



# HTI's *Perspectives in Healing*

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

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*Spreading Healing  
Light Worldwide  
through heart-centered  
service, education  
and professional  
development*

## *Creating Unity*

*Alone we can do so little, together we can do so much!*  
- Helen Keller



*Lightworker Angel by Lori Daniel Falk*

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## Letter from the Editor

by Lisa Anselme, Editor and HTI Executive Director

The theme of this *Perspectives in Healing* is "Unity". We are presently in the season of Lights, a time of deep hope, of going within, of generosity and giving, and realignment. We are extremely grateful for all of you, the work that we are doing collectively, for our many behind the scenes volunteers, and for our successful conference in Milwaukee

that afforded rich learning and opportunities for fostering our collective unity. We ask you to go within and reflect how you can support the collective, by volunteering, by contributing writings to this publication, advertise with us, help us gather articles, or by becoming a patron for our work.

In unity, we hold a group hara line. In attuning with it, I observe that it is strengthening like flexible tensile steel as our students, practitioners and instructors anchor deep within the heart of our planet and align with our group's soul purpose as an expression of divine light, love and healing. As we collectively breathe along our group hara line, our Qi rides through the tan tien. We connect with our creative force and capacity for right relationship, inspiring the theme of our 13<sup>th</sup> annual HTI conference in Tucson, Arizona, "Creating Flow: Healing Globally". It addresses our present task of connecting with our creative flow as we bring forth and expand this work of Healing Touch around the world.

With each inspiration and exhalation along our group hara line, we ride the Qi through our collective heart and touch its four attributes of compassion, unconditional love, innate harmony and healing presence. Our articles about heart-centered living (Professional Development), service, partnership and professionalism (Integrative Health Care), and Hospice by the Sea in Africa (Student Perspective) carry the message of those four attributes and service through the heart.

As we ride the Qi to our soul seat, we connect with our soul's greatest longings, one being to be the change that heals the world. We are sharing strong alignments with other groups that hold that soul purpose as well, such as AHNA, AHMA, ISSSEEM, Council for Healing, and Therapeutic Touch International. We were so privileged to have keynotes Diane May, President Therapeutic Touch International, Hal Blatman, President AHMA, Jim Oschman, President ISSSEEM, Daniel Benoir, President, Council for Healing, and representatives from AHNA at our conference. Together we are working in unity to make a difference in the world. (See Associate Partnerships articles)

We further ride the Qi to our point of individuation, where we individuate but do not separate from Source. We pass through our collective 3<sup>rd</sup> eye, where we hold the vision of true healing and wholeness for ourselves and our planet. Our inspirations from Mitsugi Saotomi remind us that "we must discover the joy of each other, the joy of challenge, the joy of growth". In the article "Solace", we are reminded of Janet Mentgen's insights that the purity and power of our work comes from within.

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# Motivations from the President

by Sue Kagel, RN, BSN, HNC, CHTP/I

*“Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” - Unknown*

**Ship Shape:** I see HTI as a large sailing vessel that has been at sea on a journey, sometimes in very choppy waters. We are taking stock, and getting everything “ship shape” as we continue on our way. This takes time, and it is coming together behind the scenes. The world is in transition and our Healing Touch work is needed now more than ever. We are called to gather, unite and strengthen as a focused team around the world. Crisis and opportunity are the same Chinese character, the distinction is in our viewpoint. What are our opportunities? People tend to seek healing in times of chaos and uncertainty. Hospitals must now show that they have alternative therapies, and are opening to possibilities. If we think out of the box, new creative ideas will surface. Enthusiasm is high. We are at a “Tipping Point” in spreading our Healing Touch work far and wide. Janet Mentgen’s vision, as Healing Touch International’s founder, continues to be our “true north” compass, directing our course. Our former HTI presidents have encouraged us to build strong communities. It is time now to bring our communities together and unite strongly as one.

## ***The Tipping Point - How Little Things Can Make a Big Difference - M. Gladwell***

This is not the ship tipping over- it is about creating a wave of information/ healing out into the world. Gladwell references three types of beings: **Connectors, Mavens and Sales Persons/Persuaders.** Which are you and how do you contribute to the whole? **Connectors/networkers** are the social glue, they spread the word. Who in your community brings

everyone together? We would like to create an alliance of connectors- what shall we call it? What is working in your communities? Are there commonalities? Let’s gather and unite through the connectors.

**Mavens** are teachers and data banks who enjoy sharing information, because they believe the facts.

**Salespersons/persuaders**-love to talk about what they love. They convince you. So who are you? How will your contribution help “tip” Healing Touch into the mainstream? Let’s pull together and TIP IT. Contact [Board@HealingTouchInternational.org](mailto:Board@HealingTouchInternational.org) with your out of the box suggestions today!

**All hands on deck!** We are fortunate to have many volunteer committee members and are very grateful for all that they do on a regular basis. A non-profit depends on a volunteer workforce to actually do much of the work that is needed. The HTI Board of Directors’ role is to steer the ship and direct the crew while navigating in all weather conditions. In order to sail strong and full, we need more hands on deck.



I see several mainsails on our “ship”. They include HTI Certification Board/ crew, maintaining our professional standard, mainsail HTI Healing Touch Certificate Program with our HTI Education Committee as crew, maintaining the standards of our course content. All the HTI Certified Instructors and Alliance hoist the class sail to catch more wind, support the students, and move us forward. Another is the HTI Office and staff of 4. They are pulling hard on a very large mainsail, maintaining the office, creating publications, adding class administration and much more. We need more hands on deck with this sail. See [our Wish List](#) for volunteer opportunities to pitch in as we sail forward with joy, excitement and enthusiasm!

## **HT International Receives NCBTMB Approval**

We are very pleased to announce that Healing Touch International, Inc. is approved by the National Certificate Board for Therapeutic massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Our provider number is 450748-08.

This approval is for current and future HTI Healing Touch Certificate Program courses 1,2,3,4 and 5 and is also **retroactive** back to November 2006 for all HTI Healing Touch Certificate Program courses Levels 1-5.

We are so very grateful for this opportunity to provide continuing education hours for massage therapists!



### Sacred Transition

By Janice Gagnon-Warr

Please allow me the space to share a most sacred experience.



Because of the circumstances, my grief has been intensely private, and I would welcome this healing format space to share my story and have it witnessed by those who would understand

a deeply moving experience for me using Healing Touch.

My ex-husband had been in hospice, dying of end stage prostate cancer since May 2008. We had seen each other 3 times since he was in hospice- once on the day he entered the LTC facility to go on hospice, once a few weeks later to cry in each others arms and forgive each other and laugh and cry over the journey and finally my last visit was on Tuesday, the day which would have been our 26th wedding anniversary.

I knew I had to be there that day and when I arrived, Jack was clearly close to death, his respirations shot up to 48-50 when I arrived and he was unable to speak. The room was dark at noon and the TV was blaring loudly. His dear friend Mike, who had been sitting with Jack for the last two days, welcomed my visit and left the room for a break. I told Jack I was there, had the nurse medicate with Morphine and bump up the oxygen, shut the TV off, put on a beautiful CD of some of Jack's favorite

music, pulled back the curtains to let the warmth of the noon sun shine in, opened the window to a balmy October breeze, and began the most profound Healing Touch session I have ever, in all my 30 years of practicing energy healing, experienced, with my dying ex-husband. I used a single drop of the purest high altitude Lavender oil and massaged both hands and feet and then completed the Chakra spread, slowly and lovingly... my hands shook with the vibration of such powerful love...the music, the light from the sun, the quiet calm. Over the next 30-40 minutes, Jack's respirations slowed down from 50 to 30 to 20 to 16 to 8 to 4 .... He was deeply at peace...quiet, calm... so restful.

I completed the session with one hand holding Jack's right hand and my other hand resting gently on his heart space.....it was so peaceful, I swear I was in an anteroom or healing chamber, just outside the realm of Heaven. Twenty minutes later, Jack took his last breath as peacefully as any other breath.....and he was gone. The room glowed; the vibration of Love was so High. He was gone. He was dancing, his Spirit was released. It was over.

