



HTI's

Perspectives in Healing

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

1ST QUARTER 2011

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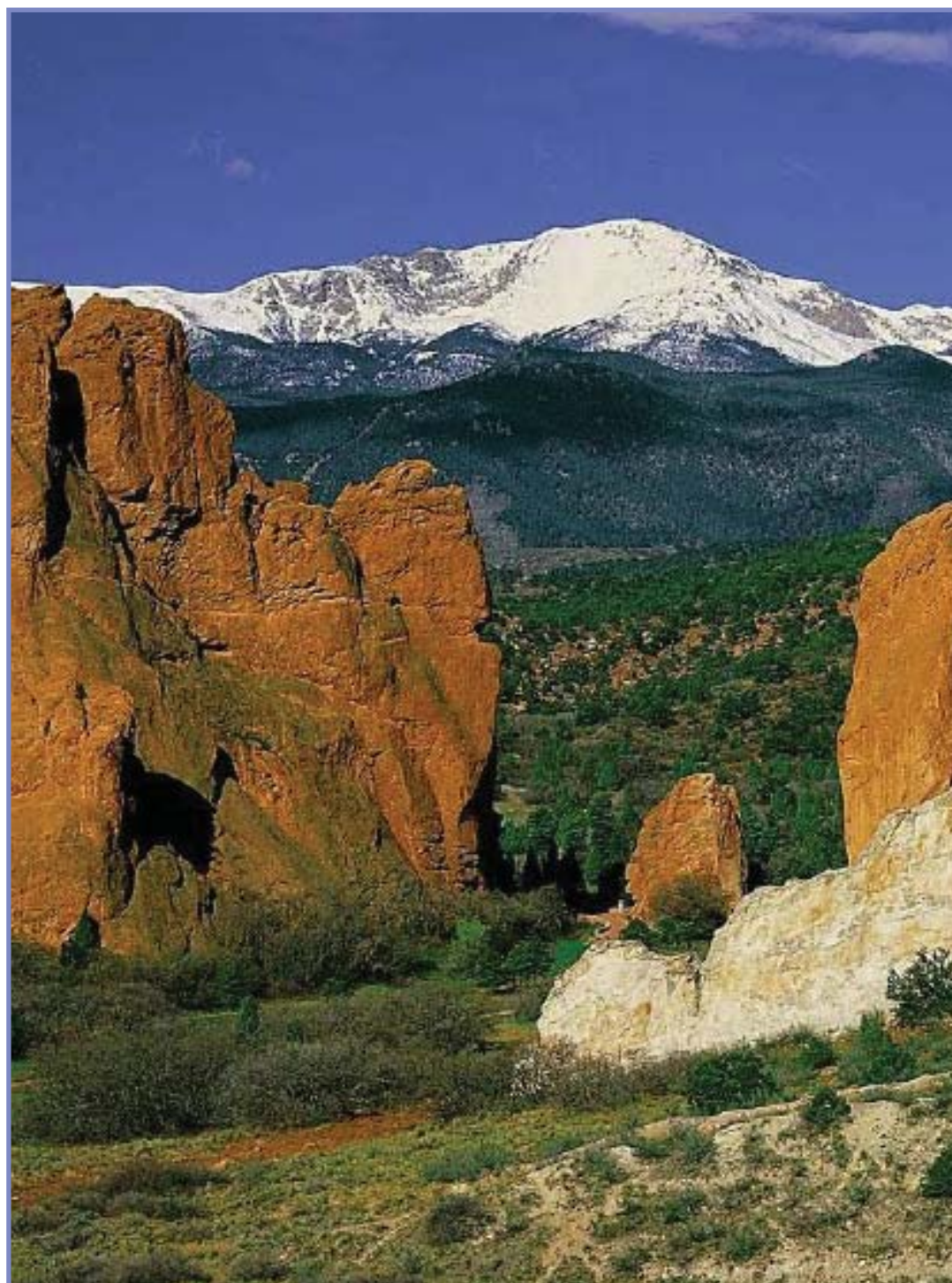
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Spreading Healing Light

Worldwide through heart

centered service, education
and professional development

Grounding and the Earth Element



"Keep your feet on the ground and your thoughts at lofty heights."
~ Peace Pilgrim

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This periodical is published quarterly (4 times a year). We welcome articles, photographs, advertising and other items. All items are published on a space available basis and with the approval of the Executive Director. We acknowledge all submissions; originals will be returned upon request. Send advertising and articles to HTIhosp@aol.com ... Thanks!

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HEALING TOUCH INTERNATIONAL, INC.

*Spreading Healing, Light and Love,
Creating Wholeness on Earth
through heart-centered service, education
and professional development.*

Healing Touch – a Nurturing Energy Healing Therapy

Healing Touch is a nurturing and heart-centered energy healing therapy. Gentle touch assists in balancing physical, mental, emotional and spiritual well-being. The goal in Healing Touch is to restore harmony and balance, to support the body's natural healing ability. It is safe for all ages and works in harmony and collaboration with standard medical care.

Healing Touch is used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices and spas and is taught in universities, medical and nursing schools and other settings internationally.

HTI Healing Touch Certificate Program

The HTI Healing Touch Certificate Program includes 5 levels of training provided by HTI Certified Instructors. Classes are open to anyone interested in healing. Students progress through the course at their own pace and may take as many levels as desired. Nursing and Massage continuing education contact hours are provided.

Healing Touch was created as a certificate program by Janet Mentgen RN, through the American Holistic Nurses Association (AHNA) in 1989. It became the HTI Healing Touch Certificate Program in 1996 and continues with the original standardized curriculum. AHNA has endorsed the HTI Healing Touch Certificate Program since 1997. See www.HealingTouchInternational.org. Click on Education for class information.

HTI Healing Touch Certification

HTI Healing Touch Certification Board offers credentialing for Certified Healing Touch Practitioners (CHTP), and Certified Healing Touch Instructors (CHTI). Certification was established within AHNA in 1993, and transferred to HTI in 1996. Students, Practitioners, and Instructors are responsible to practice with integrity, adhering to the HTI Standards of Practice / Code of Ethics, and Scope of Practice.

Healing Touch International Non-profit Membership Organization

Healing Touch International (HTI) is the Healing Touch non-profit professional organization founded by Janet Mentgen RN in 1996, dedicated to spreading healing worldwide, and supporting the heart-centered practice and teaching of Healing Touch, Continuing Education, Research, Health Care Integration, and Professional Development. Support services are provided for the general public, students, practitioners, instructors and those interested in healing.

HTI Core Values

- Integrity
- Heart Centered
- Respect
- Service
- Working Together in Community
- Solid Established Curriculum
- Spirit Level-Letting Go of Ego
- Unconditional Love
- Outcome of the Work is the Spiritual Journey 2003

HTI Perspectives in Healing, the official publication, is published quarterly.

Cover Photo "The Garden" by Caitlin Anselme Miller



Letter from the Editor

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

Grounding: Earth, Heart, and Lightning

Over this year, we will be working with our upcoming conference theme, *"Exploring the Elements, Creating Wholeness on Earth"*. This publication of HTI's *Perspectives in Healing* is focusing upon the Earth Element and Grounding. Growing up in

the Midwest, we were taught at a young age that when lightning strikes, we **"go to ground"**. In other words, we make sure that we are lower than surrounding objects, that we are connected to the Earth and thus, not upright human lightning rods. As we are all very aware, as electromagnetic creatures composed of 60-80% water (depending upon age and sex), we conduct electricity very well.

I now live in Colorado where lightning strikes are relatively frequent, particularly at high elevations above tree line. I learned this while hiking at a higher elevation, shortly after moving here; I was caught in a severe lightning and hail storm. The sky suddenly became very dark like nightfall and yet my path was illuminated by the lightning that was seemingly striking everywhere. There were no trees and I was the tallest object in the area; luckily I was able to get to a lower elevation and find shelter without mishap, but it was a harrowing 40 minute run to safety.

An average 200 lightning strikes occur every second around the planet. With each strike, lightning creates electromagnetic standing waves that travel around the Earth, pumping energy into the earth-ionosphere cavity, creating average electromagnetic pulsations of about 7-10 HZ, known as the **Schumann resonance**. (Oschman, 2000) Thousands of times stronger pulsations than our heart - brain electro-magnetic fields, Schumann waves overlap with our biologic heart-brain fields and impact us. Curiously, during a ten year study of brain

wave activity of famous healers of diverse background, culture, and belief, Robert Beck determined that these healers demonstrated brain wave activity ranging 7.8 – 8.0 HZ when actively engaging in the work of healing. He further noted that the **healer's brain waves synchronized with the Earth's Schumann waves** in both phase and frequency during periods of healing work (Oschman, 2000).

If we hypothesize that the effectiveness of the experienced healer's work is enhanced by this coupling with the Earth's Schumann waves; it then follows that **the Earth itself has enormous healing properties**. We have only to be in nature, to experience the delight and restoration of walking with bare feet on cool grass or warm sand, of reading outdoors while resting against a tree, or gazing upon the spectacular mountain peak or lush tropical forest to realize that this is so. **We are transformed** in body, mind, emotion and spirit. Isn't it exquisite to know that when we engage and become more accomplished in our healing work, we are actually coupling with the electromagnetic frequencies of the planet that were initiated by a multitude of lightning strikes?



"The Lightning Catchers" by Bryan Allen. Used with Permission. www.TheLightningCatchers.com

continued on next page

Editor's Letter continued...

Let's now consider that many "charged" events (physical, emotional, mental, spiritual, positive, negative, personal and/or societal) are occurring around the planet within any particular second. These are essentially creating another collection of "lightning strikes" that are now setting up pulsations and **impacting us within our collective heart-mind space**. HeartMath research has discovered that the heart and brain communicate through a dynamic, ongoing, two way dialogue, with the heart communicating with the brain in four ways: neurologically, biochemically, biophysically and energetically; and the heart generates a magnetic field 5,000 times greater in strength than that generated by the brain. One person's heart signal can affect another's brainwaves, and heart-brain synchronization can occur between two people when they interact. (HeartMath, 2001) As we consciously couple with the Earth's Schumann waves, are we not then synchronizing heart, brain and Earth?

In the case of these "charged" events and planetary lightning strikes, how then do we "go to ground"? How do we dynamically use our knowledge as healers and human beings to bring our global collective to safety and wholeness? I believe our answer lies in being able to be simultaneously grounded in two locations: in both the heart and the Earth; in other words, to center deeply and plant ourselves firmly in the present on this Earth, at this time, and commit fully to resting within the heart attributes of deep compassion, unconditional love and presence. It is interesting to note that in most spiritual traditions, cultivating compassion and love are often coupled with a posture and alignment of connection to the Earth (as in kneeling in prayer, or sitting in lotus position during meditation).

If we only ground in the heart and omit the Earth, we can activate love and compassion, yet are easily distracted into sympathy and imbalance while lacking the necessary "voltage and strength" to transmute and midwife change. If we only ground in the Earth but omit the heart, we have "voltage and strength" to midwife change while lacking the accompanying compassion and wisdom to do good and do no harm. If we combine the two, we have the unique potential to do good while having the "strength and voltage" to enact a long term change. Grounding, in our hearts and the Earth, allows us to hold our seat with the lightning strikes, and use their potent charge to offer compassion and love, effect change, transform, and "Lighten". When we do this individually and collectively, we indeed have the potential to "Create Wholeness on Earth".

References

Oschmann, J. Energy Medicine: The Scientific Basis, Churchill Livingstone, NY, 2000.
McCraty, R., Atkinson, M., Tomasino, D., Science of the Heart, Institute of HeartMath, CA, 2001.

Dear Members, Students, CHTPs & CHTIs,

It is with great pleasure that we introduce the HTI Healing Touch Certificate Program Levels 1, 2, and 3 Student Workbooks. They have been consciously infused with high vibration, light, wisdom, best practice and HTI's core values.



In addition, they feature exquisite illustrations. We believe they are excellent materials reflecting the depth and the breadth of the Healing Touch work that we do.

GRATITUDE AND SPECIAL THANKS!

