, six years ago this June, we started with the idea of spreading the word about Healing Touch to our community and the public. As we grew, our subscription base grew beyond

Healing Touch and we discovered that more and more people were reading Energy Magazine who weren't involved with Healing Touch (or maybe didn't even know what it was). They were looking for information about Energy Medicine either to help validate what they were already practicing or to learn more and answer questions about other Energy Medicine modalities.

The last year was spent working on the idea of growing Energy Magazine. With the May/June issue, we have changed the look and the focus or should I say – broadened the focus. Our new theme: *Sharing Energy-Transforming the World* is all about spreading information about Energy Medicine; all types, all modalities, all areas of thinking. We want to help share the word about all the wonderful things Energy Medicine can do for the world. We are excited about the future of Energy Magazine and Energy Medicine!

We will still include articles on Healing Touch. However, most of the Healing Touch community articles will be found in the newly redesigned and expanded Healing Touch Community Newsletter – watch for it in your email inbox the third week of May!

We would love to hear from you, our readers, please share with us what you think of our new look and format. What would you like to see articles on? Please send your thoughts and comments to me at info@EnergyMagazineOnline.com

This issue features articles from Rollin McCraty of Heartmath, Dorothea Hover-Kramer an Energy Psychologist, Sue Hovland from Anatomy for Healers and Bethlyn Gerard one of our own Healing Touch Certified Practitioners who has studied numerous energy modalities. Future issues will continue to have articles from other modalities in the field of Energy Medicine.

Blessings to you – our readers (over 20,000 of you) who make this magazine possible with your support and feedback.

Billy

Energy Magazine

www.EnergyMagazineOnline.com

info@energymagazineonline.com

phone (210) 653-0127

fax (210) 497-8532



Editor
Billy Courtney



Assistant Editor
Nancy Strick

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Next Issue:
**Practitioner
Support**



Contributors May/June 2012



Bethlyn Gerard integrates biofield sciences into healthcare. Her energy sessions assist adults, kids, couples, families, teams and companies. She teaches how to promote health during challenges. You can find free resources and contact her at www.5starhealing.com or call the Living Well Dallas Center: 972-930-0260.



Sue Hovland has studied many energy and body therapies including nursing, massage, and Cranial Sacral, plus energy with Rosalyn Bruyere Program, Mary Jo Bulbrook's Energetic Healing, Arden Wilken's tuning forks, Axiatonal Alignment, plus Allergy Antidotes, NAET, and other energetic approaches to allergies and trauma.



Dr. Dorothea Hover-Kramer is a nurse, psychotherapist, and retired psychologist who cofounded and continues to spearhead learning in the Association for Comprehensive Energy Psychology, a large international organization for psychotherapists. She also is a founding elder of Healing Touch. She is the author of nine books about energy therapies including *Healing Touch: Essential Energy Medicine for Yourself and Others* (2011).



Dr. Rollin McCraty has been with the Institute of HeartMath (IHM) since its creation in 1991. He is IHM's executive vice president and director of research. A psychophysiological, Dr. McCraty's research interests include the physiology of emotion, with a focus on the mechanisms by which emotions influence cognitive processes, behavior and health.

Liability Insurance for Energy Medicine Practitioners



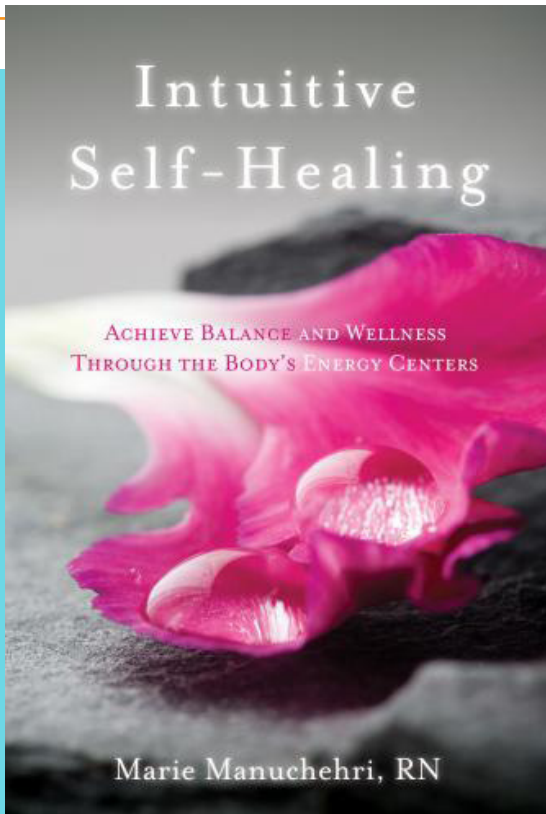
The perfect fit for your Practice

Do I need to have Liability Insurance for my Energy Medicine Practice? This is a question you need to be asking yourself if you are seeing clients as a student, practitioner, instructor or a volunteer. Even when you do your absolute best work, there's always some risk that someone with whom you interact will be dissatisfied. Professional Liability Insurance protects you against covered claims arising from real or alleged claims in your work.

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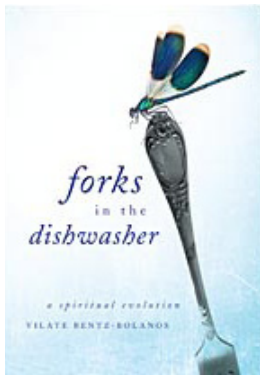
Energy Medicine
Professional  Insurance



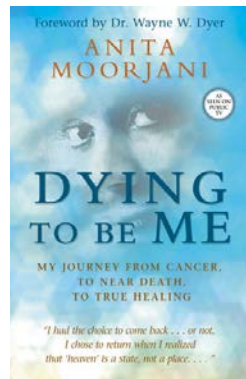
1 | Awaken your own gifts

Even doctors and the most sophisticated tests can't always find the source of a health issue, but there is one authority that always knows—your own body. “We intuitively perceive what we need for physical, emotional, and spiritual healing,” teaches Marie Manuchehri. “The biggest challenge for most of us is learning to trust our inner guidance.” With *Intuitive Self-Healing*, this registered nurse and renowned energy healer provides accessible instruction for helping readers tune into their health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites readers to learn more about:

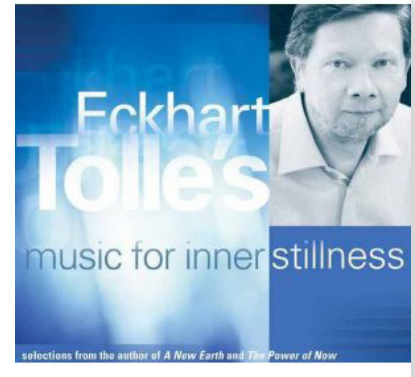
- The chakra system
- Tools for self-analysis
- Energetic preventative care
- Your intuitive style



2 | Vilate Bentz-Bolanos shares wisdom realized from life experiences in her straight-forward and thought provoking book, *Forks in the Dishwasher*. She approaches different life issues with a fresh view and offers the reader the opportunity to reflect in their own way. This warm, approachable book is an excellent tool for self reflection and growth.



