



# HTI's *Perspectives in Healing*

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

## Creating the Spark



*Light Coming out of the Hand, by Jan O'Brien*

***Love must be as much a light as it is a flame.***

- Henry David Thoreau

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## Letter from the Editor

by Lisa Anselme, RN, BLS, CHTP/I, HN-BC,  
Executive Director

The theme of this *Perspectives in Healing* is "Creating the Spark". Alice Bailey writes "The significance of the Word only becomes apparent after the 'light within' is realized. By its use the 'spark' becomes a radiant light, the light becomes a flame, and the flame eventually becomes a sun."

She further writes that "in the process of unfoldment,....the heart centre opens before the head centre....and love must ever be developed before power can be safely used.....the light of love must be functioning before the light of life can be consciously employed. As the lotus centre of the heart opens and reveals the love of God, through meditation a synchronous unfoldment takes place.....and the twelve petalled lotus in the head (which is the higher correspondence of the heart center)....awakens. The pineal gland is gradually brought from a state of atrophy to full functioning activity and the center of consciousness is transferred out of the emotional nature into the illuminated mind consciousness." (*The Light of the Soul*, 1927)

In our work as Healing Touch practitioners, the "spark" is that radiant light within our individual and collective heart centers. That light brightens as we cultivate the four attributes of the heart described by Brugh Joy: Compassion, Innate Harmony (peace beyond understanding and the calm in the midst of chaos), Healing Presence and Unconditional Love. These qualities are ever present in our hearts – our task then is to uncover and reveal them by clearing out the "clutter" through true forgiveness and by disengaging from our stories of wounding and victimization.

Learning to love and honor ourselves as unique expressions of Spirit while loving our often less-than-skillful human behaviors, allows us to offer compassion, innate harmony, presence and unconditional love for our fellow passengers on this journey. Loving ourselves unconditionally frees up our energies to change our reality and create the spark of healing and light within and beyond ourselves.

The articles in this publication feature the expression of this spark as Healing Touch is offered and received. In this time of personal, community, global and financial transitions, we have an incredible opportunity to hone the spark within our own personal hearts and allow the flame to shine brightly and be a light of service to others. We become the means in which we *Spread Healing Light Worldwide*.

"Love must be as much a light as it is a flame" - Henry David Thoreau

#### 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  
[Support@HealingTouchInternational.org](mailto:Support@HealingTouchInternational.org)

# Motivations from the President

## Clear Communication to Spark Creative Flow

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



Our ship is steering into the wind now, sails are strong, and we are fine tuning our technical support in the office.

### 13th Annual Conference is in Full Swing

Registrations are coming in. We are very excited about our Keynote, Pre and Post Conference, Instructor Meeting and Workshop offerings to open us to new creative possibilities: mind, heart and consciousness. We are manifesting 500+ participants to join with us in heart-centered presence in the very spiritual setting at Lowes Ventana Canyon Resort in Tucson, AZ. The locals believe that there is a vortex in the mountains behind the hotel. We are welcoming all with an interest in energy healing, professionals and lay practitioners, from all healing disciplines to attend. Early registration ends June 20<sup>th</sup>. You can now register and pay on line at [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org). Make sure you reserve a room at the hotel! In continuing our GOING GREEN, we are NOT mailing out Conference Brochures. (Saving trees!) The Brochure is available to read and register online or download and print. Conference provides continuing education for nursing and massage therapy.

### Creativity and Growth is our theme for this year and we are growing!

HTI Membership and class participation are on the rise with our expanded offerings for nursing, massage and California nursing continuing education. Many have been commenting that they can feel the high vibration coming from our organization through our website and our groups and classes. New students and members state that they are drawn to the heart-centeredness and high vibration. Now in our 13th year, we are moving into a new quarterly option for HTI Certification, with our July 15<sup>th</sup> application date coming up soon. In light of this we have expanded our HTI Certification Board to include an additional member. Professional Development is moving into completion phase and we are pleased to be offering advanced workshops on

a variety of topics to expand the healer. They will be on the website soon.

### Strengthening Communication

A major focus in our overall management now is communication. We continue to understand the nuances of what we call the “Janet factor”. When Janet Mentgen founded HTI, she was on all committees and was the communication link between all aspects of HTI as well as CCHT and AHNA. In her absence, we continue to create new routes of communication with each committee, the office, the instructors, members, students and those with an interest in healing, all linked to the HTI Board of Directors. We have made a lot of progress and there is more work to be done. Here is how you can help us serve you. We now have specific email addresses for your Healing Touch International needs.

New addresses are available for: Education, Membership, Certification, Board and Director. Please use these for your specific needs. i.e. -

[Education@HealingTouchInternational.org](mailto:Education@HealingTouchInternational.org) – Kassi Cunningham  
[Membership@HealingTouchInternational.org](mailto:Membership@HealingTouchInternational.org) – Cathy Nunemaker  
[Certification@HealingTouchInternational.org](mailto:Certification@HealingTouchInternational.org) – Joyce Ramsaur  
[Director@HealingTouchInternational.org](mailto:Director@HealingTouchInternational.org) – Lisa Anselme  
[Board@HealingTouchInternational.org](mailto:Board@HealingTouchInternational.org) – all HTI Board Members

We believe that this will help expedite answers to your questions.

### Communication Patterns

I have been observing our communication patterns for a while now, seeking to understand what will be most helpful in clarifying our communication. The key to clear communication is to go directly to the original source and ask appropriate questions, listen carefully, then restate what you heard to be sure of accuracy. “What I’m hearing you say is...”

continued on next page

## Motivations, cont.

### **Saving our Energy for Creativity**

Another area for us to concentrate on is “triangulating”. This occurs when one person goes to someone else with an issue about a 3<sup>rd</sup> party or situation, rather than going straight to the person involved. Messages get tangled up, drama is created and again, lots of time and energy is spent straightening out a problem that can sometimes get around to many people through email. Our creative energy for moving forward is then spent straightening out and clarifying. To prevent this, again, go back to the person in question and have a heart-centered conversation to clarify matters and release the energy building up, or come to the office and ask for information. Help us avoid the “Bermuda Triangles”. When we are in clear energy, creativity can flow, and we can move forward unimpeded.

### **The Missing Pieces**

Problems also occur in this day and age as “sound bites”, e-mails, texting, TV, and social network type communications are all in short bursts, leaving out important information. Taken out of context this can lead to miscommunication and misinformation. Please convey the whole picture in your communications. If you are missing something in a communication, written or verbal, please ask for what you need rather than assume. We all know what that creates....



### **Information Overload**

We are aware that this is a time of information overload. There are organizations emailing their groups several times a week. At HTI we are keeping our emails to a minimum and using them to convey important and necessary information. Our intention is to utilize bullet points, be brief and clear. Please read them thoroughly. We find that often we receive questions on things we sent because they are read too quickly or not thoroughly. Take time to read and re-read if you didn't catch something, and then email us to clarify if

you still are not clear. We have several people read through our communications to see if they are conveying the needed information. We are not perfect but working hard at clarity, so if we miss something, let us know.

### **Disconnect the Telephone Game**

Remember the grade school game of passing a message around a circle and how convoluted it gets by the end of the circle, usually nothing like the original message? That still prevails in our adult lives. Again, please check back to the original source for accurate information- back to the Bridge on the Ship with the captain and crew, so we are all on the same map and compass heading. This will keep us flowing well rather than in a variety of “tacks” which become very tacky when we have to undo them.

### **Throw Gossip Overboard**

Repeating information heard that is inaccurate or degrading to another is also a detriment to our unity and our vibration. There is still a lot of harmful gossip being generated from various sources. Rather than become part of the problem by passing on misinformation or unkindness, please contact the office if it is HTI related, or the person in question and find out if it is true, or ignore it.

### **Rippling Out Positive Energy**

We can all work together to continue to raise the HTI vibration and stay true to our core values of integrity, heart-centeredness, and respect while creating positive community by continually working on our communication. We will all grow from it as our collective energy clears and our vibration raises further. This attracts joyful and harmonious energy to our Healing Touch International organization so that we can use our energy to spark creativity and growth while providing loving, healing service to the world.





## In Service

## Our Trip to Guyana to Teach Healing Touch

By Janet Tait RN, BSN, CHTP/I

**Our trip to Guyana began early** on a snowy, blustery sub-zero Michigan morning the 6<sup>th</sup> January 2009. Marian Long RN, MSN, AHN-BC, CHTP/I, her husband Ted Long, my husband Roger Tait and I flew to Georgetown, Guyana, South America. All of us but Roger, were going on a grant from the Sisters of Mercy. Sr. Jean Umlor RSM, RN, MSN, CHTP of Grayling, Michigan had obtained the grant. Marian and I were to teach holistic nursing and Healing Touch at the St. Joseph Mercy Hospital in Georgetown, the capital of Guyana. The men were to create a healing garden with a fountain at Meadowbrook convent. The Sisters intended the garden to be used for individual reflection and during retreats. Working outdoors in the rainy season proved to be a challenge. In spite of regularly being soaked by downpours, the men did do a great job of completing their task.

**Located on the northeastern coast** of South America bordering Venezuela, Guyana is an English speaking, former British colony that received its independence in 1966. Georgetown, the capital, is on the Atlantic Ocean with a population of about 230,000. Tropical rain forests cover much of the country. There are some chronic problems with the economy that the people are working to overcome.

**When we arrived** in Georgetown at about 11:00 pm, it was very warm and humid. The hospital, an hour from the airport, was a four-story wooden building. Our quarters were in an apartment in a building on the hospital grounds. We got to bed at 2:00 am and up at 6:00 am to be ready for class at 8:00 am. (Note to self: next time arrange for more sleep time after traveling so far.) In the morning, we were pleased to learn that we had 19 students. One was a RN and midwife, one was the secretary to the Director of Nursing, and another was a massage therapist. The other 16 were young women just about to start the training to become nurses' aides. The nurse and nurse aides came to class dressed in crisp white uniforms, white hose and polished white shoes with their hair neatly pulled up. Nurses are addressed by "nurse" and their last name. We had hoped there would be more nurses, however there was a staffing shortage

and they could not be spared. Nurses earn about \$400 a month in Guyana, so there is a temptation to leave the country to work where they can earn more money. We were to stay for 2 weeks and teach a Level 1 and Level 2 back-to-back as well as some holistic nursing classes.

**The people we met** in Guyana were warm and welcoming. Our students were wonderful. The nurse aide students had been instructed to go to the classes, but had no idea what the classes were about. They had never heard of Healing Touch. They sat politely listening to us for the first 45 minutes of the class. They seemed to be wondering what this Healing Touch was all about. Once we showed them how to feel the energy and work with it, they were so excited. After class the first day, they went home and practiced. The next morning, they excitedly reported back how effective it was to use. Each day they returned eager to learn more. After we were there a week, one student became comfortable enough to share with us that they had thought we were crazy when we first started!!

