

July 2007 Issue no. 14

Energy magazine™

The Official Publication Of Healing Touch Program™



5 for Feeling Fully Alive
Path of Healership
Learning the Fundamentals of Self Care
Ladies Have You Phluffed Your Girls Today?
Self Care Gifts for Yourself
7 Habits of Healthy Eating
Body-Mind-Spirit: *Balancing Self Care*
and much more...

Special Self Care Issue



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Cover photo: Franny Harcey demonstrating the *Self Chakra Connection*. Photo courtesy of Margaret Nies.



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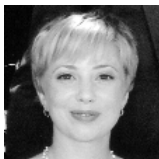
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Energy Magazine™ would love to hear your comments!

Greetings from Cynthia Hutchison
Healing Touch Program Director



This month's issue of *Energy Magazine*™ is focused on Self-Care.

When Janet Mentgen was developing the Healing Touch Program, she incorporated this concept because she believed it was integral for the development of the HT Practitioner. We all know that in order to be of service to others we must also value and love ourselves enough to take care of our own body, mind and spirit. If we keep giving to others without rejuvenating and refilling ourselves, we “burn out” or similarly, “the well will run dry”, rendering us useless or less effective in helping others.

I hope you will take this opportunity to reflect upon your own beliefs about self-care and re-examine what it is you do to nourish yourself and bring yourself joy, peace and health. I encourage you to do a self-care assessment, asking yourself “How do I support my health in these four areas: physical, emotional, mental and spiritual?” Here are a few questions to contemplate ...

PHYSICAL: Do I exercise regularly? (daily, several times a week) Do I include aerobics, stretching and strengthening exercises? Do I give my body nourishing food (organic, natural, plenty of vegetables and fruit) remembering that food is medicine and junk food is toxic? Do I drink sufficient amounts of water and health-supporting beverages? How do I take care of my body when it becomes toxic?

Do I give myself enough sleep and rest? Do I take in daily fresh air and sunshine? Does my home environment support rest, display objects that are beautiful or inspiring and provide my basic needs to feel comfortable, safe and nurtured? Do I prioritize time in my schedule for self-care?

EMOTIONAL: Am I in touch with my feelings? Do I have safe and comfortable outlets for expressing feelings (friends, therapist, journaling, prayer, singing)? Do I strive to be in touch with my emotional reactions and responses and how I feel these in my body? Do I pursue release of emotional/mental stress through exercise, meditation or spiritual practice? Do I have enough fun in my life? Do I laugh enough? Do I regularly engage in fulfilling social activities and time with friends?

MENTAL: Am I aware of how much I worry about things and how it affects my overall health? Am I aware of my patterns of thinking and how they affect my life? (For example: Am I generally an optimist or pessimist? Do I feel a need to control things and people in my life or do I trust in the flow of events and my rightful place in participating in them? Do I pressure myself unnecessarily or overly concern myself with the opinions of others?) Do I stimulate positive thinking and feeling with what I read, conversations I have and the people with whom I spend time? Do I enjoy learning and do I actively pursuing learning more about the things in which I am interested?

SPIRITUAL: Our spiritual well-being relates to all of the above in that our belief about who we are as a spiritual being influences how we experience our physical, emotional and mental states. What do I believe about life, love, learning, people, my life and the existence of a Higher Power? What is my relationship to Higher Power? Do I meditate, pray, or maintain a spiritual practice of some sort? How often? What are my life values and how do I live them? What do I believe my life's purpose is?

Because our body, mind and spirit are intricately connected, any way we nurture one aspect will influence our overall health. For instance, when I began running (outside in nature versus on a treadmill) about five years ago, I didn't realize how much it would impact my spiritual life. Interestingly, running became one of my favorite modes of prayer because I usually experience the unity of my body, mind and spirit more so through running than in most other activities. In fact, running became a major method for deepening my spiritual life.

Teachers of self-care remind us that all four areas are important and that we should not neglect any one of them if we want to be balanced and healthy. I find that to be true. The better we take care of our physical health usually correlates with clearer thinking, more balanced emotions and a deepened sense of our spiritual self and our connection to Source. Likewise, as we tend to the garden of our soul, we usually find ourselves being kinder and more nurturing to our physical bodies.

Maybe it's time to send yourself some flowers and take yourself on a date to that place you've been meaning to go to that inspires you and makes you happy. Look in the mirror at the face of that person who has been waiting longingly to be noticed and attended to....Sincerely say "I love you....I respect you....I forgive you....I cherish you".

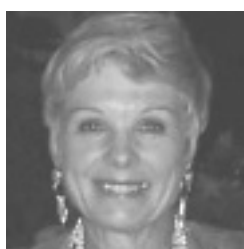
I hope this issue of *Energy Magazine*™ will inspire you to love, nurture and nourish yourself.

Blessings for a healthy and self-nurturing July,

A handwritten signature in black ink that reads "Cynthia". The script is fluid and cursive, with a large, stylized 'C' at the beginning.



Debra Basham, CHTP, is a Certified Healing Touch Practitioner and an ordained Interfaith Minister of Reunion. She has developed a passion for using and teaching effective language usage for transformation and healing. Debra has developed a one-day workshop called *Healing Touch as Self Care*. Her article, *Learning the Fundamentals of Self Care*, is taken from a handout she gives her clients to encourage their use of self care.



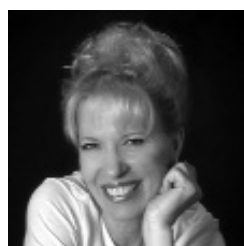
Cheryl Chapman, RN, HNC, NCTMB, NJSC, is a breast care advocate dedicated to empowering women about self breast care. She teaches trainings in Cancer, Hospice, Mastectomy, Healthy Breast, Geriatric and Pregnancy massage at various massage schools and conferences throughout the country. Her article, *Ladies have you Phluffed Your Girls Today?*, explains the benefits of Phluffing and includes a step by step page you can print and display in your bedroom or bathroom to remind you to *Phluff Your Girls*.



Sue Kagel, RN, BSN, HNC, CHTP/I and **Ann Adams**, RN, BSN, MS, CHTP, have worked together for years at Canyon Ranch Health Resort, Tucson, AZ where they teach self care daily in their respective occupations. They each draw from a variety of backgrounds in presenting self care lectures and individual teaching. Their article, *5 for Feeling Fully Alive: Self Care for Life*, encourages you to take a closer look at the self care practices you use on a daily basis. "Our objective in this article is to develop a process, create a starting point and share resources for balanced living."



Deborah Lallier, CHTP, CHt, and Holistic Intuitive Spiritual Director has interviewed notable authorities in the field of energy medicine and spiritual healing and developed an entire holistic health series dedicated to expanding knowledge within the field. Her article, *Body-Mind-Spirit: Balancing Self Care*, talks about the importance of nourishing our mind as well as our body and spirit. Be sure to listen to her audio interview with Kimberly Gray and Vicki Slater, *Healing Touch: Hands-On Energy Balancing for Wholeness* (see article for link).



Marilee Tolen, RN, HNC, CHTP/I, is the author of our monthly column, *Money as Energy*. In this month's column, *Money: a Self Care Tool*, Marilee reminds us that self care is a necessity for healers, not a luxury, with real things you can do to improve your current self care practices and develop new ones.

Self Care Gifts for Yourself

breathe

Before getting out of bed in the morning, take a moment to walk through your day in your mind. Visualize it just as you want it to be and then watch it unfold.

Treat yourself to a **Healing Touch treatment**.

Exercise, its one of the best ways to reduce stress.

Do a puzzle. It distracts you from your worries and is a great workout for your brain.

Write in your journal.

Regress. Do something you loved as a child like blowing bubbles or rolling down a hill.

Take a hot bath (*rubber ducky optional*).

Have a cup of herbal tea.

Get your recommended daily allowance of **humor**.

Eat healthy. Your body deserves it.

Listen to relaxing music.

Take a nap. As little as fifteen minutes can re-energize you.

Meditate. Create a spot in your home that is just for relaxing and spend a few minutes there everyday.

Read a good book.

Spend time with a dear friend.



Practitioner Experiences

Healing Touch Practitioners share their experiences teaching their clients self care techniques.

I had a wonderful experience when I was completing the sessions for my case study. My client, who was in an extended care facility, had a staph infection from a kidney transplant. It was an open wound.

I taught her to use Ultrasound several times a day. Her infection control doctor, who had been treating her for weeks with little success, could not believe that her wound started healing at such a fast rate!!

I then asked my client to set a date to be discharged from the care facility and to focus on that date. Imagine my surprise when she called me on that date FROM HER HOME!! She has since returned to work and is again enjoying life!

-Linda Ainone, RNC, CHTP

As a hospital based nurse, the last place I wanted to have anything to do with was oncology. Now as a self employed holistic RN, HT Practitioner, probably half of my clientele are people going through the emotional and physical challenges of cancer treatment.

The wonderful thing about HT is that it is so easy to teach simple techniques of "brushing" away sinus congestion (side effects of some chemo drugs), "brushing away" the heat of radiation before the burn. Patients feel so empowered when they or their family know things they can do to alleviate side effects of cancer treatment and things that enhance the treatment through visualization and prayer.

Spread the word...help others be self empowered

-Jean Vader Loose, RN, BSN, CHTP, HNC, NCMT

Newport, Rhode Island served as an oasis by the sea for a small group of remarkable women who gathered together from across the nation. These extraordinary women represented a broad spectrum of ages and nationalities. Their journeys, personally and professionally, spiritually and geographically, have been varied and extensive. As spiritual leaders, these United Methodist female military chaplains recently came together for their annual meeting and a very short, but well-earned, respite during the month of May.

Chaplain Terry Sparks, a Healing Touch Practitioner in Tennessee, located me as a Rhode Island resident through the Healing Touch International practitioner list. She wondered if I would be willing to volunteer time to provide Healing Touch for the chaplains during their retreat.