3 | In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body-overwhelmed by the malignant cells spreading throughout her system-began shutting down. She entered into an extraordinary near-death experience where she realized her inherent worth - and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was able to be released from the hospital within weeks - without a trace of cancer in her body!



4 | In a noisy world, how can we easily access the realm of inner stillness? Through the avenue of music. Why? “Because music, like nature, bypasses the conceptual mind,” explains Eckhart Tolle. With *Eckhart Tolle’s Music for Inner Stillness*, the bestselling author presents a handpicked compilation of music purposefully sequenced to center us in the moment in what he calls “the joy of being.” Artists include Grammy-nominated Tibetan flutist Nawang Khechog, ambient composer and sound healer Alex Theory, Grand Master of the shakuhachi flute Riley Lee, and others.

For more information or to purchase these titles click on the title’s image above.

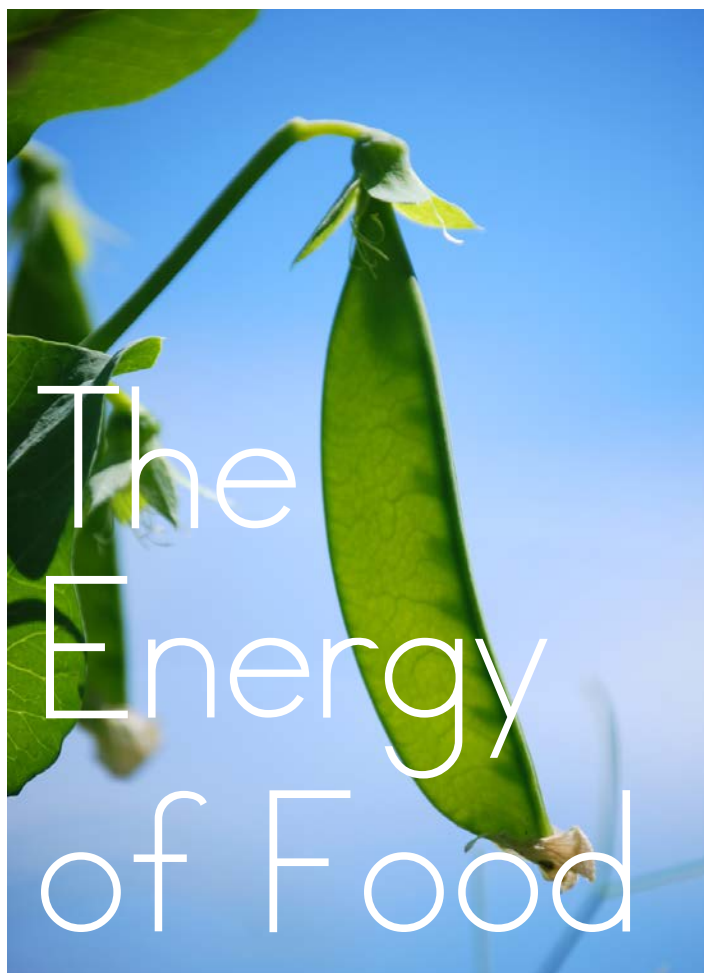


“In a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, science is explaining the roles of energy fields in health and disease. The main reason for the recent change in outlook is the development of sensitive instruments that can detect the minute energy fields around the human body.”

“On the basis of what is known about the roles of the electrical, magnetic, elastic, acoustic, thermal, gravitational and photonic energies in living systems, it appears that there are many energetic systems in the living body and many ways of influencing them. What we refer to as the “living state” and as “health” are all of these systems, both known and unknown, functioning collectively, cooperatively and synergistically. The debate about whether there is such a thing as “Healing Energy” or life force is being replaced with the study of the interactions between the biological energy fields, structures and functions.

Simply speaking, Energy Medicine (EM) is the diagnostics and therapeutic use of energy. Energy Medicine is a growing field in health care composed of two main branches. The first is bio-mechanical in nature and utilizes electrical or magnetic devices which provide images of some aspect of the human body for diagnostic purposes, or somehow stimulates (treats) a diagnosed condition. These instruments use ordinary energies: heat, light, sound, gravity, pressure, vibration, electricity, magnetism, chemical energy, and electro-magnetism, which are the basic forces that surround and interpenetrate us. This form of EM involves energy of particular frequencies, intensities and wave shapes as well other characteristics that stimulate the repair and regeneration of one or more tissues.”

Quotes taken from *Energy Medicine: The Scientific Basis* by James Oschman, Ph.D, 2000



Sharon Greenspan, CHHP, HTCP, M.Ed

Eating Red

If you have been following this column, you know that foods have an etheric body and carry vibrational patterns, just like people. Mother Nature gives us the option to raise our vibration through food choices. Food vibrations have three main components: phytonutrients, biophotons and the cultivate signature. Phytonutrients provide organoleptic properties such as color and smell. Biophotons are the emissions given off by DNA, RNA, enzymes and other macromolecules. The cultivate signature describes the effect food can have when eaten. This effect is based on how the food grows. For example, foods which grow in trees have a different effect from foods which grow underground. We need to consider all of these aspects when choosing food for the effect on chakras and auras.

According to Dr. Gabriel Cousens, the vibrations of food are first absorbed visually. This affects the content and concentration of our saliva. Aroma and taste affects how nutrients are absorbed and utilized. These extra-nutritional components affect how food is used in the physical and etheric bodies.

Food appears a particular color because it reflects the vibration of that color (basic physics). This color correlates to the chakra. Looking at this component, let us explore foods which affect the root chakra.

We know the color associated with the root chakra is red. Some red foods with the strongest phytonutrients include tomatoes, red apples, strawberries, cranberries, cherries and red grapes. Some of the phytonutrients in these foods might be familiar to you: resveratrol and quercetin, for example. Preliminary studies on resveratrol indicate positive cardiovascular benefits. Quercetin has been shown to have anti-inflammatory effects and MAO inhibiting activity. According to Healing Touch Program training, the root chakra is associated with the adrenal glands, which play a major role in releasing stress-related hormones. Consuming (naturally) red foods can be calming and repairing to the body when a client has a compromised root chakra.

Dr. F.A. Popp, noted German researcher, showed that biophotons are most abundant in wild plant foods. Wild, organic foods might give off twice as much biophoton energy as cultivated organic crops, which give off five times as much biophoton energy as commercially grown (conventional) food. (These measurements are for uncooked foods. Cooking destroys the biophotons and changes the structure of phytonutrients.)

To further explore these ideas, use your pendulums to test some food! Compare cooked and uncooked vegetables, asking to be shown the lifeforce. Compare organic and conventional produce. Compare local and imported fruit or greens.

Dr. Dietrich Klinghardt, in an interview with Dr. Joe Mercola, explains biophoton vibration as a "coil-like contraction and extension of your DNA -- which occurs several billion times per second -- and every time it contracts, it squeezes out one single biophoton; a light particle."

Thinking about the differences between the DNA of an apple, a strawberry and a beet begins to illuminate the qualitative difference among these red foods. This is where cultivate signature comes in. A beet grows underground. It is nestled, burrowed and secure. It is, literally, grounded. It grows in clusters. The flesh is very firm and strong. These characteristics are shared with someone who consumes the beet in its natural state.