**The students were so proud** to be the first in Guyana to learn HT and were excited to receive their certificates. The first day of class they spoke very softly and rarely asked a question. One of the sisters told us they probably would not ask questions nor talk very much in class. The last day we asked each one of them to tell how



*St. Joseph Mercy Hospital Guyana*



*Kaieteur Falls Guyana 741 feet*

*continued on next page*

## In Service, cont.

they would explain HT to someone. They each spoke up and in their own words gave an excellent, heartfelt explanation. As the classes progressed, they had gradually started to ask questions. The most telling question came the day before the last day of class. One student asked if we would go to the wards with some of them after class the next day to use HT with the patients. That question made the whole trip worthwhile! We felt that they understood the essence of Healing Touch. We did go with them to the wards and they did HT in a thoughtful, heart-centered manner. One thing that we found very helpful was to take portrait shots of the students including their nametags with a digital camera. Downloading them to our laptop made it much easier to learn their names. The HTI leadership has been doing high vibration meditations to move things and increase the flow of energy. It was amazing to see the progress these young students made in the span of a week.

**Guyana has a wonderful mix** of cultures. There are descendants of slaves from Africa as well as descendants of people from India and China. There are Christians, Muslims and Hindus. I asked a lady if the people of the different religions intermarried. She said they did and then became Presbyterian. Many people that we met were very religious. After the second day of class, Marian and I asked for and were given permission to go to the wards to do Healing Touch with the patients. We wanted to see how open they would be to Healing Touch. Most of the people that we approached seemed very open. They wanted us to pray with them first. One lady just wanted Marian to talk and pray with her.

**Knowing that we may or may not be able to return** to this beautiful country, on both Sundays we took the opportunity to do some sightseeing. This first Sunday, we flew to Kaieteur Falls. It would have taken us 4 to 5 days to travel the distance by land. At 741 feet high, it is the largest single drop waterfall in the world. It was spectacular. The next Sunday we took a day trip by boat into the rain forest on a small 12-passenger motorboat. When we arrived at the small eco-resort, we kayaked, hiked and mountain biked. We were so glad that we stretched our budgets to do both things.

**It was a wonderful journey** for us to travel so far to such a beautiful country. It seemed a wonderful journey for our students to travel from not knowing what Healing Touch was to using it so beautifully.



**Jan Tait (l) Marian Long (r) with Guyana Class**

## Stand Down

By Cathyrose Johnson, Minister, HTPA

About a year ago I heard about STAND DOWN from Carol Sarian. She was sharing her passion in serving veterans with compassion and Healing Touch. When I heard that the STAND DOWN, here in San Diego, CA, served the homeless veterans, something deep within my heart responded to the call and the rest of me followed.

### **Stand Down:**

#### ***A Divine Healing Exchange of Souls***

*Camouflage plus green & brown  
cloth housed the 'city,'  
Booths offering services from  
Medical & dental appointments to  
Ministries, social services to  
alternative modalities,  
A Village of Hope.*

*Housing tents, shower facilities,  
guarded perimeter,  
Abundant food & water, basic needs met,  
Calm, tender love,  
A drum circle blessing us all.  
A Safe Place.*

*Severe pain on all levels,  
Terror filled eyes,  
Fight or flight response,  
Desperation, unworthy thoughts,  
Vulnerable Veterans.*

*Love in action,  
Tender touching, gentle listening,  
Witnesses to the truth that  
We are all beloved children of God,  
Tears & sighs of relief,  
There is a Way Out!*

*Safe Embrace, Being Seen,  
The 'flower' from within peeks out,  
Like a palm frond unfurling  
in search of the sun,  
Awakening to the true Self,  
Awakening to Love.*

# Affiliate News



(Healing Touch Peru) is proud to announce our new Board of Directors for 2009-2012. The New Members of the Board of Directors for Promoviendo Salud Hólistica PROSH in Lima, Perú, chosen in our General Assembly are the following:

President: Maxima Sissi Huanay Molero

Vice President: Martha Loo Chang

Treasurer: Margaret Kehoe

Secretary of Minutes: Emiliana González Sanllorente

Sub-Secretary of Minutes: Yolanda Nilda Sanchez Espinoza



L.- R. Yolanda Sanchez, Emiliana Gonzalez,  
Sissi Huanay, Martha Loo Chang, Marg Kehoe

Best wishes to them and thanks to the outgoing Board of Directors for their years of service.

We look forward to an exciting and innovative transition.

---

L.- R. Carol Reamer, Eileen Kearney, Emiliana Gonzalez,  
Nita Alvarado PROSH Board of Directors 2005-2009



## Finding Approved HTI Healing Touch Certificate Program™ Classes

Classes are listed in two ways on the HTI website  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

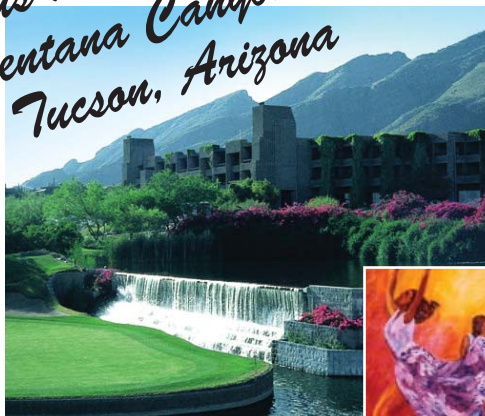
1. Search - Click on *Find Classes*. This will take you to the search page. Select "Yes" next to classes, then go to the bottom of the page to further define your search. (Be careful not to over-define your search or you could end up with no results.) Select an instructor's name or a state or a class level. This version is updated daily.
2. Printable Schedule – Place your cursor on the top toolbar titled *Find Healing Touch*, a drop-down list will appear. Move your cursor to *Class Schedule-PDF* and click. This will take you to a printable schedule of all classes. You can look through them onscreen or you can print it out. This version is updated weekly. You can view a copy of this class PDF as of June 18, 2009 at the end of this newsletter.

Most Instructors are willing to travel to teach a class if they are aware of the need. If you have a group of 6 or more individuals in your area who would like to take a class, try searching the website for an Instructor in your region by going to *Find*, click Yes next to Instructor, then at the bottom of the page type your state (or a nearby state) to get a list of possible instructors. You can then contact the Instructor directly to arrange a class.

If you need further assistance, please give us a call at 303 989-7982.



*Join us at the fabulous  
Loew's Ventana Canyon Resort  
in Tucson, Arizona*



*September 3-6, 2009*



**HEALING TOUCH INTERNATIONAL, INC.** presents the  
**13th Annual International Healing Energy Conference and HTI Instructor Meeting**

## *Creating Flow - Healing Globally*

*Explore the creation of flow in our personal and professional development, as we expand globally, awakening to new possibilities.*

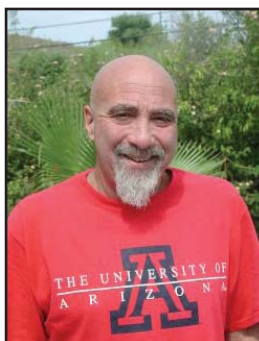
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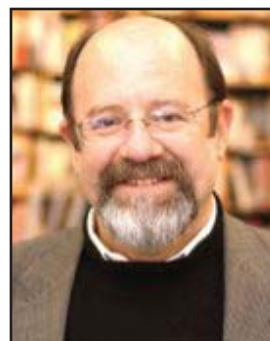
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Visionary Thought Leader  
Award-Winning Author



**Belleruth Naparstek**  
LSW, Pioneer in the  
Field of Guided Imagery



**Stuart Hameroff, MD**  
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Consciousness Studies



**Gary Schwartz, PhD**  
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Consciousness and Health



**Tony Redhouse**  
Navajo, Sound Healer,  
Spiritual Teacher,  
Hoop Dancer

For more information and to register for conference please visit:

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



## Energy Research Healing Touch Research Update in Education and with Children

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

This has been an interesting quarter for Healing Touch research as its body of knowledge continues to expand. There were two important presentations at The North American Research Conference on Complementary and Integrative Medicine: Collaboration to Promote Scientific Discovery & Health which is sponsored by Consortium of Academic Health Centers for Integrative Medicine. Having research on Healing Touch presented at this consortium helps information to be shared with the general medical community and helps to make it available to researchers and others. The studies also provide a basis for future articles so we have those to look forward to as well.

Congratulations to the team of scholars from Wake Forest University in North Carolina lead by Dr. Rong Tang and including Dr. Chuck Tegeler, Deborah Larrimore and Sally Cowgill, who presented a very informative poster on *Energy Healing Education and Practice Improves Nurses' Psycho-physiological Function*. The poster highlighted a program in which key nurses in a hospital setting were taught Healing Touch Level I. Findings suggested that Healing Touch education improved the nurse participants' autonomic function and balance, job satisfaction, and well-being. They concluded that Healing Touch could potentially improve the quality of health care, patient satisfaction, and the health and satisfaction of those that care for patients.

Another presentation was also made by Michelle Zimmer, M. Meier, W. Rolf, and L. Bogenschutz about their retrospective study entitled *Effect of Healing Touch on Children's Pain and Comfort in the Post-operative Period*. The team is from Cincinnati Children's Hospital Medical Center. They reported children awakening from



anesthesia had less pain and children who were crying also had an even more significant decrease in pain and improved comfort scores after Healing Touch. The study authors suggest that the study provides preliminary support for the use of Healing Touch with children to decrease pain and improve comfort postoperatively.

Information (abstracts) for both of these studies can be found in *Alternative Therapies in Healing and Medicine Journal* in the May/June 2009 issue. The information provided helps to inform how Healing Touch affects both caregivers and receivers, which supports Janet Mentgen's assertion that: "All healing is self-healing".

## Expanding Horizons



**Australian Foundation for Healing Touch Inc  
Regional Gathering 2009**

**at the Cairns Colonial Club Resort  
from the 23rd-25th October, 2009**

**Come and join us for fun, relaxation, harmony, healing and  
the opportunity to connect with our HT community**

**Please put these dates in your diary, brochures coming ac-  
commodation needs to be booked soon**

**For information contact Kay on  
therapys@bigpond.net.au or ring 07 40364458**

# Education Insights The Heart of Our Work

By Barbara Schommer RN, MA, CHTP, CHTI

**From the HTI Education Committee for students, instructors, practitioners, and anyone interested!!!!**

Did you know there is a heart-centered component for each Healing Touch class?

We all sense the heart connection with each Healing Touch class. But how fun to take a closer look at just what this may mean for you as a student, for you as an instructor, for you as a practitioner, or for anyone interested in growing your heart-centeredness.

The heart center is a state of consciousness that transcends the ego. It dissolves bias, fear, judgments and comparisons. The heart center is proactive, not reactive. It is a mystery that unifies Everything! (Thanks to Myra Tovey for providing this delicious definition.) As you teach, practice, and receive Healing Touch, bring your awareness once again to your heart and to the many ways we call upon heart energy every day.