Countless volunteer and staff hours have gone into creating these class workbooks. We are grateful to the following for the fabulous completion of this project:

HTI Education Committee:

Barb Schommer Chair; Mary Jane Aswegan, Anne Day, Judy Turner, Diane Wind Wardell, along with HTI Class Level Co-Facilitators:

Level 1 Barb Schommer, Deborah Larrimore

Level 2 Myra Tovey, Mary Szczepanski

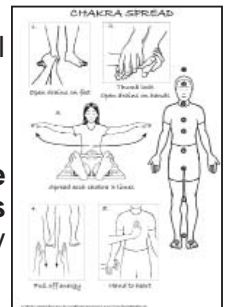
Level 3 Judy Turner, Mary Frost

Level 4/5 Anne Day, Diane Wardell

Artist: Joe Pagac

HTI Board Editing Task Force and Layout Project Managers

Lisa Anselme, Sue Kagel and Mary O'Neill



We are also grateful for the input, contributions, and suggestions of all of our HTI Instructors who shared materials or ideas with the group. This was a collaborative and collective undertaking.

WHERE CAN I FIND THE WORKBOOKS?

1. Most CHTIs will have the appropriate Level workbook available in the classroom.
2. Students and CHTPs can purchase individual workbooks levels 1 - 3 through Shop at www.HealingTouchInternational.org (students must have completed that level of class), or through calling the office at 303.989.7982. **Cost \$15 per book.** Additional postage required for International orders.
3. Level 1 Instructors in Training will receive a complementary Level 1 workbook by post.

Level 4-5 Student Workbook - Coming Soon!



HEALING TOUCH INTERNATIONAL, INC.

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Happy Birthday HTI!!! Celebrate Healing Touch International Day March 6, 2011

March 6, 2011 is the 15th anniversary of Healing Touch International, Inc. HTI Day is a great opportunity to promote Healing Touch in your community. Join Healing Touch colleagues world-wide in celebrating the growing awareness and use of Healing Touch!

Make a day of it with activities that will promote this wonderful and effective healing modality.

- Organize free mini Healing Touch sessions for the community
- Schedule an Intro to Healing Touch talk
- Gather Healing Touch providers for networking and social time
- **Join the world-wide healing meditation (noon your time) Visit: www.HealingTouchInternational.org**

Promote your event with a downloadable HTI Day flyer and sample press release. View what others are doing in our HTI Day Calendar. And finally, let us know about your activities (Email us at HTIHeal@aol.com) and we will list your HTI Day activity on the website.

For more ideas and resources, visit:
www.HealingTouchInternational.org

About Healing Touch International

Healing Touch International, Inc. is the non-profit professional and educational organization for Healing Touch. We provide the following programs and services:

- Healing Touch Practitioner & Instructor Certification
- Continuing Education HTI Healing Touch Certificate Program & Professional Development Series
- Set International Ethics & Standards of Practice for Healing Touch
- Annual International Conference since 1997
- Collaboration with other National & International Organizations in Healing Touch, Holistic Nursing, Holistic Medicine and Subtle Energy
- Quarterly Publication: HTI's Perspectives in Healing
- Healing Touch Research Consultation & Coordination since 1997
- Hospital & Integrative Health Care Consultation since 1998
- Resource Publications: Research Survey, Integrative Health Care Booklet, Student Workbooks, Power Point Presentations, and Advertising Brochures

HEALING TOUCH



nurturing
energy
therapy



Motivations from the President

Spread Healing, Light and Love, restoring wholeness on Earth ...HTI Vision Statement

by Mary O'Neill RN, CHTP/I

In this issue of *HTI Perspectives in Healing*, we are centering our attention on the earth. How appropriate to focus on the element of the earth, our planet, our home. We learn in Level 1 class, the importance of grounding, sinking our energetic roots deeply into the earth before offering healing energy to a client. Grounding is an exercise in connecting deeply with the Earth to assist us to be aware, awake and in the present moment. The wonderful advantage of living life in a grounded manner is to be fully present and aware of all that is happening and feeling that connection to the rhythm and pulse of the earth at each moment. Watching the sun rise in the east and being aware of the beginning of a new day and new possibilities helps me set my intention each morning to be a healing presence. Taking note of the many small and subtle ways our earth is restoring and constantly healing itself is a meditation from my kitchen window. The strength, constancy and power of the earth are a source of inspiration for me when going through challenging times. The quality of gentleness is apparent as I notice the small, fragile new foliage being sustained by the soil, offering all that is needed for growth and life. How does my gentleness with my family, friends, clients and co-workers sustain their life and growth? Am I offering the possibility of growth by my presence? Do I bring new things to life through my creative drive? The wind moving through the trees gives me the opportunity to reflect on my flexibility. Can I bend, bow and be flexible when the gust of change blows my way. The rushing water of a stream reminds me to "go with the flow" of life and not stand in resistance. The incredible beauty and strength of the mountains provide the reminder to persevere, and stand tall in our unique gifts and talents so that all may benefit from what we bring to our world and its inhabitants.

On December 31st a tornado roared through our community of Fenton and on to the neighboring community of Sunset Hills. The sheer speed and power of destruction was difficult to comprehend. As the heavy rain stopped and we came out of the basement thinking the worst of the storm was past, I heard a low, long roar. Actually, it sounded like a groan. I remember

questioning if it was thunder because it was not the usual sound of thunder. We learned moments later that a tornado had passed about two miles away from our home. We received no damage, but our Fenton community just to the south of us was quite devastated. As we checked on our friends in that area we learned, and in the next days saw, the fury that had taken off roofs, overturned cars and demolished homes.

I do remember driving past the area where many trees were uprooted, simply sheared off, or split down the center. The strong scent of cedar was present for days as we drove past the area. It was a reminder of the trees that had provided life and were now being removed. When looking at the path of the tornado, I was aware of the visible scar that was left on the earth as it moved across the community. Each day as I pass by that area, I send a blessing to the Earth to assist in the healing process. This simple intention with mindfulness assists the earth and helps me become more present to the larger needs of the earth. It provides a clearer, sharper lens to focus on the bigger picture and how I can be a healing presence.

*"My intention is that
everywhere I place my foot, I
bring Light to the Earth."*
Janet Mentgen

We are all aware of the recent flooding in Australia, India and Peru. It is easy to see how quickly weather can turn into devastating floods out of control. Our Earth can sustain us with a wealth of resources. We also see how destructive the forces of nature can be and how quickly it can happen. Our Mother, the Earth is very powerful and as we all know, very fragile and beautiful at the same time. A simple, loving intention directed to the area of need can be a valuable act of healing. Sometimes we think we can't possibly make a difference in face of the Earth's power. We are only beginning to learn the powerful effects of our positive intentions. We are, above all else, instruments of healing for our clients, families, friends, ourselves and especially for our planet.

As I complete this article, I've been invited by a dear friend to spend a few days in self care at her condo on the Lake of the Ozarks. It has been a time of deep relaxation and rest, connecting deeply with the winter earth. We've taken time for quiet, reading, meditation

continued on page 14

Inspirations

This Way

by Amy Christman - in *Scribing the Soul*, K. Adams (reprinted with permission)

The sleepy hush of early woods,
breathing shadows like aged lace,
the trickle and drip of leftover rain
like a voice close to the ear telling you,
this is the way, this fallen maple slick
with moss, this gloss of amber puddle,
this perfect circle of powdery morels,
this is the way to approach your life.
Infuse it with quiet beauty, search beneath
all the stones, guide your happiness by
stars and the way the wind bends
the wild tops of pines. This
is the way, this race that slows
to the soft press of pond against
the low shoulder of muddy shore,
this trip into leaf green light.



"Redwoods" photo by Jerry Anselme

Associate Partnerships

Gathering at the Gathering

by Savitri Kumaran RNC, CHTP/I



Savitri with a Kangaroo

I just couldn't resist going back to Australia to attend the Australian Foundation for Healing Touch National Healing Touch "Gathering" this year in Yamba. It was an impulse I couldn't resist. After all, Australia is practically a neighbor to Hawaii! This was my third visit to Australia and the third "Gathering" I was able to attend. As

usual, it was an enriching, delightful, and fun experience. I was drawn to the gathering by the prospect of reconnecting with my friends from that part of the Healing Touch community, including Annis Parker from New Zealand and Rosalie Van Aken, Jenny Wales, Mary Alford, Jo Boney, Susan Ashton, Lynnette Thomas and many others. My adventure began with my arrival in Brisbane where I was hosted by Jenny and Fred Wales. Their home is in a lovely location and her neighbor was visited daily by a cute little wallaby! While in Brisbane, we also visited a wonderful Koala Reserve that was called Lone Pine.

The Gathering theme, "*Creating Harmony through Balance*", was achieved with a variety of activities that ranged from Tai Chi on the beach with Betty Green to serious discussions about integrating Healing Touch into the health care settings with Jenny Wales and Susan Ashton, and research with Rosalie VanAken & Kristin Wicking. Lesley Cuthbertson explored the *Significance of Intention in Energy Healing* and Jo Boney led us through a visual meditation while recognizing the *Gifts of Nature*. Annis Parker delivered the humorous and "to the point" keynote on *The Human - Animal Energetic Interface*. I was asked to teach the Healing Hands Hula to a willing group of students who were really good sports for a dance contest on the evening of the Banquet. Their Banquet theme was Hawaiian! This made me feel right at home! They got entirely into the theme with colorful costumes and delicious foods. A pinning was held for Australia's newest instructor, Veronika Oliver. Congratulations, Veronika!



Savitri with a Koala

It wasn't all play for the Foundation. They held their business meeting and elections. I am sure an official report of that will go into the HTI *Perspectives in Healing* in the future. I would just like to recognize the good work the Foundation had done under the able leadership of Lynnette Thomas these past years and the many council members who spend endless hours doing the work of bringing HT classes to many communities and supporting the practitioners there.

The entire weekend was nurturing to the body, mind and spirit. While Foundation business was conducted, Annis, Berrylla (from New Zealand) and I did a little exploring and visited a nearby island and the lovely town of Grafton, which is known for its many Jacaranda trees.



I would like to thank the Gathering committee, especially Rosalie and Jenny for encouraging me to come back to Australia. I am looking forward to greeting many of the Australian and New Zealand Healing Touch practitioners next year in Hawaii. A hui hou!

Associate Partnership continued...

Australian Foundation for Healing Touch National Healing Touch “Gathering”



Healing Touch In the News:

Accepted for Publication: HT & Integrative Oncology

Upcoming October 2011

Journal of Oncology Nursing

Use of Healing Touch in Integrative Oncology

Authors: Laura Hart RN, PhD, Mildred Freel RN, MEd,
Pam Haylock RN, PhD, Susan Lutgendorf PhD

The article describes the integrative use of Healing Touch in conjunction with chemoradiation used in patients with stages 1B1 to 1VA cervical cancer. Clinical findings as well as the energetic effects of chemoradiation that were observed, and proposed mechanisms and potential contributions of Healing Touch are addressed.

Now in Publication: HT & Cervical Cancer

Preservation of Immune Function in Cervical Cancer Patients during Chemoradiation using a Novel Integrative Approach. *Brain, Behavior and Immunity Journal*, official journal of the Psychoneuroimmunology Research Society, Vol 24 (2010) 1231-1240.

The findings of this prospective randomized clinical study suggests that intensively administered HT (sessions every day of radiation treatments for the 6 weeks of chemoradiation) has **positive effects in preserving natural killer (NK) cell activity and reducing depressed mood** during chemoradiation therapy for patients with advanced cervical cancer.