An apple grows on a tree. It is off the ground, usually high enough to require a ladder. If it had eyes, it would have a nice peripheral view. Apples hold fast to their branches and only fall when they are truly ready (or in high winds). The flesh varies in sweetness and hardness depending on the variety. Apples are most interesting in that if you plant the seeds from one apple,



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the fruit from the resulting tree will not taste like the original fruit. So there is a lot of individuation related to this fruit.

Strawberries grow close to, but not on the ground. They are actually an aggregate fruit, meaning the fleshy part is a receptacle for many ovaries. The plants appear hermaphroditic but function as male or female. Many strawberries grow on one plant, but they are not clustered in the same way as beet root vegetables. They are not as individuated as apples. Strawberries are a hardy plant yet the fruit, itself, is delicate.

Now let us think about the issues we often witness when a root chakra is compromised. Someone might have feelings of loneliness and disconnectedness. It might be disconnection from people or from Source.

A different person struggling with a compromised root chakra might be characterized as an “airhead.” This person may live a very spiritual life and not be grounded in an Earthly sense.

A third client might be stuck in a rut or in old patterns.

Which food might be best for which person? The right food choice can help support shifting and holding a new energetic pattern. It can be an adjunct to the Healing Touch session you provide – for clients or yourself. 

Sharon Greenspan, CHHP, HTCP, M.Ed is a Board Certified Holistic Health Practitioner who blends holistic nutrition, life coaching and Healing Touch. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, obesity, diabetes and heart disease. She’s authored the Eating Your Way To Health Workbook, Wildly Successful Fermenting™, Warming Winter Recipes, Spring Into Healthy Eating and Raw and Living Food Basics. She is a speaker at the Mother Earth News Fair, North American Vegetarian Society Summerfest, and Green Festival. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.

The Energy of Food will be back again in the Sept/Oct issue

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Accessing the Heart's Intuition: *A key to Establishing Global Coherence*

Rollin McCraty, Ph.D. and Doc Childre

Rollin will be a keynote speaker at this year's Healing Touch Worldwide Conference, August 2-5, 2012 (see page 17 for more information).

Most people know what it feels like to be in a state of harmony and flow, one in which our hearts and minds are working together and there is a genuine connection with others. It's easy to love this experience of synergy, but often times, this happens by chance, rather than by design or intention. Wouldn't it be nice to be able to produce this flow on demand, in our day-to-day communications, projects and challenges?

So what enables our ability to increase flow and create synergy in our relationships, work and challenges? In 20 years of applied research, the Institute of HeartMath has identified a core element that we call heart coherence. Heart coherence is state in which the heart, mind and emotions are in harmonious alignment, which studies show enhances health and performance in a wide range of contexts.

Making the Shift to Coherence

Did you know the physical heart has its own nervous system? Neurocardiologists call it the intrinsic cardiac nervous system and have nicknamed it the "heart brain." The heart and the brain are constantly in communication with one another, with the heart sending more information to the brain than the brain sends to the heart. This information influences the brain centers involved in perception, intuition and emotional experience.

Research shows that when we shift into a coherent state, the heart and brain operate in synergy. We can learn how to activate and sustain this heart-brain synergy and prevent stress-producing patterns while increasing our mental clarity and discernment capacity. When we do this, our creative solutions for personal, social and global challenges become more accessible, providing us with more intuitive access and flow. Our mission is to simplify a process for intuitive connection to the soul's wisdom and guidance for unfolding who we truly are, both personally and professionally.

HeartMath's science-based, coherence-building techniques are intentionally simple. These techniques enable us to access our natural inner technology, the heart's intuitive intelligence. An interesting finding from our research is that when people hold genuine core heart feelings such as appreciation or compassion, this naturally increases their heart coherence.

Energetic Heart: A Gateway to Intuition

We use the term energetics to refer to the systems that we cannot see or touch: for example, our thoughts, emotions and intuitions. The mind and heart feelings are energetic sources that underlie our thoughts and emotions. They are primary drivers of our biological systems and have a powerful influence on our behavior, choices and the outcomes in our lives.



Ancient teachings from many diverse cultures hold that the heart is an access point to the wisdom of our soul or higher source. New studies suggest the heart indeed is connected to a source of intelligence that is not bound by the limits of time and space. This research suggests that the energetic, or spiritual heart is an access point for intuitive guidance. This intuitive intelligence can elevate our communications, decisions and choices to a much higher level of effectiveness. People have associated the intuitive, energetic heart with their "inner voice" throughout history. For instance, expressions like Just do what your heart tells you, or Your heart knows best are expressions that have been with us in one form or another for centuries.

From our perspective, the energetic heart communicates a steady stream of intuitive information to the

Interconnection in the Social Field Environment

Research conducted in HeartMath's laboratories has confirmed that when an individual is in heart coherence, the heart radiates a more coherent electromagnetic energy field that can benefit other people, animals and the environment, and this has broad implications for the healing arts.

A growing body of scientific evidence also suggests that when there is coherent group cooperation, it results in increased flow and effectiveness, and creates the potential for higher outcomes. The dynamic in a group setting appears to be that the participants not only are in sync, but they communicate on an unseen energetic level as well.

The heart and the brain are constantly in communication with one another. . . This influences the brain centers involved in perception, intuition and emotional experience.

mind and brain, but in most cases, we only access a small percentage of this information because our mind overrides it. At times, we access intuitive suggestions that could be most helpful to us, but often disregard them because they don't suit what our personality or ego desires. The ability to access the heart's intuition varies among people, but we all have it. As we learn to slow down the mind and attune to our heart feelings, our natural intuitive connection can occur.