In Level 1, right from the very beginning, the description of Healing Touch includes the sentence that Healing Touch "is based on a heart-centered, caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing." Participants are also taught to center at their hearts during Level 1. And who could forget the Heart to Heart meditation and Chakra Spread, when people get in touch with their loving heart energy.

Level 2 gives us an opportunity to practice Spiral Meditation, that wonderful intervention given to us by Brugh Joy. It focuses on the heart, by beginning and ending the intervention at the heart. Centering and going into the heart prior to assessment enriches the data gathered during assessment, and continues to emphasize the heart-centeredness of our work.

Level 3 is the transition class which utilizes heart energy to gain access to the 5th, 6th and 7th levels of the client's field, as well as our own field as we meditate in Hara Alignment.

During Level 4, participants have the opportunity to utilize the heart-centered energy to provide a sequence of full treatment sessions with a client. In the class, in practitioner treatment rooms, in the community, and in our everyday lives, heart energy is palpable as people do the work.

In Level 5, we celebrate the completion of homework in which participants deepen in their heart-centered work, whether it is in community service, giving sessions, or receiving healing for themselves.

So when you use interventions from Healing Touch classes you have taken, take a moment to focus on your heart with gratitude for its loving presence in all our work.

## *Congratulations!!* Newly Certified Practitioners and Instructors

Ann Patricia Alger - St. Anthony, MN  
Vicki A. Baines - Omaha, NE  
Shirley A. Ballantyne - Mill Spring, NC  
Sandra C. Bennett - Burlingame, CA  
Cynthia A. Bertha - Wichita, KS  
Gina E. Bondurant - Harrisonburg, VA  
Hsu Shaio-Shan Branham - Yorktown, VA  
Paul William Clacher - Brisbane, Qld Australia  
Christine M. Clark - Hillsborough, NC  
Sally J. Cropp - Edgerton, KS  
Janice M. Fast - Prince George, BC Canada  
Maureen Lynnea Fotos - Prince George, BC Canada  
Patricia Galarneau - Deltona, FL  
Kathleen N. Gill - Manahawkin, NJ  
Denise M. Hickie - Morris, MB Canada  
Claire I. Irwin - Weaverville, NC

Gladys Jones - St. Louis, MO  
Cathyrose Johnson - Encinitas, CA  
Lee S. Kimball - Port Orange, FL  
Laura F. Kraljev - Ponce Inlet, FL  
Alice O. McCrary - Greenville, SC  
Carol M. Mills - LaJolla, CA  
Denise DeForest Pastoor - Greensboro, NC  
Amenie K. Schweizer - Raleigh, NC  
Shirley A. Smalley - San Diego, CA  
Rae L. Straszewski - Lakeland, FL  
Rebecca W. Thompson - DeBary, FL  
Sheila B. Tucker - Horse Shoe, NC  
Denise M. Van Why - Pierce, CO

Instructor:  
Maxine Gladney - Mt. Pearl, NF Canada

**Correction:** Maureen Orsini Mahoney resides in Brookside, New Jersey, not New Mexico,

## Board Corner

By Mary O'Neill RN, CHTP, CHTI, Vice President

Springtime is finally here with all the signs of new life we've been waiting for over the long winter months. New life is reflected in the blooming trees and flowers, in the green grass, in the early morning song birds and the warm days and cool nights. I hope that you each get the opportunity to take some time to reflect on areas of new growth in your life and in your Healing Touch work.

The months are going by fast and days are filled with exciting and new things at Healing Touch International. I want to share with you some of the new blooms that are sprouting in the HTI garden.

- The student and practitioner solutions packet are completed and being well utilized.
- HTI 13<sup>th</sup> Annual Conference is ready to bloom in the desert of Tucson, AZ on Sept 3-6. The list of speakers is very exciting. Visit our website at [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org) for registration information.
- HTI continues to cultivate professional relationships with like minded organizations. We will be exhibiting and networking at AHNA and ISSSEEM, and the research director will be presenting at ISSSEEM.
- HTI was represented at the California HT Symposium, the Minnesota regional meeting and at the Canadian



HT Conference.

- Membership in HTI is growing! Many thanks for the renewals and new members.
- Our 1<sup>st</sup> quarter certification review has been completed. We will be adding the next quarterly review of certification packets in July.
- 1169 students have taken classes in the US in the first quarter of 2009 (Jan- March)

in addition to a number of international classes.

- The Education Committee of HTI is utilizing co-facilitators per class level to act as a resource for instructors.
- The Instructor Training and Advancement Committee has completed trainings for Instructor Training classes 1-4.
- David Wolffs, CHTP is the newly appointed chair of the Business Council.

The Board of HTI is most grateful for the new life, energy and growth that you bring to this professional organization. Continue to plant the seeds of healing, wholeness, compassion and forgiveness each and every day and watch with wonder and awe as new life springs forth to produce a Healing Touch garden of great beauty. With peace, Mary

## Notice for Nominations to the HTI Board of Directors

There will be 2 positions opening for the Healing Touch International Board of Directors this upcoming September. We are searching for individuals who embody qualities of service, leadership and additionally, interested in those having skill sets in marketing and business development. Each board member is elected for a three-year term of voluntary service. In order to be considered for placement on the ballot, one must be at minimum an HTI member in good standing. Commitments required from board members include: monthly scheduled conference calls, rare unscheduled conference calls in the event of an urgent issue affecting the organization, easy access by internet, along with an on-site 2 day meeting immediately prior to the annual international conference and a possible mid-year face to face meeting. Duties include fiscal oversight and review of rules and regulations that govern the general management of Healing Touch International, Inc. You may wish to consider serving for a term as a board member or nominating a fellow HTI member for a position. In July, the membership will receive the finalized ballot for the HTI Board of Directors.

Any person wishing to serve on the HTI Board of Directors should forward the following items to the Healing Touch International office by **June 30, 2009**, addressed to the attention of the nominating committee:

- Cover letter stating your intent and reason that you feel you would like to serve on the Board
- Professional resume
- 250-300 word summary bio about yourself that may be used for the HTI Board of Directors election ballot and may include your purpose for seeking to be on the Board
- Submissions should be emailed to: [Director@HealingTouchInternational.org](mailto:Director@HealingTouchInternational.org) and titled "HTI Board Nomination".



## Inspirations

### Lake Tahoe Reflections HTI Global Healing Meditation

By Claramae Weber RN, CHTP, CHTI, Charter Member of  
HTI, and past member HTI Board of Directors

Lake Tahoe was newly blanketed in 8.5 feet of snow. March 6<sup>th</sup> was the day to read a prayer for peace at noon with other HTI members all over the world.

Tahoe is a four hour drive. I was compelled to go and knew I had to be at Donner Summit at 7,000 feet by noon.

The snow and wind were blowing around me. As I was reading the prayer, I felt Janet come beside me. I let her know we were “just doing the work”. I was brought to tears during the reading and as I sat quietly for ten minutes tears continued to well up and memories of Janet, the HTI board, and all the years of my being with HTI filled me with joy. I laughed through the tears recalling “back in the day.”

The cold wind and snow were sharp contrast to the warmth of the vibrations of Janet and me at Donner Pass. The huge wish for peace going out to the world had me glued to my seat. I could not have walked if I had to. A few minutes more passed after the ten minutes and I gradually came back to realizing that the miracle of praying for peace reunited Janet and I for a moment in time.

God willing, I will be at the HTI conference in September.



By Nancy Judge CHTP

The Healing Touch Center of Farmington Hills, Michigan was established in the spring of 1999. On Saturday, March 21, 2009 we celebrated our Ten Year anniversary...and we celebrated in style. We enjoyed good food and good company surrounded by beautiful flower arrangements, decorations and lots of memories. Picture boards displayed pictures from the Center, classes, community service projects and more, which showed all that we have been part of and accomplished in these past 10 years.

Messages of congratulations were read from those who were not able to join us as well as a letter from Healing Touch International and we received gifts of floral arrangements from others. We reminisced by sharing memories of our history and our healing journeys. To acknowledge our work as healers, we closed our celebration with a blessing of the hands ceremony for all who attended. Afterwards, everyone was given a commemorative pin from the Center.

What an auspicious time of the year for the forming of our Center. There are so many pieces that make all of this work ...there is no one person or one group that is the Center, it is all of us together that makes us what we are. At times like this you tend to become nostalgic and look back at those early years...where did we come from and how have we grown into what we are today?

First of all, we are grateful to Janet Mentgen for her vision of this program and for making it happen, then for expanding it to allow all who are drawn to the work. We are grateful to Kathy Sinnott for bringing it to our area, establishing the Healing Touch community and holding the energy until it was time for the Center to stand on its own.



L.to R. - Cheryl Hughes, Nancy Judge,  
Trudy Schneider, Barb McConnell

The first Board of Directors was voted in at that March, 1999 meeting. This group met weekly (yes, weekly) for the



Nancy Judge, Andrea Sparks

first 3 months. Talk about dedication and commitment.... and this was all done on a volunteer basis.

There are times where it is a blessing not to totally know what you are in for; otherwise you may not go through with it. This is one of

“those”! I am glad to state that this group of individuals came together, sharing their skills from their work experiences to make it all happen. We had only a month’s notice to decide whether to go for it or not. Therefore, a lot of our planning work was done after we established business the first week of April ’99 at the Mercy Center.

Shortly, after all of the business details were addressed, we submitted our “tax-exempt” filing (our 501C3). With Grace Luckschieter’s wordsmith expertise, our application moved through the system easily for approval. Then we settled into gently guiding and supporting what was needed for the membership and management of the Center.

In looking back over our notes from the initial Board meetings, the intent that the founding Board worked from was based on how we were raised and supported in the healing community – the guidance, patience and wisdom of the elders were very instrumental in our growth. Classes teach the techniques. The Practice Center is where we honed our skills and learned the core or the heart of the work. It is important to us to create an environment that supports those coming after us, teaching by example, adding depth to the work and bringing respect, honor and sacredness to the work. This is the intent with which we hold the space for those that are led to this path and is very important to what we are as an organization.

Each Board meeting begins with a meditation and a statement of Intention – “that our job is to do the business that provides the environment for the membership to come to learn, practice, grow and heal.” If what we do starts to

[continued on next page](#)

## Community Development, cont.

become more important than the work...then we need to take a step backward and find our balance. This, I believe, is one of the reasons we are still here after 10 years.

And most importantly, we wouldn't be here if not for our membership – that is who we are. We have been blessed by all who have come through the Center. There have been many who have gone through to certification and many who just want to do the work, credentials or not. All are part of our family and the reason we exist.

Another significant piece of all of this is our working relationship with the local instructors and their classes from which we invite their students to join in the Healing Touch community. We honor those instructors – Kathy Sinnett, Judy Meno, Jan Tait, Barb Welcer and Barb McConnell for sharing with us.

In turn, we have provided a place to practice, learn and grow. The sharing during debriefing is one of our favorite times. The discussions are wide and varied and we learn so much from each other. The more experienced members guide and support the new members. Barb McConnell consults with our Center monthly providing “technique reviews” which answers questions that may come up after classes. We are a sharing and loving community unlike other groups with which

we have been associated. Most days at the Center have us saying how much we love it there!