Like most Healing Touch practitioner's, I very much enjoy and welcome the opportunity to give back to the community. I certainly felt honored to be in the presence of these truly special, very dedicated and courageous women. They have been stationed all over the world, including active war zones, where they have served multiple roles and have been on call at all hours. I was privileged to

witness their strong sense of connectedness to one another and to observe their playful camaraderie. It was spiritually moving for me to experience their energy fields.

At the precise appointment time, each chaplain announced her presence with a firm rap upon the door. I smiled. Military time. I could learn to like this kind of precision! "This time is for you" my words of welcome greeted each chaplain.

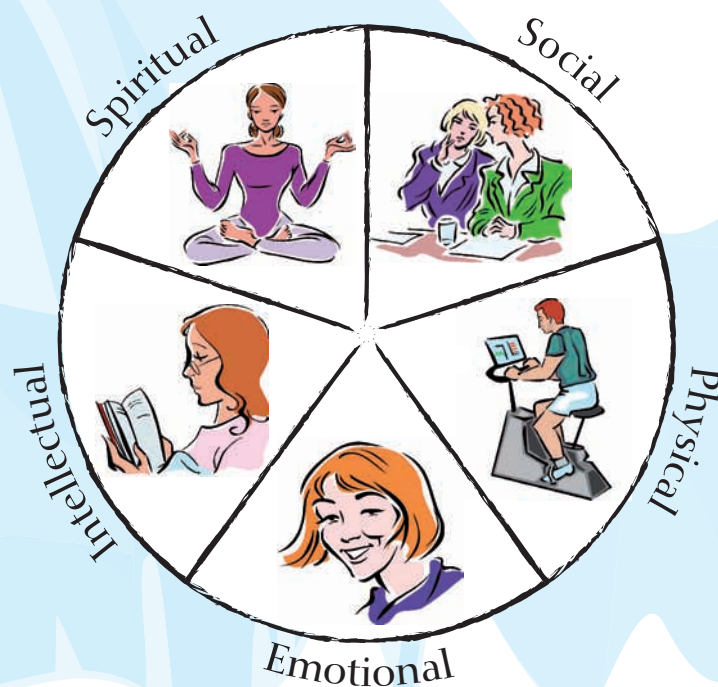
As one chaplain expressed her enjoyment and appreciation at the close of her session, she gazed into my eyes and with great sincerity asked, "Is there anything I can do for you?" "Yes, there is something you can do for me. Please make time for yourself and do the homework you have been assigned today, and on behalf of all the people whose lives you have touched or will touch, please accept our deepest gratitude for your service."

I am grateful for the opportunity to have provided healing touch for these amazing women. They all deserve medals of honor in my book.

-Gayle Brezack, CHTP

5 for Feeling Fully Alive *Self Care for Life*

by Sue Kagel RN, BSN, HNC, CHTP/I
and Ann Adams RN, BSN, MS, CHTP



IMAGINE A VIBRANT YOU

Imagine being fully who you are, expressing all your parts, exploring uncharted aspects of yourself, and discovering new ways to be in the world. Being fully alive, aware and living in harmony allows your spirit to soar. By creating and maintaining a good self care program you will develop proactive stress management tools.

Paying attention to self care enables you to hold a strong vibration in your healing work and in modeling healthy behaviors for others. In raising your individual vibration, you will support and raise our group vibration. As we become healthier and fit, balanced, and focused in our hearts, we will live optimally.

The objective of this article is to develop a process, create a starting point and share resources for balanced living. According to Steven Covey in his book *First Things First*, a life out of balance is a time management issue. Creating the time and space for self care is a daily challenge and practice. His recommendation is to identify your roles and values first, including self care, determine the activities needed, and schedule them into your calendar.

ASSESS YOUR STARTING POINT

Begin by assessing your existing self care practice using the wellness model designed by Ansbaugh et al (1991). Using pencil and paper, draw a large circle equally divided into 5 pie sections. Around the edge, label each area: Physical, Emotional, Intellectual, Spiritual, and Social.

Write your current self care practices in each corresponding section. Then with a pencil, shade in each section to indicate the percentage of self care you are currently doing in each area.

While models can be great tools, we are working holistically and much of what we do for balance and self care overlaps. Keep this in mind as you are shading and give credit to each area of overlap. When you are finished, stand back and analyze your paper. Where are you proactive in your self care? Which areas call for more balance and improvement? Make note of the areas that will benefit from enhancement.

MANIFEST YOUR VISION

Write or draw a realistic vision of yourself as a well balanced, healthy, fit person with a high vibration. Write your vision by working it in the present tense as though it is already complete. Then connect energetically and set your intention to manifest your vision. Setting your intention will

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encourage you to make conscious healthy choices that are in alignment with your vision, rather than mindlessly moving through life.

5 FOR FEELING FULLY ALIVE

Our 5 favorite choices for self care tips follow for each section of the wheel. Look at your wheel and review the areas that need expansion. As you read the following suggestions, jot down any ideas that look intriguing in the corresponding sections outside of your wheel. Set a goal to gradually incorporate these into your routine.

Robert Mauer, PhD., in his book *One Small Step Can Change Your Life: The Kaizen Way*, shares the Japanese theory of using small steps to make big changes in all aspects of life. Breaking down your ideas into small increments to introduce them into your schedule leads to success.

Social

- Play
- Join clubs
- Volunteer
- Strengthen existing relationships
- Establish healthy boundaries



Social aspects overlap many of the 5 areas in the wheel. In most of the activities that follow, engaging with a buddy or a positive, healthy group increases your success and your joy. Motivation is 90% of the battle in making changes. A buddy with similar or parallel goals and like interests will encourage you while creating accountability and support.

Many research studies have revealed that those who have healthy social interactions live happier, longer and healthier lives. You can feel the life force exchange when you are with others, especially when the relationships have healthy boundaries and are positive, meaningful and supportive. Receiving nurturing from others is as important as giving and must be kept in balance. Similarly, maintaining equilibrium between social interaction and quiet/alone time will sustain your energy level.

- *Boundaries and Relationships*, Charles Whitfield, M.D.

Physical

- Increase movement
- Strength training and stretching
- Enjoyment in activities
- 8 hours horizontal time (sleep)
- Listen to your body



Daily movement is vital to maintaining and improving your health. Physical activities are very grounding, and key to our healing work. By getting more actual steps in your day, you will notice it makes a big difference over time. If you find it difficult to get motivated, commit to moving for 5 minutes. Usually once you start moving you will be surprised at how easy it is to continue.

As you experiment and find activities that you enjoy, you will be motivated to participate in them regularly. There are endless possibilities for finding joy in movement. In addition, remember to dance and have fun with it. Physical activity increases the use of breath which is very balancing and invigorating, or calming depending on its use.

For another aspect of balance, consider scheduling various body work and energy treatments. As you set up your physical program, listen to your body so that you are not driving too hard or over scheduling. Check in with your body often and meet all of its needs, allowing time for 8 hours of rest and sleep. Remember to stay current with preventive health screenings.

- *The Canyon Ranch Guide to Living Younger Longer*,
The Canyon Ranch Staff

Nutrition

- Read food labels
- Follow the rainbow with regard to fruits and vegetables
- Eat mindfully and in correct portions
- Take a daily multivitamin
- Stay hydrated

Read labels and eliminate unhealthy trans-fats and high fructose corn syrup. Eat 5-6 servings of organic fruits and vegetables from a variety of different colored foods to optimize your antioxidant, vitamin and mineral intake.

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Making nutritious food choices is one area in your health in which you have ultimate control. Your consumption choices directly influence how you function mentally physically and emotionally. Honor your body with a variety of high quality fuels. Eating 5 small meals a day including breakfast stabilizes your energy level.

Hydration is essential for maintaining vitality and energy. Drink 8-10 glasses of water a day. There is a wealth of information in this area, Consider the following book for more in-depth information.

- *8 Weeks to Optimal Health*, Andrew Weil

Emotional

- Journaling
- Humor
- Gratitude
- Forgiveness
- Live in the present



In *Happiness- What Happy People Know*, Dan Baker PhD. shares, "Most people are so used to being unhappy that they barely notice it." Being in touch with your emotions is the first step in processing and shifting them. Journal writing or drawing is a wonderful way to get in touch and work through deeper feelings. Laughter is a great way to lighten up.

Try focusing on the positive with a gratitude journal. Practice forgiving yourself and others while letting go of old pain and hurts.

Practice being in the moment...present to what is occurring. If you continually drift to past circumstances and hurts or project into the future, your energy becomes scattered and depleted. Become aware of your limiting beliefs. As you recognize what holds you back, you can change your thinking and open yourself to new opportunities

You can reach new insights and healthy detachment in situations by pulling back and becoming the observer, which allows for other perspectives. Consider exploring the variety of spiritual, and emotional counseling or coaching options available for growth.

- *Journal to the Self*, Kathleen Adams
- *Emotional Intelligence*, Daniel Goleman
- *The Power of Now*, Eckart Tolle

Intellectual

- Organize /simplify
- Goal setting
- Professional training
- Workshops for enhanced living
- Exercise your mind



Organization is the foundation to maintaining balance. We recommend creating systems to streamline your daily routines and decrease clutter. This will allow the energy to flow around you. Strive to simplify all aspects of your life in small increments. According to Steven Covey in his book *Principle Centered Leadership*, "If you want to change dramatically, change the way you look at things, and change how you see the world."

From an intellectual perspective, begin to look at your life, write your thoughts in your journal and analyze them. What is joyful to your spirit and what is loathsome? Where can you make changes and where do you need positive reframing? Covey also refers to "sharpening the saw"- keeping your tools fresh, attending professional training/ workshops, continuing your education for enjoyment as well as for mental health.

Working the mind daily with creative problem solving, crossword puzzles, sudoku, board games, and brain teasers will increase positive energy flow to the brain.