Authors: Susan K. Lutgendorf ^{a, b, c, d}, Elizabeth Mullen-Houser ^a, Daniel Russell ^e, Koen DeGeest ^b, Geraldine Jacobson ^f, Laura Hart ^g, David Bender ^b, Barrie Anderson ^b, Thomas E. Buekers ^b, Michael J. Goodheart ^b, Michael H. Antoni ^h, Anil K. Sood ^j and David M. Lubaroff ^{c, d, i}

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Melinda Miller, Sumadi, Abayakoon



Ursula, MaryFrost, Abayakoon



Auroville, India
HT Level 3 Class



Abayakoon, Judy Davie, Ursula



Abayakoon, Judy Davie, Mary Jeskey
HT Level 3 Class

Community Development *Sri Lanka and the Healing Touch Connection*

by Kathleen Rosemary LMT, CHTP/I
Rev. Marty Rather BFA, CHTP/I
Mary Frost RN, CHTP/I

article to follow on next page

Community Development

Sri Lanka and the Healing Touch Connection

by Kathleen Rosemary LMT, CHTP/I; Rev. Marty Rather BFA, CHTP/I; Mary Frost RN, CHTP/I

The beautiful island nation of Sri Lanka, formerly known as Ceylon, has a history that dates back 34,000 years and is sometimes called, "India's teardrop pearl of the Indian Ocean". She sits not far off the southeastern tip of India and has been ruled by tribal leaders, over a hundred kings, European colonialists, gained freedom from British rule, became a sovereign nation in 1972, and has endured a 26 - year brutal civil war that just ended in 2009. No doubt many of our Healing Touch community participated in the 2008 Peace Intention Experiment organized by Lynne McTaggart and held the intention of peace for this war torn country. We were some of thousands from 65 countries who held peace for Sri Lanka during the eight consecutive days of the experiment. Within months the war was ended. Some of us were holding a slight, visionary, Sri Lankan woman in our hearts as we sent vibrations of peace into the field around the turbulence.

Lovely Sri Lanka's civil war is over, but there is much work to do for securing the real peace in this island nation. There are many orphans, refugees, and people disabled from childhood malnourishment or lack of health care. There is this one special visionary woman, M.S. F.W. Abayakoon, living there who has taken Healing Touch (HT) to the people. She is a village development teacher and met Healing Touch instructor, Kathleen Rosemary of Tennessee, in December 1999 when Kathleen was in Sri Lanka visiting Sarvodaya centers with a group of fellow community activists. Funded by the Kellogg Foundation, they were studying community, sustainability, and spirituality and also traveled to Auroville, India. Abayakoon organized and translated for Kathleen's impromptu HT introductory course for her Sinhalese staff in the women's division of the Sarvodaya Shramadana Movement. After seeing the remarkable results of using HT on her dying mother and father, Abayakoon envisioned HT as a way to support health and peace in her nation and the world.

Thanks to grant funds, private donors, and the generous contribution of time and skills by Healing Touch instructors led by Marty Rather, also from Tennessee, Abayakoon received training in three separate trips, in 2004, 2006 & 2008, to take classes organized in Auroville, India. The last two trips she brought a colleague along. She has taken her skills to villages around Sri Lanka, has

a home based HT practice and is hoping to create healing "Vishva Centers" for children with birth defects. Kathleen is thrilled to know how the tiny seed she planted in 1999 has sprouted so! She feels privileged to have shared Healing Touch in both countries, and sees how HT supports community by promoting bonds between people and well-being on all levels. Abayakoon recognized this immediately, as well. Kathleen's ministry, The Swan Center of the Association for the Integration of the Whole Person, has served as a conduit for grant money and donations to assist the HT teaching trips that have followed. Mary Frost was privileged to accompany the group in 2008 along with four other instructors and to have Abayakoon and her colleague, Ursula, in the Level 3 class.

There is another trip planned in early 2012 and the intention is to have the first Healing Touch Level 1's in Sri Lanka as well as to continue teaching various class levels in Auroville, India. If you are interested in being a part of this incredible opportunity contact Marty at MartyRather@comcast.net



Flower Mandala at Auroville, India

Clinical Application

Enhancing Relationship and Medical Practice

by Caroline C. Prochnau, MD



From childhood I wanted to be a doctor so that I could “help people”. From the beginning of my medical career, I always thought traditional medicine was the only way to practice medicine. I thought complementary modalities only helped patients due to the placebo effect. I would pray for my patients but other than that I never left the traditional medicine path. Through my practice of medicine, I quickly discovered that traditional modalities and prescription medications were not always enough to cure what ails. My journey to Healing Touch has not been a direct one. I can thank my mom, Gail Skidmore, for introducing me to Healing Touch. Since I was somewhat skeptical and totally immersed in getting my medical practice off the ground, it took her nearly two years to convince me to go to a level one class to just try it. When I was finally sitting in class, I was sold almost immediately on the Healing Touch concepts when presented with the scientific evidence behind why it works as well as the spiritual component in connecting with my source of the Divine. Healing Touch provided the missing piece in my quest to discover how to truly “help people” – by treating the whole person - physically, mentally, energetically, as well as spiritually.

I have set time apart from my normal work week to concentrate solely on Healing Touch sessions. In the office visit setting, when appropriate, I also utilize some focused techniques on my patients. For example, I may use hands in motion over a patient’s painful shoulder or mind clearing for a patient with a debilitating headache. I tell my patients when I bring out the pendulum that I use it as a medical diagnostic tool in my physical exam assessment just as I would the stethoscope. Most of my patients have appreciated the incorporation of Healing Touch along with traditional medical practices in their treatment. Healing Touch has also opened up new avenues of discussion with my patients as well. Some patients had not previously shared with me their use of other modalities such as acupuncture or dietary supplements they may take. Patients now feel comfortable informing me of all choices they make for their health.

Personally, Healing Touch has also given me a deeper understanding of the difference between healing and curing. It has strengthened my relationship with God as well as helped in my understanding of the importance of self care to prevent professional burn out.

I do recognize self care is a part of my life journey that must be practiced daily in order to stay balanced, open and in harmony with the universe and my chosen profession.

I feel so strongly about Healing Touch that I require my staff members to attend a level one class. Recently three of my employees, which included my husband, Ken, attended a level two class. My children, Meghan, age 5, and Joshua, age 3, are also students, if

you will, of Healing Touch. Meghan always asks for me to do Scudder for her and Joshua will request a Chakra Connection. A few months ago Meghan fell in a parking lot which resulted in painful abrasions to her knee. Immediately after the fall, Joshua ran over to her and began performing hands in motion over her injured knee. I have also observed my children giving Healing Touch sessions to their stuffed animals.

Healing Touch has not just enhanced my practice of medicine, it has provided my staff, my family, and me with an additional tool to reach out and connect with others in a manner that will make a positive difference for healing in all our lives and community.



MIM Staff



Caroline, Meghan & Joshua

Mentorship

Selecting Your Healing Modalities

by Mary Jane Aswegan RN, CHTP/I & Anne Day BSN, MA, CMT, HNB-BC, CHTP/I



Mary Jane Aswegan

In the requirements of Homework for Level 5 and for Certification, the HTI Healing Touch apprentice is asked to select and experience ten different healing modalities. This allows the HTI HT apprentice to become aware of other complementary healing modalities in their community, establish

networking contacts and to be able to make appropriate holistic referrals for their Healing Touch Clients. It is also an opportunity to identify other resources, which can be employed in their own self-care. This is the greatest gift of this requirement, as it gives the HT apprentice the nudge to begin a regular commitment to receive treatments for him or herself. Since 10 are required in the year of HT apprenticeship, it is ideal to plan to receive one per month. This is a very good rhythm to establish for self-care.

Choosing a Modality

It is important to choose a modality in which you will receive a one-on-one experience with the practitioner. You can include a Healing Touch Treatment as one of your 10 modalities experienced. Routine allopathic care such as visits to your dentist, optometrist, physical therapy, etc. is not included. Neither are workshops or classes included as these should be listed in Educational Experiences of Criteria 5. Be careful that you are not selecting modalities that are taught in groups, such as Yoga, Qi Gong, etc. There are some teachers who do give private tutoring to set up exercises and routines on an individual basis (e.g. in Yoga), and that would be acceptable, but must be explained as such. Some examples of modalities used are Healing Touch, Reiki, Reflexology, Craniosacral, Shiatsu, Massage, Aromatherapy with Massage, Guided Imagery, Intuitive Readings, Astrological Reading, Watsu, Chiropractic or Sound Healing with Tibetan or Crystal Bowls to name a few. There are many others, of course. This is a good way to get to know your community and to network with practitioners in other fields. Many practitioners will do an exchange with you and this is an opportunity for you to show them about Healing Touch, in return.

Spacing Your Modalities

If your intention is to complete the course work for Level 5 in one year's time from your Level 4 class, it is important to spread your modalities out so you experience an average of one per month. It is not recommended to have all 6 done in the last month before you go to level 5 as that does not serve the objective of establishing a good rhythm of self-care. Be aware of your time line and goals from the beginning and plan a good spacing between modalities. Remember, balance and self-care is important so choose and space wisely.



Anne Day

Writing up the Modalities for Certification

150 words is the certification requirement for this section, so keep it simple.

Page one of the Modalities Document should be an Index Page. On this page the modalities will be numbered and listed in chronological order that they were received. An example could be:

CRITERIA 3: Healing Modalities Index

#1 Reiki October 8, 2010 Brian Winslow, HHP, Certified Reiki Practitioner

#2 Reflexology November 17, 2010 Sara Smith, HHP Certified in Reflexology

On page two you will begin the reflective statement/summary for each modality: It would look something like this:

CRITERIA 3: Healing Modalities

#1 Reiki Professional's name, credentials (or skill experience) and address

Be sure to explain the initials used in the professional's credentials. In some modalities there is no credentialing; in that case it is important to interview the practitioner about where they gained their training, how long they have been practicing, etc. For example, let us suppose a PhD psychologist does intuitive readings. His PhD does not prepare him to do this so how did he learn to do intuitive readings? How long has he been doing it and in what circumstances does he add that to his practice? A small explanation is all that is needed.

continued on page 14

Board Corner

Update



by Laura Hart RN, PhD, CHTP/I, HTI Secretary

Preparation of the HTI Healing Touch Certificate Program Student Workbooks Levels 1 through 3 is completed, and Level 4/5 is almost completed. These workbooks will be available on line for Instructors to download for their students. HTI has negotiated a very cost effective US national printing cost and is working towards a similar benefit in Canada. That, coupled with a very low user fee per workbook, should make this resource very affordable to both students and instructors. We expect that these workbooks, with their professional presentation, will be user friendly. The on line access provides an easy approach to updating and revisions. Hopefully, this is a win-win for everyone.

Judy Turner and Denise DeForest Pastoor have been appointed the nomination committee chairs for this year's election of new Board of Directors members. The Board will need two new members. Please let Judy (turnerjudy3@yahoo.com) or Denise (dpastoor@holisticmuse.com) know of ones you think could well serve HTI as a Board member.

An annual memorial section will be added to the winter edition of HTI Perspectives in Healing to inform us of those HTI practitioners, instructors and students who have passed during the year. This will remind us to surround them with our love and light to ease their transition, thank them for their contributions to this world, and assist their loved one with the processing they need.

One of the BOD's major focuses this year has been to find ways to increase membership as well as to increase the organization's support for its members. E- letters are now being sent out to HTI students as they complete classes welcoming and connecting them to our HTI community.

This past year the HTI Board has also been reviewing the process for various committees and ancillary boards and continues in this endeavor.

The Board of Directors has scheduled a two day work meeting in Denver in April, 2011 to identify avenues to accomplish HTI's visions and long term strategic goals.

Lastly, ambassadors from the HTI Board are being supported in outreach visits to our neighbors in Canada, Peru, and Hawaii, along with the customary representation of HTI at national and regional meetings.

Mentorship continued...

- **Date:** Be sure to list the date the treatment was received and keep in chronological order.
- **Definition:** Give a brief description of what the modality is and how it works.
- **Personal Experience:** Give a general statement about the procedure and your experience. Reflect on the overall experience for you. Was it a good or bad experience and why?
- **Referral:** Think back on the treatment and reflect whether or not if it could be appropriately recommended for any of your clients or friends. Some things are not appropriate for everyone. For instance, a Shamanic Reading would not be appropriate for everyone but could be beneficial, especially to those people who have an understanding of Native American culture. Think also about the practitioner and if they were professional, created a safe and nurturing environment and **if you would recommend that particular practitioner.**

This is a wonderful opportunity for you to get to know your community and what complementary services are available and to get into the mode of experiencing these modalities for self-care. Janet was a great proponent of self-care and created this category for you to enjoy and not look upon as work for certification. Be happy and embrace this wonderful gift for your personal growth and healing.