In addition to the Practice Center, our services are requested in numerous community outreach projects both where we provided treatments as well as those to which we provided presentations. It is always important to keep learning and growing so we implemented our Wednesday workshop program. It worked well and we expanded to Saturdays. These were for our own education, growth and sometimes pure enjoyment.

Through the years, we have gradually implemented changes to “make things better” for us and also implemented changes to “be more professional” in the community. We listen to feedback from members and are aware of how things are running. Then each year the Board has a “Blue Sky” meeting where we brainstorm to come up with ways to improve the running of the Center.

We are a social group and have gathered often to celebrate many events, including potlucks and special events like our “Harpist program” that initiated music therapy for some of the hospitals in the area. We have enjoyed many “Pinning” ceremonies throughout the years, names too numerous to list here, but we have pictures of these happy occasions for our memories. These ceremonies honored all of the hard work that it takes to be awarded certification in the Healing Touch path and those that achieved it.

As this is being written and we are celebrating, the Spring Membership meeting is being planned and a number of Community Outreach events are scheduled... And so the work continues.....

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## ANNOUNCEMENT



Please join us in sending light and well wishes for the upcoming marriage of Kassi Cunningham, HTI Administrative Assistant.

Kassi will be saying “I do” on July 11, 2009, as she weds her college sweetheart, Sean Anderson.





### A Client's Perspective

## My Journey of Recovery through the Sacred Light of Healing Touch

By Linda Killebrew

***"The human heart feels things the eyes cannot see, and knows what the mind cannot understand."***

- Robert Vallett

It is a rather plain poster that hangs among others on a wall of my high school classroom. The paper upon which Vallett's words are written is displayed with no ornamentation, and today the words sing deeply within the veins of my soul. When placed upon the wall of my room last fall, my heart grew as I read those simple words whose essence has abided deeply in my life and my way of living. Those prayerful, powerful words serve as my mantra; they have become breath through which my heart understands and sees more today than I ever could have imagined. As these words continue to open the dawn of my own hope, I have come to an understanding of how true healing can take place in our lives. My existence and true presence in the world, as I know it today, could not have taken place if the light and power of Healing Touch had never been introduced to me.

I began a journey of healing in 1995, when the suicide of my brother and memories of my childhood trauma came to haunt me. Diagnosed with stress, major depression, anxiety, sleeping disorders, as well as a myriad of other ailments, I lived my life with medications and counseling. I worked with many therapists throughout the years, trying to get to the healing and peace that I had so desperately wanted and needed in my life. When darkness and my loss of hope of emotional and physical healing dimmed my days, I arose every morning at 5:00 a.m. to attend to my high school students and their needs. Teaching is my one true passion that has kept stability in my life.

Those years leading up to January of 2007 could not have begun to prepare me for the deep well of despair that I experienced. For it was this month that I lost my best friend from college, that one close confidant who not only shared my passion for theatre and public speaking, but also understood our uniqueness together as well as our differences. Those times we did spend together during time off from college course work allowed my spirit the

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### A Student's Perspective

## My Journey into Healing Touch

By Rong Tang MD



I was born and raised in China. The Medical School I attended was a traditional Western medical school, although many friends suggested that I pursue Traditional Chinese Medicine (TCM) since my ancestors were regionally famous for it. I didn't like the idea of going to a TCM school because how could I, a well educated young woman, be part of such an ancient

practice which had no supportive scientific basis? Whenever I thought about TCM, I always had an image of an old man with a long gray beard, his eyes half open, resting three fingers on the wrist of a patient. That was not a picture with which I wanted to be associated.

My first lesson in TCM and energy was when I was in my 4th year in the Medical School. I had to take it for a semester because it was required for every student. The very first sentence in the textbook quoted from an ancient TCM book: "Good physicians prevent disease," impressed me a great deal. I said to myself at the time, "Wow, the ancestors were quite right and had much unique wisdom!" During the semester, I learned the basic philosophy of TCM, Yin and Yang, the five elements, the "Qi" (energy), the meridians and acupuncture points, etc., which was very interesting and fun. The energy concept seed was planted in me then. But as a Western Medical student, my focus quickly shifted back to the modern, scientifically sound, "real" medicine. I never touched meridians, energy or the so called "Qi" again until 2007 when Dr. Chuck Tegeler, the director of the Comprehensive Stroke Center and Ultrasound Center at our Institute, approached me.

He asked if I had any training in Complementary and Alternative Medicine (CAM) since I went to Medical School in China. After confirming that I had taken an elementary TCM course, he asked whether I had heard of Healing Touch (HT), an energy medicine modality. He mentioned that he had attended several Healing Touch workshops and found them quite interesting. As anyone can predict, my answer was, "No," but my curiosity was aroused because the person who believed in it was a traditional Western trained physician with a "scientific" mind. Following that, Dr. Tegeler brought his daughter, Catherine, and Ms. Deborah

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## **A Client's Perspective, cont.**

rest and freedom that was so desperately needed in my life. Our hearts and spirits became open to one another and I knew she would be a constant rock in my life filled with so much uncertainty and struggle.

Cyndi and I never strayed far from one another, no matter where our teaching and personal lives took us. In mid-December of 2006, it was determined that she needed a hysterectomy and had surgery.

One month later in January of 2007 she was dead from an infection that spread throughout her helpless body. My precious friend, the one person who knew all of my secrets, was dead. I could no longer hide the



Linda Killebrew and Judith Villegas

pain that I had so easily buried with the suicide death of my brother. The grief for me was unbearable. On some days I found myself successfully swallowing my grief as a well allows a tossed coin to slowly descend into its darkened depths. My energy was consumed by grasping to any piece of light that would hold my sanity securely in place. I survived the rest of that school year the best I could, but I began to sink more and more into a dark windowless world that isolated me from my family and other friends. I struggled every day with my own existence, letting the world around me slowly spin out of control. During the summer of 2007, exhaustion consumed me and sleep overcame my world.

The most difficult challenge a teacher can face is the loss of one of her students. In September of 2007, I came to school one day to find that a most precious student, who loved to gaze at the stars and dreamed of working for NASA, had taken her own life. The lesson that I had little control in my life and nothing made sense turned my spirit even darker and grimmer. I had now entered a cavernous tomb where no light existed.

The more I tried to be the teacher, who was driven by her passion for the world of education, the more I faltered. I had no energy during the day, and after work, I would take an hour long nap, grade the papers I could, then fall into exhaustion. My weekends were consumed by sleep, body ache and the desire to not exist in this world. My doctor began a series of tests and found that so many critical vitamins and minerals were dangerously low. He diagnosed me with adrenal fatigue, gave me a book to read and a regimen of 26

pills (not covered by my insurance) to be taken daily along with my other prescribed medications. I was swallowing 38 pills a day and felt hopeless. I made myself get up for school each day for fear that if I began staying home, I would never return to the job I loved. I didn't know if I had the courage or strength to survive.

Dutifully swallowing all of the medications prescribed to me day after day, I began to pray that there would be some other means to facilitate my body's healing. The pharmacist, to whom I paid two hundred dollars a month for the 26 pills I took daily, explained to me that healing the adrenal fatigue could take up to two years. His words refused to settle in my heart. In those moments of my life, the desire to walk away from teaching fought an internal battle against what I had worked so hard to accomplish. Letting in defeat frightened me and I prayed harder to God that I may find strength to heal and someone to help guide me through the physical and emotional pain that had begun to etch themselves permanently in every cell of my body.

In January of 2008, my heart took another blow when I lost my best friend from high school to cancer. The physical and emotional pain caused by my grief held tightly to the walls of that dark, cavernous tomb and I prayed to survive and that God would send help for my exhausted body and spent mind. In April, I found what could be the answer to my prayer. A local bookstore had posted a flyer promoting an integrative technique called Healing Touch. I had never heard of Healing Touch or the practitioner Judith Villegas, but my heart told me there may be an answer to my prayers lurking within the skills of this woman. I called immediately and made an appointment with Judith.

I walked cautiously with my usual fatigue and exhaustion through the door of the bookstore that early day in May to meet the healer for which I had so desperately prayed. I came with no preconceived notions about Healing Touch, for I had no energy or desire to research this new practice of healing. Judith took me into her room and I plunked myself onto the chair, my mind and body so shut down from the day's teaching that all I could do was stare at Judith as I rested my head in my hand.

"On a scale of one to ten, how is your physical pain today?" Judith innocently asked. I could not utter a word, but just sighed heavily as I looked into her eyes.

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## **A Client's Perspective, cont.**

"Is your pain more around the level of twelve?" she gently asked me. I nodded my head.

"You have depression and anxiety as well, I see. Are they also high on the scale?" she inquired. I spoke with answers that seemed inaudible to me and as she went through her list of questions and spoke of Healing Touch, my mind and body lowered themselves deeper into my dark world. I found myself climbing onto her massage table and escaping through meditation or sleep while she began to help my body heal.

I could not tell if five minutes or five hours had gone by, but when Judith was finished with her work, I felt a small trace of energy begin to flow through my body. I knew at that moment that God had helped me find the place for my healing. He had led me to a light of spiritual energy that I had never felt before and I welcomed it. At the end of our session, a single tear rolled down my eye and I looked in Judith's eyes and said, "I have hope." I began to see Judith twice a week to aid in giving me the energy I needed to complete the school year. On that last day of school in May, I still had no positive feeling about returning to education the coming fall or ever for that matter.

That summer I met with Judith once a week and found myself still unable to vocalize how my mind and body felt. Some days I would just stare into her eyes and shrug my shoulders. I also allowed my body to rest and slept most of the days away. When I was awake, I cried tears that had lodged themselves deeply within me. I had little concentration to complete simple tasks or read. By the end of the summer however, I found myself looking forward to my return to the new school year. My depression had eased, I had more energy and looked forward to moving into a new classroom and began to feel love and passion for Healing Touch.

Almost a year of time has passed since I first walked into the office of Judith Villegas and in February I happily informed her that the latest tests on my adrenal glands were normal. Healing Touch had facilitated in healing me more quickly than I ever had imagined and I am no longer taking those extra twenty-six pills a day. I continue to see Judith once a week to help manage my stress and depression. The time spent recovering physically and spiritually through the grace of Healing Touch has renewed me and I have returned to teaching with great energy, love and compassion for my students. My twenty-seventh year of teaching is closing with the strength and passion that I had during my first years of education; I am finding

my way back to my love of writing, painting and reading. Recently my art was chosen to be used as the new logo of Healing Touch of Central Indiana, something of which I am very proud. My new journey is the newfound path of the Healing Touch family; I have successfully completed two levels of Healing Touch and look forward to becoming a certified HT practitioner one day.

"Let us be silent that we may hear the whisper of God." wrote the great essayist Ralph Waldo Emerson. In my own silence, my heart now feels those things my mind could never see, and finally knows what my mind could never understand. I feel blessed.