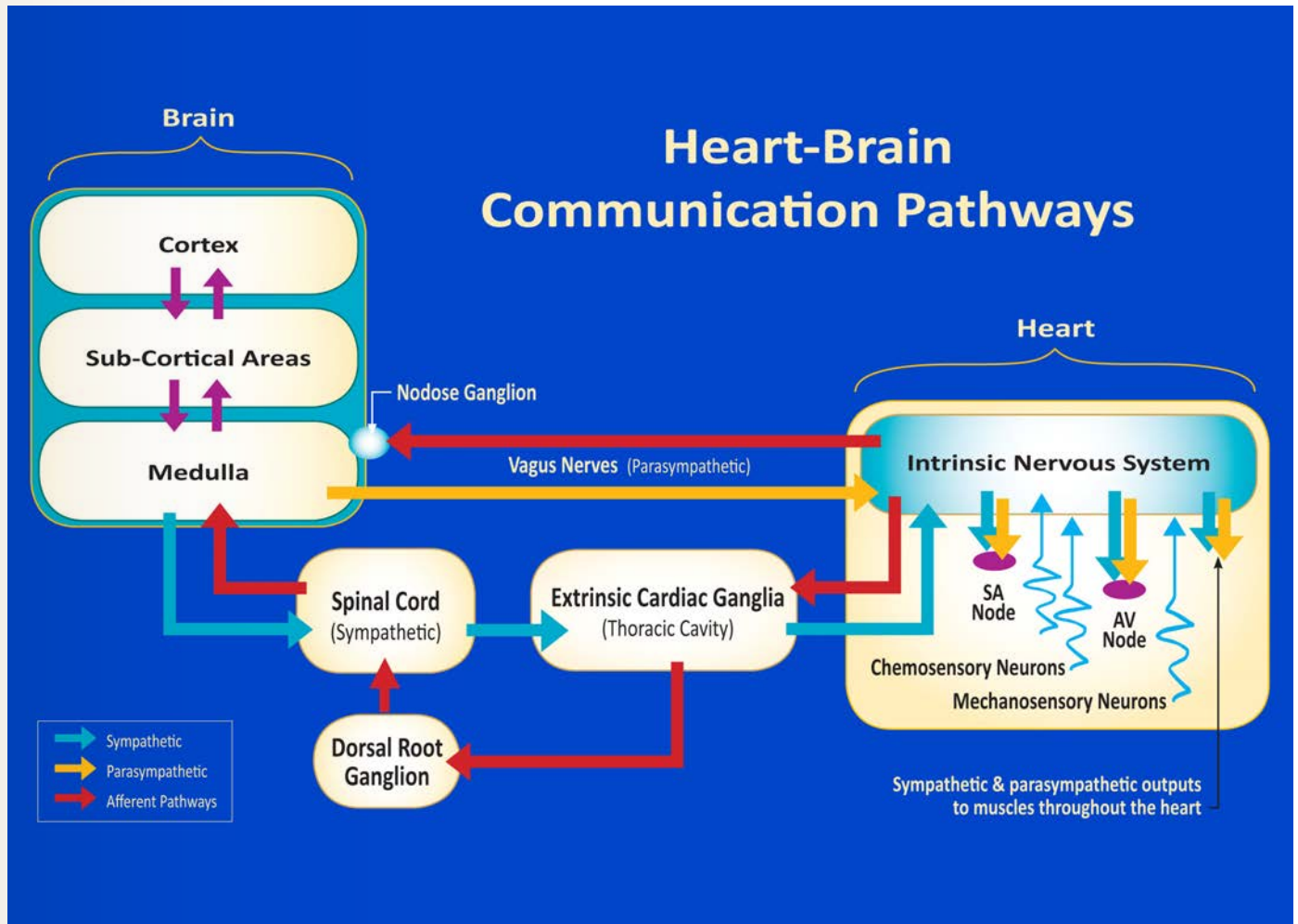
Intuition is like energetic gold: Our intuitive insights often unfold more understanding of ourselves, others, issues and life than years of accumulated knowledge. That is why interest in the state of coherence is growing rapidly. More and more people are reporting that while they're in a coherent state, they are aware of the heart's intuitive guidance within; they have greater access to this guidance; and with a little practice, they can access it more easily than they thought they could.

When we are in a personal state of coherence, we can benefit our families, co-workers, friends, pets and more simply by being in their presence. We know from our research that heart coherence is not an idle state: It reaches out, influences and supports others in many beneficial ways. It is an energetic baseline that unfolds into social coherence. Collectively, we can learn to thrive through heart-based, co-operative alignment.

An important scientific discovery in the last century was that the universe is fully interconnected. Nothing can be considered separate or alone. Scientific evidence provides support for a global field environment that connects all living systems and consciousness. Many scientists believe that a feedback loop exists between all humans and the earth's energetic systems. When enough individuals increase their heart coherence, it leads to increased social coherence, and as a critical mass of cultures and nations become more harmoniously aligned, this eventually can lead to increased global coherence.



The "Heart Brain"



The neural communication pathways between the heart and the brain. The heart's intrinsic nervous system consists of ganglia, which contain local circuit neurons of several types, and sensory neurites, which are distributed throughout the heart. The intrinsic ganglia process and integrate inflowing information from the extrinsic nervous system and from the sensory neurites within the heart. The extrinsic cardiac ganglia, located in the thoracic cavity, have direct connections to organs such as the lungs and esophagus and are also indirectly connected via the spinal cord to many other organs, including the skin and arteries. The "afferent" (flowing to the brain) parasympathetic information travels from the heart to the brain through the vagus nerve to the medulla, after passing through the nodose ganglion. The sympathetic afferent nerves first connect to the extrinsic cardiac ganglia (also a processing center), then to the dorsal root ganglion and the spinal cord. Once afferent signals reach the medulla, they travel to the subcortical areas (thalamus, amygdala, etc.) and then to the cortical areas.



Taking Responsibility: the Global Coherence Initiative

The Global Coherence Initiative, founded by IHM, is a science-based, co-creative project to unite people in heart-focused care and intention. We are working with other initiatives to realize increased effectiveness of collective intention and cooperation. There are growing numbers of systems with tools and techniques that enable and promote increased heart connection and collaboration with others. This evolves into a collective opening of the heart, which is a major step toward increasing social and global coherence.

Every individual's energy contributes to the global field environment, and each person's thoughts, emotions and intentions affects the field. A first step in increasing the vibration of the field environment is for each individual to take responsibility for his or her own energy. We do this by becoming more conscious of the thoughts, feelings and attitudes we are "feeding the field" each day and choosing to shift those that are incoherent.

Through collective heart-focused intention, we can help raise the planetary consciousness vibration, making it easier for more people to connect with their own intuitive guidance, which is one of most important steps for shifting personal and global consciousness.

We are strategically placing 14 sensors around the world to measure the earth's magnetic resonances. This global network will enable our scientific inquiry into the interconnections between the earth's magnetic field and collective human emotions and behaviors. Science has shown that the earth's magnetic field

affects humans in profound ways, but our intention is to study how humans collectively affect the earth's energetic field environment.

"As more of humanity practices heart-based living, it will qualify the 'rite of passage' into the next level of consciousness and intelligence that we are approaching at this time. Using our hearts' intuitive guidance in our discernments, choices and interactions will eventually become acts of common-sense, based on practical intelligence." –Doc Childre

We have a choice in every moment to take to heart the importance of intentionally accessing our heart's intuitive guidance and wisdom, and it helps to have practical tools and techniques to do this. €

The Institute of HeartMath is a nonprofit research and education organization founded in 1991 by Doc Childre. The Institute's techniques and research can be reviewed at www.heartmath.org.

The Global Coherence Initiative website is www.glcoherence.org. We invite you to become a member and join thousands of others worldwide to help establish planetary coherence.



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Is 3rd Party Reimbursement on the Way Out? What is Taking Its Place?

Since the Healing Touch Professional Association's Message/Forum Board was launched (April 2008) a "hot" topic has been – *"Can our patients/clients get reimbursement from their insurance carriers for their Healing Touch treatments?"*

Reimbursement from insurance companies has become a frustrating discussion because of the disparity between insurance companies. How much companies will reimburse is not standardized and whether they require a physician's prescription for Healing Touch (HT) or other Energy Medicine modalities is not a set known across companies. We hesitate to recommend that you start 3rd party billing because the process for caregivers, HT practitioners and other Energy Medicine practitioners to file for reimbursement is so complex plus the time it takes to submit the requests and follow-up on them is really a full time job for the person submitting. Therefore, most practitioners ask that their patients/clients submit the requests themselves instead.