- *The Spirit of Getting Organized*, Pamela Kristan
- *Simple Abundance*, Sarah Ban Breathnach
- *Creating Sacred Space with Feng Shui*, Karen Kingston

Spiritual

- Breathwork
- Give back/radiate kindness
- Connect with the rhythms of nature, art and beauty
- Meditate/pray/religious practice/ listen within
- Create sacred space to support your inner peace



continued on page 12

There are endless, joyous ways to breathe in spirit, fill with life, reflect, contemplate and connect with something greater. Whatever brings you joy and creates beauty will replenish your spirit. Be sure to take time for quiet meditation, reflection and contemplation to access the quiet voice within. It is the inner voice that will lead you to discover your gifts, your passions, and your mission ...guiding you to live with purpose.

- *The Power of Meditation and Prayer, Multiple contributors*
- *Practice Random Acts of Kindness, Editors of Random Acts of Kindness*

SELF CARE IS FOR LIFE!

Keep your goals in mind, and list the activities that you chose in the corresponding outer areas of your wheel. As you incorporate them into your life, add them to the inner wheel section and increase your shading accordingly. Recognize your progress and note how the changes are contributing to your increased energy level.

Experiment with activities at different times of the day to discover when you are fresh and more likely to follow through. Schedule these activities and times on your calendar in pen and don't compromise them.

You are now well on your way to living your vision of a more vibrant, healthy you. Continue to work your wheel on a regular basis, assessing, making small steps and changes. As you work with the process, your energy will increase and assist in keeping you motivated, living in harmony, balance and sustaining a high vibration for life. 🐾

Sue and Ann's Bio:

Sue Kagel and Ann Adams have worked together for years at Canyon Ranch Health Resort, Tucson, AZ where they teach self care daily in their respective occupations. Each practitioner draws from a variety of backgrounds in presenting self care lectures and individual teaching.

Ann's educational background includes a BSN in Nursing, BS in Nutrition, MS in Exercise Physiology and she is a Certified Healing Touch Practitioner. She has formerly combined her knowledge to create and teach in cardiac rehabilitation programs and now works as a triage nurse and patient educator.

Sue has a 10 year full time Healing Touch Practice in which she combines her education in BSN Nursing, Holistic Nursing Certification, and is a Certified Healing Touch Practitioner and international Instructor. She is on faculty for the University of Arizona Program of Integrative Medicine and is a member of the Healing Touch International Board of Directors.

Sue and Ann can be found weekly on the trails of Sabino Canyon in Tucson, using the buddy system to spur each other on physically as they share, create, explore and implement new ideas for living life fully alive.

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2007 LEVEL 1

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| Mar 9-11 | Philadelphia, PA |
| Mar 16-18 | Cleveland E., OH |
| Mar 23-25 | Atlanta, GA |
| Mar 23-25 | Norfolk, VA |
| Mar 30-Apr 1 | Los Angeles, CA |
| Mar 30-Apr 1 | Cincinnati, OH |
| Apr 13-15 | Minneapolis, MN |
| Apr 27-29 | Kansas City Metro |
| Apr 27-29 | Calgary, AB |
| May 4-6 | Boston Area, MA |
| May 4-6 | Charlotte, NC |
| May 18-20 | Baltimore, MD |
| May 18-20 | Chicago, IL |
| May 24-25 | Amhem, Netherlands |
| June 1-3 | Eau Claire, WI |
| June 8-10 | Salt Lake City, UT |
| Sept 14-16 | Philadelphia, PA |

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|-----------|---------------|-----------|-------------|
| Oct 26-28 | Baltimore, MD | Oct 12-14 | Memphis, TN |
| Nov 2-4 | Denver, CO | | |

2007 LEVEL 2

| | |
|-------------|--------------------|
| April 27-29 | Cleveland E., OH |
| May 4-6 | Denton, TX |
| May 26, 28 | Amhem, Netherlands |
| June 8-10 | Atlanta, GA |
| June 22-24 | Denver, CO |
| June 22-24 | Cincinnati, OH |
| July 20-22 | Baltimore, MD |
| July 27-29 | Philadelphia, PA |
| Aug 10-12 | Calgary, AB |
| Oct 5-7 | Norfolk, VA |

2007 LEVEL 3

| | |
|------------|----------------|
| Jun 1-3 | N. Canton, OH |
| Aug 17-19 | Denver, CO |
| Aug 24-26 | Cincinnati, OH |
| Sept 14-16 | Baltimore, MD |
| Nov 9-11 | Atlanta, GA |

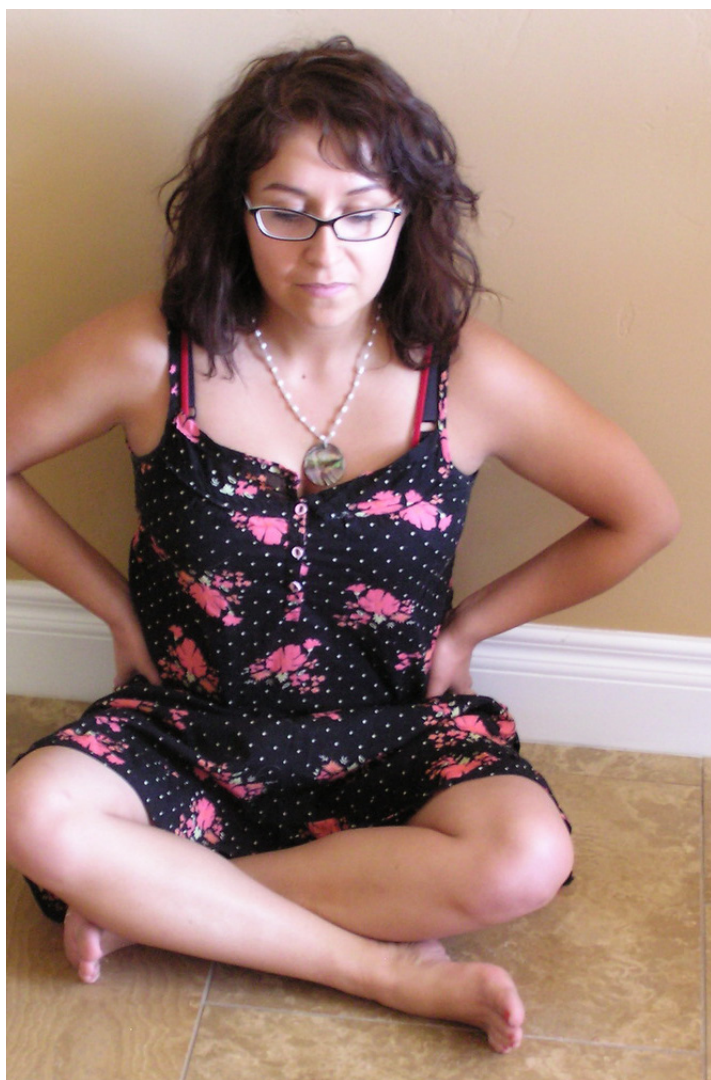
2007 LEVEL 4

| | |
|------------|----------------|
| Mar 16-18 | Baltimore, MD |
| Apr 20-22 | Denver, CO |
| Sept 28-30 | N. Canton, OH |
| Oct 19-21 | Cincinnati, OH |









Healing Touch Technique Self Chakra Connection

Procedure (see chart on pg 14)

The Self Chakra Connection can be done sitting or lying down. Begin by opening either foot chakra by holding the foot position shown in figure 1 (on page 14). Hold each position for approximately one minute.

- Ankle and knee
- Knee and hip
- Switch sides
- Open foot
- Ankle and knee
- Knee and hip
- Both hips
- Root and sacral chakras
- Sacral and solar plexus chakras
- Solar plexus chakra and spleen
- Solar plexus and heart chakras
- Heart chakra and high heart
- Both wrists
- Both elbows
- Hold both shoulders (and give yourself a hug!)
- Return to the high heart and throat chakra
- Throat and brow chakras
- Brow and crown chakras
- Crown chakra and transpersonal point

The Chakra Connection is a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book *Joy's Way*. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

The Chakra Connection is an excellent self-care technique, which can be incorporated into your daily or weekly self-care practice. It can also be effectively used to care for yourself during stressful situations, times of decision making or for relaxation and rejuvenation at the end of the day.

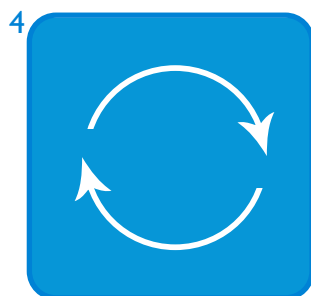
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Healing Touch Technique

Self Chakra Connection



Knee to Hip



Repeat 1-3 on Other Leg



Open Foot



Ankle to Knee



Both Hips



Root & Sacral



Sacral & Solar Plexus



Solar Plexus & Spleen



Solar Plexus & Heart



Heart & High Heart



Both Wrists



Both Elbows



Both Shoulders



High Heart & Throat



Throat & Brow



Brow & Crown



Crown & Transpersonal Pt.

Path of Healership

The Importance of Self Care for the Healer

by Janet Mentgen, RN, BSN, CHTP/I, Founder Of Healing Touch

Editor's note: The following is excerpted from the conclusion of the keynote address given by Janet at the second national Australian Holistic Nursing Conference in 1995. The theme was 'Partnerships in Ancient Healing'.

I want to talk about my pathway. The reason that I want to do that is because this is the most common question I get from people, and I'd like to answer all of you at once. That question is "How do you do what you do?" "How do you go week to week, place to place, and just lately, country to country, and keep doing it?" "How do you do it, don't you get tired?"