About 3 hours later, when I was back home, still vibrating at a really high frequency, basked in grief and love and completion, I looked out the window from where I was sitting and watched a single white balloon with a yellow ribbon, descend slowly in the breeze, from the treetops toward where I was sitting. The balloon landed right outside my window on the front lawn. Jack made it home.....safely, and in perfect peace.

Thanks so much for witnessing this sacred experience by reading my words. I was deeply moved and felt compelled to share. In gratitude and humility,

### Wish List - Calling all Angel Volunteers

The HTI board identified various areas and task/skills to bring more hands on deck for the Office Mainsail. Which has your name on it? As we gather, unite and pull together, in unity there is strength. These positions are volunteer- servant leadership.

- \* Editor and Assistant Editor - for the HTI Perspectives in Healing, published quarterly.
- \* Advertising person to - solicit advertising for the publication.
- \* Corporate Sponsor Solicitor - to gather corporate sponsors for conference and publication.
- \* Bibliography Editor - to compile appropriate new articles for the website.
- \* Fund Developers - to be part of a Fund Development Committee.
- \* Membership Committee members - to grow our support base and membership.
- \* Patron Funders - to provide funding for specific projects or general fund

To volunteer please send a note with your area of interest and skills to:

[Board@HealingTouchInternational.org](mailto:Board@HealingTouchInternational.org)



# Professional Development

## Heart Centered Living

By Myra Tovey RN, BSN, CHTP/I

**Validating the Heart's Work** was the theme of the 12th annual Healing Touch International conference in September, 2008 in Milwaukee, WI.

My presentation was titled *Heart Centered Living*. In our conference workshop we explored the history and the steps to heart centered living, as well as experiencing the four attributes of the heart mediation.

I was introduced to centering at the heart in 1980. Up to that time I was a traditional nurse who had worked in several areas: as a surgical nurse, a hospital staff nurse, an office nurse in family practice, and in the Fort Wayne Community School (Indiana) as Supervisor of Health Services. In 1980 I attended a workshop given by Brugh Joy, M.D. in Ft. Wayne. His workshop taught me the benefits of living and working from the heart center. Since that workshop, I have committed my personal journey to living a heart centered life. Part of that commitment has been study with Brugh Joy, MD ever since that time.

### Heart to Heart exercise

One of the first heart centering exercises I learned was the heart to heart exercise. Because we rarely just share heart energy with others, I have found this exercise to be both simple and profound. Begin by picking a partner, holding hands and focusing at the heart chakra. Spend time both giving and receiving heart energy.

### Heart Centered Living

In my life, I have identified 5 steps that can lead to a full, productive, heart centered life:

#### 1.Awareness that one needs to change

When I was working full time as a Supervisor of School nurses, had four children at home, and was experiencing marriage difficulties, I began having anxiety attacks. Through my anxiety attacks, I became **aware** that change was needed.

#### 2.Awareness that one can change

When I began experiencing anxiety attacks, I chose to attend a P.E.T. (Parent Effectiveness Training) workshop. I learned there that I might not be able to change all of my circumstances with my family, but that I could change my perception of the problems.

Through that workshop I had an **awareness** that my life **could change**.

#### 3.Desire to change

Once I began experiencing anxiety attacks and became aware that change could happen, I knew that I didn't want to keep on living in the way that I was! **I desired to change**

#### 4.Choice

Once one desires to change, one becomes aware of the **choices** that are made daily. With my anxiety attacks, I gradually began to see that some of the people I associated with affected my anxiety level. I also saw that I was attending many unimportant meetings, which increased my anxiety. Through choosing to be around more positive people, and attending fewer meetings, my anxiety level went from a "10" to a "2."

#### 5.Daily Centering

Heart centering focuses me on what I have to do in the present, rather than on what will happen, or what did happen. As I continue to use heart centering, I find that I have to constantly refocus. When I experience fear, worry, guilt, anger, judgments, comparisons, or jealousy, I know I am not in the heart center. If I have to focus several times a day to quiet the inner chatter, I just do it.



continued on next page

## Heart Centered Living Exercise

Pick a partner, preferably the same person you did the heart to heart exercise with. Discuss a problem, or issue that you would like to have more clarity with. Apply the 5 steps to heart centered living as described above. The fourth step, choice, is often the most difficult step for people on this path. This step may require changing jobs, relationships, or moving to a new location.

## The Four Attributes of the Heart

The first attribute of the heart center is compassion. When someone is in their heart center and sees someone suffering instantly they are filled with compassion for that individual. I believe it is also important to feel compassion for yourself, and have gratitude for who you are today.

The second attribute of the heart center is innate harmony. Innate harmony is a stillness. Innate harmony embraces a peace beyond understanding; it is calm in the midst of chaos.

The third attribute of the heart center is healing presence. Healing presence unites opposites. Healing presence creates wholeness. Healing presence heals both oneself and those in our energy field.

The fourth attribute of the heart center is unconditional love. Unconditional love is a mystery that unites all things.

When the four attributes of the heart center are lived, they become unified into Selfless Service, something that I know Healing Touch people understand well.

As a meditation, feel these attributes of the heart. I choose to meditate on one attribute a week which helps me deepen in the feelings of that attribute.

Research from the Institute of Heart Math has shown that when we feel love and gratitude at the heart center, our electromagnetic field can be measured several feet in diameter. Thinking at the heart center does not change our electromagnetic field.

Living in the heart center allows one to live life in the present time, not future worries, or past events. The heart does not judge, which brings relationships back to wholeness. The heart center is proactive, not reactive. The heart centered way of living helps one handle stressful situation without blame or projections. The heart center is a state of consciousness that transcends the ego. It dissolves bias, fear, judgments and comparisons. It is a mystery that unites everything.

## Announcements

### HEALING TOUCH DAY - MARCH

**6TH.** Save the date and begin making plans to celebrate HTI's birthday with community gatherings, presentations and celebration honoring Janet Mentgen, ourselves, and the Healing Touch work!

Paid Advertisements -

### KAUAI RENEWAL RETREAT

February 5-8, 2009 in Princeville, Kauai Renewal & Restoration, Refilling your cup! Come share the healing energies of the beautiful island of Kauai. Workshops will be presented by Anne Day BSN, MA, HN-BC, CHTP/I and Rev. Sue Copeland MA, CHTP/I, MDiv, KRI. For details go to [www.healingtouchhawaii.net](http://www.healingtouchhawaii.net)

### HEALER'S TRIP TO SOUTH AFRICA

February 10-24, 2009 Two week trip including stay on the beautiful Indian Ocean beach, swimming with the penguins, tour of sacred sites in and around Cape Town, Cape Point, class with African Healer.

Opportunity to take *Healing Touch Level 4* with South African students and/or other boating, drumming, hiking, shopping, relaxing options. Contact Mary Frost if interested for more details: [Tothealt@aol.com](mailto:Tothealt@aol.com) or 228-342-1519

### A "MIRACLE OF HEALING"

Dedicated to the enrichment and rejuvenation of all healers 8 days in the eastern caribbean on the Carnival ship "Miracle". Sailing from New York City in the Spring of 2009. Sponsored by Norwich CT Healing Touch Community. Contact Paula Novak 860-642-6428 for more information.

# Integrative Health Care

## Service, Partnership, Professionalism – LifeSpark Cancer Resources

by Sandy Priester MBA, CHTP and Lisa Anselme RN, BLS, CHTP/I, HNC

**LifeSpark Cancer Resources**, a service program in Denver, Colorado for individuals with cancer, is leading the way as a volunteer based organization. Unique among service organizations of its type, LifeSpark has forged a niche in the Denver-Boulder area by providing both Healing Touch and Reiki to individuals with cancer, by working with low-income individuals and by partnering with hospitals and churches. Sessions are provided weekly, and program duration is for a period of three months to a year.

**Begun shortly after 9/11/2001** as a way to relieve suffering and “act locally”, we based this program upon the successful Bosom Buddies program in Hawaii. Initial planning committee members included Janet Mentgen, Anne Day, the two of us (Lisa Anselme and Sandy Priester) and several other Healing Touch and Reiki leaders. Named Healing Buddies, the program was initially housed within QuaLife, a Denver non-profit wellness center initiated by Dr. Paul Hamilton, a Denver oncologist. QuaLife eventually closed after twenty years of service to the community. In order to

continue the important work of the energy program, a new non-profit organization was created in 2005. We named it LifeSpark, to signify the spark of life in each person that we hoped to strengthen through the program.