## *Love's Rush*

By Linda Killebrew

(For Judith, whose abiding faith and love for me knows no boundaries)

Like an eagle's wing mounting graceful  
flight toward cliffs of secret beauty,  
Love's rush spreads the goodness  
of blessings and world peace.

Like a swollen stream secretly rising  
to the tips of its fertile banks,  
Love's rush caresses the serenity  
and passion of all mankind.

Like a soaring kite who is thrust  
upon the spirit of dancing wind,  
Love's rush moves tenderly in soulful  
rhythm for all who seek internal love.

Like a poet offering a vein of truth upon  
tattered pages of hope and inspiration,  
Love's rush speaks of men who find  
spiritual beauty with God's perfect light.

Like all who seek the flames of holiness  
and insight of our spiritual journeys,  
Love's rush abides within our souls  
opening our hearts in graceful  
movements of each new day.



## **A Student's Perspective, cont.**

Larrimore, who is a Certified Healing Touch Instructor, to our department to introduce HT to the staff. Catherine also presented the data of her HT experiment on plants, which scientifically demonstrated a positive effect of HT on plant growth. My interest was really piqued, so I went online and registered for the Level-I HT workshop taught by Ms. Larrimore.

Growing up in a communist country where religions were forbidden, I was educated to be an atheist who did not believe in God and spirit. But unexpectedly, I “saw” my parents, who passed away a long time ago, while I was receiving Chakra Connection at the workshop. The love I perceived from them was indescribably strong and the healing I received from it was very profound. As a scientist raised to be an atheist, I am not the kind of person who ever thought that such an encounter would be possible; therefore this experience was quite a life-changing event. I didn't share it with anyone outside the workshop other than my husband, because I didn't think any of my atheist friends would believe me. However, thanks to Healing Touch, I was able to perceive the presence of my deceased parents, whom I now know are still with me in spirit, supporting and loving me. Thanks to Healing Touch, I began my spiritual journey.

My first “client” after the L-I workshop was a friend who got a painful blister (score=6/10) in her mouth. Since I had “learned” some healing techniques, she asked me to help her with the pain. Oh my gosh! I could not even perceive any energy at the workshop. What was I supposed to do for her blister?! Well, I needed to do something since I “learned” healing techniques. Thus, I made a pendulum using a small crystal ball from my broken bracelet to check her chakras first. Two of her chakras were compromised because my “pendulum” swung horizontally over them. Since I was not able to tell energy from air with a hand scan, I had no idea what her energy field was like. Without knowing what the most suitable technique would be for my friend, I simply followed the “recipe.” First, I centered and grounded myself, and set my intent for her highest good. Then I did a “Chakra Connection”. Following this, I did “Ultrasound,” “Laser” and “Hands in Motion” over her mouth. As I had learned at the workshop, I left my friend without any attachment to the result and went on to a business trip the next day. In the evening, my friend called and told me that 1.5 hours after I left her house, the pain reduced by half and the blister was gone by the morning. At first, I was happy to hear that because the “healing” took place, but later doubted whether it had anything to do with my healing work. I told myself that it was likely a coincidence. It probably already started to heal before I worked with her.

Soon after that, another friend who had rheumatoid arthritis called me because the pain in her fingers was so severe that she couldn't bend them at all, although she had had a steroid injection. I asked her to come to my office, but I didn't have any confidence in myself as far as being able to help her. When I placed my hands above hers, I sensed strong static like shots. I perceived energy for the first time! Based on this, I did “Pain Drain,” “Ultrasound” and “Hands In Motion” above her hands for about an hour. By the end of the session, she could bend her fingers about 30 degrees without pain. After another session in the following week, the pain was gone and she could hold a wine glass without any pain. She was so happy because this meant she could go to her granddaughter's wedding that coming weekend. I was impressed by the result. How could it work so effectively and quickly? Was it achieved by Healing Touch or was it a Placebo effect?

Having this question on my mind, I went to my friend's lab and got some cells to do a simple and objective test. To find out whether HT really could heal cells from injury, I seeded the same number of cells in the wells of two tissue culture plates and exposed both of them to a heat stress for 30 minutes. One of the plates received HT treatment before and after the stress and the other did not. After counting the cell numbers in the wells of the culture plate, I could not believe my eyes: The Healing Touch treated plate had 25% more cells than the other one! It definitely was not a placebo effect! Healing Touch really works! And, I can do the job!

Firmly believing in Healing Touch, I, who didn't even know what a chakra was 18 months ago, have gone through all the levels of the education and have worked on a couple of scientific research projects to determine the healing effect of Healing Touch and the mechanisms through which it heals. When I visited China this past fall, I took every possible opportunity to introduce Healing Touch and stirred up people's curiosity like Dr. Tegeler did with me. Some of my friends are seriously thinking of coming to the States to learn Healing Touch.

Thank you, Chuck, and thank you, Deborah, for leading me into this meaningful field! Now as a well educated scientist, I embrace ancient wisdom with all my heart. At a time when the nation is facing challenges from the increasing trend of spending on health care, and especially the lack of necessary association found between more expensive health care and higher quality care, incorporating “novel” therapies that are effective and less expensive into present health care system is imperative, not only to reduce the health related economic burden, but also to improve clinical practice. Working together with love and compassion, energy healing practitioners, using effective, non-invasive healing methods, will make a great contribution to the medical community.

# Integrative Health Care

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## Have Hands; Will Travel

By Audrey Steele RN, MSN, CCRN, CNS, Healing Touch Practitioner

I remember as a child looking at a globe and being fascinated by how big the world seemed. Even at a tender age, I was filled with wanderlust, and became an avid reader of adventure stories of lands far away. As I got older, I replaced the yearning for adventure with actual travels abroad. My mother jokingly remarked that I probably



Author with a post-op patient in Guatemala receiving Magnetic Passes (Hands in Motion)

came from a gypsy family and was switched at birth due to my quick ability to pick up roots at a moment's notice, then settle into a new town with ease. (How funny that I've learned now how to quickly 'drop roots' or sink my Hara line as part of my centering and grounding techniques!). Each year, I watched as passport after passport rapidly filled up as I traveled more and more. Being a critical care nurse offered me the luxury of working 12-hour shifts, which allowed me to have several days off in a row, and combine them to take short vacations quite frequently throughout the year. Quite frankly, even back then I knew this was my way of "caring for self", a principle advocated in the practice of Healing Touch.

More recently in my travels, I've had the opportunity to incorporate my Healing Touch training in numerous encounters at home and abroad. Centering and grounding and focusing on the breath were techniques I used to help me personally deal with turbulent flights that I had during my travels. My Healing Touch journey began in 2007 when I took level I training, and I was able to use those techniques not only with my ICU patients (Hands in Motion: acute respiratory distress; Magnetic Clearing: post-op anesthesia), but with staff as well (Chakra Connection, Mind Clearing, Scudder Technique). The Chakra Spread happens to be my favorite, and I use this quite often with my ICU patients at end of life as well as in my volunteer work with Hospice. Family members of my patients have also benefited from the Healing Touch work to help relieve their anxiety & stress. Gentle magnetic passes and setting intention proved helpful for a baby in distress and an anxious mother in a foreign land.

On a recent medical mission trip to Guatemala, Healing Touch came in "handy" for my patients in recovery room as I again dipped into my repertoire of techniques, and worked to clear anesthesia and relieve pain and anxiety in patients in the immediate post-operative period.

Fellow members of the mission team, as well as several of the Guatemalan staff, requested and received Chakra Connection to open, restore balance, and energize the chakras, Scudder Technique and Mind Clearing to relieve stress, tension and 'monkey-mind', and back techniques to relieve back/neck discomfort as taught in Level 2.

I found that despite the language differences, being heart-centered, setting intention, and a simple handhold were



Fellow member of mission trip receiving chakra connection

enough to transcend all cultural and language barriers, and my patients knew they were cared for and comforted. Each morning I would get to the Post Anesthesia Care Unit early to center and ground on the unit, and set the intention for the highest good for all the lives we would touch that day. This became a morning ritual, and if I should be late in doing this, my fellow nurses would quickly remind me to "bless the unit and the work" before each shift began, as they saw a difference when this was done. They remarked: "The energy is very different when you do that, and our day flows smoothly". Where thought goes, energy flows. No matter how busy our unit became, staying focused and heart-centered would maintain a sense of peace where we could focus on our patients' needs and provide comfort in a time of crisis.

On another trip I took last year, I again had to use the Healing Touch training to assist fellow vacationers. I had taken a short trip to Jamaica to a remote village, tucked away on a rocky cliff in primitive tents mimicking the look and feel of Africa. Although I was trying to be incognito as a nurse, I was asked to lend a 'helping hand' to a husband and wife team who were in distress. The husband had been bitten during the night by an insect. By morning, the hand had blistered and was red hot with inflammation that

continued on next page



## Integrative Healthcare, cont.

had already started to spread.

He was very afraid that he would lose his hand, and with no other treatment other than hydrogen peroxide, I offered Healing Touch to clear the congested energy from the bite and smooth the biofield to reduce the inflammation and pain. Needless to say, the pain and swelling as well as the inflammation were greatly reduced by the next day, and he never did lose his hand, as it healed without further incident. Scudder Technique and Mind-Clearing worked wonders on both of them to help relieve their anxiety, calm the mind and provide a sense of comfort.

On this same trip, Hands in Motion (magnetic passes) and setting intention for the highest good also brought quick relief to my travel partner who had asthmatic respiratory distress. Part of my ritual for self-care is the Self-Chakra Connection,

### Receiving Scudder Technique




and my most memorable experience was doing this early morning while sitting at the ocean's edge in Puerto Rico on another of my adventures. I found myself doing the Chakra Connection to help connect and balance the chakras of several of the workers as well as my sister whose curiosity had been aroused by how very serene and peaceful I appeared.

As a nurse, my hands are always busy; I wash my hands a lot, and I keep promising myself a manicure as part of my self-care (I have yet to find the time!).

As a Healing Touch Practitioner, my hands silently weave in and out, over and around, and every once in a while, they stop long enough in 'allow mode' so that my clients can relax into their own self-healing. Yes, these hands have been around, and they've served me well all this time, but we look forward to touching many more lives not only here at home, but abroad as well. I don't need a lot when I travel - not as long as I have these hands - and as I progress through the Healing Touch

program, I am awed by the tools we have at our disposal. Perhaps I will have a manicure after all.

Have hands, will travel, and still on the journey.....



## Anatomy for Healers®

An Energetic Approach to the Physical Body  
Sue Hovland, BSN,CHTP/I, Founder and Director

This unique hands on approach integrates anatomy with the energy system of the body. Advanced new energy treatments are learned and practiced at each level, with direct clinical application. 24-27 CE hrs.