Some of the questions HTPA is continually trying to answer are:

- In order to get insurance reimbursement does the patient/client need a physician's order for the Energy Medicine modality?
- Does the reimbursement claim need a Code-number?
- Does the practitioner need to be a licensed professional?
- Does the practitioner need to be certified?
- Is it more likely there will be reimbursement if the patient/client submits the invoice or if the practitioner submits the invoice?

There was a time when many of us had hopes that the Alternative Link Codes were going to be adopted as another standardized set of claim codes (one of the codes Alternative Link established was specifically for Healing Touch). However when Tommy Thompson left the position as Director of the Health and Human Services, the new Director eliminated those codes. The renewed hope is that when the Affordable Care Act goes into effect fully there will be provisions in that piece of legislation that directs the insurance companies to reimburse for services such as Healing Touch and Energy Medicine practices.

Meanwhile, there is another rising alternative to insurance reimbursement: the use of credits established in Health Savings Accounts (HSAs) and Flex Accounts. These are savings accounts that individuals set up for use as an alternative, or in addition, to health insurance. There may be other names for such accounts and information about these types of accounts is still unfolding. We have heard from several practitioners in our Community that when patients/clients submit an invoice to their HSA and/or Flex Account they do get reimbursed. Some HSA accounts are set up as a checking account where the patient/client has full discretion, based on IRS rules for spending, on how and when to use the money in the account. We have heard that the HT sessions that are reimbursed are usually in the \$100 range and that for a single patient/client over 20 sessions per year have been successfully reimbursed (that's over \$2,000 per year). This is truly an exciting development – one that we need to learn more about as well as spread the word about. Look for more information as we gather more success stories from our practitioners. To educate your self about these accounts just Google the words Health Savings Accounts and enjoy the many links to information that pop up.

If you have patients/clients that wish to submit invoices to their insurance carriers or to their health savings accounts, we have examples of invoices submitted by some of our practitioners. [Click here](#) to view these.

If you have patients/clients that have had success getting reimbursement from their insurance carriers or types of Health Savings Accounts, please send us your/their success story so we can share it with others. Your success can help others be successful. 

Please e-mail your story to info@HTProfessionalAssociation.com

We are thrilled to invite you to beautiful San Antonio this August for the 2012 Healing Touch Worldwide Conference as we come together in community to **Celebrate Wellness!**

Healing Touch Worldwide Conference **2012** Hyatt Regency, San Antonio, TX August 2-5

**Together we are creating
a Wellness Revolution!**

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- Explore
- Discover
- Learn
- Celebrate
- Grow
- Laugh
- Share
- Rejuvenate

Go Home ...

- Refreshed
- Connected
- Enthused
- Inspired
- Fullfilled

Register
Here!

Need
Details?



Energy & Medicine
A Wellness Revolution

Regional Conferences 2012

Attend your Regional Healing Touch Conference!

- Stimulate your mind with new ideas and soak in your local HT professional community for a few days
- Experience interesting and inspiring discussions on a range of topics.
- Connect with old friends and build new relationships.
- Leave inspired, motivated and with a sense of joy and fulfillment for having deeply connected with your local community.

Register Here!

Need Details?



Midwest Regional Conference - May 4-5, 2012, Chicago, Illinois

Eastern Regional Conference - October 26-27, 2012, Albany, New York

West Coast Regional Conference - Fall 2012, *Dates coming soon*, San Diego, California

Wellness: (noun) *The state or condition of being in good mental and physical health*

Revolution: (noun) *A sudden, complete or marked change in something*

Put these two concepts together in a focused way with a gathering of energy healers and you have yourself an exciting, inspiring event you do not want to miss out on!

Start planning now to take advantage of this wonderful time of learning, connecting, networking and sharing with your peers.



As Plain as the Nose on My Face

HOW A CERTIFIED PUBLIC ACCOUNTANT ACCIDENTALLY
BECAME AN ENERGY MEDICINE SPECIALIST

Bethlyn Gerard, HTCP

"The only things certain in life are death and taxes."
— Benjamin Franklin

At the age of ten, I watched the nurse remove my grandfather's IV and switch-off the monitors that no longer had a pulse to track. Gazing-down from the ceiling of his hospital room, I witnessed this scene. When I told my dad the next day, he said I must have picked-up the phone when the call came during the night telling us of Grandpa's death. If I merely overheard the late night call from the hospital, then how did I know the nurse was wearing a pink cardigan?

When I was in fifth grade I told my mom the address – along with a detailed description of the grounds – of a house where she was to pick-up my brother after a sleepover. This happened the night before we actually drove to and found – just as I described – the location neither of us had previously visited.

I was not aware if other people in my hometown saw colors, rays or auras emanating around plants, animals or humans. I stopped paying attention to my extra-sensory perceptions and thirty years passed before I met scientists presenting research relating to 'precognitive' experiences like the ones I had as a child..

In college I studied economics and business, earning a Bachelor of Business Administration (BBA) in Accounting with high honors. Upon graduation I worked as an auditor with a multinational accounting firm. Simultaneously, I served as treasurer and

board member for several non-profit organizations and as a lay minister conducting chapel services in hospitals. Later I volunteered on a hospital-based rape crisis program in New York City and slept in a shelter for homeless women as a volunteer house manager in Brooklyn.

In my career, I helped non-profit organizations with missions ranging from handicapped equestrian learning programs and social justice 'anti-bullying' education, to fundraising for long-term and hospice nursing care. My company provided audit, operational, compliance and financial reporting services for technology start-ups and healthcare improvement projects. These accounting clients led me into new and emerging industries and ideas. In each endeavor, I met successful leaders at the peak of their professional and vocational careers. Each was dedicated to the relief of suffering yet none mentioned energy medicine.

Then I broke my nose.

A colleague who had recently recovered from a mastectomy urged me to see a Registered Nurse (RN) for what she called "surgical preparation and support." That began my journey with homeopathy and energy medicine in health care. I became a clinical 'trial of one'. Energy medicine accelerated my healing and allowed me to meet the deadlines of the hospital cost-reporting project I was supervising, despite my traumatic impact injury.



The RN, to whom I was referred by my friend, was also a doctor of naturopathy or ND. I received 'spagyric' remedies with names like Lymph Drainage and Immune Support. My friend swore her own post-surgical pain, bleeding, swelling and bruising were reduced as a result of taking such remedies. They were clear liquids with a faintly sweet taste and fell into what I personally called "chicken soup – can't hurt, might help." I placed these drops under my tongue several times a day as directed.

"Everything is Energy." – Albert Einstein

My chiropractor could not comprehend how the forceful impact that broke my nose did not damage my cervical spine. Several x-rays were taken of my

techniques. I completed a 500-hour medical massage program and now hold a state license in massage therapy in addition to my CPA license.