What I say to them is that I live a disciplined life. I take care of me first. I had to learn that the hard way like most of us. We come from our position of being a wounded healer we say. Or being burnt out. Do you have that term here? Burning the candle at both ends? We cannot be a spark in someone else's life if our spark has gone out. Do any of you have a clue as to how hard it is to light the life within of somebody's spark that has gone out? When you look inside a person, whose light has gone out, as a healer, you know that if you re-light that light, that inner spark, that essence of life ... that is all you can do, is light it again. Give them a second chance. It's up to them to maintain that light. So we light that light and we let it go. So how do we, on our path of healing, keep our light on? What do we do? And I want to give you seven steps that I focus on in my life, which I call the steps of the path of healing. We cannot be a spark in someone else's life if our spark has



gone out. These are my rules of right rhythmic living. The source of this comes from Alice Bailey and Esoteric Healing. It's been reinforced through me, by my teachers along the path. But this is what I have to do for me on a daily basis.

I have to focus first on my physical clearing. I must take care of my physical body, my physical existence. This means, how I feed myself, my nutrition, supplements, the water that I drink. My physical nurturing. I must take care of my rest. My physical body requires 8 hours of horizontal rest, on a daily basis. And I want to tell you how disciplined I am about this. Horizontal rest means I'm lying down - it doesn't mean that I have to be asleep, but I have to be down. If I don't get my 8 hours of horizontal rest I make sure that I make it up the next day. So the next day maybe 10 or 12 hours of horizontal rest if I have been negligent. I also do remedial rest, or what I call

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preventative rest during the day, which means I lie down horizontally. Now one of the little secrets of our clients coming in to us for healing - we make them horizontal on our ' tables, don't we. You know, that's enough.

The breath, breathing, and movement, dance, exercise, activity. Things to keep ourselves alive within our body. Our ability to be on Earth. To be in the sun and the light. Moonlight, stars - all necessary for our physical clearing. Taking care of our physical body. We do these types of activities through our communities, within our cultures, our monasteries, our tribal customs. Through our apprenticeships with Healers. Whatever pathway we choose to do, it's a similar pathway, isn't it? We can find ways to share that, and to learn from that.

The second aspect or principle, is the principle of emotional clearing. In emotional clearing we are expressing our hurts, our pains. A necessary, part of our life. These emotional clearings are usually performed through our background, our training and our exposure to emotional principles. And so we engage in therapies. Therapies for ourselves, working with people that we trust. We may do this through prayer, following our faith. We may belong to self-help groups, meditation, dreams, journals. Even laughter and play. We're not lacking in resources for emotional clearing. We just have to do it, and make it one of our priorities.

The third principle about rhythmic living, is our mental clearing. Mental clearing is where we change our cognitive thought process. We'll claim it as I change my mind ... it's a women's privilege, I understand. But it's changing our thought patterns, our cognitive process. Creating new habits, new ways of doing things. We do mental clearing through problem solving, a technique that we're very familiar with. Through our assertiveness, catharsis, our creativity and developing our mind, through our mental disciplines - reading and studying. What do you read? Where are you in your reading development. As we could say, those of us who are traveling is "What books did you bring with you?" What are you reading. It has a lot to do with where you are in your mental clearing. We do spiritual reading, inspirational reading, inform-

ative reading, studying. And I think travel should come into this mental clearing aspect. Because we learn so much when we travel. We learn so much through the cultural exchanges that we have.

The fourth area of right rhythmic living that I think is very, very special, is one I call sacred space. Your sacred space at home, your sacred space when you're away. What does your sanctuary look like: What is your sacred space: How do we create sacred space: How do we bless the land that we live on, daily : The way that I do this, is that I believe that every place I put my footstep, I bring light to that part of the Earth. Every place I put my footstep, I bring light.

Sacred space creates within us harmony, a harmony on the outside - and when you travel like me, it doesn't do me any good to leave that harmony at home. It must go with me daily. So I call my sacred space, my monastery without walls, and within my monastery without walls, I live within my discipline, my defined discipline on a daily basis. I incorporate the principles of adequate light and adequate storage. Simplicity. Does your sacred space create restfulness? Think about restfulness, in your sacred space.

Recycling. How are you doing with recycling: The use of the natural products, and then the principle of reorganizing. Reorganizing comes into the category of spring cleaning. I think you're coming into spring, is that correct? It's time for spring cleaning. One of the things that I tell people in the classes that I work with, is about the energy that is stored in objects. And one of the questions I put to them, is ... "Look around your bedroom, and look at the energetic component of the things around your bed". And of course, everybody immediately thinks about that stack of books, you know, the mental clearing books. But what are other things in your Sacred Space and what are the vibrations. The clothes that you're wearing today, are clothes that you put your vibration in. So if you've got a closet full of old clothes, what's the vibration? What are you saving them for. That will pull you back to that lower vibration faster than anything I know. What about the books stored on your bookshelf? When

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you read that book, how much of your energy went into that book. Your vibration. Are you still at that vibration. That's what I mean by spring cleaning. Clean your space, so that your vibration is in the present. Now those of us who are living out of our suitcases for a month, we're getting a little lesson on this, aren't we. And there are some things that we're leaving along the trail, that we're passing on and there's a lot of things that we're acquiring in the new.

The fifth principle is the principle of silence. Hearing those raindrops as they fall out there. The hush of a crowd, as a speaker begins to talk. And here in this lovely environment, the birds. For us, the new sounds of birds, and even last night, the fruit bat. The silence of meditation. That beautiful silence. You know, when we live in a world of noise, to be able to come home to that silence. My home is on two and a half acres. I call it a little farm because I have a vegetable garden. I like the tranquility of the silence, the peace, the view of the Rocky Mountains that I can see. The space. But mostly, the quiet. I require quiet. I often have days of silence, and I travel in what I call Holy Silence. Which means when I enter a day of travel, I move into silence, when I only speak if I need to. I conserve my energy, I save my space. When I do that, and I honor that discipline; I arrive rested at my destination. Tremendous difference to the way I used to travel.

I also pretend sometimes, somebody asks me what I do, you know, on the airplane sitting next to you. They'll say "what do you do": especially if they look over and see what sort of book you're reading. I've learned also to hide that every once in a while, if I don't want to talk about it. Some days I'm a medical administrator, some days I'm a healer. I tried one time to be an author ...

The sixth principle is the principle of holy leisure. Holy leisure is what brings balance into, our life. It restores us from the workload that we carry. To bring us back. It's the rhythm of life that is necessary for us to continue, and our laughter here is part of that holy leisure isn't it? It brings us back into balance. The rhythm of our lives. I can remember once in therapy when my therapist said to me ... "Janet, what I want you to do everyday for 10 minutes is do nothing"... Oh, sure. Piece of cake! Have you ever tried to do nothing for 10 minutes? The next week I asked her to modify that to five ... I thought I might be able to manage one or two. I couldn't do it. That's the scary part. I couldn't do it. So now I play with words, like, I'm puttering ... quote down time ... use those words. On the beach as I was walking the other day I ran into Dierdre and she said "What you doing?" and I said "I'm meandering". I had noticed my foot-steps and they were going in this kind of walk-about pattern. It's learning to let go, to be in that space.


Janet Mentgen's 7 Principles of Self Care for Healers

1. **PHYSICAL CLEARING**
take care of your physical body, your physical existence.
2. **EMOTIONAL CLEARING**
express your hurts, your pains
3. **MENTAL CLEARING**
change your cognitive thought process
4. **SACRED SPACE**
your sacred space at home, your sacred space when you are away
5. **SILENCE**
the silence of meditation, Holy silence
6. **HOLY LEISURE**
brings balance into your life, restores
7. **HOLY RELATIONSHIPS**
being committed to your relationships

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And the last principle that I want to talk about, number seven, is the principle of holy relationships. The area that I call sacred sex. Sexual expression - the sexual expression of the healer. Part of our work. It comes from the heart, doesn't it? It's being in committed relationships, having sexual fidelity - the pureness of our heart. It's our commitment to helping one another. It's our partnership in Ancient Healing. I hope that in our relationships with our countries; with each other as healers, with our clients, our families, and every way that we have opportunity for relationship. I hope that we will honor that relationship, and it will become sacred, each and every time.

So what do we need to do about all of this? I suggest that we make a commitment to our way of life. It doesn't have to be like mine. But if we're going to be a healer, to do this work, I think you're going to have to define your commitments. Your commitment to yourself. Your commitment to others. Your surrender to God, and how you define God. Your commitment to leading a disciplined life, your way of life, and your simplicity in all things. God speed on your journey. Thank you. €



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| 6/7-10/07 | Burlingame, CA | Nina Weil 650-348-6971 | Hovland |
| 6/27-30/07 | Ft. Collins, CO | Lauri Pointer 970-484-2211 | Hovland |
| 10/11-14/07 | Cincinnati, OH | Don Stouffer 513-770-4289 | Hovland |

Level 2 teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1


| Date | Location | Contact | Instructor |
|------------|---------------|------------------------------|------------|
| 7/13-15/07 | Baltimore, MD | Cherry-Lee Ward 410-785-0018 | Hovland |

Level 3 studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

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| 5/18-20/07 | Chicago, IL | Ann O'Malley 630-674-8040 | Hovland |
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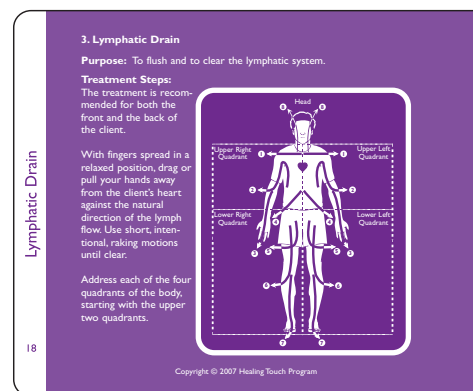
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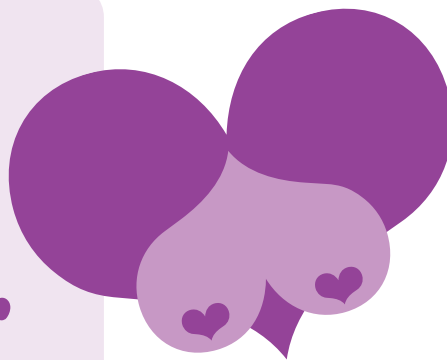
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Ladies have you Phluffed Your Girls Today?