### **Partnership, Service and Expansion:**

From the beginning, partnership, service and expansion have been themes. At our inception, we chose to expand the breast cancer only model to serving individuals with any form of cancer. Early in the planning (2001 and 2002), a decision was made to use both Reiki and Healing Touch. Denver has a large number of both Reiki and Healing Touch providers, and the initial committee viewed this as an opportunity to bring together two often competing modalities into a program that would foster collaboration and mutual respect.

**In our training** and program delivery, we have focused upon strengthening the core principles that underlie all energy modalities and professional practice. The result has been a rich interplay between the modalities that has strengthened the program,

and many have cross-trained as a result.

**We have also focused** upon the partnerships that exist between the volunteer providers and those receiving services, and between the providers and a Program Coach, and have supported the providers with monthly support and continuing education meetings. , In addition, we have cultivated and nurtured strong relationships between the LifeSpark program and its partner facilities. We now collaborate with 3 medical facilities, 2 churches and one clinic.

**Setting a standard:** LifeSpark has set a standard for volunteer programs that work in partnership with the medical community. This includes conducting criminal background checks and reference checks for all volunteers, requiring two class levels of either Reiki or Healing Touch, and requiring completion of 50 sessions before entering the program.

**Once accepted**, volunteers attend an 18 hour training program which includes psychological issues, boundaries, ethics, professionalism, and energetic issues with cancer. Trainers include a licensed psychotherapist, a holistic nurse with expertise in using energy therapies in the medical setting, and the LifeSpark Executive Director. Providers repeatedly tell us that this is one of the best trainings they have ever attended anywhere.

continued on next page





**Funding and Support:** One of LifeSpark's early lessons had to do with money. Funds pay for screening and matching people, training volunteers, educating the public, and coordination of the facilities. LifeSpark receives funds from a variety of sources, including grants, private donations, and fees for services.

**This program** was originally free, following the model of the organization where we offered the program. We observed that many of our participants did not seem to take the services very seriously and would often miss appointments without calling or notifying us. In an attempt to solve this problem, and to find new income sources, we

little as \$1 per session. We have found that many in our program are grateful that they are able to give something back and feel more empowered by the fees. It is seen as a way for them to pay this program forward.

In addition, while these fees only cover about 10% of program costs, they establish value for energy therapies and are creating interest and demand for these services.



we have a very unique partnership in which we work with their Center for Integrative Care (which also offers HT and Reiki). They refer low-income patients to our program, which is housed in the same facility, after they have been through a series of sessions with them.

**In 2008, LifeSpark** receives referrals from health care professionals at many other hospitals. The interest in this program continues to grow as more and more people become familiar with energy therapies and how they can support one's journey through cancer.



**Change is afoot** in Colorado's hospitals: In 2001, the area hospitals were not ready for a program like this, so the program was entirely housed in the charitable wellness center established by Dr. Hamilton.

switched to donations, and then to voluntary fees. Finally, in 2005, upon incorporating LifeSpark, we settled on sliding scale fees based upon the federal poverty line. This was based upon expert legal advice. It gives us a guideline to follow, avoids any possibility of discrimination based upon income and makes the process straight forward and yet still very affordable.

**It is our goal** in LifeSpark that no one should have to go through cancer alone and that our services are available to everyone. Some participants pay as

**Today three hospitals** utilize our services. At Denver Health, one of the region's top trauma hospitals, the LifeSpark partnership focuses upon the indigent and non English speaking population. Sessions are provided within the infusion room and also within a private session room. Swedish Hospital in Denver draws upon an affluent patient population. Our program is allocated a patient exam room half time in the radiation oncology unit. In Boulder at the Foothills Community Hospital Tebo Family Medical Pavillion Cancer Center,

Over the past 6 years, LifeSpark has developed a universal model of delivery that spans across cancer diagnosis, across modalities and across facilities and diverse health care systems. We believe it is the energy delivery system of the future.

Our next training program is February 13-15, 2009.

For more information please visit [www.LifeSparkNow.org](http://www.LifeSparkNow.org)



# Clinical Applications

## Foot Medley

by Sue Kagel BSN, RN, HNC, CHTP/I

The purpose of a Clinical Application article is to share techniques and information that an individual or a group of practitioners has been using with success. By sharing this process, it is hoped that the sequence will be helpful to your clients, and that it will be reproducible on a broader scale, perhaps developing into a research project.

### Trial and Error

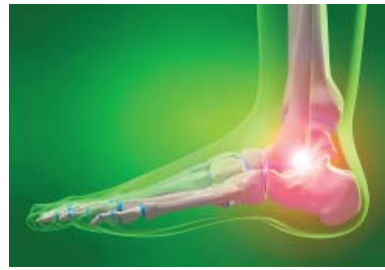
I have spent many years working with clients with a variety of foot issues. During this time, I experimented with Healing Touch Level I Pain Techniques in a number of combinations until I refined a process that I found successful.

### Pilot Project

The process was then taught to 10 Tucson, AZ, Healing Touch Practice Group participants, and again to about 20 Palo Alto, CA, Healing Touch Community participants ranging from students to Certified Healing Touch Practitioners (CHTP) in 2006. Some of the participants were volunteering with cancer patients through Sunstone Cancer Retreat Center in Tucson, or Healing Partners in Palo Alto, while others were working with diabetics.

The informal feedback to me or Diane Wardell, PhD, RN, who assisted in editing the protocol and teaching with me in Palo Alto, CA, showed that (a) this could be taught, and (b) this could be replicated with good result in decreasing neuropathy and foot pain. Janet Mentgen had stated that she always field tested something 100 times before bringing it out. I believe this has been field tested 100 times now between my personal use and that of others.

We would appreciate feedback on your client's experience of the effectiveness of the Foot Medley. Please email your comments, observations and client feedback to [Diane.Wardell@uth.tmc.edu](mailto:Diane.Wardell@uth.tmc.edu). We appreciate your feedback and collaboration. Our hope is that you will find this as useful for your clients as the prior participants, who have already added it to their repertoires. The following is the process that was developed called the "Foot Medley".



### Foot Medley

The Foot Medley sequence is a pilot program using the Healing Touch Level I Pain Techniques for foot problems. The Foot Medley is not

part of the standard Healing Touch Curriculum. It is designed as an adjunct for use with those who have completed training in at least Level I Healing Touch.

### USES

This sequence can be used with foot problems such as neuropathy (numbness and tingling) from diabetes or chemotherapy, plantar fasciitis, hammertoes, bunions, arch issues and other foot problems

### PROCESS

1. Follow the Basic Healing Touch Sequence. Do an intake interview to get the history of the problem, onset, duration, treatment, results, exact location of the pain, and triggers. Assess with pain scale from 1-10 how much discomfort they are currently experiencing. Ascertain the usual level of discomfort as well.
2. Perform a pre-treatment energetic assessment.
3. Intervention: Pain techniques to be used include: hands in motion, hands still, ultrasound, laser, pain drain, and wound seal as needed. Preparation for the foot techniques:
  - If time allows, perform a Chakra Connection as an opening technique. If short on time, connect the lower extremities.
  - Begin with a "foot sandwich" using Hands Still, one hand the length of the bottom of the foot, and the other hand above it. Wait for a softening or warming (like modeling clay) and energy movement. Be very patient as it may take some time.
  - Cup the heel in the palm of one hand, and with the other hand, laser from the tips of the toes down through the toes, aiming toward your cupped hand as the energy moves through the bottom of the foot. Hold for about a minute.
  - Then laser from the base of the toes down toward the heel –through the foot- for about a minute.
  - Using Hands Still, hold above and below the ball of the foot another "foot sandwich" and wait for a softening.

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- Then laser from the base of the toes down toward the heel –through the foot- for about a minute.
- Using Hands Still, hold above and below the ball of the foot [another “foot sandwich”] and wait for a softening.
- Repeat as above at the arch.
- Repeat as above at the base of the foot.
- Repeat as above at the bottom of the heel/top of the ankle.