**Level 1** teaches the energetic experience of the normal body systems and organs. Prerequisite: HT 3 or similar experience.

| Date        | Location    | Contact             | Instructor           |
|-------------|-------------|---------------------|----------------------|
| 11/19-22/09 | Atlanta, GA | Inez Hoxler         | 404-257-1843 Hovland |
| 12/3-6/09   | Houston, TX | Healing Touch Texas | 281-856-8340 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 |
|------|----------|---------|------------|
| TBD  | TBD      | TBD     | Hovland    |

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

| Date        | Location               | Contact      | Instructor           |
|-------------|------------------------|--------------|----------------------|
| 5/14-16/09  | Ft. Collins, CO        | Sue Walker   | 970-282-0050 Hovland |
| 10/16-18/09 | San Francisco Area, CA | Helen Hahn   | 850-200-5225 Hovland |
| 11/6-8/09   | Cincinnati, OH         | Don Stouffer | 513-770-4289 Hovland |

Keep watching the website for new classes  
Register Online @ [www.AnatomyforHealers.com](http://www.AnatomyforHealers.com)  
Sue Hovland, 303-759-8966, [suehovland@aol.com](mailto:suehovland@aol.com)



Audrey Steele, RN MSN CCRN CNS, is a critical care nurse with over 20 years of critical care nursing experience. She volunteers for hospice as well as various medical mission trips abroad. At the time of this writing, she had completed Level 5 Healing Touch and will apply for certification as a Healing Touch Practitioner July 2009. She is "still on the journey".



## Words of Wisdom: Shadowcliff

Words from Janet Mentgen \* Instructor Gathering - Shadowcliff \* Grand Lake, Colorado\* June 9-12, 2005

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

Everything I do is Energetic.  
Everything I do is Energetic.

I work in the moment, with the energy. Be present now. Do not give pretense to anything. Be who you are.

We have become a core with a ripple. Come from the heart. It holds within it the core of Healing Touch. Open your heart. Be flexible at every moment, every time. Spend time alone. Play. Rest.

I am recognizing how people do not listen, how people do not observe, how they are missing the message.

Publicly make a model from your heart.  
Everyday achieve one thing that will outlive you.

What is your legacy? Live your truth. What are you doing to create your legacy? Legacy means it perpetuates beyond you.

Give "freebies."

If your core is weak you will repel people. They will not be attracted to you, to the teaching, to Healing Touch.

Take your client into your hands, of course into God's hands.

We are a service business. Service comes first. Give first. Do not ever lose that aspect.

Everywhere you put your foot down you bring Light to that part of the world.

What is your mission? What have you been called to? Be comfortable outside the box.

What is your purpose? What happens without purpose? Wandering. Busy. Doing. Not Being.

First have a dream, a vision. If you have done your background work, when the opportunity comes, you will be ready.

You need to build the preparation piece for a time, a while. I meditated everyday for 5 years.

Most of our work is out in the Etheric zone.  
We come back to earth to manifest it.

Connect daily with Inner Guidance. Go sit in the middle of your heart. Be authentic.

You are the Light, the transmuters. Act as though what is wrong does not exist. Put your energy in and overlay the matrix.

Delete the need to understand. Go forward anyway, the understanding will come. If we have to understand before we do the work, we will never do the work. If I compare myself to others, I block the work. Do the work and walk away.

The Healing Touch came from Spirit. We are wise to follow that Spirit. People who carry that Spirit will be Healing Touch.

I had to learn to say No. I had to learn to recognize my distracters. I had to clear my calendar.

Surrender. Surrender. Release. Go beyond where you are at.

Ask, "Give me a Vision". Then wait.

Come from your heart. Hang out there a while. Listen.

Be outside the box and don't buckle under criticism and pressure.

When your vision is Holy and Divine you are ready to move forward. You don't just get it...You Become It.

Observe yourself, your mistakes, and change.

Be Authentic.

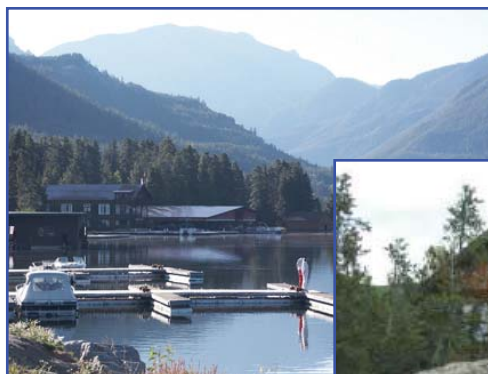
Be Real.

Be Truthful.

Walk your Talk.

Be Peace.

"Nothing is exact but all is in Divine order."



Grand Lake, Colorado



Shadowcliff

## HTI Healing Touch Certificate Program Class Schedule

This schedule is effective as of June 18, 2009 - for a more current version, please visit our website at:  
**www.HealingTouchInternational.org** (see page 7 of this publication for detailed instructions).

| Level 1 - 2009 |                    |  |                       |               |                                    |
|----------------|--------------------|--|-----------------------|---------------|------------------------------------|
| Date           | Location           | Instructor                                 | Contact               | Phone         | e-mail                             |
| Jun 15-26      | Kansas City, MO    | Jody Hueschen                              | Jody Hueschen         | 816-237-1217  | jhueschen@aol.com                  |
| Jun 27-28      | W. Palm Beach, FL  | Lori Wyzykowski                            | Lori Wyzykowski       | 561-818-4517  | lwyzy@bellsouth.net                |
| Jun 27-28      | Maui, HI           | Sarah E. Porter                            | Sarah E. Porter       | 808-878-3179  | seporterslcn@hotmail.com           |
| Jun 27-28      | Kansas City, MO    | Jody Hueschen                              | Jody Hueschen         | 816-237-1217  | jhueschen@aol.com                  |
| Jul 11-12      | Kaiser Oahu, HI    | Lori Protzman                              | Lori Protzman         | 808-456-2869  | N/A                                |
| Jul 11-12      | St. Louis, MO      | Kay Cook                                   | Kay Cook @ Genesis    | 314-773-8333  | kaycook@prodigy.net                |
| Jul 17-19      | Brevard, NC        | Judy Lynne Ray                             | Judy Lynne Ray        | 828-553-8146  | judylynnray4@yahoo.com             |
| Jul 24-26      | Rutherfordton, NC  | Judy Lynne Ray                             | Laura Allen           | 828-288-3727  | Therassage@bellsouth.net           |
| Jul 25-26      | Capitan, NM        | Lynne Jeffrey                              | Lynne Jeffrey         | N/A           | lbjeffrey1@windstream.net          |
| Jul 24-26      | Rutherfordton, NC  | Judy Lynne Ray                             | Laura Allen           | 828-288-3727  | Therassage@bellsouth.net           |
| Jul 31-Aug 1   | Milbank, SD        | Barb Schommer                              | Jeanne Thune          | 605-237-3025  | jeannethune@hotmail.com            |
| Aug 1-2        | Capitan, NM        | Lynne Jeffrey                              | Lynne Jeffrey         | 575-354-3424  | lbjeffrey1@windstream.net          |
| Aug 1-2        | Encinitas, CA      | Mary Jane Aswegan                          | Mary Jane             | 760-633-6312  | aswegan.maryjane@scrippshealth.org |
| Aug 4-5        | Indianapolis, IN   | Deborah Larrimore                          | Judith Villegas       | 317-413-8692  | starhawklight1@aol.com             |
| Aug 7-8        | Minneapolis, MN    | Tim McConville                             | Kathy Kerber          | 612-863-7937  | kathryn.kerber@allina.com          |
| Aug 7-9        | Asheville, NC      | Judy Lynne Ray                             | Karen Toledo          | 828-215-6565  | KarenToledo@hotmail.com            |
| Aug 8-9        | St. Louis, MO      | Kay Cook                                   | Kay Cook @ Genesis    | 314-773-8333  | kaycook@prodigy.net                |
| Aug 14-16      | Alton, IL          | Mary O'Neill                               | Ruth Ann Meyer        | 314-521-3803  | N/A                                |
| Aug 14-16      | Lake Park, FL      | Judy Lynne Ray                             | Carol Figgins         | 561-616-5896  | Carola623@yahoo.com                |
| Aug 15-16      | Ann Arbor, MI      | Barb McConnell                             | Barb McConnell        | 517-914-4133  | mconb51@bigplanet.com              |
| Aug 15-16      | Baldwin, KS        | Robin Goff                                 | Robin Goff            | 785-255-4583  | info@lightcenter.info              |
| Aug 20-21      | Winston-Salem, NC  | Deborah Larrimore                          | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Aug 22-23      | Jackson, MI        | Barbara McConnell                          | Barbara McConnell     | 517-914-4133  | mconb51@bigplanet.com              |
| Aug 22-23      | Charleston, SC     | Bonnie Johnson                             | Janet Neal            | 843-388-1834  | htpclasses@bellsouth.net           |
| Aug 22-23      | La Jolla, CA       | Rauni Prittinen King                       | Liz Fraser            | 1-800-SCRIPPS | fraser.elizabeth@scrippshealth.org |
| Aug 28-30      | Phoenix, AZ        | Lynne Jeffrey                              | Stephanie Clark       | 602-321-9775  | Stephane.J.Clark@bannerhealth.com  |
| Sep 12-13      | Baton Rouge, LA    | Mary Frost                                 | Mary Frost            | 228-342-1519  | tothealt@aol.com                   |
| Sep 12-13      | Burlington, VT     | Kathleen Scacciaferro                      | Kathleen Scacciaferro | 802-453-4954  | kscacciaferro@gmail.com            |
| Sep 12-13      | Jackson, MI        | Barb McConnell                             | Barb McConnell        | 517-914-4133  | mconb51@bigplanet.com              |
| Sep 19-20      | Denville, NJ       | Maggi Hutchinson                           | Maggi Hutchinson      | 973-214-2582  | maggi@HealingTouchNJ.com           |
| Sep 19-20      | Charleston, SC     | Deborah Larrimore                          | Janet Neal            | 843-388-1834  | htpclasses@bellsouth.net           |
| Sep 25-27      | St. Joseph, MN     | Dana Spates                                | Jackie Mielke         | 952-473-9378  | jackiemielke@qwestoffice.net       |
| Sep 26-27      | Kansas City, MO    | Jody Hueschen                              | Jody Hueschen         | 816-237-1217  | jhueschen@aol.com                  |
| Oct 2-4        | Daytona Beach, FL  | Judy Lynne Ray                             | Joanne Vogel          | 386-441-0685  | jovoh@bellsouth.net                |
| Oct 3-4        | Lakewood, CO       | Lisa Anselme                               | Red Rocks College     | 303-914-6600  | www.rccc.edu                       |
| Oct 3-4        | Encinitas, CA      | Mary Jane Aswegan                          | Mary Jane             | 760-633-6312  | aswegan.maryjane@scrippshealth.org |
| Oct 3-4        | Minneapolis, MN    | Dana Spates                                | Janet Dahlem          | 651-690-7758  | holistic@skate.edu                 |
| Oct 3-4        | Ann Arbor, MI      | Janet Tait                                 | Judy Rascano          | 248-241-6636  | judy.rascano07@comcast.net         |
| Oct 3-4        | Pali Momi, HI      | Carolyn Ma                                 | Joyce Wong            | 808-487-5824  | N/A                                |
| Oct 9-10       | Alexandria, MN     | Dana Spates                                | Sandy Larson          | 320-762-4406  | SandyL@alextech.edu                |
| Oct 9-10       | Yankton, SD        | Jan Halbach Gwen Steckler & Marci Pederson |                       | 605-668-8475  | averasolutions@shhservices.com     |
| Oct 9-11       | Asheville, NC      | Judy Lynne Ray                             | Karen Toledo          | 828-215-6565  | KarenToledo@hotmail.com            |
| Oct 9-11       | Ft. Lauderdale, FL | Carole Burkhart                            | Marcia Gill           | 954-973-1928  | marciag@bellsouth.net              |
| Oct 10-11      | St. Louis, MO      | Kay Cook                                   | Kay Cook @ Genesis    | 314-773-8333  | kaycook@prodigy.net                |
| Oct 16-18      | Springfield, MO    | Mary O'Neill                               | Shirley Murphy        | 417-882-1297  | sjmurphy@mercystl.org              |
| Oct 17-18      | Evansville, IN     | Victoria Slater                            | Peggy Gaul            | 800-467-8600  | pgraul@usi.edu                     |
| Oct 23-24      | Hutchinson, MN     | Dana Spates                                | Carol DeVries         | 320-234-8534  | carol.devries@ridgewater.edu       |
| Nov 6-8        | Lake Park, FL      | Judy Lynne Ray                             | Carol Figgins         | 561-616-5896  | Carola623@yahoo.com                |
| Nov 7-8        | Winston-Salem, NC  | Deborah Larrimore                          | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Nov 11-12      | Kauai, HI          | Savitri Kumaran                            | Savitri Kumaran       | 808-821-9051  | N/A                                |
| Nov 13-14      | Paynesville, MN    | Dana Spates                                | Dana Spates           | 320-266-5476  | dspates@mchsi.com                  |