Motivations from the President continued...

and offering Healing Touch to each other. I especially enjoyed watching the sunrise over the hills, reflected through the bare trees. Our sun appears, a loving source of warmth, energy and life...always right on time. In this quiet inlet, away from the main channel, gulls soar, glide and dive into the lake for their breakfast. A hawk soars past with large brown wings, gliding silently, taking in all the early morning beauty. The music that we have playing in the background is Barbra Streisand. The gulls seem to fly and glide to the rhythm of the notes. The words, so appropriate and moving ... "this is holy ground, we're standing on holy ground". Our Earth is indeed holy ground and we walk gently and lightly honoring all aspects of nature, holding it all as sacred. May we each be a blessing to the Earth, grounded deeply in the goodness of this holy ground we call home.

Student Perspective

The Gift of Receiving

by Stephen Densmore, Level 3 Healing Touch Student

In Healing Touch we give this work; however, this story is about me receiving, instead of me doing the giving....

On November 11th I was in the shower when I noticed that shampoo was getting in my left eye and it wouldn't close to keep it out. I then felt tugging on my left cheek and I began to lose all feeling inside my mouth. The first thing I thought was that I was having a stroke! When I stepped out of the shower to look in the mirror the whole left side of my face was drooping. I called my wife and she came home and took me to the emergency room at the hospital, the same one where I volunteer. The ER staff immediately took me to the triage room and checked me out, where my blood pressure was 178/90. They took me to a room and hooked me up to all of the Star Wars machinery. After chest x-rays, an EKG, CT scan and an MRI they decided to keep me overnight, since it would take a little time to evaluate all of the tests. They told me that they were thinking it was Bell's Palsy and not a stroke. The next day, that was the determination.

While I was in the hospital they took what seemed to be 2 gallons of blood and also determined that I was diabetic, as well as having high cholesterol and high blood pressure. That was a little overwhelming, to say the least. I hadn't seen my doctor in a while, so who knows how long it would have been before I found out. I am so glad that I have been losing weight over the last year, (30 pounds) otherwise it all could have been worse. Now I'm on medication for all of that, and I have joined a gym and am seeing a dietitian. My blood pressure is steady at about 115/75 and I feel great!

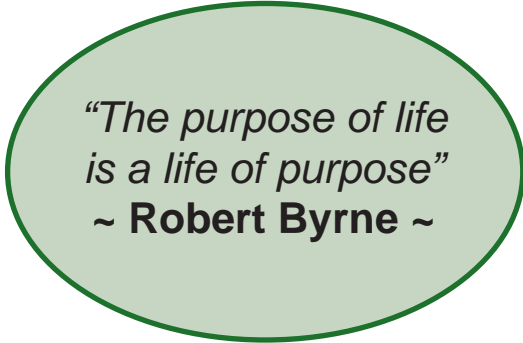
While I was in the hospital, the chaplain came in to see me; she is the person who introduced me to Healing Touch two and a half years ago. While in the hospital, I didn't know what was wrong with me and I was certainly "scared stupid". She did a mind clearing for me and did some work on my shoulders. While she was doing that for me, I could feel the anxiety lifting out of my shoulders and dissipating. I felt so much better afterwards, and I started to think that I could handle anything that the doctor told me that I had. I slept well and had a whole new outlook in the morning.

Three days after I got home, two of my friends that I know from my Healing Touch support group came over

to my house and both of them gave me a treatment. I think I was completely out of it within seconds; I don't even know what they did. I remember having a vision of floating in a lake. When I woke up they were gone and my wife was sitting in a chair next to me. She told me that they asked her to sit with me to make sure I didn't fall off the table! One of my friends came back a couple of days later and did some more Healing Touch for me. Two days after that I started to see daily improvements with the Bell's Palsy. The doctor told me that it would probably take four to six weeks and it was all cleared up in just three weeks!

About a week after all of this started it dawned on me that I personally saw what it was like to receive Healing Touch when I was really ill. I have received treatments in the classroom and from my friends in my support group, but this was the first time that I have experienced it in this way. The first treatment in the hospital relieved so much anxiety that it gave me the feeling that I knew I could handle whatever happened. And not just get back to normal, but also to know that I would be healthier in the long run. After the second treatment I had no anxiety left and felt that I would be able to do whatever I had to do with a good attitude. The last thing I wanted to do was feel sorry for myself. After the third, I started to thank and praise God for allowing this to happen to me. Because of the palsy symptoms I ended up the hospital, and as a result, I found out about the other problems. Talk about a Divine kick in the pants.

I want to go to the HTI convention next year in Hawaii and am looking forward to taking the Level 4 class in the near future. Having experienced this work as a receiver, I am ready to deepen my capacity to give.



*"The purpose of life
is a life of purpose"*
~ Robert Byrne ~



Grace and Intention

My Mother's Passing

by Mary Szczepanski RN, BSN, MS, HNB-BC, CHTP/I

After teaching Level 5 in North Carolina with Deborah Larrimore in August 2010, I was able to visit my mother in Buffalo, New York. Her health had been declining over 5 years since she had been diagnosed with atrial fibrillation. She was very active until that time and the lessons of "slowing down" did not come easily to her.

Her health rapidly deteriorated after I arrived, with the onset of many symptoms of dementia. She had confusion and disorientation, and sleepless nights during which she called out to ancestors, moaned loudly as if in pain, and prayed desperately in Polish. My Healing Touch efforts, my sister's Chi Kung, or the many rosaries we coached her though did little to comfort her or ease her into sleep. She had already signed a *Do Not Resuscitate* request and otherwise stated she was ready to die and wanted to die. She wanted to die on a church holiday, but missed that in August. Oh, well. As difficult as all of this was, mom shared a certain amount of humor in her lucid moments.

There were windows of clarity - like when the hospice nurse did the first interview, or at the doctor's office. "I thought she'd look worse," he commented, after we had described her difficulties and then she spoke with him with clarity. But mostly she could no longer play Scrabble or Pinochle, put together a puzzle, or even focus on watching TV.

My two sisters and brothers and I, some of us in a sleep deprived state, began piecing together plans for everything from stay-at-home-care to long term care to a funeral. After an exhausting week, I decided to return to Alaska since other family could care for her for a few weeks. I planned to be with her indefinitely after the HTI September conference.

A week after returning home to Juneau, Alaska, it was time for our monthly Intention Group at my office in Juneau. When it was my turn, I stated an intention for my mother to resolve whatever she needed to resolve so that she could die with grace and ease. The handful of people present all held that intention for a few minutes. During the intention, I felt very close to her, almost as if I was there with her. When I left the group, there was a message to call my sister. I found out that Mom had died during the exact time we were holding the intention for her. For weeks after her death, I felt close to her and had a sense of her helping me with projects. I felt even closer to her after death than when she was alive.

I would like to thank everyone for the caring support extended to me at the HTI conference in St Louis which I attended after her funeral. I will always treasure the warmth and comfort I received in those days of grieving and feeling fragile.



Grace and Intention

Healing Energy Quilt

by Catherine Palter BA, MS, CHTP

During a recent Healing Partners session, I received guidance directing me to work with my mother to create a quilt specific for my Healing Touch work. My initial thoughts were to incorporate spirals (which are difficult to depict in a pieced top), the colors of the chakras, and a golden aura of protection to surround my client. I used images from Barbara Brennan's books to communicate my thoughts to my mother. Together, we came up with a Greek Key pattern that mimicked the spirals, as well as vibrant, batik fabrics to depict the colors of the seven chakras and aura. The quilting itself is done in a spiral as well (seen best in the yellow blocks), and includes a subtle heart over the green chakra. It was a fabulous experience to combine my passion (Healing Touch) with my mother's passion (quilting), learning more about each other as we created. The resulting quilt is a beautiful topping for my massage table, enhancing my work in so many ways.

Editor's Note:

Healing Partners is a Stanford University School of Medicine, Women's Health community service program that pairs women diagnosed with breast cancer with Healing Touch volunteers for ongoing sessions for three to six months.





Grace and Intention

Tribute to Betty Stadler MSN, RN, FNP, HN-BC, CHTP/I

by Bonnie Johnson RN, MS, AHN-BC, CHTP/I

September 11, 1938 - September 25, 2010

Betty Stadler, a successful nursing instructor, Family Nurse Practitioner and student of Reiki, entered the classroom of her first Healing Touch workshop Level 1 with her scientific senses alert. In this class, as in all she attended, she was thorough, disciplined and meticulous, her ever-present pen and notepad in hand. She wrote copious notes and kept a cautious and skeptical attitude toward this thing called HT until... she watched Janet Mentgen demonstrate the Chakra Connection. Even before she received the Chakra Connection herself, Betty was so heart moved by what she witnessed that she had an immediate and sure awareness that she would teach Healing Touch. For those of us who knew Betty well, this was quite miraculous. She was cautious and slow to grab onto something new, especially on the fringes of conventional health care. This was February 1990. True to her knowing, Betty taught her first Healing Touch level 1 in October 1991 in Nashville, Tennessee. She became one of the first to receive Certification as a Practitioner (1993) and Instructor (1994) of Healing Touch.

Already an accomplished nursing instructor, Betty took her excellent teaching skills into the relatively new arena of energetic healing. Betty prepared to teach with an organized, thorough, clear and disciplined way that ensured that the Healing Touch students would easily receive the background information as well as healing experiences.

Betty pioneered Healing Touch into many communities, particularly the greater Nashville area in Tennessee. In the first ten years, two to four workshops a year were taught by Betty with an average of 30 participants per workshop. From 1991 to 2001, well over 1000 people attended HT workshops in the Nashville area alone. She also taught in communities throughout Tennessee, as well as others states, being a pivotal person for spreading the light of HT.

Betty did frequent presentations on HT to organizations through out greater Nashville – from Camp Bluebird cancer survivors to doctor and nurses

professional meetings to recovery addict groups as well as to her own family. Her family members became strong proponents of HT. She introduced HT to five hospitals, two chemical addiction programs, hospice programs, private physician practices, four nursing schools and four wellness centers. She developed the curriculum for the Tennessee State University Master's Holistic Nursing program with HT as a vital training and practicum component. In addition she planted seeds through her meetings with many nursing administrators and continuing education coordinators which then sprouted and flourished into strong HT communities in Knoxville, TN, Evansville, IN and St Louis, MO. Without fail, when Betty introduced HT to administrators, physicians, nurses and family members – after a clear and concise verbal presentation – she said: "Here, let me show you what HT is." She would then use Scudder with the person(s). Betty knew that receiving HT is the greatest teacher of HT.

After Betty died, one of her students, Rev. Debra Basham, wrote, "When Betty laughed, the room lit up. She brought intelligence, grace, and professionalism to the healing movement in Middle Tennessee. Now I will think of her as a spiritual partner, sensing her continued support for all of us who continue to just "do the work."

** Betty Stadler is pictured above.*





Grace and Intention

Tribute to Irene C. Morelli RN, MSN, CHTP/I

by Michaela Donohue RN, CNM, BS, MS, CHTP/I

Irene died peacefully in her sleep at her home in Silver Spring, Maryland on December 12, 2010. She was 83 years young and had dementia during her last years, a disease that though “taking her life, never took her spirit,” according to her dear friend and caregiver, Sr. Paula Goettelmann. Michaela Donohue and Tina Devoe were privileged to give her a Healing Touch treatment just two days prior to her passing, mentoring her on her journey home as she had mentored them on their HT journey.

Leader

Michaela said that she first met Irene when she was known as Sr. Victor Marie, the OB supervisor at Holy Cross Hospital where she was the original recipient of the Legacy Award for her contributions to the OB-GYN department. Although she left the sisterhood many years ago, in her later years she enjoyed being referred to as “Sr. Irene” and was a volunteer in the oncology department.