"Love is inventive even unto infinity."
– St. Vincent de Paul

The Daughters of Charity also changed my concept of healthcare. Sister Mary Rose McPhee was the CEO of a hospital system where she founded a spirituality center across from the main facility to provide 'care for the caregivers.' We met when she spoke on a business panel. She took my hand in hers and invited me to work with her. In the 1600's the Daughters began ministering to the starving and dying, they only formed hospitals to minister to the needs they identi-

The three doctors examining me were unanimously perplexed that I was pain-free.

neck, spine and then – my face. The three doctors examining me were unanimously perplexed that I was pain-free. They called it "naturally anesthetized." These physicians suggested (since I felt no pain) I could move the nose around until it looked straight and tape it in place. I purchased the tape they suggested and repositioned my nose while looking into a mirror. During this same week, another woman my age began treatment with my chiropractor after a cycling accident. Her injuries included a similarly broken nose. He was intrigued that my swelling and bruising resolved in less than a week, while hers remained for more than a month. I did not miss a day of work, I did not take pain medication and I paid for the energy medicine care out-of-pocket.

When I was finally seen by an ear, nose and throat specialist for a pre-surgery exam, I was sent home to continue the healing regimen that had promoted the unusually impressive results. My business training and experience taught me to identify, verify and track operational impacts from start to finish - implementation through financial reporting. Beginning with my broken nose, and in the decade since, I have researched over 70 different energy medicine technologies ranging from electrical, bio and neuro-feedback equipment, to hands-on therapy

fied in their communities. The Daughters with whom I worked expressed confidence in the belief that if their hospitals closed because people were well, then they would surely be called to other forms of service.

I took my first class in holistic touch in that hospital based spirituality center from a nun who also had a Master of Business Administration (MBA). Like me, her analytical mind was initially skeptical of how gestures that looked like hands-waving-in-the-air could improve health. The experience that shifted her understanding happened when a transplant patient began rejecting her organ. The nun was called to the single mother's bedside where she performed the same techniques she was teaching in class. The patient's prognosis reversed and she survived. Combining with the nun's business knowledge, this experience with Healing Touch was the catalyst for her to create new nursing policies for the delivery of holistic touch in hospitals.

Though the training was offered as continuing education for clinical staff and I was a financial consultant in the hospital system, I was allowed participate. The five consultants in my department collected ideas, researched expenditures and staffing impacts;



calculated projected returns on investments; provided the project management for implementation, the performance tracking, as well as, the financial reporting for ideas intended to improve quality and safety and reduce costs of care. These initiatives were known as 'value propositions.'


The Daughters were unusual in healthcare because if God's people were no longer sick then they would find other needs to meet. Their hospitals provided care to the unfunded – the term for uninsured patients. Their clinics and hospitals delivered care regardless of the customer's ability to pay. In such a business scenario, interventions that improve outcomes, decrease length of stay and contribute to continued wellness directly reduce losses incurred from unreimbursed care. So, it was the Daughters who first encouraged me to research the financial benefits of integrating energy therapies into hospital operations.

Before my work on this Integrated Model of Medicine was put into practice, a family health concern prompted me to relocate. A surgeon on the care team for my family member shared my interest in integrating energy medicine into hospitals; together we developed a business plan involving biofeedback. While the surgeon remained hospital-based, I designed and built a private research office with funding from angel investors.

My interpretations of the data collected from nearly 1,000 sessions with over 400 clients directed my attention away from high-tech electrical equipment to high-touch manual therapies. I shifted my focus from designing a suite of biofeedback machines for workplace wellness to skills that could be delivered at home, on playing fields and trauma sites lacking utilities. I specifically chose to pursue certification through Healing Touch Program™. I entered the field of energy medicine accidentally and continued to simply follow measurable, reproducible results. Since my first college courses on the subjects, ethics and scope of practice have been ingrained in my work. Though less familiar to the general public (and not yet offered as a degree program), Healing Touch Program™ continues to develop professional standards needed to bring energy therapies into the mainstream alongside current medical approaches.

Though my vision for energy medicine as an integral component of surgery and medical services began as a hospital's financial consultant, I currently work in an integrative clinical environment as an energy medicine instructor and practitioner. I administer Healing Touch and biofeedback training to patients referred to me by physicians and chiropractors. I teach children and their parents about the healing in their hands. I even practice in joint sessions with an obstetrician/gynecologist trained in medical acupuncture. Clients regularly report that the combined sessions of these energy therapies reduce the negative side effects of surgery and cancer care including chemotherapy and radiation.

I smacked my face on the deep-end of a pool, severing my nose cartilage, and started myself on a journey of discovery. My path began with my own experience, and continued through a hospital system and a privately funded research center. I apply the principles of energy medicine and Healing Touch for my self-care, as well as, for the care of others daily. Several integrative medical centers across the country now embrace a wide spectrum of treatments options. Together, energy therapists and medical professionals are delivering a new standard of care utilizing non-invasive therapies in conjunction with the valuable tools of imaging, surgery and pharmaceuticals.

Chronic stress impairs the body's ability to perform efficiently and heal appropriately. Energy medicine is non-invasive. The treatments reduce habitual stress patterns, accelerate healing and improve outcomes. In a culture where anxiety is epidemic and the economics of caring for an increasingly obese and worried population are not sustainable, energy medicine therapies are enhancing patient centered care and accountability for wellness. Healing Touch belongs at the forefront of the continuum of care because it effectively produces the sensations of relief and calm necessary to regulate stress responses and support the body's innate healing abilities. Powerful options for improved care are as close as our fingertips. 

Energy Psychology:

Dorothea Hover-Kramer, Ed.D., RN, D.CEP

“Energy medicine” is the broad-brush term that encompasses more than 260 energy healing modalities currently being taught in the United States. They come in many flavors but all of them share awareness of the human energy system and work with one or several of its known aspects. All of them seek to alleviate human suffering within a holistic model of healing that influences the whole person-- body, mind, and spirit.

Healing Touch (HT), as readers will appreciate, is one of the best-known leaders within the broad field of energy medicine. In the past twenty-three years, it has established itself as an approach that is consistently user-friendly for both clients and practitioners. It is currently practiced around the world by several thousand certified practitioners and has been experienced by hundreds of thousands of clients.

The noninvasive, readily available methods of HT most often attract clients with physical illnesses

initially but then many find that HT also relieves emotional distress, promotes mental clarity, and enhances a deeper sense of spirituality. Thus, the interaction with an HT caregiver may directly bring pain relief and accelerate immune system functioning but, in addition, it can facilitate deep relaxation, lessen anxiety, generate a sense of well-being, and increase clients' abilities to access their internal resources.

Energy Psychology (EP), another concept in the rapidly growing field of energy medicine, opens another door and brings about very similar results. People whose primary needs are emotional, such as abnormal fears, emotional trauma, and anxiety, will seek out EP practitioners, many of whom are already established counselors, psychologists, psychiatric nurses, and social workers. Since emotional distress and physical illness are often closely interrelated, it is fair to say that either door, the one of HT or the one of EP, can be effective for energetically addressing all aspects of the person in need. Naturally, the entry point may vary from client

An Alternate Door for Energy Medicine Practitioners

to client, and the foundational knowledge base and skills required to become a certified practitioner of each field are different.