**Phluffed Girls are
Happy Girls!!**

What is Phluffing?

Phluffing is a safe, easy, gentle movement given to the breasts at least twice a day.

Did you know that women take better care of their hair, nails, face and feet than their breasts?

Why should I Phluff?

Breasts are the least touched part of a woman's body. The body's immune system circulates lymph fluid to destroy cancer cells, viruses, bacteria, microorganisms, toxins and waste material.

When this lymph fluid is restricted, as with a bra, the lymph cannot circulate freely in the breast.

Daily Phluffing softens the breast and increases awareness of changes in the breast tissue.

Remember - EARLY DETECTION SAVES LIVES

If your "girls" are "talking" to you, maybe they are asking for a Phluff!

When & Where

At home, at work, in your car, with or without clothing, preferably in the morning upon awakening, or showering, during the day and especially after the bra is removed at night.

Benefits of Phluffing

Reduce breast congestion and discomfort if done before, during and after the menstrual cycle.



Soften breasts



Relieve breast pain



Prepare the girls for their mammogram!



Decrease lumps and cysts from fibrocystic breasts



Move lymph and brings T-Cells to protect the breast



Reduce breast tenderness during pregnancy



Enhance breastfeeding



Become familiar with your breast



Easier to do a self breast exam



Maintain a healthy breast







Connect with your body

AND...IT FEELS GOOD!




*Big or small, young or old
it's always time to phluff the girls!*

How to Phluff

Phluff A

-  Bend at waist or stand upright
-  Cup your hands under each breast.
-  Gently move your hand in an up and down motion as if fluffing a pillow.
-  Phluff about 10 times

Phluff B

-  Place the side of each hand under one breast onto the ribs.
-  Move your hand left to right in a sideways motion, about 10 times
-  Repeat for other breast

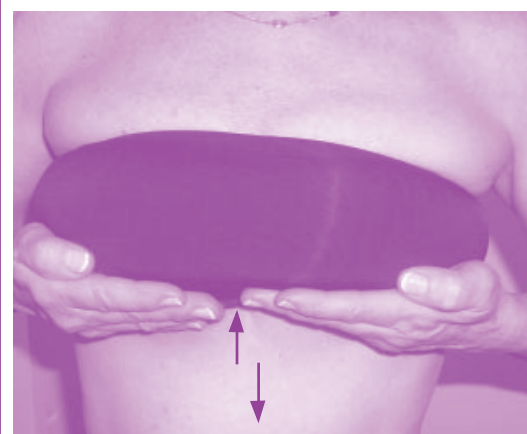
Spontaneous Phluff

Lift the bra straps and move up & down 10 times or so. Best done when sitting at a red light or any place at anytime.

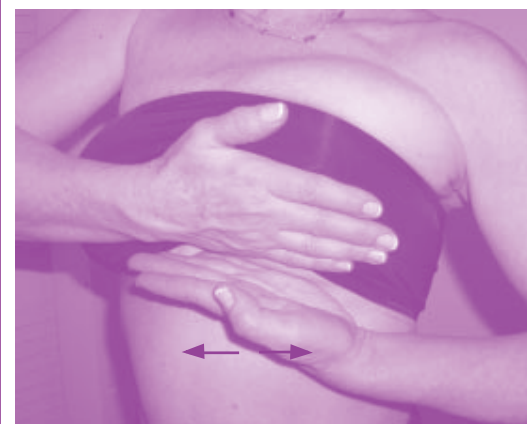
After Phluffing or a shower, a few drops of **Breast Oil** (containing evergreen, plantain, calendula, St. Johns Wort and lavender) is very beneficial for the girls.

* breast oil available at www.redmoonherbs.com

Phluff A



Phluff B



*This page is enlarged so it can be printed and hung for reference.



"PHLUFFING THE GIRLS", was conceived by Cheryl Chapman as a result of her personal and clinical experiences. Cheryl is a breast care advocate dedicated to empowering and educating women about self breast care. She received her nursing degree in 1965 and earned her certification in therapeutic massage in 1988. As a former cardiac

oncology and hospice nurse, she has integrated nursing and massage into her practice. Cheryl is the Director of Professional Massage Therapy™ in Short Hills, New Jersey. She is Holistic Nurse Certified, Nationally Board Certified in Therapeutic Massage and Bodywork and is trained in Swedish, Shiatsu, Geriatric, Cranio-sacral, Reiki, Therapeutic touch, Healing touch I, Lymphatic massage, Healing stone therapy, Pregnancy, and Infant massage modalities.

Cheryl is Past President of the American Massage Therapy Association (AMTA)-New Jersey Chapter and active in the National Association of Nurse Massage Therapists, the American Holistic Nurses Association, New York Society of Medical Massage Therapists and New Jersey State Certified. She teaches trainings in Cancer, Hospice, Mastectomy, Healthy Breast, Geriatric, and Pregnancy massage at various massage schools and conferences throughout the country. She is a continuing education provider for the National Certification Board for Therapeutic Massage and Bodywork and lectures on breast care, women's health and massage nationally. Cheryl authors articles on Massage for Professional and National publications.

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Learning the Fundamentals of Self-Care

by Debra Basham, CHTP

(Editors note...the following is a handout the author gives to new clients.)

Although it feels wonderful to receive Healing Touch, this is just the beginning of your learning to easily manage your own energy through the practice of self-care.

You will want to practice self-care to ensure that if you are feeling stressed, you will have the resources to know how to relax.

Energy *always* has a vibration, and that vibration determines the way different energies relate to one another. Magnetic attraction in the energy field means that an individual attracts different energies to him/herself based on the state of that individual's energy field.

When you are depleted because of *fatigue* or *feeling hurt, guilty, or angry*, the vibration of the field manifests that depletion in the form of Fear.

When you feel hopeful, trusting, light-hearted, and joyful, the vibration of your field is Love. That is the vibration of healing where we very naturally and without effort let go of the attitudes, beliefs, and emotions that block the flow of energy through our bodies.

The Energy is already there. You're asking, inviting, saying yes, merely tells your higher self that you are ready to accept it. Also, when you open yourself to one good thing, other good things come along.

As you open yourself to the energy, you experience unconditional love, trust, hope, healing, and patience. The more open you are to the good things, the less concern you will have for the not so good.

Therefore, practicing self-care helps you create and communicate this vibration of love and trust. In addition to taking care of your physical needs through proper diet, exercise, and rest...attend to your

emotional needs by finding things that give you pleasure and allow you to laugh...and attend to your spiritual needs through meditation, prayer, or other forms of connecting with Spirit. ☸

Debra's Bio:

Basham is a Certified Healing Touch Practitioner and an ordained Interfaith Minister of Reunion. She has developed a passion for using and teaching effective language usage for transformation and healing. Debra is a Licensed Master-Practitioner of Neurolinguistic Programming (NLP) through Richard Bandler, Licensed Trainer of Hypnotherapy through the American Board of Hypnotherapy (ABH), and was trained in Prepare for Surgery/ Heal Faster™ before going on to develop of Pre- and Postsurgical Support with SCS TM with co-author, Joel P. Bowman. Welcome Baby!™

Debra developed a one-day workshop called *Healing Touch as Self Care*, and, in addition to *Self Full Body Connection*, attendees learn *Etheric Vitality*, and the appropriate application of *Laser*, *Ultrasound*, and *Hands Moving/Hands Still* for self healing. An illustrated handout featuring *Self Full Body Connection*, appropriate for giving to your clients, is available as free download (<http://www.scs-matters.com/Download/self-full-body.pdf>). Visit Debra's website at www.scs-matters.com.

Body Mind Spirit Balancing Self-Care

by Deborah Lallier, CHTP, CHt



Nourishing our minds is as much a part of self-care as doing a daily *Self Chakra Connection*. By expanding the level of creative thinking, both rational and intuitive processes are heightened. In fact, recent evidence suggests that stretching our minds to learn something new actually wards against mental deterioration.

We know, as healing facilitators, how important it is to keep the body, mind, and spirit in a healthy state of optimum equilibrium, because that's where the holistic health paradigm works most efficiently!

The Healing Touch Articles web page makes every effort to keep us and the world notified of any updated research or publicity about Healing Touch. And it is also an exciting and effective way of helping to expand our minds, all the while learning more about the field we cherish.

One feature on the resource page, which you may find interesting, is continuing to bring awareness of The Healing Touch Program to an expanding audience with well over two thousand listeners to date. It is an audio interview with Kimberly Gray, RN, CHTP/I, and Vicki

Slater, RN, PhD, CHTP/I called *Healing Touch: Hands-On Energy Balancing for Wholeness* from the internet radio broadcast of *Creative Pathways: Balancing for Wholeness*. (<http://www.modavox.com/voiceamericacms/WebModules/HostModaview.aspx?HostId=196&ChannelId=4&Flag=1>)

As host of the program, it was my intent to educate and inform the listeners about the healing potential of Healing Touch, and the guests of this show have done an amazing job of that indeed! Kimberly speaks about the inspiring Healing Touch program at St. Joseph's Hospital in Tampa and Vicki delves into the research studies and the physics of energy work. It is a great way to hear a wonderful overview of Healing Touch, both for yourself and your clients.

There is always something new to learn--take the time to nourish your *mind*, as well as your body and spirit! 🍎

Deborah's Bio:

Deborah Lallier, CHTP, CHt, and Holistic Intuitive Spiritual Director has interviewed notable authorities in the field of energy medicine and spiritual healing and developed an entire holistic health series dedicated to expanding knowledge within the field. The series of audio podcasts, *Creative Pathways: Balancing for Wholeness*, may be accessed at www.CreativePathwaysInc.com.