#### For toes issues:

- If the toes are involved, laser through each of the toes above and below simultaneously. Place two fingers on the toe, and one finger on the foot (same hand) just below the toe joint on the bottom of the foot. Match the positions with the other hand on the top of the foot. Hold for about 1 minute.
- Laser bunions through the side of the foot as well. Ultrasound to the bunion area or hammer toes is also helpful.

#### For foot issues:

- Place one hand on top of the foot, use the other hand – 4 fingers to laser across the ball of the foot on the bottom, in the metatarsal (small bones below the toes) area, OR if the foot is very numb, you can use both hands in laser position, above and below the foot, pointing towards each other.

For both of these positions:

- Work your way from the base of the toes, down to the heel, sliding down a bit each time. Hold each area for about a minute. Observe for a softening.
- Laser the outer side of the foot lengthwise with fingers above and below the foot, simultaneously, if the area hasn't cleared.

#### Continue with the leg:

- Use Hands Still with one hand above and one hand below the ankle. Work your way up the leg to the knee, holding above and below until a softening is noted, especially focusing in the belly of the calf muscle. **DO NOT MASSAGE THE CALF**
- Plantar Fasciitis frequently involves tightness in the calf muscles and can actually originate in the low back, so treat this area as well with your standard HT back options.
- Be in communication with your client, getting feedback as you progress, periodically having them

check in, wiggle toes, foot, flex and point, and roll their ankle(s) around and compare one foot to the other.

- Consider using ultrasound to the whole base of the foot or the toes.
  - With Hands in Motion, pull the energy from the knee off the foot, similar to the movement used to pulling the energy off the feet in the Chakra Spread.
  - Then use general hands in motion or pain drain as needed.
  - The other leg may begin responding as you work with the first one. Repeat on other leg. [It is best to do both legs, even if less or no involvement, as the other foot/ leg compensates.]
4. Perform a post treatment energetic assessment.
  5. Evaluation and feedback.
  6. Ground and release.

**Homework:** Stretches that may be helpful (check with health care provider first if necessary) include:

- Lean against a wall with your palms on the wall, feet about a foot back and very gently lean into the wall to stretch the calves. You can also do this with one foot forward, knee bent, and the other leg stretched straight backward for a very gentle calf stretch. Alternate legs.
- Roll feet and ankles around. Flex and point. Use all the muscles in the foot, pick up pencils, wiggle feet and toes regularly, get up and walk rather than sitting for long periods. Massage the feet and toes when drying them.

You can practice this on yourself to get the “feel” of the feet, bones, tendons, ligaments and muscles and how they feel under your fingertips. Observe how the foot and ankle move and the sensations under your hands as you rotate your foot. Continued practice will reveal knots and spots that are not energized or flowing. Stay a bit longer in these areas until they “melt”.

If you have questions on the process, please contact Sue at [sue.kagel@gmail.com](mailto:sue.kagel@gmail.com). Be sure to share your observations and feedback with Diane at [Diane.Wardell@uth.tmc.edu](mailto:Diane.Wardell@uth.tmc.edu).



**Enjoy Happy Feet!**

## Energy Research



### The Efficacy of Healing Touch in Coronary Artery Bypass Surgery

by Diane Wind Wardell, PhD, RN, WHNP-BC, AHN-BC, CHTP/I

The research and publication by Certified Healing Touch Practitioner, Barbara MacIntyre and the team at HealthEast St. Joseph Hospital in St Paul Minnesota details a randomized controlled study in the coronary intensive care unit. The study was published in *Alternative Therapies in Health and Medicine* in the 2008 July-August issue. In their study, 237 cardiac patients who were scheduled for coronary artery bypass surgery were randomized to either one of three groups: the intervention group who received Healing Touch, or one of two control groups: standard care or standard care plus nurse visits. The Healing Touch group received preoperative education about Healing Touch and received a session the day before surgery, immediately prior to surgery, and the day after. The Healing Touch sessions were from 20-60 minutes for the first and third session and 60-90 minutes for session two. The techniques varied and included both hands on and hands above the body. One control group received a visit by a nurse who either had a general conversation with the patient or sat quietly

in the room. The second control group had standard care without Healing Touch or visit.

The study had six outcome measures including length of stay, incidence of postoperative atrial fibrillation, use of antiemetic (anti-nausea) medication, amount of narcotic pain medication, functional status and anxiety. There was no significant difference in the incidence of atrial fibrillation, use of medication, or functional status at the end of the study. However, there were significant differences in a shortened length of stay for those in the Healing Touch group and a significant decrease in anxiety. The decrease in anxiety was found in all subjects in the Healing Touch group.



These findings have important implications for care of cardiac patients as a decrease in length of stay in a hospital setting can provide cost benefits for the use of Healing Touch. For this hospital, it was estimated that the savings were about a half a million dollars per year. Healing Touch services were also expanded at the hospital and currently 90% of all cardiac patients take advantage of the program. The decrease in anxiety found with the Healing Touch recipients with cardiac conditions was also found in another well designed study conducted at Duke University and is published in *Nursing Research Journal* by Seskevich et al in March/April 2004.

The use of Healing Touch with patients who are having a highly complex and technical procedure that includes an intensive recovery experience helps to move forward the body of research that supports the use of Healing Touch for pre-operative and post-operative care. It is important work and the researchers are to be commended!

#### HTI Certificate Program INSTRUCTORS TEXT BOOK DISCOUNT!

Great News! As a benefit for our Instructors who are HTI Members, we have negotiated a contract with Delmar/Cengage Learning to purchase the *Healing Touch: A Guidebook for Practitioners*, 2nd Edition by Dorothea Hover-Kramer at 40% off the list price. They are expecting some price increases in the next year so discount will be the 40% will be off the current list price. Instructor /Members will receive an ezine regarding the ordering procedure. If you are not a member, join today!

Call us at 303 989-7982 or join online at

[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)



## Honoring Our Teachers

by Jody Hueschen, RN, MN, CNOR, NEA-BC, CHTP/I

*"Life is no brief candle for me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations." -- George Bernard Shaw*

This is one of many quotes that might describe the individuals who have held the light and ignited so many candles throughout our world of Healing Touch International. This year we have the distinct honor of recognizing teachers who have achieved a milestone year in teaching and led so many of us through the journey of making Healing Touch a vital and necessary part of our life.

For **fifteen years** these wise women have traveled far and given selfless service to so many. Please join the Certification Board in honoring these special Certified Healing Touch Instructors.

Anne Day, Mary Ann Geoffrey,  
Susan Morales-Kosinec, Myra Tovey, Nancy Wingerter

For **ten years** these women have carried the torch of education and encouraged and inspired many of us to join them in spreading the light worldwide. Please join the Certification

Board in honoring these special Certified Healing Touch Instructors.

Lisa Anselme, Marcia Bregman, Deny Clark,  
Kathryn Clay, Myrna Denison,  
Rauni Prittinen King, Savitri Kumaran  
Donna Laurents, Marty Rather,  
Wendy Rolf, Ann Marie Rust, Beverly Worbets

For **five years** these women have formed a ripple of education that will continue to grow. Please join the Certification Board in honoring these special Certified Healing Touch Instructors

Judith Axelson, Cheryl Baldwin,  
Jean Marie Givens-Myers, Robin Goff  
Carol Hjersted-Smith, Marsha Read,  
Yvonne Rawraway-Wultz, Anne Warren

With deep appreciation to the selfless service and giving of a most precious gift by sharing the light of Healing Touch with others.