Her awards and contributions were numerous. She was a teacher, author, healer, role model and friend to many, and a mentor and practitioner of the healing arts both nationally and internationally. She held many leadership positions throughout her career, including Assistant Professor of Nursing at Georgetown University, Bowie State University, Catholic University of America, and Montgomery College. She was Education Coordinator for Columbia Hospital for Women; Associate Director and later President of the Organization for Obstetric, Gynecologic and Neonatal Nursing in Washington, DC; Associate Executive Director, Maryland Nurses Association; Nurse Consultant Pregnancy Research Branch, National Institutes of Child Health and Human Development and Chief Nurse, National Institutes of Child Health and Human Development in Bethesda, MD; Nurse Consultant, Indian Health Service; Site Visitor Credentialing Center, American Nurses Association.

Service

Irene Morelli based her life on a service model. She spoke annually as a public service for many organizations and groups, including the Lupus, Fibromyalgia, Cancer Survivors, Breast Cancer Groups, and Medical Students. She donated her efforts to Religious Organizations of Women, teaching Healing Touch and treating the Sisters in Retirement homes, including local groups and trips to Appalachian Country in southern Virginia and North Carolina, teaching, treating and bringing medical supplies. She wrote, “The concept of using myself as an instrument for helping to heal and serve others has been with me all my life and most especially in the past 50 years of my nursing career...”

Healing Touch

Irene loved Healing Touch, loved teaching it and loved practicing it, loved it as much as she loved pregnant women and all “her” babies. She lit up a room when she was teaching and she was a light for HT. She began with Therapeutic Touch in 1979 and went on to Healing Touch in 1990. She became a CHTP in 1994 and a CHTI in 1996. She taught HT to students and faculty, as well as to hospital nurses.

Irene was an exceptional teacher and a dearly loved mentor with a radiant heart, coupled with a brilliant mind. She will undoubtedly continue to teach in her new life.

** Irene Morelli is pictured above.*

Practitioner Perspective

CHTP - A Journey

by Miki Heyne MEd, CHTP



Beginning

A little over three years ago, I began my journey with Healing Touch. It started while I was on vacation and receiving a massage that included Mind Clearing Technique. This was my first exposure to Healing Touch and the benefit was immediately evident in that I slept all the way through the night for an entire week, which I hadn't been doing for years. Upon returning home to Kansas City, I searched the Healing Touch International website and found a Certified Healing Touch Practitioner in my area. From there it was suggested that I take the classes myself and my response was short and simple, and would be repeated over and over during the next three years, "Can I?" I didn't know it then, but learning to trust was the lesson that I had to learn as I walked the path to become a Certified Healing Touch Practitioner.

Can I?

I said, "Can I?" when the idea was suggested that I move on to Level 2. I wasn't sensing energy and didn't practice on anyone but myself and my husband. Was I really ready to move on? I said it again when it was suggested that I was skilled enough to help at a community service project, yet the doubt prevented me from volunteering. Once again the question, "Can I?", when I was invited to share a session at the local support group once a month. The question, "Can I?" was still present when it was suggested that I move on to Level 3. All I could think about was that I didn't "know" what to do. I told myself that it was really all for "me" anyway, so it didn't matter if secretly inside I felt like a fake.

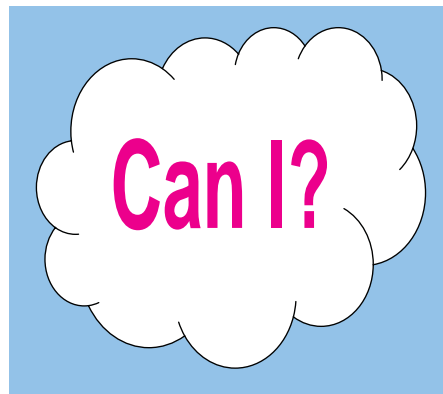
Shift

Finally, at the end of Healing Touch Level 4, the doubt began to shift. I came home from that class and "knew" that certification was a path that I wanted to pursue. I don't know how I knew it with so much certainty, but I did. And I matched my actions to my intentions. I walked in the door and calmly announced to my husband that I was going to be a Healing Touch Practitioner. In order to do this I needed a table, an office, a business name, a business card, a website, an iPod, music for the iPod, etc. And lo and behold, it happened!!! Within one month my husband had created a home

office in our back bedroom by building a Murphy bed so guests would have a place to stay. He built furniture, painted the room, designed a website, brainstormed business names with me, found a used iPod, taught me how to download music, critiqued business card designs, and fixed dinner when I had clients at night. In addition, the universe began dropping clients into my lap without any advertising and my job changed so that I was home by 2:00 pm and could see clients before my husband even got home from work. It was pretty apparent that the universe was supporting me big time in my intentions of becoming a Certified Healing Touch Practitioner . . . yet a small voice in my head was always whispering, "Can you?"

Support

At the same time that the universe was so obviously supporting me, the doubting voice found strength during my Level 4 class and increased at our HT Level 4 and 5 monthly support meetings. To me it seemed that everyone in my class had some ability of sensing energy . . . and I didn't. These people spoke of seeing colors, seeing or feeling guides, described sensing energy in their hands with vivid detail, etc. And then there was me. Me..., who was very good at following the rules, knew the procedures, could do the paperwork and seemed to have the full support of the universe behind me. I was surging through the homework requirements in preparation for Level 5 with ease and joy while others were reporting that they couldn't seem to take the first step. I was split in half between doubt and intention. Can I do this? What makes me think I can do this? What makes me think I can call myself a "healer"? These other people all seem to be called to healing, given natural gifts and talents to be healers. Me, I'm just a school teacher. What am I doing here???? Yet, I seemed to go forward so easily without any apparent reason why. The evidence was so clear that I was on the right path but yet the voice would chant, "Can I?"



continued on page 21

Practitioner Perspective continued...

Trust

Then I met my mentor. Since I was a teacher, I needed a nurse and she was the only nurse mentor available in my area. I'd never met her so I wrote her an email asking if she'd take a chance on me – I asked her to trust in me. There it was again, trust. Where did I get the nerve to ask her to trust in me when I didn't even know if I trusted in myself? But she did, and at our very first meeting she intuitively put that word "trust" right out on the table. I almost cried as my most vulnerable weakness was exposed for all the world to see. And then she shared that trust was her journey, too, as she became certified. An instant bond was formed. Over and over again during our year of mentoring she gently reminded me to trust. If I said, "I'm not feeling energy", she'd say, "Yes you are but you have to trust it". And then came that quiet whisper inside my heart again, "Can I?" At every step forward, the voice was there presenting its case for my inability to be a Healing Touch Practitioner. But at the same time, clients kept coming back – they were trusting in me even if I wasn't. I was a constant mess of contradictions.

So in the quiet of my office when the door was closed and the client's eyes were shut so that no one could witness me pretending to be a "healer", I began to imagine that I believed that I knew what the guides were telling me, like Dorothy in the Wizard of Oz believing that clicking her heels would take her home. I began to act on my hunches or knowing. I stopped questioning if this was me thinking it through or if it was guidance. I stopped doubting that what I felt in my hands wasn't what everyone else felt. And for just one session at a time – 60 minutes – I began to trust. It's like the proverbial question, "Which came first; the chicken or the egg?" Which came first with me? Was it there all the time or was it developed in me? The truth is that it was there all the time, like in each of us. But it took time, the support and encouragement of others, and my own willingness to take a chance on myself to develop my trust of the healing process in whatever form it took.

Deepening

The requirements for certification made me go deeper into myself, reflect, meditate, and hold myself accountable. And the time with my mentor was a safe place to begin trusting myself. She modeled, encouraged, and believed in me. When I doubted myself, here was someone who saw energy, was a Healing Touch Practitioner and she believed in me (unlike my mom who believed in me because she loves me). She told me over and over that I was

doing the work. She challenged me to believe in myself. And others in my community of Healing Touch, as well as the clients, lifted me up closer to the light of clear sight and belief. Their numerous voices began to drown out the voice of doubt inside of me and made it possible to begin to believe, to take a chance on myself.

Belief

Almost one year after taking Level 4, I completed the Level 5 class and four months later I was certified! Even as I stood there on the stage getting pinned by my mentor, I could still hear the tiny voice whispering, "Can you?" The difference today is that I know that the voice is my friend, not my enemy. The voice keeps me humble, reminds me to find my ground, and to reach out to others for support. It reminds me that I am simply the conduit for the energy from the Divine Source and it motivates me to continue learning and practicing.

And now six months after certification, I stand in gratitude at the feet of my clients amazed at my journey. Amazed that I'm certified! Amazed that people pay me to facilitate Healing Touch! Amazed that they keep coming back and even refer other people to me! Amazed at the circle of support from my Healing Touch community that helped me accomplish what I had clearly been guided to do when I didn't believe in myself. And I'm amazed that I've been able to begin to listen to a new voice inside of my heart, a voice my mentor told me was always there. This new voice quietly encourages me as it whispers, "I believe that I can". Certification gave me this gift.



Exploring the Elements, Creating Wholeness on Earth

15th Annual Energy Healing Conference and Instructor Meeting

October 19 - 23, 2011

Hilton Waikoloa Village, Waikoloa, Big Island, Hawaii



Approximately 1,500 years ago, Polynesian voyagers discovered the **Island of Hawaii**, the southernmost island in the chain. From the moment you arrive on the **Big Island**, you will know you are in a magical place unlike anywhere else in the world. The island's diverse topography and climate zones, unspoiled beauty and active volcano very prominently express all of the elements of the planet: water (ocean and waterfalls), wood (tropical rain forests at higher elevations), fire (world's most active volcano), earth and metal (rolling green hills and snow capped peaks), air and space (movement, flow, breath, spirit) and black, green and white sand beaches.



The islands of Hawaii are known as islands of healing. We will be exploring the elements that are so richly abundant in the islands, and personal and global healing at this gathering. Visit our website for keynote information and links to the hotel, with the remarkable island rate of \$155/night. The upcoming links to airline discounts are coming soon!



Island Photos by Caitlin Anselme Miller

*Congratulations
Anouk Bekker CHTP of the Netherlands
Winner of the Island Dolphin Swim*



Logo Art: "Beams of Love"
Image: Sr. Mary Southard, CSJ
Congregation of St. Joseph of LaGrange
Courtesy of www.ministryofhearts.org

~ Keynotes ~



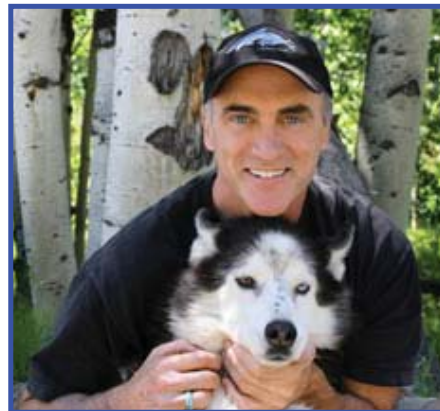
Dr. Rangimarie Turuki Rose Pere (New Zealand)
Rangimarie Turuki Rose Pere has been strongly influenced by teachings that go back over 12,000 years. Her book *Te Wheke* - A Celebration of Infinite Wisdom, is an introduction to these teachings, a traditional Māori model of learning and teaching that is still relevant today. Rose has presented throughout Europe, Canada, US, and Mexico and has represented Aotearoa New Zealand internationally as an educationalist; taught from preschool to tertiary; and researched ancient teachings in

the Americas, the Mediterranean, the Middle East, Great Britain, East Asia and the South Pacific. Rose is the only Maori woman to receive the New Zealand 1990 Commemoration Medal and was honored as a Commander of the Most Excellent Order of the British Empire 1996 and Young Maori Woman of the Year in 1971. She was honored and adopted by Little Eagle of Cherokee nation in the USA in 1984, and named "White Eagle Medicine Woman of Peace".