Unlike HT's roots in the quantum physics theories of Martha Rogers, the profession of nursing, and eastern Indian yogic awareness of the energy field and the chakras, EP has its foundations in chiropractic techniques with focus on muscle testing, Chinese theory and practice of acupuncture, and hands-on applications recently developed by numerous psychologists.

Since the early 1980's, small groups of psychotherapists began treating disturbed energetic fields, which were assessed through muscle testing, by stimulating selected meridian acupoints, either by tapping or holding, to effect emotional release. As the word spread to a growing public who were eager to learn self-care tools, tapping on specific acupoints became rapidly known with methods like Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT). To bring research and theoretical models together in

his publications, psychologist Fred Gallo coined the term "energy psychology" to describe the large and growing variety of therapies that worked with clients' acupuncture meridians.

In 1999, it was my privilege to be cofounder with psychologist Dr. David Gruder of the Association for Comprehensive Energy Psychology (ACEP) which brought together therapists working with the meridians, as well as, those who worked with biofield/chakra systems. The cross-fertilization of ideas that was now possible led to an explosion of new methods for treating emotional pain, and more than fifty modalities are currently represented in ACEP's membership and at its dynamic conferences.

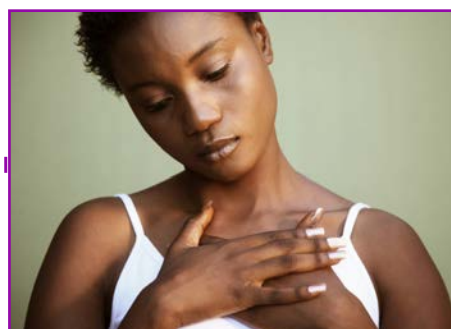
One example of the emphasis on many aspects of the human energy system is that all candidates for certification in Comprehensive Energy Psychology (CEP) learn to use the meridian system to release stress and instill positive self-intention. They also learn to balance the biofield and utilize the chakras

to release emotional blocks and embed new, positive thinking patterns.

In *Healing Touch: Energy medicine for yourself and others*, my most recent book for the general public, the chapter on trauma treatment includes HT methods along with several methods for working with selected acupoints. Since emotional traumatization, both recent and past, can bring about intense reactions that affect the entire personality structure, and since trauma seems ever present in world experience, it is important to know how to facilitate rapid relief from trauma with one or both energetic approaches.

Below is a hands-on example of a “hybrid” that comes from my experience of working with both HT and EP. We speak in HT about being heart-centered but may not know practical tools for staying heart-centered, especially feeling challenged or having a difficult interaction with someone else.

Central to this self-help sequence is the use of the heart chakra and thymus tapping to enliven your energy system’s feel-good pathways, to generate endorphins, and to activate internal resources. As you accept



Heart Centering Exercise

As you think about a recent time you felt less than kind toward someone because you were mistreated or misunderstood, explore the following steps that can help to bring both mind and body into harmony:

- Start activating your energy system by gently tapping on the mid-chest area and thinking of all the parts of yourself this gesture engages—the physical heart and blood circulation, the thymus gland and the entire immune system, connective tissue that reminds you of your internal electromagnetic messaging system, and your emotional heart that may feel wounded or hurt.
- While tapping, add a clear statement of your intention toward yourself. Samples: “I want to get over this feeling” - “I want to increase my sense of well-being” - “I want to be fully present in ___(name it) situation”.
- Address any tension you feel about the situation by gently massaging the heart chakra and stating with honesty, “Even though this situation___(name it) has happened, I deeply and completely love and accept myself.” “Even though I feel___(honestly state the feeling) I still deeply and profoundly honor and respect myself.”
- Repeat this nurturing gesture three or four times until you begin to feel a resolution, the possibility of releasing the distress. Remember, hanging on to unhappiness will not change the other person but even a minor distress will affect your heart muscle, the sympathetic nervous system, and all of the interrelated cells in your body. Grudges are horrendous burdens because the body does keep score.
- Still touching the heart center, reaffirm, “I am effectively in charge of my life” - “As I love and forgive myself, I am more able to love and forgive others” - “I hold my center and sense of peace.”
- Allow every part of your being-- feelings, thoughts, and spirit—to hold a clear vision of your energetic heart as a radiant beacon, spreading light and caring.
- Think of three actions that could positively influence the situation you selected. For example, you can use “I” statements to simply say: “I disagree with you” - “I feel uncomfortable when you do or say ___.”
- Alternately, you can create an opening to dialogue with neutral statements such as “How can we resolve this?” - “Help me to understand what’s happening with you.”



the reality of your true feelings, the words of self-affirmation confirm deeper wisdom -- the Self that is bigger than the problem or stress. Centering practices focused on the heart chakra connect you to the sacred space where you can find your true Self again and again. Once the intensity of a specific distress is released, you then can access alternatives and choices to create new possibilities.

Both HT and EP share the riddle of energy medicine interventions. No one knows exactly what happens with a person's cellular, emotional, and mental structures to bring about relief but the results speak for themselves. Something in the internal landscape shifts when a strongly felt negative emotion is honored and treated energetically - especially when accompanied by nurturing touch and positive self-acceptance. We can think more clearly and creatively once the burden is acknowledged and seen in a new light.

I strongly encourage cross-referrals between HT and EP as two of the best entry points for clients seeking energy medicine. If you as an HT practitioner have a client with a history of severe emotional trauma or who frequently exhibits repeated negative feeling states, do not hesitate to contact a psychotherapist who knows EP. In fact, seek them out because they can quickly bring relief to your clients so they can return to work with you at a deeper level. By the same token, my colleagues and I in EP are learning to seek out HT practitioners for its strengths with clients who need ongoing care related to medical conditions, comfort in navigating difficult life transitions, and relief of physical pain.

Both programs are harbingers of energy medicine's future with one generous goal—honoring the web of life by healing ourselves and others! €

Notes:

ACEP's website contains listings of practitioners certified in comprehensive energy psychology, as well as EFT and TFT, by zip code, state, and country.

www.energypsych.org

ACEP is proud to offer an energy therapy insurance program for its members through the kind assistance of HTPA's encompassing insurance plan.

Dorothea will be presenting a post conference workshop on Energy Psychology approaches to trauma relief at the Healing Touch Worldwide Conference on 8/6/12. [Click here](#) for more details.



Energetic Treatment of Allergies

Sue Hovland, RN, BSN, HTCP/I

Allergies are a bother or worse!
And most people have one or several
which are a nuisance to life threatening.
Fortunately, they are usually very treatable
with an energy therapy approach.

Typically, allergens are seen as a **hypersensitivity to something that does not bother most people**. Western medicine looks at an allergen as **something that gives an immune system response**, causing a histamine reaction, etc., with symptoms of runny nose, rash, and so forth. **Allergies are very common**--one in five Americans have allergies. They are a common cause or factor in chronic and autoimmune diseases, such as asthma, sinus infections, irritable bowel, arthritis, fibromyalgia, Attention Deficit Disorder (ADD), depression, etc. Even some conditions which we normally do not think are allergy caused.