## Newly Certified Practitioners and Instructors

### U.S.A.

Liane T. Aihara - Sunnyvale, CA  
Colleen Baierl - St. Louis Park, MN  
Kathryn A. Barto - Greenwich, CT  
Lori L. Beron - Lauderdale, MN  
Theresa M. Blaskowski - Eau Claire, WI  
Patricia A. Brush - St. Louis, MO  
Wanda Buckner - Olympia, WA  
Mary Beth Cacciola - Colchester, VT  
Nannette Cicha - E. Grand Forks, MN  
Jaclyn Elda Chisolm - Tampa, FL  
Sheila R. Chugh - Miami, FL  
Katic Dragica - Sarasota, FL  
Ruth Ann K. Eaton - Waterbury, CT  
Gwen E. Fraase - Buffalo, ND  
Margie Hallmark - Largo, FL  
Margaret M. Harris - Waterford, CT  
Carla L. Hastings - Jerome, MI  
Marge Hatcher - Denver, CO  
Charlene M. Hatlen - Ann Arbor, MI  
Linda J. Heimermann - Fod du Lac, WI  
Mary Jo Hoffman - Long Grove, IL  
Barbara J. Johnson - St. Cloud, MN  
Rosanne Kadis - Sante Fe, NM  
Patricia A. Kellen - Arlington Heights, IL

Joanne E. Kopera - Ortonville, MI  
Jane F. Lang - Minnetonka, MN  
Celeste M. Lucchini - Bozrah, CT  
Annette S. McCabe - Richmond, VA  
Sharon E. Mills - Minneapolis, MN  
Hope M. Moore - Cardiff, CA  
Deb C. Olson - Rochester, MN  
Christine Pfaffmann - Littleton, CO  
Sharon R. Pipino - Anchorage, AK  
Mary D. Poppler - Chaska, MN  
Deborah K. Ranville - Clio, MI  
Denna A. Rackstad - Anoka, MN  
Nancy E. Seutter - Coon Rapids, MN  
Barbara J. Smith - Norwood, MO  
Martha Jo Smith - Athens, GA  
Judith L. Stoddard - Wilmington, DE  
Robin B. Suhsen - Princeton, MN  
Elizabeth Sweet-Friend - Fairfield, IL  
Mary Syverson - Stillwater, MN  
Sharon Louise Todd - Riogefield, CT  
Susan P. Trevethan - Milford, CT  
Helena Trey - Bonton, CT  
Jolene M. Tschida - Hugo, MN  
Lucinda B. Watson - Greenwich, CT  
Suzanne J. Weeks - San Diego, CA  
Daphne B. White - Kensington, MD  
Sharon Winkelman - St. Cloud, MN  
Kathleen K. Yanks - Port Orange, FL

Patricia Zainc - Waterbury, CT  
Georgia A. Zimmerman - St. Louis, MO

### Canada

Magdalena Chan - Calgary, AB  
Louise Dawson - Whitehorse, YT  
Mary Gamberg - Whitehorse, YT  
Beverley Hallett - Sherwood Park, AB  
Linda Hallett - Victoria, BC  
Cathy M. Landry - Yellowknife, NT  
Veronika Prielozna - Victoria, BC  
Cynthia Anne Reopell - Calgary, AB  
Navroz J. Sunderji - Airdrie, AB  
Donald D. Watt - Calgary, AB

### More Countries

Nora Mary Moloney - Iquique, Chili  
Kirsten Jung - Copenhagen, Denmark  
Catherine Holgate - Central Otago, NZ  
Wendy Risdon - Christchurch, NZ  
Irma Luz Saavedra Albújar de Quispe -  
Lima, Peru  
Maria Dolzer - Vienna, Austria

### Instructors

Jean M. White - Langhorne, PA  
Susan D. Peck - Eau Claire, WI

# Blessings and Gratitude for Years of Heart-Centered Service

We are grateful for the wonderful years of service from two of our long-term HTI members -



**Myra Tovey** RN, BS, HNC, CHTP/I and former HTI Board member, was the first Chairperson of the HTI Ethics Committee. Myra served as Chair from 1997 - 2005 and continued to serve as a member of the Ethics Committee through October 2008. She has served in a heart-centered way in this capacity and is now rotating off the committee. We are grateful

for her years of service, insight and wisdom in upholding our HTI Code of Ethics and Standards of Practice. Myra continues in service as a member of the HTI Resource Council, Education sub-committee on Instructor Training, and HTI Speaker's Bureau. Myra, please accept our heartfelt thanks.



**Lori Wyzykowski** AD, RN, CHTP/I served as a reviewer for the HTI Certification Board from September 1996 through August 2006 when she became a member of the Certification Board, while continuing to serve as a reviewer. Lori is now stepping down from the board and we are so grateful for her 13 years of service in reviewing reams of practitioner packets, sharing her wisdom and insights in the certification

process, updating of all levels of certification application packets, and being part of the rotating team of reviewers and board members. Lori continues in service as a CHTP/I, dividing her time between Florida and Alaska. Lori, thank you so much for all you have contributed to upholding the HTI Certification Standards for so many years!

## New - Members Only Area

[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

**Great news!** You can now access your data for various items in the HTI Members Only area. It's at your fingertips, 24/7 for convenient and easy access.

- ✓ Check your membership renewal date. Not a member? Sign up online today!
- ✓ Check your renewal dates for CHTP and CHTI
- ✓ Update your online directory listing
- ✓ Instructors can enter class dates for online listings and check or change listings
- ✓ Enter or update your Support Group or Clinic listings
- ✓ Enter or update other listings that you may have
- ✓ Vote in the HTI Healing Touch International Board of Directors Election

NOTE: Information will be screened by HTI prior to uploading to website, changes you make should be active within a few days of your posting them.

## HTI Unity Global Healing Project

Join us daily in envisioning all aspects of global healing, optimism, and economic stability with sensible growth worldwide. We invite you to intend this as often as you think of it. We know that our **Healing Touch group of healers is very powerful in focusing intention in healing**. Gary Schwartz shared at the HTI conference, that our experiment at the HTI Conference in 2007 with Lynne McTaggart showed that our group is able to highly focus and create great results. If we can use it on seeds and plants, let us gather in unity and use it for good in the world.

### Offsetting Fear

In the book, *Power vs Force*, D. Hawkins states that the vibration of love is 500, joy is 540, and that is the level of healing and spiritually based self-help groups (**Have you noticed joy and heart-centered quotes in all of our communications?**) Peace calibrates at 600. Fear is under 200, as is anger, grief, and a myriad of other lower emotions.

According to Hawkins, one individual at Level 500 (Love, Joy) counter-balances 750,000 individuals below Level 200, and one individual at Level 600 (Peace) counter-balances one million individuals below Level 200.

There are thousands of us doing this Healing Touch work. **Imagine the transformation** we can facilitate personally and globally as we continually walk in Joy, Love and Peace, regardless of the situation, while radiating it out to the world. **Let's join forces** and observe together as we intend for the highest good entering our sacred holiday seasons and into the new year.

## Save the Date! Call For Proposals

### Creating Flow: Healing Globally

13<sup>th</sup> Annual Healing Touch International Conference

Loews Ventana Canyon Resort - Tucson, Arizona

September 3-6, 2009



“Celebration” by Lee Rumsey

Join us as we explore the use of flow in support of globally healing (thinking globally!) through our personal development and work of Healing Touch (acting locally). To submit a workshop or poster proposal, visit our website, [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) and select **Healing Touch International Conference**.

**“Flow is the natural, effortless unfolding of our lives in a way that moves us toward wholeness and harmony.** When we are in flow, occurrences line up, events fall into place, and obstacles melt away. Rather than life being a meaningless struggle, it is permeated with a deep sense of purposefulness and order. Flow has tremendous power to transform our lives, for it is dynamic and moves us unerringly toward joy and aliveness.

**Flow is the ultimate feedback machine.** Flow responds directly to our beliefs, behaviors, and actions. We can either enhance this state of perfect timing and flawless serendipity, or we can diminish it and even cut it off. When we become open, willing, trusting, we experience flow as fulfillment and joy, and synchronicities pop up all over the place. When we become fearful, doubting, controlling, flow diminishes, our day is filled with blocks and frustrations, and synchronicities cease. “

**“The Nine Attributes that Create the Power of Flow** are: Commitment, Honesty, Courage, Passion, Immediacy, Openness, Receptivity, Positivity, and Trust.”

***The Power of Flow: Practical Ways to Transform Your Life With Meaningful Coincidence*** by Charlene Belitz and Meg Lundstrom



## CHTP and CHTI Certification and Renewals

CHTP and CHTI certification and renewals can only be completed through HT International. To clarify any confusion, the HTI Healing Touch Certificate Program is the only organization that can award or renew your credentials as a Certified Healing Touch Practitioner (CHTP) and Certified Healing Touch Instructor (CHTI). These credentials are widely recognized in the Health Care Community and are unique to HT International certification.