Brian Luke Seaward PhD (Colorado)

Brian Luke was so well received last year, he has been asked to return! He will be presenting on the Health of the Human Spirit. A renowned respected international expert in the fields of stress management, mind-body-spirit healing and health promotion. The wisdom of Brian Luke Seaward can be found quoted in PBS specials, college lectures, medical seminars, boardroom meetings, church sermons, keynote addresses, and graduation speeches all over the world. His mission, as expressed through his legacy of acclaimed books and public appearances, is to make this a better world in which to live by having each of us reach our highest potential. Dr. Seaward is an award-winning author, photographer, teacher, celebrated film director/producer and much sought after inspirational speaker. He truly touches hearts, and most anyone will tell you, this is how he heals. Through his teachings, he offers a unique synthesis of insights blending the "ageless wisdom" of human spirituality with the topic of stress to reveal the unique alchemy of humanity and divinity, what we call the "human journey."



Hob Osterlund RN, MS (Hawaii)

Hob has several avocations; including art, performance, production, and the study of the magic of humor; freelance journalism and creative nonfiction; nature photography with a focus on the glory of birds, & clinical nurse specialist in pain/palliative care. As founder, owner, president of Health, Humor & Hospitals, Inc, Hob provides comedy for hospital closed - circuit televisions. The "Chuckle Channel", which is offered as an annual

subscription, appears in such notable hospitals as NYU Medical Center, U. of Wisconsin Hospital, Queen's Medical Center and many more. An award-winning freelance journalist/photographer, her work has been published in National Geographic Explorer, Nature, National Wildlife, Portland, Ms., Birders' World, Inspiration, American Journal of Nursing, and more. Hob works with Pacific Writers' Connection to coordinate the annual Hanalei Writers' Retreat and in 2004 she had the great good fortune of being the first western journalist to interview Her Royal Majesty Ashi Dorji Wangmo Wangchuck, Queen of Bhutan. Hob serves as a Principal Investigator and lead author for the COMIC (comedy in chemotherapy) Study at Queen's Medical Center, a randomized trial looking at the impact of comedy on stress, the immune system and symptoms of cancer and chemotherapy. Results will soon be published.

Annis Parker RGON, ADN, DipEd, CHTP, CHTI (New Zealand)

Annis is a New Zealand nurse who lived abroad for 20 years and worked in eight countries. A Certified Healing Touch Practitioner/ Instructor, she teaches Levels 1-3 Healing Touch and teaches within the Healing Energies 4 year Diploma Programme. Brought up on a high country farm in New Zealand, where attention was paid to weather, land and all creatures, she has worked extensively with animals, both domestic, rescued, and zoo, world wide. She works regularly with a Game Park which breeds endangered species, as these animals often have energy challenges which then causes their breeding programmes to be put in jeopardy. Recently, she has been working with the New Zealand dairy industry, intermingling this with animal care, encouraging people to realize that animals are not machines and that reducing stress, enhances production. She has extensive experience swimming among and underwater study of those sea creatures living in the tropics, along with extensive study of energy fields in humans, animals and the natural world. Annis has a full people and animal teaching practice that includes the human energy system and also integration of people within every aspect of the Natural World, including sea, air and planet.





Call for Exhibitors

Healing Touch International

15th Annual Energy Healing Conference and Instructor Meeting

October 19-23, 2011

Hilton Waikoloa Village

Waikoloa, Big Island, Hawaii

Download Exhibitor Prospectus and Application at
www.HealingTouchInternational.org

2011 Conference Sponsorship Opportunities

Sponsorship opportunities for HTI's annual conference are now available and can be tailored to meet your needs. Individual Grants of any value are also available and greatly appreciated. Please visit the website at www.HealingTouchInternational.org for a complete sponsorship package. Please contact the HTI office for individual opportunities not listed.

Gold, Silver, Bronze Sponsorships are available along with the following additional opportunities

- Literature/Product Sample in Registration Packet
- International Scholarship Sponsor
- Entertainment
- Refreshment Break
- Conference Proceedings Booklet Back Cover
- Keynote Speaker
- Saturday Banquet

All Sponsorships Include the Following Benefits

- Enhance your visibility and name recognition with health care professionals
- Recognition on signage at the conference
- Company name and website in official 2011 conference proceedings booklet
- Listing as conference sponsor on the HTI Website – Average 11,500 unique hits/mo
- Exposure to 350+ attendees and 9000+ students, members & practitioners
- Acknowledgement in HTI Perspectives in Healing Quarterly Publication
- Visibility and name recognition throughout the Healing Touch community
- Establishment of your organization as a proponent of holistic and integrative care
- Enhanced exposure of your products, services or organization





Certification Matters

Certification Resolutions for the New Year 2011

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

Many of us make resolutions at the beginning of every New Year. Often the resolutions that we have made are given up in the first month. So it takes a strong intention and follow through to carry out our plans and accomplish the dreams we have set for ourselves. The theme of HTI for this year's annual conference of *Creating Wholeness on Earth* can serve as a guiding principle for us as we create our individual successes for this year.

Many individuals have completed Healing Touch Level 5 class and have received the certificate of completion of the HTI Healing Touch Certificate Program. Achieving certification is within reach -- just a few more steps along the path are needed to gain the respected Certification as a Healing Touch Practitioner. Now is the time for you to be able to ground yourself in a solid connection to the earth and welcome the available energy for you to step forward and demonstrate the knowledge and skills you have gained through the journey and complete the wholeness of certification. This is also a wonderful opportunity for all CHTPs to hold the light and energy for our colleagues to be able to take those additional steps this year.

Placing the plan in writing seems to give greater substance to the goals planned. It may be helpful to use a monthly review process for each resolution made. This allows you to break up larger resolution plans into smaller achievable steps which can be accomplished in one month's time. Each month, reviewing the steps accomplished towards the greater goal, along with evaluating what worked and what didn't work, makes it possible to reset intentions and define new steps that will assist you to achieve the overall goal by the target date you have set.

We encourage you to set the goal of achieving certification! If you submit your practitioner application by July 15, 2011, there is the opportunity to receive your practitioner certification pin at our HTI Conference in October, 2011. Your colleagues are no doubt holding the light for you and the Certification Board is eagerly awaiting your submission of the certification application. Warmest best wishes for your New Year's resolution.

HTI Certification Board



Call for Additional Certification Board Members

Our number of applications for practitioner and instructor certification continues to expand. There is currently a need for the HTI Board of Directors to appoint additional individuals to serve on the HTI Certification Board. This opportunity is a wonderful way to serve the International Healing Touch community. If you are called to serve as a volunteer in this capacity, please forward a letter indicating your interest in serving along with your resume or CV to the HTI Office, attention Executive Director.

The Certification Board member commits to serve as a volunteer for 3 years, with the option to renew at the end of that time. We would like to develop a list of individuals who would be willing to serve now or later as other vacancies occur.

The criteria for Certification Board members are:

- Registered Nurse (advanced degree / MSN desired)
- Certified Healing Touch Practitioner (CHTI desired)
- Prior review experience and/or background in education
- Understanding of legal and ethical ramifications of practice scope
- Volunteer position
- Fluency in English and another language (spoken and written) is an asset (Spanish, French, etc.)
- HTI Member in good standing
- Computer skills and access with the availability to participate throughout the year

Please submit your application for membership with the Certification Board by **April 15, 2011**. This should allow time for appointments to be made before June 1, 2011. Once your application is submitted, interviews will be scheduled to allow the applicant to learn more about the position, the commitment, and the orientation process. The volunteer journey with the HTI Certification Board is another memorable path that we hope will provide you with additional joy in service.



Congratulations Newly Certified!!

Practitioners

Rebecca Arora - Woodside, CA
Cynthia Backer - San Diego, CA
Nancy Brawner - Edmond, OK
Miriam Ellen Brock - Indianapolis, IN
Connie Counter - Hudson, WI
Robin Deaton - Lebanon, IN
Catherine Dezelan - Indianapolis, IN
Maureen Flachs - O'Fallon, MO
Karyn Fulton - St. Cloud, MN
Margaret Ganey - Cedar Hill, MO
Alexandra Gotea - Sunnyside, NY
Christine Hankerson - Wesley Chapel, FL
Samia Hatem - Union City, CA
Ron Hutton - St. Philips, NL Canada
Natalie Johnson - East Ridgewater, MA
Pamela Johnstone - Mora, MN
Claire Kohout - Hudson, WI
Catherine Kristensen - Clearwater, FL
Elizabeth Lacy - Encinitas, CA
Patricia Limoges - Lakeville, MN
C. Rosemary Marmouget - Ozark, MO
Patricia Martinez - Tucson, AZ

Darla McCann - Hinckley, MN
Flish McCarthy - Salthill, Galway Ireland
Marie Miller - La Mesa, CA
Kathryn Morris - Zionsville, IN
Carol Ogburn - Richmond, VA
Janice Paton - Lutz, FL
Karen Pechek - San Diego, CA
Shelley Poland - Littleton, CO
Michelle Russell - Duluth, MN
Marie Annette Seymour - St. Louis, MO
Mary R. Smith - Greenfield, IN
Kari Sperry - Woodbury, MN
Caroline StroudSaba - Tucson, AZ
Nancy Strybol
- Leidschendam, ZH Netherlands
Cindy Taggart - Jackson, MI
Robin Weiner - Winston-Salem, NC
Sheila Wheeler - St. Paul, MN
Karen Zaabel - Des Moines, IA
Zahra Mojdeh Zahiraleslamzadeh
- Sunnyvale, CA
Mimi Zoll - Tucson, AZ

Educational Insights

An Invitation

by Barb Schommer RN, MS, CHTP/I

“The Invitation’, is a declaration of intent, a map into the longing of the soul, the desire to live passionately, face-to-face with ourselves and skin-to-skin with the world around us.” (Orah Mountain Dreamer, 1999) ¹

HTI Inc. Core Values are now part of the new workbooks for Levels 1 – 5. Students and Instructors will have opportunity to explore these values. Before you is an invitation to unfold into one of the HTI Core Values – that of *Respect of Self and Others*.

Respect

To “*Respect*” is to feel or show honor or esteem for, or to show consideration for....according to Webster. ² It is no accident that *Respect of Self* precedes *Respect of Others*. We are asked to show honor, esteem, and consideration for ourselves, first, before anyone or anything else.

Respect of Self

Respect of Self requires a conscious effort on our part to go deep within and to acknowledge our inner self. It requires us to take a journey of self discovery with all the joys and shadows that brings. It requires us to make a commitment to healing ourselves and living in the present moment. A public health nursing instructor of mine would say at least weekly, “You cannot fill other people’s buckets if your bucket is empty.” How often do we “do the work” on an empty bucket, convincing ourselves that the energy will flow for the highest good? It is true, the energy will flow. How much better can it flow through me if my bucket is full? How much healthier do I feel in my being when my bucket is full? Giving attention to our buckets and keeping them full is the intent of “*Respect of Self*”. Janet Mentgen talked about this at the 1995 Australian Holistic Nursing Conference when she said, “We cannot be a spark in someone else’s life if our spark has gone out” and “In order to heal others, we have to start with ourselves.” ³

Developing a regular practice of self-care is one way of manifesting a *Respect of Self*. We would do well to respect ourselves enough to pay attention to physical, emotional, mental, spiritual, and energetic aspects of our health, healing, and wholeness. Take a moment to review how you practice *Respect of Self* in each aspect of your being. Accept the invitation to make or

renew a commitment to the rhythm and flow that brings balance and *Respect of Self* to YOUR life. Accept the invitation to come “face to face” with yourself.

Respect of Others

The next part of this Core Value, *Respect of Others* is quite familiar to us. We enter this gentle, nurturing energy therapy called Healing Touch in order to help people come into their own wholeness. Anne Day defined respect as seeing each other with sacred eyes and listening to each other with sacred ears, honoring the Divine essence of each person. ⁴ What a loving way to experience *Respect of Others* in our everyday lives through interactions with everyone we come into contact with, whomever they may be. Moving this concept into Healing Touch practice, we have an opportunity to experience *Respect of Others* each time we provide Healing Touch, no matter what the setting. By empowering clients and/or students to unfold into their own healing journey, without taking that journey for them, or attempting to “fix” them, we demonstrate *Respect of Others*. The experience becomes one of a partnership rather than a power over. The HTI Code of Ethics speaks to this partnership, describing practitioner and client as equal partners in the process of healing. I invite you to explore your own interactions, within your practice setting and within your life, to discover and celebrate your *Respect of Others*.