MONEY AS Energy

by Marilee Tolen, RN, HNC, CHTP/I

Money: a Self Care Tool

Self care is a necessity for healers, not a luxury.

Why? Because the healer's energetic system must be balanced, grounded, and charged as they go into a healing. Self care is what helps create and maintain that state of being.

During my training at the four year Brennan School of Healing Science, I remember Barbara (Brennan) saying *"The hardest part of healership is the daily self-care."* And Janet (Mentgen) often talked about the principles of "right rhythmic living".

When we commit to healership, we commit to self care. But self care is where many healers get tripped up and have difficulty committing.

There are many blocks to committing to self care. Here are some statements from healers about blocks that you might relate to:

"Between my job, family, and running my household I have little to no time for myself"

"There never seems to be enough time for me to cook the things that are healthy that I want to eat, so I end up grabbing something on the go from a convenience store or drive-thru."

"I would ideally like to get a massage every week but I can hardly afford it once a month".

"I try to meditate in the morning but I have a hard time. I keep thinking how much I have to do before I leave for work. If I'm lucky I do the Chakra Connection on myself before I get out of bed".

"I only dream of having a spa weekend once a month, at a place like Canyon Ranch where they offer Healing Touch, but that is so unreachable financially, it is only a dream".

The two main blocks to self care are time and money.

What can we do to heal these blocks to self care?

- Include self care practices and modalities in your financial budget
- Schedule self care time in your calendar
- Communicate to your family the importance of your self care practices
- Check in on your belief system of giving yourself time and money for self care practices
- If you feel guilty giving yourself time and money for self care get over it
- Include in your self care working on issues of deserving self care

You might be sitting there saying "well I can do many self care techniques that don't cost money". That may be true, but they still cost time, and both are valuable commodities.

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If you have this way of thinking I would like to invite you to change it to thinking of exactly what you would like to do for self care – the ideal situation – and hold that in your consciousness. Open up to the possibility that it can happen for you and you just don't have to settle for your low cost way. Keep in your consciousness exactly what it is that you would like your life to look like that includes self care on a daily basis. Raise the bar for yourself in the way that you perceive, budget, and plan.

As you give to yourself in this way, through the Law of Attraction more will come. €

You are invited to attend a free teleseminar where Marilee will be interviewing author Michael Losier (The Law of Attraction Book) on the Law of Attraction. The focus of this interview will be on how you can attract ideal clients to your practice. To sign up for this Wednesday July 11th event go to: <http://tinyurl.com/32bfjo>

Marilee's Bio:

Marilee Tolen is board certified in Holistic Nursing, a Certified Healing Touch Practitioner and Instructor (10 years), and a former board member of Healing Touch International. She is a graduate of the Barbara Brennan School of Healing Science and completed Intuition Training with Caroline Myss. Marilee has integrated abundance and prosperity principles into her professional life for over twenty years. Her studies of the energy of money became her specialty at the Brennan School in 1996 as demonstrated in her thesis "Currency As Consciousness" ©. She is a contributing author to the recently acclaimed award winning book *Invitation to Holistic Health: A Guide to Living a Balanced Life* (Bartlett and Jones) writing the chapter on "Financial Health". Marilee is currently packaging her years of experience and knowledge as a Nurse Healer to teach the people about self care and natural ways to heal which includes Healing Touch. She is marketing this information through the internet as "Home Spa Lady" and is having a "prosperous blast". She loves to teach people how to do this and much more. To learn about what she offers sign up for her Free Tips of the Week at www.HomeSpaLady.com.

Eight Steps to Kickstart Your Practice

A Free Four Week Teleseminar Series by Marilee Tolen RN, HNC, CHTP/I

For the nurse, healer, or holistic health care practitioner who wants to start a private practice or for someone currently in private practice who wants renewed energy.

Whether your practice is in an institution (wellness center, hospital, spa) or a stand alone independent setting, this can help you.

What is a teleseminar?

It's a great way for you to learn right in the comfort of your own home. No special equipment is needed other than a telephone.

After you are registered for the class you will be sent a special phone number (this is not a toll-free number) and a code to get into Marilee's classroom with others from all over the globe. You can be interactive or you can put yourself on "mute" and listen in like a "fly on the wall".

In this four week series Marilee will cover two of the eight steps per week. The calls will be one hour in length.

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Four consecutive Monday nights

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All calls are at 9 PM EST

This teleseminar series with Marilee is complimentary but you must still register to sign up.

Click here to register:

<http://tinyurl.com/2lgtkz>

Marilee Tolen RN, HNC, CHTP/I

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Habits of Healthy Eating

by Suzanne Myers



Healthy eating and living a healthy lifestyle has a lot to do with forming the right habits. Here are seven of the best habits you can develop when it comes to healthy eating. Start by picking one of them and making it a habit of your own before moving on to the next. Before you know it, you will have developed a much healthier eating lifestyle.

DRINK PLENTY OF WATER

Your body has to stay well hydrated to perform at its best and to properly process all the nutrients in the food you eat. Drink at least 8 glasses of water a day. You may need even more water if you are in a hot environment – like spending the day at the beach in 95-degree weather, or if you are exercising.

If you are trying to lose weight, add plenty of ice to each glass of water. Your body will burn energy to warm the water up to body temperature. Research has shown you can speed up your metabolism by 1/3 by drinking several glasses of ice water each day.



EAT BREAKFAST

You've probably heard this before; breakfast is the most important meal of the day. After not eating for the past ten hours, your body needs fuel to get you going. You will have more energy and will be more alert after eating breakfast.

A recent study has shown that women who eat breakfast will consume an average of 100 calories less during the day than their counterparts who skipped breakfast. If you are trying to lose weight, eating breakfast is a definite must.



continued on page 27

DON'T SKIP LUNCH

There are many days when we are tempted to skip lunch. We are trying to lose weight and want to save some calories; we don't have the time and end up working through our lunch break, or have errands to run. Let's take a look at what happens when we skip lunch. Blood sugar levels drop, metabolism slows down to compensate for the missing fuel and when you get home you are starving and eat everything you can get your hands on.



Eat a light lunch each day. If you don't have time to go out, pack a brown bag lunch. Fix a turkey sandwich and some carrots or grapes in the morning and take them with you for a quick lunch at your desk.



CHOOSE YOUR SNACKS CAREFULLY

We all need to snack from time to time. In fact, it's a good idea to eat two healthy snacks in addition to your three main meals. This doesn't mean that you can stop by the snack machine and grab a bag of chips or a candy bar.

Choose healthy snacks like fruits and vegetables, low fat yogurt, cottage cheese with apple-sauce, some whole-wheat crackers with cheese, or some trail mix.

EAT YOUR FRUIT AND VEGETABLES

There is a good reason the 5-a-day campaign was started. We should eat at least 5 servings of fruits and vegetables a day, yet many of us get hardly any servings in at all. Grab a piece of fruit for a snack, add some banana and raisins to your favorite breakfast cereal, have a salad with lunch, and make it a habit to fix at least one vegetable side with dinner each night. A simple fruit salad of cut up fruit dressed with a touch of lemon juice and honey makes for a quick and delicious desert any night of the week.



AVOID LATE DINNERS

With our busy lives we are always tempted to put off dinner until the last minute. Try to eat dinner at least 3 hours before you go to bed. This will give your body a chance to digest most of the food before you rest for the next 8 hours.

A strategy that has worked well for me is to plan dinner for the week ahead of time and making sure I have every thing I need in the house. It allows me to get dinner started as soon as I get home and cuts out the extra time it takes to dig through the cupboards trying to find something to make and then running to the store to get the remaining ingredients.

Take a few minutes one day a week and plan the entire menu. Make a grocery list and shop for everything you need for the next few days. You may even want to post your menu on the fridge so other family members can get a head start on dinner if you have a late meeting at the office.

Keep a Food Journal

Do you really know what you are eating each day? We often snack and eat more at regular meals than we realize. To get a better idea of what you are eating on a daily basis keep a food journal for a few days. All you need is a notebook and a pen. Write down everything you eat and drink in a given day. It is also a good idea to make notes about any emotions related to what you eat. For example, if you had a bad day at the office, and you have 2 slices of cheesecake after you get home as a result, write it down. You'll be able to analyze what causes you to choose unhealthy foods and at what times of the day you are most likely to grab unhealthy foods. Recognizing what your bad eating habits are is the first step toward correcting the behavior.



You will be amazed how much better you will feel by incorporating these seven habits of healthy eating. Give them a try and see for yourself. 📖

Susanne's Bio:

Susanne has been losing weight by eating well and walking more. Visit <http://www.walkingofftheweight.com> to find out how you can start walking off the weight today, <http://www.homebasedworkouts.com> to start working out in your home, and visit <http://www.healthymenemailer.com> for meal ideas that are healthy and low in calories.

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The Physiology Response Wall Chart

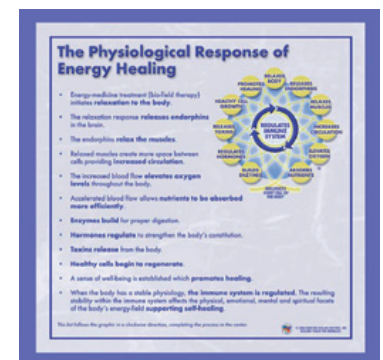
The Level I Notebook included The Physiology Response of Energy Healing diagram.

This has now been produced as a 15 X 15 laminated wall chart. The back of the chart has a script that clearly explains the body's physiological response during an energy-medicine treatment.

This chart evolved as an easy way to explain how energy-healing works for people and animals. Understanding the body's response while receiving energy-medicine will demonstrate the fundamentals of how healing occurs. This chart illustrates a full perspective of the body's reactions to energy-medicine.