This recognition is a reflection of your membership organization's 12 year history of expanding public awareness of Healing Touch through funding of the Research Program, Integrative Health Care Program, international conference, and exhibiting at other conferences such as ISSSEEM, AHNA, AHMA and many others.

If you are unsure when your renewal is due, or if you think you may have inadvertently sent your paperwork to another location, please contact us, or check your status online in the new "Members Only" area of our website. Go to [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) (save the address in your favorites to make future access easy), click on the upper right menu "Members Only" and view your renewal dates.

If you need more assistance, please contact Joyce at [HTIheal@aol.com](mailto:HTIheal@aol.com), or call 303 989-7982

Not a Member? Join today online at [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

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## 12 Year AHNA Endorsement Continues

American Holistic Nurses' Association (AHNA) continues to endorse the HTI Healing Touch Certificate Program as it has since 1997.

## Student Solutions

As announced at the HTI Annual Conference, the Student Solutions for those students caught in the transition are available online at no charge to the student.

The simple solutions for all levels of the HTI Healing Touch Certificate Program will be administered through HTI Certified Healing Touch Instructors and involve a brief discussion, reading assignments and signing of a form for this one time opportunity to change tracks.

This process has been approved by AHNA per our endorsement criteria.

### Letter from the Editor, continued

As we enter this season of lights and go inward, let us collectively reflect and enhance the lights for each other, and shine them brightly out into the world.

#### Cover Art:

*Lightworkers are often referred to as Spiritual Warriors . . .  
We're here to lovingly do battle with wits instead of weapons . . .  
It's our responsibility to teach people to manage the energy of life  
instead of snuffing out life . . . We must teach them to think  
greater than the circumstances of their lives . . . to control their  
thoughts and emotions and create the reality of their dreams*

**Lori Daniel Falk, Spiritual Life Coach, Visionary Artist**

[www.crystallineinstitute.com](http://www.crystallineinstitute.com)

### **Advertise your business and/or event in Perspectives in Healing**

Rates: 1/2 page - \$300; 1/4 page - \$150

1/8 page - \$ 75; Business Card size - \$50

**For more information contact us at [HTIheal@aol.com](mailto:HTIheal@aol.com)**

## Associate Partnerships

### Building Holistic Medicine Bridges

by Dr. Molly Roberts,  
Co-director  
LightHearted Medicine  
September 6th, 2008



I'm here at the annual conference for Healing Touch International, and what a wonderful group of people are here! They are kind, heart-centered and open-minded. It is wonderful to be in their company, and to see how well they are doing after their own internal shake-ups in the last year.

It's also wonderful to be with a group of nurses in which my doctor credentials are not a barrier to our connection and friendship. This doctor/nurse dysfunctional dance has been going on for quite some time, and we are now seeing people on all sides breaking down the barriers and relating as human beings. I am aware that much of this healing within groups has to start with healing within each individual, and it does my heart good to see that this inner work is being done on a larger scale than it has in the past.

The AHMA has decided to be on the forefront of building bridges, of bringing people from different holistic trainings and backgrounds into partnership with each other. This is the path of right relationship, and I am honored to be a part of this mission that is greater than all of us. As Diane May, the President of Therapeutic Touch International, said while building bridges of her own here at the conference, "If those of us in the holistic professions can't find a way to get along, who in the world can?"

### Therapeutic Touch Joining Together

by Diane May RN, QTTT  
Coordinator of  
Therapeutic Touch International Association  
Fall, 2008

Editor's Note: The following article was excerpted with permission of the author, from the Therapeutic Touch International Newsletter.



Sometimes we run at top speed but our feet don't seem to move. I believe that this is the time to turn around and look behind you and with amazement, see that a greater distance than you could ever imagine has been travelled. All the landmarks are different and while there is a familiarity about the terrain, it is not the same place you began. Such is the case with our organization and with Therapeutic Touch.

It is time for joining together with our brothers and sisters in not only the international community of Therapeutic Touch, but with other energy workers to promote the concept of healing to the world as a whole. There is a much larger picture that needs our attention. We no longer have the luxury of focusing on non-productive issues that limit our possibilities.

There has been a concerted effort made to extend the olive branch in a number of directions over these past few years. One of the results of this work undertaken by a number of people was that I was invited to do the opening keynote address at the Healing Touch International Conference in Milwaukee this past September. The topic of my presentation was "Feminine Spiritual Warrior as Healer". The purpose of this speech was several fold. Firstly, to acknowledge the clarity that is now in place between

continued on next page

## TT, continued

two very different modalities – Therapeutic Touch and Healing Touch, and secondly, to see how with that clarity in place, our two organizations could work together to further the concept of healing to the world at large. I really believe that if the healers of the world can't get along then no one else stands a chance. The reception I received was exceptionally welcoming and after a heartfelt introduction by Lisa Anselme, the Executive Director of HTI, I gave Lisa a hug and we got a very long and loud standing ovation. Afterward and all through the weekend, more than half of the 300 participants came and spoke to me personally about how happy they were to have me there promoting the idea of TTIA working alongside their organization as sisters. Many were very interested in learning TT as an additional skill or continuing on with learning in TT that had begun years ago. I was asked to come and teach TT in a number of locations in the US to Healing Touch Practitioners. Wouldn't it be wonderful to have Healing Touch Practitioners learning TT as an additional skill and wouldn't it also be great to have TT Practitioners learning Healing Touch as an additional skill. The dialogue has only just begun and I'll keep you posted as things progress. This is not about melding the two modalities but with clarity, honoring each others work and collaborating on common issues. It seems as though our two groups of energy workers are going to recharge each other and that that will be very good for the future of complementary medicine in general, and for all healers as well.

Planning for the First International Congress on Therapeutic Touch is well under way, to be held in Boston at the Cambridge Marriott for the weekend of April 24 through 27, 2009. We are very fortunate to have our own Dee Krieger as the keynote speaker on Saturday, April 25. It will be a special treat for all of us to have Dr. Serena Roney Dougal as the keynote speaker on Sunday and to do a post conference workshop on Monday, April 26, 2009. As well, we have invited the Executive Director of Healing Touch International, Lisa Anselme to speak on the Friday evening as a joint presentation with myself on "The Ripple Effect of Healing". I am

very excited to have these wonderful women be a part of this ground-breaking event. There is more information on the Congress including the list of international speakers for the breakout sessions, in this issue. For more information contact Marjorie Anderson at [cns99@att.net](mailto:cns99@att.net). I encourage everyone to make every effort to attend the First International Congress on Therapeutic Touch in Boston Mass., on the weekend of April 24 through 27, 2009. It's going to be a fabulous event. See you all there!!

## Inspirations

If you were all alone  
in the universe with no one  
to talk to  
no one with which to share  
the beauty of the stars  
to laugh with, to touch  
what would be your purpose in life?

It is other life  
it is love  
which gives your life  
meaning.

This is harmony.

We must discover the joy  
of each other  
the joy of challenge  
the joy of growth.

- Mitsugi Saotome

contributed by Terry Ann Sparks JD, MDiv, CHTP/I





# HTI Business Strategies

## HEALING TOUCH BUSINESS PRACTICE IN THE NEW PARADIGM

by David Wolffs BA, MA, CHTP

Many of us in the Healing Touch community become Healing Touch practitioners because we are attracted to the clinical aspects of a Healing Touch practice. We are less enamored by the business aspects of running a practice. This attitude is probably originating from an 'old paradigm' perception of business based on a patriarchal mindset that is thousands of years old. That is, a decidedly masculine worldview that is aggressive, warlike, competitive, and rigidly hierarchical. An environment where success is defined in terms of increased profits for the higher echelons of the power centers.

Over the last two decades, there has been a subtle shift to a new paradigm of business that strives to maintain a balance between the "dynamic and direct energy of the masculine [and] the receptive contextual energy of the feminine." (Terry Mandel in *The New Paradigm of Business*). In the new paradigm business, success is defined in terms of integrity, adaptability, continuity, balance, and harmony as well as profitability. In addition, business values are holistic with an emphasis on cooperation and stewardship.