The invitation at the beginning of this column invited us to “live passionately, face-to-face with ourselves and skin-to-skin with the world around us”.

Respect of Self and Others becomes an exciting and energizing way to manifest this passionate living. It becomes a way to carry light and love into the world around us.

Woven through the entire HTI Healing Touch Curriculum are the Core Values of *Integrity, Heart-centeredness, Respect of Self and Others, Service, Community, and Unconditional Love*. These Core Values, were identified through a collaborative process involving Janet Mentgen and the HTI Inc. Board of Directors, and approved in 2003. As an integral part of our work, the Core Values support the practice and teaching of Healing Touch for Practitioners, continued on page 30

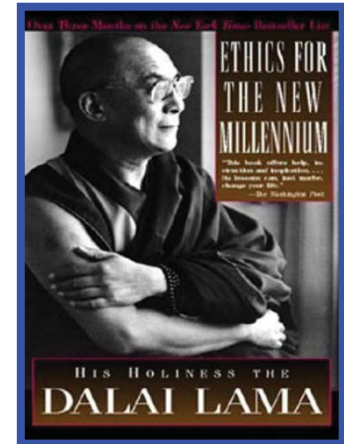


Ethics Corner

"Ethics for the New Millennium" and HTI Core Values

by Mary Brekke RN, PhD, CHTP, AHN-BC, Ethics Committee Chair
Lisa Anselme RN, BLS, HN-BC, CHTP/I, Executive Director

*"May I become at all times, both now and forever
A protector for those without protection
A guide for those who have lost their way
A ship for those with oceans to cross
A sanctuary for those in danger
A lamp for those without light
A place of refuge for those who lack shelter
And a servant to all in need" ~ His Holiness the Dalai Lama*



This prayer is from *Ethics for the new Millennium, One Pathway to Inner Wisdom and Grace* (p. 237), by His Holiness the Dalai Lama. It seems to capture what he sought to express in this wonderful book that discusses some universal ethical principles which would help *all* of us achieve the happiness we desire. Expanding on the Buddhist teaching that all beings should "be happy and avoid suffering", this book on the HTI curriculum recommended reading list provides guidance for students as they align their individual ethical beliefs and practices with the following HTI Core Values.

Heart Centeredness HH Dalai Lama discusses many qualities associated with heart centeredness, including compassion, love, patience, tolerance, forgiveness, and humility. It is a conscious decision to reduce "afflictive thoughts," and, instead, intentionally focus on positive thoughts and events.

Respect of Self and Others In our modern society, we now depend more upon machines and services and less upon other human beings for our well being. Our tendency is to believe that "others are not important to my happiness and their happiness is not important to me" (p. 8). This becomes a suffering created by human thinking that only inner discipline and ethical restraint can overcome.

We promote ethical behavior by basing our actions (deeds, thoughts, words, and desires, as well as failure to act) upon our good intent, the nature of the act, and its impact upon other's experience. As we act consciously and consider all of these variables, we perfect our motivation. Our motivation is crucial; *if our motivation is to harm or mislead, the act is one of violence regardless of the outcome.*

Community In the Tibetan Middle Way school of Buddhism, our perspective changes from observing individuals operating independently to viewing the world as a continually changing "energetic soup" (our

words) of things, people and events. It follows, then, that the suffering of one person is shared by all others and all people have a stake in issues that affect their well being. Respecting others and ourselves and doing no harm, in turn supports our individual well-being.

This world view "is a call for a radical reorientation away from our habitual preoccupation with self. It is a call to turn toward the wider community of beings with whom we are connected, and for conduct which recognizes others' interests alongside our own (p. 23)." It is a reminder to recognize that "we are all one" and that our interrelationship with others and cultivation of local and global community is paramount.

Service He discusses that suffering can awaken our empathy, compassion, love and connection with others. He notes that empathy is crucial to ethics as an ethical act does no harm. Suffering and empathy awaken our desire to serve others, and service and altruism are essential ingredients that lead to genuine happiness.

Unconditional Love The Dalai Lama describes empathy as the source of compassion. It is something very different from pity. It connotes love, affection, kindness, gentleness, generosity of spirit, and warm-heartedness. In the Tibetan language, the word empathy means "the ability to bear the sight of another's suffering". In some of the Tibetan spiritual practice, it is a place in which the heart cracks open and unconditional love is revealed.

Integrity This HTI Core Value includes honesty and truth, trust and courage. The Dalai Lama speaks of the ethic of restraint. It involves gaining insight into our own negativity (a lifelong task that takes courage and honesty), in order to recognize afflictive/negative emotions. We then are encouraged to develop a strong habit of restraint in response

continued on page 30

Words of Wisdom

Earth Essence and Rose Pere

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



Janet Mentgen was very fond of Hawaii. It was, to the best of my knowledge, her most favorite place to travel to and teach upper level classes. She didn't share this opportunity with other instructors and was thankful to Anne Day for having created the community there. Her interest in the islands came from, in part, her strong connection to the earth and recognition of its innate beauty and mysticism. The land of Hawaii is actively being created from the earth's molten core and rainbows adorn the skies!

Janet introduced me to Hawaii in 1998. I too fell in love with the land and the sea there. It was also the HTI conference in 2000 and the post conference cruise that opened me to the many healing properties of the sacred places on the islands of Hawaii.

Not only in Hawaii but across the North American continent, it was one of my tasks as her "white shadow" to accompany her during lunch breaks during classes. Janet was always ready...her tennis shoes/sneakers never left her feet! She would eat lunch and gently slip away to nature's paths. We walked around lakes and ponds, stood at the edge of the sea on the Atlantic and Pacific oceans, and crunched through the woods. The earth was an important part of teaching for its lessons and the nourishment it brings the soul.

Besides walking on the earth, Janet was keenly aware of the power of the earth to heal. She insisted that eight hours of horizontal rest was necessary each night. The importance of this activity was made evident, in part, by her journal writings in 1990 when she wrote about specific information on the earth elements that she was given. She was told that: "Lying down allows the magnetic resonance of the earth energies to penetrate your body easier. There is a greater surface for the elements to enter when you are lying instead of sitting or standing. Also, when the body is horizontal, there is greater flow to all the organs inside that need to receive the internal flow of the magnetic energies and life-force. When you are continually upright and racing around, it makes the functioning of the internal organs more sluggish and there is a tendency to congest. Until your body is completely cleared of all toxins, this will be necessary. Lie horizontally frequently throughout the day, and for an extended period at night."

Janet was not only taught about the earth's essence but was also a teacher about its importance. One of the stories that Janet told me during an interview was

about one of our HTI conference speakers for 2011. What follows is Janet's story about Rose Pere, one of 2011 conference keynote speakers. This event occurred during their first meeting in Australia. Janet said, *"She and her husband warmly greeted the group touring with Mary Jo Bulbrook and invited us to stay in their rather small guest area, which is a community room with foam mats on the floor. Tea was prepared for us and I thought that was our evening meal, so afterwards I excused myself and went to the sleeping area to rest. I was not feeling well as I was coming down with a cold and I made up my sleeping space with a blanket and laid down for awhile. Rose and Mary Jo came into the room as Mary Jo was going to do some healing work for Rose. After they were done, Rose came over to me and put her hands on me, saying that I was needing some help with my cold. I was beginning to develop laryngitis and her hands felt warm and comforting. Later Mary Jo told me that it was rare for Rose to actually use her hands for healing."*

We were called to come to dinner. I was surprised, thinking I had already had the evening meal, but dragged myself out of bed to be polite. I was seated next to Rose for a feast, which was traditional and delicious. Afterwards, we were still seated at the table and Rose and I began a conversation. It started with her showing me the drawing of the placement of the gems and crystals that her grandchildren had buried on their property, which is called a Morai. As I was looking at the map drawing, I said, 'You have created a beacon of light that beams out into the universe.' Rose looked at me startled and asked for an interpretation of what I was talking about. I was surprised she didn't know as it was so clear to me, so I gave her a reading. I do not remember all of the details now, but then it was perfectly clear. I could see that the gems and crystals had been placed to produce a code that could be read by forces beyond the earth and were sending a message."

continued on page 30

Words of Wisdom continued...

I do not know how I was able to do this. I heard the words that were giving me the information. Rose shared with me the method of passing ancient wisdom from one to another over many years and generations. This knowledge can skip many generations and be brought to one who is receptive. This type of teaching and training comes through other means as in night instruction or meditation instruction. In my case, and in the case with Rose, we both recognized the form of instruction as being through words during the night or when in a special receptive state.

Rose spoke about the Maori language as being 75% spiritual words. She is part of ancient Polynesia and is following the wisdom training that is coming to her. I could identify with that concept as that is what I think is happening to me. Rose, then recognizing my physical condition which was worsening, said I needed to go to bed. Somehow she had understood what I was telling her and knew her mission. We left early in the morning before dawn.

I am curious about being 'gifted' with the ancient wisdom and how to carry it forward. I am not sure I would have even been open to that concept except that it was brought to my attention through the work. I think I somehow was open, curious, receptive, listened obediently. It also did not frighten me as I was having stranger and stranger experiences through the depth of the meditation training I was having. For me, having events that seemed supernatural, was more common than not my whole life. Maybe there had been much preparation of which I was not aware. At this time in my life there was simply phenomena happening, more like breakthrough events with bits and pieces here and there. There was no attempt on my part to acquire this. It was simply happening."

We are being given an opportunity to learn from an ancient wisdom holder that Janet honored and respected. The message for us is that our journey on this earth offers an opportunity to create healing with each breath we take, each smile we share, and each note of harmony that we carry within ourselves. Enjoy your journey and rejoice in the opportunity to create light!

Excerpts taken from:

Wardell, D. (2005). *Path of the Healer: Janet Mentgen's Early Days*. Unpublished Manuscript.

Education Insights continued...

Instructors, and Students at any level in their journey. Core Values may be found on the HTI website (www.healingtouchinternational.org) in the HTI Instructor Guidelines, and in the new Student Workbooks for each class Level. They are each individual words that have deeper meanings when applied to our lives as well as the work of Healing Touch.

1. Mountain Dreamer, O. *The Invitation*, HarperSanFrancisco, 1999, p. 5.
2. *Webster's New World Dictionary*, Simon & Schuster, 1989.
3. Australian Holistic Nursing Conference, Keynote address, Janet Mentgen, *The Australian Journal of Holistic Nursing*, Vol. 3, No. 1, 1996. p. 25–28.
4. Day, A. Aloha, *HTI Newsletter*, Vol. 4, Healing Touch International, Inc., Lakewood, CO, 2004, p. 6, 8.
5. *HTI Inc, Code of Ethics/Standards of Practice for Healing Touch Practitioners*, Approved 12/2006, HTI Inc. Board of Directors, Healing Touch International, Lakewood, CO.

Other resources accessed for this writing:

Hagberg, J. *Real Power*, Sheffield Publishing Co., Salem, WI, 1994
Palmer, P. *Leading From Within, Reflections on Spirituality and Leadership*, Indiana Office for Campus Ministries, 1990
Etheridge, C. *Right Rhythmic Living*, Claire Etheridge, 2000.

Ethics Corner continued...

to those emotions. This does not mean we deny the emotions, but rather that we use restraint in how they are used. Ethical restraint takes other's well-being into account; failure to do so causes our actions to become unethical and blocks our happiness. Restraint and right motivation enables others to trust our actions. Exploring these actions and qualities within ourselves enables us to express these virtuous qualities to others and be in integrity.

In conclusion, this book offers a depth and expansion to our HTI core values and invites us to self reflect, consider fully our intention and motivation, become conscious in our actions and deepen our relationship to compassion and service.

Reference

Dalai Lama, *Ethics for the New Millennium*. New York: Riverhead Press, 1999.