Add this tool to your energy-medicine tool box, place on a wall in your treatment room, or take it with you wherever you go! It is available through the HTP store at:

www.HealingTouchProgram.com/catalog



HEALING TOUCH

Class Schedule

2 • 0 • 0 • 7

The most up-to-date class schedule can be found on the Healing Touch Program web site www.healingtouchprogram.com. If you have questions or need to change the information on your listing please contact the HTP office at 303-989-0581 or e-mail at info@healingtouchprogram.com

Healing Touch Program is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00

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| 9/28-30/2007 | MN St Joseph | Jackie Mielke | (952) 473-9378 | jackiemielke@qwest.net | Jackie Mielke |
| 9/29-30/2007 | OH Medina | Elaine Nichols | (330) 725-4586 | efnichols@zoominternet.net | Debra Reis |
| 9/29-30/2007 | Auroville, India | Marty Rather | (615) 776-2240 | | K. Gray/M. Rather |
| 9/29-30/2007 | NB Bathurst CAN | Fernande Savoie | (506) 826-2707 | fernandesavoie@msn.com | Jeanne Balcom |
| 10/5-7/2007 | MN Minneapolis | Janet Dahlem | (651) 690-7836 | jldahlem@stkate.edu | Barb Schommer |
| 10/5-7/2007 | IL Alton | Chaplain J. Greenwood | (618) 463-7491 | | Mary O'Neill |
| 10/5-7/2007 | FL Daytona Beach | Joanne Vogel | (386) 574-9216 | | Nancy Wingerter |
| 10/6-7/2007 | MD Solomons | Christine Devoe | (410) 326-1644 | tdevoe@comcast.net | Christine DeVoe |

| Date | Location | | Coordinator | Phone | Email | Instructor |
|-------------------|----------|--------------------|------------------------|----------------|--------------------------------------|----------------------|
| Level 2 continued | | | | | | |
| 10/6-7/2007 | IN | Hobart | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Sandra Lutz |
| 10/6-7/2007 | CO | Ft Collins | Lauri Pointer | (970) 484-2211 | LMPPointer@aol.com | Lauri Pointer |
| 10/6-7/2007 | CA | La Jolla | Liz Fraser | (858) 554-3360 | Fraser.Elizabeth@ScrippsHealth.org | Rauni King |
| 10/6-7/2007 | HI | Oahu | Lori Potzman | (808) 456-2869 | | Lori Protzman |
| 10/12-13/2007 | MN | Stillwater | Gloria Mondor | (651) 439-1965 | westmichiganhealers@core.com | Barb Schommer |
| 10/20-21/2007 | WI | Fond du Lac | Debra Bruflat | (920) 921-9404 | deb@fcsh.org | Marcia Bregman |
| 10/20-21/2007 | NJ | Galloway | Laura Freire | (609) 204-0227 | lefreire@hotmail.com | Maggi Hutchinson |
| 10/20-21/2007 | RI | Westerly | Cathy Meiklem | (401) 783-8115 | Meiklemc@aol.com | Jeanne Zuzel |
| 10/20-21/2007 | NY | Amsterdam | Sr. Rita Jean DuBrey | 518-841-7146 | dubres@smha.org | Sr. Rita Jean DuBrey |
| 10/21-22/2007 | | Stuttgart, Germany | Dora Kostlin | -7117194083 | dora.koestlin@gmx.de | Ines Hoster |
| 10/26-28/2007 | MN | Duluth | Karen Alseth | (218) 786-4431 | kaltheth@smdc.org | Carol Schoenecker |
| 10/27-28/2007 | IN | Evansville | Peggy Graul | (812) 465-1161 | pgraul@usi.edu | Bonnie Johnson |
| 10/27-28/2007 | NC | Winston-Salem | Deborah Larrimore | (336) 777-0680 | htofthecarolinas@aol.com | Deborah Larrimore |
| 10/28-28/2007 | LA | Covington | Mary Frost | (228) 342-1519 | tothealt@aol.com | Mary Frost |
| 11/2-3/2007 | OH | Perrysburg | Healing Arts Institute | (419) 874-4496 | info@haiohio.com | Debra Reis |
| 11/3-4/2007 | MI | Muskegon | Kay Bazzette | (231) 865-6070 | westmichiganhealers@core.com | Barbara Starke |
| 11/3-4/2007 | NJ | Morristown | Maggi Hutchinson | (973) 214-2582 | htnjclasses@yahoo.com | Maggi Hutchinson |
| 11/3-4/2007 | MI | Pontiac | Judy Rascano | (248) 394-0692 | jrascano@ameritech.net | Janet Tait |
| 11/9-11/2007 | FL | Orlando | Trish Huster | (386) 574-9216 | trishly55@yahoo.com | Nancy Wingerter |
| 11/10-11/2007 | CA | Sacramento | Susan Reed | (707) 928-6565 | blueskyz@idiom.com | Susan Reed |
| 11/10-11/2007 | WA | Olympia | Sherri Cote | (360) 753-2276 | healingessence@comcast.net | Bernie Clarke |
| 11/16-18/2007 | FL | Ft Lauderdale | Marcia Gill | (954) 973-1928 | marciag@bellsouth.net | Nancy Wingerter |
| 11/16-18/2007 | SK | Swift Current CAN | Judy Ross | (306) 264-3653 | | Betty Petersen |
| 11/17-18/2007 | KS | Baldwin | Robin Goff | (785) 255-4583 | info@lightcenter.info | Robin Goff |
| 11/17-18/2007 | GA | Atlanta | Ines Hoster | (404) 257-1843 | ihenergy@mindspring.com | Ines Hoster |
| 11/17-18/2007 | | Geelong, Australia | Rosemary Stewart | 03 52786008 | shiatsur@pipeline.com.au | Rosemary Stewart |
| 11/28-30/2007 | NC | Siler City | Deborah Larrimore | (336) 777-0680 | htofthecarolinas@aol.com | Deborah Larrimore |
| 11/30-12/2/2007 | AB | Calgary CAN | Betty Petersen | (403) 275-6288 | | Betty Petersen |
| 12/1-2/2007 | NY | Clifton Springs | Charlotte Wytias | (315) 462-0396 | charlotte-wytias@cshosp.com | Sr Rita Jean DuBrey |
| 12/8-9/2007 | AZ | Tucson | Barb Hart | (520) 807-4530 | bhart19@cox.net | Barb Hart |
| 12/8-9/2007 | FL | West Palm Beach | Lindsay Babich | (561) 596-2727 | | Judy Ray |
| 12/8-9/2007 | MO | St Louis | Kay Cook | (314) 772-6333 | kaycook@prodigy.net | Kay Cook |
| 4/18-20/2008 | NT | Yellowknife CAN | Cathy Landry | (867) 873-9476 | cathy.landry@gmail.com | Betty Petersen |
| 4/25-26/2008 | MN | Coon Rapids | Sheila Judd | (763) 433-1402 | sheila.judd@anokaramsey.edu | Jackie Mielke |
| 4/25-27/2008 | MB | Winnipeg CAN | Norma Bettess | (204) 256-4288 | nbettess@hotmail.com | Betty Petersen |

Level 3

| | | | | | | |
|--------------|----|--------------------|-----------------------|----------------|--------------------------|---------------------|
| 7/14-15/2007 | NC | Asheville | Anne Boyd | (828) 252-9419 | homelight@aol.com | Anne Boyd |
| 7/20-22/2007 | FL | Orlando | Trish Huster | (386) 574-9216 | trishly55@yahoo.com | Nancy Wingerter |
| 7/21-22/2007 | | Geelong, Australia | Rosemary Stewart | 03 52786008 | shiatsur@pipeline.com.au | Rosemary Stewart |
| 7/27-29/2007 | FL | Lakeland | Janet Svaral | (863) 687-8172 | janetsvaral@yahoo.com | Nancy Wingerter |
| 7/28-29/2007 | CO | Colorado Springs | Myra Tovey | (719) 622-0703 | Davidmyra7@msn.com | Judy Turner |
| 7/28-29/2007 | TN | Memphis | Dona Donato | (901) 324-1491 | dona44@aol.com | S. Scandrett-Hibdon |
| 8/3-5/2007 | MO | Kansas City | Jody Hueschen | (816) 237-1217 | jhueschen@aol.com | Lynn Placek |
| 8/10-12/2007 | FL | Ft Lauderdale | Marcia Gill | (954) 973-1928 | marciag@bellsouth.net | Nancy Wingerter |
| 8/17-19/2007 | IL | Alton | Chaplain J. Greenwood | (618) 463-7491 | jag0824@bjc.org | Mary O'Neill |