Conducting business in the new paradigm involves three "P's": planning, promotion and practice.



### Planning

Planning involves choosing your practice format and hours -- will the practice be full time, part time, or volunteer status.

It involves deciding on a type of business entity – for example, a sole proprietorship or a limited liability company. Planning involves deciding on a location – home, office, or institutional entity. It involves deciding who you want to treat – that is, realizing that you cannot be all things to all people. Planning requires establishing a fee schedule. Finally, planning involves setting up a simple business plan that calculates projected income less projected expenses.



### Promotion

Marketing involves communicating how our skills and services will meet the needs of client groups chosen during the planning process. Consideration is given to the demographics of the target clients. For example communication with someone born in the 1930's or 1940's would be different from someone born in the 1970's.



Marketing tools can be divided into two categories: physical and etheric. Principal physical tools are: 1) Word of mouth (probably the best); 2) Business cards; 3) Personal Web-page; 4) Brochures; 5) Direct mail; and 6) Print advertising. Examples of etheric tools are: 1) Visualization; 2) Meditation; and 3) Strategic attraction (manifestation wheels).

### Practice

Practice involves Janet Mentgan's charge to "do the work" as well as developing and honing our Healing Touch skills.

The new paradigm business model is qualitatively different from the old patriarchal model.

Success in the new paradigm will come from a balanced effort to plan, promote and practice. In this context, business becomes the sturdy vessel that will carry the light of Healing Touch out to the world.





# SEED GRANT CHALLENGE

Our 2<sup>nd</sup> Annual HTI Grant Challenge is underway. How will you creatively help with this venture? Non-profit business is about raising funds to carry out the mission and to be of service. Roll up your sleeves and pitch in!

Out of the box ideas:

- ✓ Individual grants: Go to [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) – Click on Shop/Support us
- ✓ Mail your grant to HT International, 445 Union Blvd. Suite 105, Lakewood, CO 80228
- ✓ Consider an individual grant in someone's honor: your teacher, mentor, student, loved one.
- ✓ Hold a community fundraiser – grant the proceeds to HTI
- ✓ Throw a Healing Touch Community fundraising party!
- ✓ Plan a group rummage sale – promotes recycling/reusing while supporting the HTI mission
- ✓ Arrange a bake sale at your local practice group areas - churches, schools, etc.
- ✓ How about holding a HT Marathon giving mini sessions at your local practice group or clinic site
- ✓ Fold a Crane for abundance and peace and send it along with your grant of \$5.00 or more and wish for HTI growth and abundance spreading healing worldwide. See our website for directions.
- ✓ Make pendulums from old beads within your group and sell to the community

Examples of creative ways to grant:

Tami Briggs is offering Harp Music CD's as fundraiser. Tami is giving 50% of the proceeds as a grant to HTI. Visit our website to purchase any of three CDs that are truly supportive of our Healing Touch work.

Lynne Maki, a talented jeweler, is offering The MalaStone™ as a fundraiser. She will also be giving 50% of the proceeds to HTI to support our mission.

“Mala” is a Sanskrit word that means “garland.” Each MalaStone bead can symbolize any desired quality (peace, hope, gratitude) or aspect of life such as loved ones, pets, elements of nature or treasured objects.

MalaStones are comforting touchstones and may be used for reflection, prayer, meditation, or simply as a beautiful miniature work of art. Each mala is one-of-a-kind and retails for \$30. Visit our website to see samples and to purchase on of these unique works of art.

The Tucson HT Support Group raised \$900 the weekend of December 6-7 through a rummage and bake sale. Leftover items were donated to local charities.

If you have a creative idea like these to support your Healing Touch organization, please contact us at [Board@HealingTouchInternational.org](mailto:Board@HealingTouchInternational.org)

Crane photos by Caitlin Miller







# 2008 Conference Validating the Heart's Work



Diane May of Therapeutic Touch International speaks of the "Spiritual Warrior as Healer"



Dr. Bruce Wilson  
Director of HeartMath  
Humor, Heart and Brilliance!



Dr. Hal Blatman,  
President, AHMA  
"Working with  
Chronic Pain"



Gary Schwartz, PhD,  
"The Energy  
Healing Experiments"



The Heart-to-Heart Connection



Instructor Recognition



Centering in the Heart



The Certification Board acknowledges the newly certified.



HTI Board members  
Available to the  
Community

Iowa meets Canada



Orbs (Angels)



Cranes of Positive Intention for HTI  
(they now hang in the HTI office)  
Sue Kagel, Incoming Board President



Shopping and  
learning  
in the exhibit  
space.

Longtime  
friends  
celebrate  
together.



## Student Perspective

### Spreading The Healing Touch Philosophy by Bruce Schumer, BS, LPN, HTPA (HT Practitioner Apprentice)

The addition of Healing Touch to my work as an LPN in hospice care has been both enriching and inspiring. Healing Touch is a wonderful complement to my nursing skills and has brought tremendous depth to my work with patients, families and caregivers.



I am proud to say that I have found a job that I love and look forward to continuing my relationship with Hospice by the Sea Inc., in Boca Raton, Florida. I have been on staff for twelve years and enjoy my role as an On Call nurse assigned to respond to after normal business hours emergencies at patients' homes, facilities and hospitals. Many times I am called to assist families and patients at their final moments before passing. The work is very emotional and it nice to be able to bring solace to family members who have been devoted caregivers for their patients and loved ones. Working from my heart has always been my philosophy and the addition of Healing Touch just added one more tool. Hospice by the Sea offers its staff the various levels of Healing Touch and encourages all of those who participate to continue on to receive their certification. We hope to use these staff members to incorporate their skills to the Hospice by the Sea Caregiver Program. Through these educational incentives, I have completed Level 4 and I am looking forward to taking Level 5 in May 2009.



Last April, I was offered the opportunity to travel to Koforidua, Africa, as part of a Hospice by the Sea Outreach Initiative. The Koforidua area of West Africa has been ravaged by the spread of both HIV/AIDS and malaria. Partnering with Matthew 25 House, lead by Fr. Bobby Benson, will assist them in opening a center for hospice care in that area. The short-term goal on our initial trip was to educate the Ghanaian healthcare authorities and the people of West Africa in hospice care and all its many facets. My principal role on the Ghana Team of 10 was to educate and demonstrate Healing Touch as an additional modality for reducing stress, symptom management and providing the emotional, physical, mental, and spiritual balance to patients and caregivers.

It was an honor to have been selected to be part of this team of 10. Each of the nine days spent in Koforidua and the larger city of Accra were filled with long hours of teaching and presenting to doctors, nurses, volunteers and family caregivers. Healing Touch and its place in medicine is a new concept to everyone who attended our seminars. They were amazed by the power of Healing Touch and were eager to experience a session on their own. It was delightful to present to an audience in awe of the powers of Healing Touch and the benefits it can provide to healthcare workers who constantly face difficult challenges in their efforts to stem the tide of disease in Ghana. The question and answer periods were insightful and I relied heavily on the knowledge I have gained in my various levels of training in Healing Touch, as well as the relationships with my fellow Healing Touch Practitioners.

Please remember that we **ALL** make a difference, as we endeavor to touch all humanity on earth. I hope to return to Koforidua sometime in the near future.





# Energy Rocks



Healing Touch Association of Canada presents -

Energy Rocks is calling.... Are you ready for your trip to Newfoundland and Labrador, April 24-26, 2009? Why? The Speakers are Dynamic, Energetic and will get your energy flowing.....

Here's a little flavour of the speakers ....

Keynote Speaker - Dr. Vicki Slater RN, PhD  
"Could the Physics of Energy Healing Really be This Simple?"

Guest Speakers  
Chief Jerry White (Standing Bear)  
Saqamaw Misel Joe

Hoping to see you all at  
Conference on the Rock.  
Feel the Earth vibration,  
feel the wind and the sun  
Experience nature's beautiful  
creations in the  
energy of Newfoundland and Labrador.