Energetically, allergens are seen as electromagnetic vibrational substances that cause a disruption in the body's energy system, causing symptoms depending where that imbalance occurs. They have been called **energy toxins**. They can be food, environmental substances or chemicals, body organs, chemicals in our bodies, animals, people, or even emotions or traumatic events. **They can be treated by making the vibration of the allergen compatible with the person's energy vibrations**, that is by doing an energy balance in the presence of the allergen. Then the person will energetically think of the allergen as a friendly vibration, and will no longer need to defend against it with physical symptoms, such as the runny nose, rash, upset stomach, etc.

Allergens can be any ingestant, contactant, inhalant, injectant, or infectious agent. **Allergens can be exogenous** (something outside the body), or **endogenous** or **autoimmune** (something inside the body like body tissue, body parts, fluids, chemicals, digestive enzymes, and neurotransmitters like serotonin and dopamine).

Common food allergens are wheat, dairy, eggs, soy, corn, citrus, nuts (peanuts and tree nuts) and sugar--or whatever a person craves.

Common environmental allergens are household chemicals, pesticides, heavy metals, pollen, weeds, and parasites, medicines and supplements.

Absolutely anything can cause an allergic reaction!

Almost any symptom can be an allergic reaction: anxiety, depression, hyperactivity, arthritis, digestive problems, dizziness, fatigue, headaches, brain fog, respiratory problems, sinus congestion, skin rashes, muscle aches, chronic cough, or weight gain.

Allergens can have a hereditary base, being passed on from parents through the DNA. Children can manifest the allergic tendency in a different way than their parents. Allergies can come from inter-uterine or past life events (or be karmic). They can develop like any other problem to serve the client's unconscious



need. (Example: developing an allergy to pine to avoid camping.)

Allergies get worse with stress and after a trauma. They can be like the “last straw” that causes the whole system to collapse. **They can be an emotional or stress reaction** to something--like a Pavlovian response, (such as whatever you eat when immune depressed, like with the flu, or after hearing bad news, or fighting with family). Traumas themselves can also be cleared like allergens.

An example of this was my grandchildren whose mother was trying so hard to make them eat large amounts of healthy foods that meals became a



After we successfully energetically treated the trauma and allergen, she no longer reacted to cats. She was thrilled!

battleground. As a result the kids developed reactions to those foods. Energetically, their energy fields weakened with contact to those foods. After their loving mother relaxed about food, I was able to balance those foods with the children’s energy fields using various energetic allergy therapies, resulting in most of the “allergies” disappearing.

One of my clients had a severe cat allergy. We discovered that it started as a child when her parents got a divorce and she moved into an apartment, necessitating giving up her new precious kitty. After we successfully energetically treated the trauma and allergen, she no longer reacted to cats. She was thrilled!

By the way, animals have allergies, also, and these techniques work very well with them, as well.

Seasonal pollen allergies can be treated by using a wet paper towel to wipe the windshield of your

client’s car (it picks up the pollen that is flying around the neighborhood), then balancing her/his energy system to it using Healing Touch, acupuncture points, sound therapy, or other energetic balancing treatments.

Have you ever experienced someone who seems to bother and imbalance you? Or who negatively affects your energy? (Such as a spouse, relative, friend, boss, etc). Think of that as a “**person to person allergy.**” Since allergens can be thought of as an energy imbalance, you can help that situation with energy allergy work!

Besides balancing (having a healer balance your energy system while you think of being with that person),

it is often important to balance the other person to you, as well. (Even though it seems amazing that you could ever energetically imbalance another, it happens!) There is a specific energy technique that works exceptionally well with this that I modified from my studies with Dr. Devi Nambudripad, PhD, RN, and acupuncturist who developed the NAET (Nambudripad Allergy Elimination Techniques) allergy work.

I treated one client with this who had been married for over 40 years and felt that much of the joy had gone out of the relationship. I treated her with her husband, then balanced him with her. When she returned home from being out-of-town, she wrote that the fun and kindness had returned to the marriage and it was like the good times again!

This allergy work is helpful for you to do on yourself as well, harmonizing a suspected allergen with your own energy system. I was thinking of giving up water aerobics because I was itchy for two days afterwards, in spite of showering and lathering with lotion. Finally I thought about treating myself (duh!) and collected a bottle of water from the pool and hot tub.



Then I held it and balanced myself. (Most any technique works.) Now I do not itch any more after water aerobics--no excuses about not going any more!

I have been studying and practicing energetic approaches for allergies for 9 years. First, NAET with Dr. Nambudripad for two levels, then Allergy Antidotes with Sandi Radomski, ND, LCSW, in person and with her books, tapes, audio courses, plus constant reading and experimenting. The techniques draw from many energetic healing disciplines and can be **adapted to Healing Touch, or other healing modalities, because they work so well in most energy practices.** Usually allergic imbalances clear very easily and quickly, but other times they can be more challenging.

I have been teaching this approach for over five years as a one-day class, and also incorporated it into my three-day Anatomy for Healers® Level 2 class. I show many powerful energetic ways to clear allergies or sensitivities. It is an important addition to any healing practice, as well as, for using on yourself, family, friends, and pets. ☺

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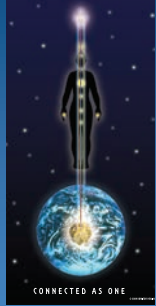
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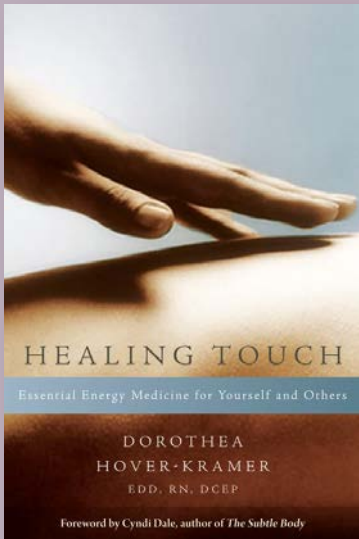
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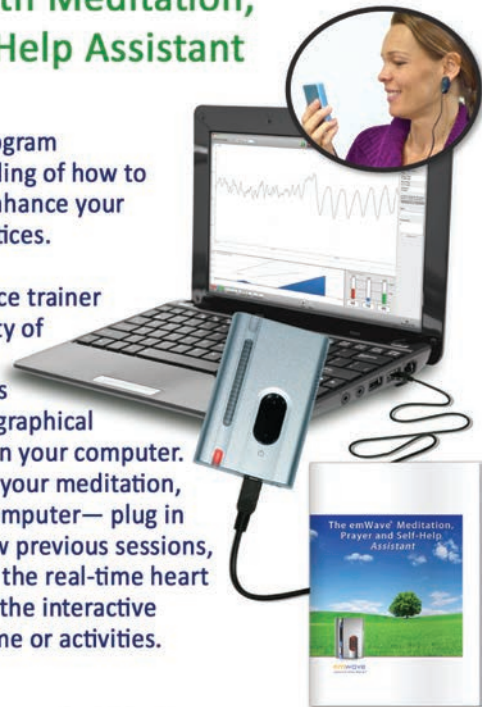
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