| Date | Location | Coordinator | Phone | Email | Instructor |
|--------------------------|--------------------|----------------------|----------------|------------------------------------|----------------------|
| Level 3 continued | | | | | |
| 8/23-24/2007 | CO Ft Collins | Lauri Pointer | (970) 484-2211 | LMPointer@aol.com | Lauri Pointer |
| 9/14-16/2007 | MN St Joseph | Jackie Mielke | (952) 473-9378 | jackiemielke@qwest.net | Jackie Mielke |
| 9/14-16/2007 | FL West Palm Beach | Lindsay Babich | (561) 596-2727 | LaFlora@aol.com | Nancy Wingerter |
| 9/14-16/2007 | NY Amsterdam | Sr. Rita Jean DuBrey | (518) 841-7146 | dubres@smha.org | Sr. Rita Jean DuBrey |
| 9/15-16/2007 | VA Herndon | Connie Hambrock | (703) 435-9208 | dr.hambrock@gmail.com | Maureen McCracken |
| 9/22-23/2007 | NC Asheville | Anne Boyd | (828) 252-9419 | homelight@aol.com | Anne Boyd |
| 9/28-30/2007 | MO St Louis | Joan Hogrebe | (314) 351-9621 | joanhogrebe@aol.com | Lynn Placek |
| 9/29-30/2007 | NY Amsterdam | Sr. Rita Jean DuBrey | (518) 841-7146 | dubres@smha.org | Sr. Rita Jean DuBrey |
| 9/29-30/2007 | GA Atlanta | Ines Hoster | (404) 257-1843 | ihenergy@mindspring.com | Ines Hoster |
| 9/29-30/2007 | Auroville, India | Marty Rather | (615) 776-2240 | | Janna Moll |
| 10/5-7/2007 | MN Minneapolis | Janet Dahlem | (651) 690-7836 | jldahlem@stskate.edu | Carol Schoenecker |
| 10/6-7/2007 | Geelong, Australia | Rosemary Stewart | 03 52786008 | shiatsur@pipeline.com.au | Rosemary Stewart |
| 10/13-14/2007 | CA Sacramento | Susan Reed | (707) 928-6565 | blueskyz@idiom.com | Susan Reed |
| 10/13-14/2007 | HI Maui | Heather Wiest | (808) 250-4004 | waterfallway@yahoo.com | Savitri Kumaran |
| 10/21-22/2007 | VA Suffolk | Marilyn Stulb | (757) 560-4744 | mhstulb@yahoo.com | Deborah Larrimore |
| 10/23-24/2007 | Munich, Germany | Sylvia Kraus | 64919646 | sylviakraus@gmx.net | Renate Reichenberger |
| 10/27-28/2007 | FL Tampa | Maria Rego | (813) 870-4983 | maria.rego@baycare.org | Judy Turner |
| 11/2-3/2007 | OH Cleveland | Gertrude Hensse | (440) 888-2061 | hensseg@sbcglobal.net | Charlette Lev Gordon |
| 11/2-4/2007 | NY Amsterdam | Sr. Rita Jean DuBrey | (518) 841-7146 | dubres@smha.org | Sr. Rita Jean DuBrey |
| 11/3-4/2007 | HI Oahu | Lori Protzman | (808) 456-2869 | | Anne Day |
| 11/9-10/2007 | NC Winston-Salem | Deborah Larrimore | (336) 777-0680 | htofthecarolinas@aol.com | Deborah Larrimore |
| 11/9-11/2007 | OH Cincinnati | Theresa Kajs | (513) 683-0987 | tmkajs@cinci.rr.com | Theresa Kajs |
| 11/10-11/2007 | CA La Jolla | Liz Fraser | (858) 554-3360 | Fraser.Elizabeth@ScrippsHealth.org | Rauni King |
| 11/10-11/2007 | SD Mitchell | Claretta Cunningham | (605) 996-8490 | cunning@santel.net | Barbara Schommer |
| 11/23-25/2007 | BC Invermere, CAN | Anne Morin | (250) 342-0436 | | Betty Petersen |
| 11/30-12/2/2007 | CT Norwich | Kathy Noyes | (860) 886-1960 | kathynoyes@snet.net | Jeanne Zuzel |
| 12/1-2/2007 | LA Covington | Mary Frost | (228) 342-1519 | tothealt@aol.com | Mary Frost |
| 12/1-2/2007 | NJ Denville | HT New Jersey | (973) 214-2582 | htnjclasses@yahoo.com | To Be Announced |
| 12/1-2/2007 | CA Sacramento | Susan Reed | (707) 928-6565 | blueskyz@idiom.com | Susan Reed |
| 12/1-2/2007 | CO Ft Collins | Lauri Pointer | (970) 484-2211 | LMPointer@aol.com | Lauri Pointer |
| 12/1-2/2007 | MO St Louis | Kay Cook | (314) 772-6333 | kaycook@prodigy.net | Judy Turner |
| 12/7-8/2007 | GA Atlanta | Ines Hoster | (404) 257-1843 | ihenergy@mindspring.com | Ines Hoster |
| 6/6-8/2008 | MB Winnipeg, CAN | Norma Bettess | (204) 256-4288 | nbettess@hotmail.com | Betty Petersen |
| 6/27-29/2008 | AB Calgary CAN | Betty Petersen | (403) 275-6288 | fpbetty@telusplanet.net | Betty Petersen |
| 11/7-9/2008 | NT Yellowknife CAN | Cathy Landry | (867) 873-9476 | cathy.landry@gmail.com | Betty Petersen |

Level 4

| | | | | | |
|---------------|----------------------|----------------------|----------------|--------------------------------------|-------------------|
| 7/18-21/2007 | AZ Payson | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 7/19-22/2007 | CA Mill Valley | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Mary Szczepanski |
| 8/2-5/2007 | MO St Louis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 9/19-22/2007 | CA Orange | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 9/20-23/2007 | WI Racine | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 10/4-7/2007 | BC Nanaimo CAN | Healing Touch Canada | 705-652-0506 | HTCanada@healingtouchcanada.net | To Be Announced |
| 10/9-12/2007 | CO Loveland | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 10/26-29/2007 | Geelong, Australia | Rosemary Stewart | 03 52786008 | shiatsur@pipeline.com.au | Barbara Rogers |
| 11/1-4/2007 | BC Prince George CAN | HT Canada | (705) 652-0506 | htcanada@healingtouchcanada.net | To Be Announced |

| Date | Location | Coordinator | Phone | Email | Instructor |
|--------------------------|--------------------|----------------------|----------------|--------------------------------------|-----------------------|
| Level 4 continued | | | | | |
| 11/1-4/2007 | Munich, Germany | Dora Kostlin | -7117194083 | dora.koestlin@gmx.de | Ines Hoster |
| 11/8-11/2007 | MN Minneapolis | HT Program | (303) 989-0581 | | Nancy Wingerter |
| 11/15-18/2007 | OR Portland | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Maureen McCracken |
| 11/15-18/2007 | ON Puslinch, CAN | Healing Touch Canada | 705-652-0506 | HTCanada@healingtouchcanada.net | To Be Announced |
| 12/6-9/2007 | FL Sarasota | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Nancy Wingerter |
| 2/6-9/2008 | HI Honolulu | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 2/14-17/2008 | IL Chicago | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 4/3-4/6/2008 | MN Minneapolis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| Level 5 | | | | | |
| 7/18-21/2007 | AZ Payson | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 7/19-22/2007 | CA Mill Valley | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 8/1-3/2007 | Ylivieska, Finland | Rauni King | (858) 554-3319 | king.rauni@scrippshealth.org | Rauni King |
| 8/2-5/2007 | MO St Louis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Mary Ann Geoffrey |
| 9/19-22/2007 | CA Orange | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Mary Szczepanski |
| 9/20-23/2007 | WI Racine | HT Program | (303) 989-0581 | info@healingtouchprogram.com | S. Scandrett-Hibdon |
| 9/27-30/2007 | BC Nanaimo CAN | Healing Touch Canada | 705-652-0506 | HTCanada@healingtouchcanada.net | To Be Announced |
| 10/9-12/2007 | CO Loveland | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 10/11-14/2007 | AK Juneau | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Mary Szczepanski |
| 10/28-31/2007 | Munich, Germany | Dora Kostlin | -7117194083 | dora.koestlin@gmx.de | Ines Hoster |
| 12/6-9/2007 | FL Sarasota | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 2/6-9/2008 | HI Honolulu | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 2/14-17/2008 | IL Chicago | Carolyn DeTemple | (303) 989-0581 | registration@healingtouchprogram.com | To Be Announced |
| 4/3-6/2008 | MN Minneapolis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 4/3-6/2008 | AB Calgary CAN | Healing Touch Canada | (705) 652-0506 | HTCanada@healingtouchcanada.net | To Be Announced |
| Level 6 | | | | | |
| 11/14-17/2007 | CO Boulder | HT Program | (303) 989-0581 | info@healingtouchprogram.com | C.Hutchison/J. Turner |
| Adv. Practice 1 | | | | | |
| 7/22/2007 | AZ Payson | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 8/4/2007 | OH Hudson | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Donna Duff |
| 10/6/2007 | VT Burlington | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 10/20/2007 | HI Waimea | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 10/27/2007 | BC Nanaimo CAN | Joyce Tinney | (250) 754-3254 | | Donna Duff |
| 11/10/2007 | MO St Louis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 12/9-10/2007 | FL Sarasota | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| Adv. Practice 2 | | | | | |
| 8/5/2007 | OH Hudson | HT Program | (303) 989-0581 | | Donna Duff |
| 10/7/2007 | VT Burlington | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 10/21/2007 | HI Waimea | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 10/28/2007 | BC Nanaimo CAN | Joyce Tinney | (250) 754-3254 | | Donna Duff |
| 11/11/2007 | MO St Louis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| 2/10/2008 | HI Honolulu | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |

| Date | Location | | Coordinator | Phone | Email | Instructor |
|------------------|----------|------------------|--------------|----------------|--------------------------------------|-------------------|
| AP 1 & 2 | | | | | | |
| 8/4-5/2007 | OH | Hudson | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Donna Duff |
| 10/6-7/2007 | VT | Burlington | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Judy Turner |
| 10/20-21/2007 | HI | Waimea | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Anne Day |
| 10/27-28/2007 | BC | Nanaimo CAN | Joyce Tinney | (250) 754-3254 | | Donna Duff |
| 11/10-11/2007 | MO | St Louis | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Cynthia Hutchison |
| Words That Heal | | | | | | |
| 8/11-12/2007 | CO | Colorado Springs | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Myra Tovey |
| HT Presentations | | | | | | |
| 7/21/2007 | CA | San Diego | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Kathy Moray-Allan |
| 7/25/2007 | CO | Louisville | HT Program | (303) 989-0581 | registration@healingtouchprogram.com | Kathy Moray-Allan |

Hand-blown Glass Pendulums*

We just received a shipment of beautiful glass pendulums from artists Donna and Lynn Gordon of Nod Rog Studios.

We have ordered a specific quantity of several styles. Check out the wonderful colors and shapes at <http://www.healingtouchprogram.com/catalog/index.php>

*Although the size and general color will be similar with each style, the bead or teardrop is unique with individual differences and subtleties. Once the style is sold out, we will re-order, but because of the artistic natures of Donna and Lynn, you most likely will not find the same pendulum so if you see something you can't live without, don't wait.