## **Class Schedule, page 2**

|           |                 |                      |                    |               |                                    |
|-----------|-----------------|----------------------|--------------------|---------------|------------------------------------|
| Nov 14-15 | St. Louis, MO   | Kay Cook             | Kay Cook @ Genesis | 314-773-8333  | kaycook@prodigy.net                |
| Nov 14-15 | Kansas City, MO | Jody Hueschen        | Jody Hueschen      | 816-237-1217  | jhueschen@aol.com                  |
| Dec 5-6   | La Jolla, CA    | Rauni Prittinen King | Liz Fraser         | 1-800-SCRIPPS | fraser.elizabeth@scrippshealth.org |

### **Level 1 - 2010**

| Date      | Location    | Instructor     | Contact        | Phone        | e-mail                |
|-----------|-------------|----------------|----------------|--------------|-----------------------|
| Jan 30-31 | Jackson, MI | Barb McConnell | Barb McConnell | 517-914-4133 | mconb51@bigplanet.com |

### **Level 2 - 2009**

| Date         | Location           | Instructor            | Contact               | Phone         | e-mail                             |
|--------------|--------------------|-----------------------|-----------------------|---------------|------------------------------------|
| Jun 26-27    | Yankton, SD        | Jan Halbach           | Gwen or Marci         | 605-668-8475  | averasolutions@shhservices.com     |
| Jul 11-12    | Ft. Lauderdale, FL | Nancy Wingerter       | Marcia Gill           | 954-973-1928  | marciag@bellsouth.net              |
| Jul 11-12    | Norwich, CT        | Jeanne Zuzel          | Kathy Noyes           | 860-886-1960  | kathynoyes@snet.net                |
| Jul 11-12    | Winston-Salem, NC  | Deborah Larrimore     | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Jul 14-15    | Woodbury, MN       | Carol Schoenecker     | Mary Beth Miller      | 651-735-8184  | marrod63@comcast.net               |
| Jul 17-19    | Burlington, VT     | Kathleen Scacciaferro | Lucrezia Mangione     | 802-877-3100  | hhservice@handcraftedhealth.net    |
| Jul 18-19    | Kauai, HI          | Savitri Kumaran       | Savitri Kumaran       | 808-821-9051  | savitrikumaran@gmail.com           |
| Jul 25-26    | Marina del Rey, CA | Mari Kelley           | Mari Kelley           | 310-577-9792  | mari.kelley@va.gov                 |
| Jul 25-26    | San Diego, CA      | Anne Day              | Lisa Thompson         | 858-481-3768  | lthompson@rchsd.org                |
| Aug 1-2      | Tampa, FL          | Kimberly Gray         | Tammy Dragel          | 813-870-4766  | N/A                                |
| Aug 7-8      | Indianapolis, IN   | Deborah Larrimore     | Judith Villegas       | 317-413-8692  | starhawklight1@aol.com             |
| Aug 28-29    | Sioux Falls, SD    | Barb Schommer         | Julie Dixen           | 605-322-3575  | julie.dixen@averacancer.org        |
| Aug 29-30    | Jackson, MS        | Mary Frost            | Mary Frost            | 228-342-1519  | tothealt@aol.com                   |
| Sep 2-3      | Capitan, NM        | Lynne Jeffrey         | Lynne Jeffrey         | 575-354-3424  | lbjeffrey1@windstream.net          |
| Sep 12-13    | St. Louis, MO      | Kay Cook              | Kay Cook @ Genesis    | 314-773-8333  | kaycook@prodigy.net                |
| Sep 12-13    | Oahu, HI           | Lori Protzman         | Lori Protzman         | 808-456-2869  | N/A                                |
| Sep 19-20    | La Jolla, CA       | Rauni Prittinen King  | Liz Fraser            | 1-800-SCRIPPS | fraser.elizabeth@scrippshealth.org |
| Sep 19-20    | Maui, HI           | Lori Protzman         | Heather Wiest         | 808-250-4004  | N/A                                |
| Sep 25-27    | St. Joseph, MN     | Jackie Mielke         | Jackie Mielke         | 952-473-9378  | jackiemielke@qwestoffice.net       |
| Sep 26-27    | Burlington, VT     | Kathleen Scacciaferro | Kathleen Scacciaferro | 802-453-4954  | kscacciaferro@gmail.com            |
| Oct 2-3      | Payson, AZ         | Lynne Jeffrey         | Betty Merritt         | 928-474-4268  | betty@merrittcenter.org            |
| Oct 2-4      | Daytona Beach, FL  | Nancy Wingerter       | Joanne Vogel          | 386-441-0685  | jovoh@bellsouth.net                |
| Oct 3-4      | Omaha, NE          | Mary O'Neill          | Vicki Baines          | 402-350-8402  | jvbaines@cox.net                   |
| Oct 3-4      | Minneapolis, MN    | Jan Halbach           | Janet Dahlem          | 651-690-7758  | holistic@stake.edu                 |
| Oct 3-4      | Winston-Salem, NC  | Deborah Larrimore     | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Oct 9-11     | Ft. Lauderdale, FL | Nancy Wingerter       | Marcia Gill           | 954-973-1928  | marciag@bellsouth.net              |
| Oct 17-18    | Evansville, IN     | Bonnie Johnson        | Peggy Graul           | 800-467-8600  | pgraul@usi.edu                     |
| Oct 17-18    | Ann Arbor, MI      | Barb McConnell        | Barb McConnell        | 517-914-4133  | mconb51@bigplanet.com              |
| Oct 23-25    | Payson, AZ         | Lynne Jeffrey         | Betty Merritt         | 575-354-3424  | betty@merrittcenter.org            |
| Oct 27-28    | Indianapolis, IN   | Deborah Larrimore     | Judith Villegas       | 317-413-8692  | starhawklight1@aol.com             |
| Oct 31-Nov 1 | Baldwin, KS        | Robin Goff            | Robin Goff            | 785-255-4583  | info@lightcenter.info              |
| Nov 6-8      | Alton, IL          | Mary O'Neill          | Ruth Ann Meyer        | 314-521-3803  | N/A                                |
| Nov 7-8      | Ann Arbor, MI      | Janet Tait            | Judy Rascano          | 248-241-6636  | judy.rascano07@comcast.net         |
| Nov 8-9      | Ann Arbor, MI      | Barb McConnell        | Barb McConnell        | 517-914-4133  | mconb51@bigplanet.com              |
| Nov 13-14    | Aberdeen, SD       | Barb Schommer         | Janene Papendick      | 605-225-4613  | jkpapendick@abe.midco.net          |
| Nov 13-15    | Orlando, FL        | Nancy Wingerter       | Trish Huster          | 386-574-9216  | trishly55@yahoo.com                |
| Nov 14-15    | Asheville, NC      | Judy Lynne Ray        | Karen Toledo          | 828-215-6565  | KarenToledo@hotmail.com            |
| Nov 14-15    | Charleston, SC     | Deborah Larrimore     | Janet Neal            | 843-388-1834  | htpclasses@bellsouth.net           |
| Nov 14-15    | Jackson, MI        | Barb McConnell        | Barb McConnell        | 517-914-4133  | mconb51@bigplanet.com              |
| Nov 14-15    | Denville, NJ       | Maggi Hutchinson      | Healing Touch NJ      | 973-214-2582  | maggi@HealingTouchNJ.com           |
| Dec 5-6      | Lake Park, FL      | Judy Lynne Ray        | Carol Figgins         | 561-616-5896  | CarolA623@yahoo.com                |
| Dec 5-6      | Kansas City, MO    | Jody Hueschen         | Jody Hueschen         | 816-237-1217  | jhueschen@aol.com                  |
| Dec 5-6      | Winston-Salem, NC  | Deborah Larrimore     | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Dec 12-13    | St. Louis, MO      | Kay Cook              | Kay Cook @ Genesis    | 314-773-8333  | kaycook@prodigy.net                |