Maxine Gladney, Conference Chair  
ht.conference2009@hotmail.com

Further information will be available on the  
website [www.healingtouchcanada.net](http://www.healingtouchcanada.net)

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## Words of Wisdom

### Solace

By Diane Wind Wardell PhD,  
RN, WHNP-BC, AHN-BC, CHTP/I

When delving into my writings from Janet Mentgen's journals for a story to share with you this month I found myself in over two decades back in 1984. This was a year that Janet described in her journal as the "best year". Although her personal trials do not really end at this point in time, it is clear that she sees herself as having made significant strides in her personal development. Therefore, I want to introduce you to one of Janet's teachers that appear throughout her journals and one that I had the privilege of connecting with on our journey together in 1998.

Janet refers to the image that occurs to her during meditations as a spirit guide she later names, "White Healer". Janet described her second meeting with White Healer as, *"Then I see and talk with an inner guide. It is a woman in white robe style, not too old, who is healing people who come to her. It is the woman I met yesterday in meditation. I recognize her and know I have come for another teaching. I show her my crystal. I ask for my wand and demand to have it because I need it for my work. She explains that I do not need the wand; that I am to use my hands to work with the people in my environment. She worked with people in her environment that came to her. There was always room and space and time for anyone who came. Her work came from within; out of her heart, no judgment, simply being. There were no attachments; loving and caring, healing and holiness was predominating. I felt as though I was this woman. There was an element of truth, a knowing about the situation. I was being taught by her example, her work. I watched. I knew and understood what she was doing. I felt my right palm become activated. It hurt, pulsed and stung. It was her gift. I was told that I didn't need to worry about money or material things; these would be provided for me as I needed them. I didn't need to change anything, just be and do and grow and flow with the universe. All would be provided for my work and accomplishment."*

This sense of solace occurs when you are okay with who you are. It is the simple fact of energy work that you do not need anything other than your hands. Janet was being taught that the purity and power of the work comes from within. And as a healer, she would be provided for in receiving all that she needed on this earthly plane. And indeed, Janet was provided for and was able to go forward to do her practice and teaching, continue her own personal development, and learn from a variety of sources. Times of financial chaos provide us with an opportunity to look at who we are and to ensure that the stability that we seek is within us and not external. Often our task is to be comfortable with less; and find that our reward is in what we do rather than what we seek.



## Board Corner

October 2008



*“A group of healers, living in heart-centered joy and unconditional love, unifies the individual energy fields and creates a global matrix of love and strength, manifesting healing in the world.” – Anonymous*

### Communications

We are refining all aspects of our organization and increasing the effectiveness of our communication within our boards, committees, members, students and those with an interest in healing.

### HTI Annual Conference

The 12<sup>th</sup> Annual HTI Healing Touch Conference was a **huge success** in so many ways! **The joyful vibrations** generated through the **gathering and uniting of our magnetic heart fields**, the keynotes highlighting methods for us to **strengthen our collective field**, the **Soul Portrait music** composed by Richard Shulman during our banquet while reading our collective energy, the **wonderful collection of workshops** validating and **increasing our heart’s work**, have **opened the energy doors** and **many are being attracted to our service**. Our **Cranes for manifesting** abundance and peace for HTI, created during the banquet, are moving our **collective desires into action**. We **opened our hearts to each other** and then **joyfully danced around the world** in our closing. Many said it was **the best conference, ever**, even compared to conferences in other disciplines and modalities!

### Growing and Expanding HTI Classes

We are receiving great reports that the HTI Healing Touch Certificate Program classes are drawing high numbers of students again and more classes are being created to handle the overflow. Hospital classes are in resurgence. A positive energy abounds.

### HTI Annual Meeting Report

Our HTI Annual Meeting included reports from all of our HTI Committees. Our volunteer team is approximately 64 members strong and growing as we add sub-committees to help with various projects while we expand!

### Overview of Strategic Planning Goals met since March, 2008. They include:

- 1) **Advisory Board** of 6 “outside” members is assembled. Jeanne Crawford, Executive Director of AHNA is our most recent addition.
- 2) **HTI Resource Council** is almost finalized. We are honored to have prior HTI Board Members Susan Morales, Myra Tovey, Anne Day, Diane Wardell, Savitri Kumaran, Annis Parker, Alexandra Jonsson, Mary Jo Bulbrook, Deborah Larrimore, Mary Frost, and Deny Clark who will be available to the HTI Board for advice, ideas, and suggestions.
- 3) **Communications**
  - a. **Instructor Alliance** is up and running.
  - b. **Web Ezines** to Instructors and Members
  - c. **Data bases merged** for future website options –members and instructors only areas will open soon as well as electronic ballot.
  - d. **Automated areas** increased.
  - e. Newsletter enhancement and evolution to **HTI Perspectives in Healing**, green edition. HTI Perspectives in Healing was very well received. **We encourage you to write about your experiences and submit** to [director@healingtouchinternational.org](mailto:director@healingtouchinternational.org).

continued on next page

- 5) Website access for certification packets and renewals are located under **“Tools”** on the **“Become Certified”** page.
- 6) Links for ordering **books online**.
- 7) **HTI Healing Touch Certificate Program class listings online**.
- 8) **Personalized brochures** option.
- 9) Multi-year **Membership drive**.
- 10) Fund Development drives – **Grants received** for special projects **over \$34,000**.
- 11) **Alliances/Partnerships** with other organizations, AHNA, AHMA, ISSSEEM, Council of Healers, TT, Global Peace Intention/ Lynn McTaggart.
- 12) **Conference** format shift.

### HTI Healing Touch Certificate Program goals met and in progress

- 1) Nursing Continuing Education **Contact Hours** through AHNA.
- 2) **Massage Continuing Education** contact hours applied for and awarded.
- 3) **Instructor guidelines** modified to match current requirements.
- 4) **Instructor Advancement** sub committee of Education Committee working on criteria and curriculum.
- 5) **Mentorship Support** areas and issues being addressed by a new sub committee of the Education Committee.
- 6) **Student Solutions** for students wanting HTI HT Completion and caught in the split.
- 7) **AHNA Endorsement** of the HTI Healing Touch Certificate Program renewed.

### Plans for HTI's Future!

Our goals for the next 6 months to a year as we move forward are below.

Join us in our vision and manifestation which is multi-fold:

- 1) Become the **Premier Professional Organization in Healing Touch and energy therapies**.
- 2) **Maintain stability and strong roots to support growth and expansion**.
- 3) **Increase our membership to over 4,000 members** in less than a year, while maintaining our current members. A membership drive with wonderful incentives is beginning now.

- 4) **Increase HTI Practitioner** involvement with a variety of projects.
- 5) **Double our HTI Office Staff in 6 months** to better support our students, practitioners, instructors, the public and our service projects.
- 6) **Create a Fund Development Committee to triple our funding** for various projects. The Fundraising project is starting now.
- 7) **Create more support for our instructors** through the Instructor Alliance and Education Committees.
- 8) **Increase professionalism** through a variety of **Professional Development offerings**.

Our Professional Development area is being launched with our first offerings being the CD's and DVD's of our HTI Annual Conference. These can be purchased on the HTI website. More offerings will be forthcoming.

**Join us in manifesting our strong future!**

### HTI Professional Development Kick Off

Professional Development options in advanced learning are now available for all healers through the HTI website. A great benefit is that these apply towards your HTI Practitioner Certification and renewal, as well as enhance your knowledge base in a variety of ways.

Our first offerings are the HTI Annual Conference CD's. Not able to attend conference this year, or had to choose between several workshops you would have liked to attend? CD's and DVD's of the keynotes and workshops are available through a link at the HTI Website Professional Development page. These workshop CDs would apply towards your HTI Practitioner Certification and renewal. New opportunities will be offered in the coming months.

Go to [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) and click on **SHOP**

This service is expanding. Watch for new developments and consider how you might participate.

## **VISION**

Spread Healing, Light and Love, restoring wholeness on Earth.

## **MISSION STATEMENT**

Our mission is to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. It is fulfilled by this non-profit membership and educational organization which:

- Administers the Certification process for Healing Touch practitioners and instructors
- Sets international standards of practice and international code of ethics for practitioners and instructors
- Supports Healing Touch practitioners and instructors as they develop, practice and serve communities worldwide
- Promotes and provides resources in health care integration and research in Healing Touch
- Provides opportunities for promotion of and education about Healing Touch