### **Class Schedule, page 3**

#### **Level 3 - 2009**

| Date      | Location          | Instructor            | Contact               | Phone         | e-mail                             |
|-----------|-------------------|-----------------------|-----------------------|---------------|------------------------------------|
| Jun 24-26 | Coon Rapids, MN   | Jackie Mielke         | Sheila Judd           | 763-433-1402  | sheila.judd@anokaramsey.edu        |
| Jun 27-28 | Norwich, CT       | Jeanne Zuzel          | Kathy Noyes           | 860-886-1960  | kathynoyes@snet.net                |
| Jun 27-28 | Belmont, CA       | Sue Kagel             | Margie Ford           | N/A           | HTET4U@gmail.com                   |
| Jun 27-28 | Nashville, TN     | Mary Frost            | Marty Rather          | 615-776-2240  | MartyRather@comcast.net            |
| Jul 17-18 | Milbank, SD       | Barb Schommer         | Jeanne Thune          | 605-237-3025  | jeannethune@hotmail.com            |
| Aug 7-9   | Kansas City, MO   | Jody Hueschen         | Jody Hueschen         | 816-237-1217  | jhueschen@aol.com                  |
| Sep 11-13 | St. Joseph, MN    | Jackie Mielke         | Jackie Mielke         | 952-473-9378  | jackiemielke@qwestoffice.net       |
| Sep 11-12 | Yankton, SD       | Jan Halbach           | Gwen or Marci         | 605-668-8475  | averasolutions@shhservices.com     |
| Sep 19-20 | San Diego, CA     | Anne Day              | Lisa Thompson         | 858-481-3768  | lthompson@rchsd.org                |
| Oct 3-4   | Minneapolis, MN   | Carol Schoenecker     | Janet Dahlem          | 651-690-7758  | holistic@stkate.edu                |
| Oct 10-11 | Oahu, HI          | Lori Protzman         | Lori Protzman         | 808-456-2869  | N/A                                |
| Oct 17-18 | Winston-Salem, NC | Deborah Larrimore     | Tina Payne            | 363-716-9484  | tmpayne@wfubmc.edu                 |
| Oct 17-18 | Denville, NJ      | Maggi Hutchinson      | Healing Touch NJ      | 973-214-2582  | maggi@HealingTouchNJ.com           |
| Oct 17-18 | Maui, HI          | Lori Protzman         | Heather Wiest         | 808-250-4004  | N/A                                |
| Oct 24-25 | Burlington, VT    | Kathleen Scacciaferro | Kathleen Scacciaferro | 802-453-4954  | kscacciaferro@gmail.com            |
| Oct 24-25 | Tampa, FL         | Judy Turner           | Tammy Dragel          | 813-870-4766  | N/A                                |
| Oct 24-25 | Woodbury, MN      | Carol Schoenecker     | Mary Beth Miller      | 651-735-8184  | marrod63@comcast.net               |
| Oct 30-31 | Indianapolis, IN  | Deborah Larrimore     | Judith Villegas       | 317-413-8692  | starhawklight1@aol.com             |
| Nov 7-8   | Lakewood, CO      | Lisa Anselme          | Red Rocks College     | 303-914-6600  | www.rccc.edu                       |
| Nov 7-8   | Baton Rouge, LA   | Mary Frost            | Mary Frost            | 228-342-1519  | tothealt@aol.com                   |
| Nov 7-8   | La Jolla, CA      | Rauni Prittinen King  | Liz Fraser            | 1-800-SCRIPPS | fraser.elizabeth@scrippshealth.org |
| Nov 7-8   | Norwich, CT       | Jeanne Zuzel          | Kathy Noyes           | 860-886-1960  | kathynoyes@snet.net                |
| Nov 14-15 | Capitan, NM       | Lynne Jeffrey         | Lynne Jeffrey         | 575-354-3424  | lbjeffrey1@windstream.net          |

#### **Level 3 - 2010**

| Date      | Location     | Instructor    | Contact          | Phone        | e-mail                    |
|-----------|--------------|---------------|------------------|--------------|---------------------------|
| Jan 22-23 | Aberdeen, SD | Barb Schommer | Janene Papendick | 605-225-4613 | jkpapendick@abe.midco.net |

#### **Level 4 - 2009**

| Date         | Location         | Instructor                   | Contact           | Phone        | e-mail                       |
|--------------|------------------|------------------------------|-------------------|--------------|------------------------------|
| Jun 25-28    | Denville, NJ     | Deborah Larrimore            | Healing Touch NJ  | 973-214-2582 | maggi@HealingTouchNJ.com     |
| Jul 16-19    | Payson, AZ       | Lynne Jeffrey                | Lynne Jeffrey     | N/A          | lbjeffrey1@windstream.net    |
| Jul 23-26    | Greensboro, NC   | Deborah Larrimore            | Tina Payne        | 336-716-9484 | tmpayne@wfubmc.edu           |
| Jul 30-Aug 2 | Willimantic, CT  | Jeanne Zuzel                 | Kathy Noyes       | 860-886-1960 | kathynoyes@snet.net          |
| Jul 31-Aug 2 | Belmont, CA      | Mary Szczepanski & Sue Kagel | Beth Blach        | 408-219-6316 | bethblach.ht@gmail.com       |
| Aug 6-9      | St. Louis, MO    | Mary O'Neill                 | Jan McArthur      | 636-724-2435 | N/A                          |
| Sep 23-25    | San Diego, CA    | Rauni King                   | Cathyrose Johnson | 760-944-1393 | cathy13roseHT@roadrunner.com |
| Nov 5-8      | Big Island of HI | Anne Day                     | Edith Kawai       | 808-885-0788 | N/A                          |

#### **Level 4 - 2010**

| Date      | Location       | Instructor  | Contact       | Phone        | e-mail                  |
|-----------|----------------|-------------|---------------|--------------|-------------------------|
| Apr 15-18 | Stillwater, MN | Judy Turner | Barb Schommer | 763-458-0220 | barb.schommer@gmail.com |

#### **Level 5 - 2009**

| Date         | Location        | Instructor    | Contact           | Phone        | e-mail                     |
|--------------|-----------------|---------------|-------------------|--------------|----------------------------|
| Jul 16-19    | Payson, AZ      | Anne Day      | Sue Kagel         | 520-891-5162 | sue.kagel@gmail.com        |
| Jul 30-Aug 2 | Willimantic, CT | Judy Turner   | Kathy Noyes       | 860-886-1960 | kathynoyes@snet.net        |
| Jul 31-Aug 2 | Belmont, CA     | Diane Wardell | Beth Blach        | 408-219-6315 | bethblach.ht@gmail.com     |
| Aug 6-9      | St. Louis, MO   | Anne Day      | Jan McArthur      | 636-724-2435 | N/A                        |
| Sep 17-20    | Ann Arbor, MI   | Judy Turner   | Kathy Noyes       | 860-886-1960 | kathynoyes@snet.net        |
| Sep 23-25    | San Diego, CA   | Anne Day      | Cathyrose Johnson | 760-944-1393 | cathy13rose@raodrunner.com |

## **Class Schedule, page 3**

### **Level 5 – 2010**

| Date      | Location       | Instructor | Contact       | Phone        | e-mail                  |
|-----------|----------------|------------|---------------|--------------|-------------------------|
| Jan 21-24 | Greensboro, NC | TBA        | Tina Payne    | 336-716-9484 | tmpayne@wfubmc.edu      |
| Apr 15-18 | Stillwater, MN | Anne Day   | Barb Schommer | 763-458-0220 | barb.schommer@gmail.com |

## **INSTRUCTOR TRAINING CLASSES – 2009**

### **Level 1 – 2009**

| Date      | Location    | Instructor  | Contact         | Phone        | e-mail            |
|-----------|-------------|-------------|-----------------|--------------|-------------------|
| Nov 12-15 | Norwich, CT | Judy Turner | Jeanne C. Zuzel | 860-889-4690 | jczuzel@yahoo.com |

## **INTERNATIONAL CLASSES**

### **Level 1 – 2009**

| Date         | Location                    | Instructor         | Contact               | Phone         | e-mail                  |
|--------------|-----------------------------|--------------------|-----------------------|---------------|-------------------------|
| Aug 7-8      | Jönköping, Sweden           | David Rabinowitsch | Healing Touch Sweden  |               | www.healingtouch.se     |
| Aug 14-15    | Odense, Denmark             | David Rabinowitsch | Healing Touch Danmark |               | www.healingtouch.dk     |
| Aug 15-16    | Christchurch, New Zealand   | Debbie Carter      | Sharon Gardiner       | (03) 352 5312 | N/A                     |
| Sep 26-27    | Fredericton, NB Canada      | Jeanne Balcom      | Jocelyn Clark         | 506-455-3141  | brad3@nb.sympatico.ca   |
| Oct 24-25    | Vancouver, BC Canada        | Ginny Mulhall      | Karen Stewart         | 778-292-1845  | kasinbc@yahoo.ca        |
| Oct 24-25    | Moncton, NB Canada          | Jeanne Balcom      | Cecile Richard        | 506-876-1104  | mu_shu_2004@hotmail.com |
| Oct 31-Nov 1 | Christchurch, New Zealand   | Debbie Carter      | Sharon Gardiner       | (03) 352 5312 | N/A                     |
| Nov 7-8      | Bathurst, NB (French class) | Jeanne Balcom      | Helene Fournier       | 506-548-9493  | helene@rogers.com       |
| Nov 21-22    | Miramichi, NB Canada        | Jeanne Balcom      | Cecile Richard        | 506-876-1104  | mu_shu_2004@hotmail.com |

### **Level 2 – 2009**

| Date      | Location               | Instructor         | Contact               | Phone         | e-mail                |
|-----------|------------------------|--------------------|-----------------------|---------------|-----------------------|
| Jun 20-21 | Haarlem, Netherlands   | Wietzke van Oene   | Wietzke van Oene      | N/A           | info@healingtouch.nl  |
| Jul 10-12 | Comox, BC Canada       | Bev Worbets        | Veb Worbets           | 250-339-7452  | bevworkbets@shaw.ca   |
| Aug 9-10  | Jönköping, Sweden      | David Rabinowitsch | Healing Touch Sweden  |               | www.healingtouch.se   |
| Aug 16-17 | Odense, Denmark        | David Rabinowitsch | Healing Touch Danmark |               | www.healingtouch.dk   |
| Oct 17-18 | Fredericton, NB Canada | Jeanne Balcom      | Jocelyn Clark         | 506-455-3141  | brad3@nb.sympatico.ca |
| Nov 14-15 | Tauranga or Napier     | Wietzke van Oene   | Billie McCarthy       | (05) 835 7980 | N/A                   |

### **Level 3 – 2009**

| Date      | Location             | Instructor                            | Contact        | Phone | e-mail             |
|-----------|----------------------|---------------------------------------|----------------|-------|--------------------|
| Aug 22-23 | Haarlem, Netherlands | David Rabinowitsch & Wietzke van Oene | HT Netherlands |       | healing4eu@aol.com |

### **Level 4 – 2009**

| Date      | Location                 | Instructor     | Contact          | Phone        | e-mail                          |
|-----------|--------------------------|----------------|------------------|--------------|---------------------------------|
| Oct 7-9   | Venwoude, Netherlands    | Judy Turner    | Wietzke van Oene | N/A          | healing4eu@aol.com              |
| Oct 15-18 | Prince George, ON Canada | Catherine Awai | HT Canada        | 705-652-0506 | HTCanada@HealingTouchCanada.net |

### **Level 5 – 2009**

| Date      | Location              | Instructor        | Contact          | Phone          | e-mail                          |
|-----------|-----------------------|-------------------|------------------|----------------|---------------------------------|
| Oct 12-14 | Venwoude, Netherlands | Judy Turner       | Wietzke van Oene | N/A            | healing4eu@aol.com              |
| Oct 20-22 | Cairns, Australia     | Rosalie Van Aken  | Kay McVean       | 61-7-4036-4458 | therapys@bigpond.net.au         |
| Oct 22-25 | Toronto, ON Canada    | Alexandra Jonsson | HT Canada        | 705-652-0506   | HTCanada@healingtouchcanada.net |



## **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