Energy Research

"We Have a Research Committee!"

by Mary Megel RN, PhD, MEd, CHTP

In this issue, I'm delighted to introduce three newly appointed members of the Research Committee: Joel Anderson, Der-Fa Lu, and Nancy Strybol. It's wonderful to be working with these well-qualified, enthusiastic individuals!



Those of you who attended the Research Workshop at the last Healing Touch International Convention (in St. Louis) have already met Joel G. Anderson, PhD, HTI-PA. Joel currently lives in Charlottesville, VA, where he is a postdoctoral research fellow at the Center for the Study of Complementary and Alternative

Therapies (University of Virginia School of Nursing). Joel holds his PhD in nutrition. While he is a professional researcher in his field, he has also conducted research in symptom management in cancer and other chronic diseases. Related to Healing Touch, Joel has some manuscripts either in press or in review that are of great interest: one is on biofield therapies and cancer pain, and another is a review of literature on effects of Healing Touch in clinical practice to be published in the *Journal of Holistic Nursing*, and a third is a review of biofield therapies in cardiovascular disease management. As these manuscripts become published articles, we'll share Joel's work with our readers through this column. Joel can be reached at 434-243-9936 or jga3s@virginia.edu.



Der-Fa Lu, PhD, RN, CHTP, is an Assistant Professor at the College of Nursing, University of Iowa. After completing her BS in Nursing in Taipei, Taiwan, Der-Fa worked as a staff nurse in both Taiwan and Iowa City, IA. She taught medical-surgical nursing at Tzu-Chi University before returning to the University of Iowa to complete a Post-

Doctoral Fellowship. Her research and publications involve informatics and the use of technology in teaching patients and nursing students. She has also studied the effect of Healing Touch on new RN's anxiety levels and is currently working with a team of Healing Touch

researchers to examine Healing Touch and care for older clients. Der-Fa was recently funded to conduct a pilot study of the effectiveness of Healing Touch in reducing osteoarthritis-related pain. Der-Fa can be found at 319-335-7104 or email at der-fa-lu@uiowa.edu.

The third member of the Research Committee is from The Netherlands. Nancy Strybol, RN, BSN, MSSc, CHTP, lives in Leischendam. After completing bachelor's and master's degrees in nursing, Nancy was awarded a



master's degree in political, social, and cultural sciences, and minored in women's studies and health policy. She has worked as a staff nurse in Belgium and The Netherlands, and taught in an advanced practice nursing master's program. Nancy has brought collaborative research into the workplace, and has publications and international presentations

on the use of critical reflection in practice and development of nursing knowledge. Nancy's experience involves supervision of master's students' research. She is located at telephone +31703856446 or email at htenn@hetnet.nl.

This newly-formed committee will be reviewing the bylaws of the Committee and organizing our activities for the 2011 year. For now, please send your research ideas and questions to Mary Megel at mmegel@unmc.edu, and if you wish to have a committee member serve as consultant or mentor to your research, one of us will be glad to assist.

As always, keep in touch with your research in progress! We want to support your work, and be sure to capture your progress and completed research for the Research Survey. We'd also love to assist you in the publication process, feature your work in Perspectives in Healing, and have you consider presenting your research at HTI Annual Conference.



HTI Networking Column

Healing Touch Networking Column

Healing Touch International is pleased to offer the following column as a means to facilitate networking within your local communities. Healing Touch International, Inc. makes no claims as to the accuracy or content of the various networking groups. It is our expectation that all groups conduct themselves in accordance with the HTI Code of Ethics & Standards of Practice and maintain respect and confidentiality of all networking information.

Community Meetings/Gatherings

The purpose of community meetings is to: build community; educate by relaying information from the international organization outward; promote membership in Healing Touch International, Inc.; encourage attendance at the international annual conference, thus affording global networking for students, practitioners and instructors. We suggest that these meetings can best serve these goals by being held within a single day format, serving as distant points of light that shine outward from the center.

North Central Healing Touch Community Gathering

March 18 - 19, 2011

Crown Plaza & Conference Center, Plymouth, MN
Keynote Speaker: Evan Hodkins
For more information please visit:
www.NCHTCommunity.org

Healing Touch California 5th Annual Regional Symposium

April 10, 2011
Pre-Symposium - April 9, 2011
San Jose Airport Garden Hotel, San Jose, CA
Theme: *Expanding the Light of Resonant Healing*
For more information please visit:
info@healingtouchcalifornia.com

Affiliate Organization: National & International Conferences

Healing Touch Association of Canada National Conference 2011 & Canadian Instructors Meeting

April 29 - May 1, 2011
Westmark Whitehorse Hotel and Conference Centre,
Whitehorse, Yukon Territory
Theme: *Heart of the North - Reaching Beyond
Ourselves*
For more information please visit:
<http://heartofthenorth.ca>

American Holistic Nurses Association's 31st Annual Conference

June 2-5, 2011
Louisville Downtown Marriott, Louisville, KY
Theme: *Holistic Nursing: Tending to the Sacred Flow
of Life*
For more information please visit:
<http://www.ahna.org>

21st Annual ISSSEEM Conference

June 24-27, 2011
Westin Resort, Westminster, CO
Theme: *Light, Vision & Consciousness*
For more information please visit:
www.issseem-conference.org

Institute of Noetic Sciences 14th Annual Conference

July 20-24, 2011
Westin Market Street, San Francisco, CA
Theme: *Tools and Technologies for a World
Transforming*
For more information please visit: <http://noetic.org>

Healing Touch International 15th Annual Energy Healing Conference & Instructor Meeting

October 19-23, 2011
Hilton Waikoloa Village, Waikoloa, Big Island, HI
Theme: *Exploring the Elements, Creating Wholeness
on Earth*
For more information please visit:
www.HealingTouchInternational.org

Australian Foundation for Healing Touch Healing Touch Regional Gathering

October 28-30, 2011
Uniting Conference Centre at Bonny Hills, New South
Wales
Theme: *Head in Heaven and Feet on Earth*
For more information please visit:
www.healingtouch.org.au

HTI Professional Development Classes

Advanced Practice Offerings

HTI Professional Development Series classes offer advanced professional development of the healer that can be used for continuing education in nursing and massage and also can be applied to Healing Touch International Certification and Renewal. These classes are open to any individuals interested in an in-depth understanding of healing-related work. Some pre-requisites apply. Attend these Professional Development Classes or Schedule One in Your Area. Further information, flyers and future class listings are located on the HTI Website.

Heart Centered Living

Living through the heart center has many advantages. It keeps one focused in present time and keeps one's relationships balanced and whole. It helps one handle stressful situations without blame or projection and allows individuals to value self-care. Research has proven that heart centered living is a healthier way to live.

Contact: Myra Tovey at davidmyra7@msn.com

Check HTI website for future classes

www.HealingTouchInternational.org

Beyond Surgery Program-Bridging the Gap

A powerful blend of integrative therapies to support primary medical care that are useful before and after surgeries, medical procedures, chemotherapy or radiation, and to assist in relieving anxiety or discomfort, coaching the body's innate healing response.

Pre-requisite - Completion of Healing Touch Level 2 (or completion of Healing Touch Level 1 with permission of instructor)

Contact: Judy Ray at JudyLynneRay@yahoo.com

Check HTI website for future classes

www.HealingTouchInternational.org

Energy Wisdom and Practice

Increase your repertoire of healing tools with a variety of different healing approaches that will aid in balancing the body, decrease symptoms from muscle-skeletal disorders and provide the client an opportunity for deep healing. Explore sacred geometry and the foundations of energy medicine.

Pre-requisite - The Energy Wisdom and Practice course is open to all experienced energy workers who desire to learn new healing techniques and to deepen their healing work.

Contact: Liz Fraser at

Fraser.Elizabeth@scrippshealth.com

Check HTI website for future classes

www.HealingTouchInternational.org

Healing Disruptive Energy Patterns

Chronic pain often involves an injury that creates a pattern of "memory" that is retained within the body. Learn how to work with these energy patterns through

an extensive review of the body system as a whole. Assist in re-creating a healing pattern to release the cellular memory, and re-pattern the energy for a higher level of functioning.

Pre-requisite - This course is open to all experienced energy workers who desire to learn how to work with releasing disruptive energy patterns causing chronic pain.

Contact: Liz Fraser at

Fraser.Elizabeth@scrippshealth.com

Check HTI website for future classes

www.HealingTouchInternational.org

Journaling the Spiritual Journey

Journal writing is widely acknowledged by leaders in the holistic health movement to be an integral part of the journey toward health and wellness. In this innovative two-day workshop, you will learn proven techniques and processes to chronicle the spiritual journey. Whether you are facilitating others in the healing process, or taking charge of your own healing, you'll find these methodologies easy, enjoyable – and most of all effective! Whether or not you have had any experience with the journal, you will learn new ways to access your inner healer through the writing process. Dress comfortably and bring a notebook or journal!

Pre-requisite - This course is open to all experienced energy workers who desire to learn new methodologies of journaling to promote optimal health and wellness.

Contact: Anne Day at AnneDay7@gmail.com

Check HTI website for future classes

www.HealingTouchInternational.org

Holistic Stress Management Instructor Training

The goal is to train professionals to teach, direct or facilitate the finest quality presentations/workshops at their worksite. Topics include humor therapy, art therapy, music therapy, meditation, visualization, stress and spirituality, stress and disease, energy medicine and many more.

Contact: Brian Luke Seaward at

brianlukes@cs.com

Check HTI website for future classes

www.HealingTouchInternational.org

Spirit of Ireland

We will visit and hold healing ceremonies at the Dromberg stone circle (County Cork) to the Poulabrone Dolmen in the burren region of County Clare and a great many sacred sites in between. We will also enjoy the beauty of Irish culture and the spirit of Celtic traditions found in the music.

Contact: Brian Luke Seaward at

brianlukes@cs.com

Healing Touch Class Schedule 2011

These classes are recognized by the HTI Healing Touch Certificate Program;
endorsed by the American Holistic Nurses Association, NCBTMB and California Board of Nursing.

This listing is updated regularly; check often for classes near you!

Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 4-5	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Mar 4-5	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Mar 5-6	Lake Park, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com
Mar 5-6	Cresco, IA	Laura Hart	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Mar 11-12	Edina, MN	Carol Schoenecker	Jodi Wieczorek	952-924-8377	N/A
Mar 11-12	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Mar 12-13	Evansville, IN	Vicki Slater	Peggy Gaul	800-467-8600	pgraul@usi.edu
Mar 12-13	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Mar 12-13	St Joseph, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Mar 12-13	Albuquerque, NM	Lisbeth Carlisle	Lisbeth Carlisle	505-459-7358	lisbethcarlisle@aol.com
Mar 18-19	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Mar 18-20	Ft. Lauderdale, FL	Trish Huster	Marcia Gill	954-973-1928	marciag@bellsouth.net
Mar 18-20	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	stephanie.j.clark@bannerhealth.com
Mar 19-20	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Mar 25-26	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Mar 25-26	Somers Point, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Mar 26-27	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	jvbaines@cox.net
Mar 26-27	San Diego, CA	Mary Jane Aswegan	Donna Cahill	619-686-3774	cahill.donna@scrippshealth.org
Apr 2-3	St Louis, MO	Mary O'Neill	Mary O'Neill	314-602-2701	oneillmary@yahoo.com
Apr 4-5	Tucson, AZ	Sue Kagel	Julie Poulson	928-640-1114	Julie.Poulson@bannerhealth.com
Apr 9-10	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Apr 9-10	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Apr 16-17	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.com
Apr 16-17	Somerville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Apr 29-May 1	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Apr 30-May 1	Minneapolis, MN	Barb Schommer	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Apr 30-May 1	Alexandria, VA	Lucrezia Mangione	Patty Andes	571-276-0311	rn4ldr@yahoo.com
Apr 30-May 1	Boston, MA	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Apr 30-May 1	Oklahoma City, OK	R Benham / C J-Smith	Raine Benham	405-706-7716	innerchi@cox.net
May 7-8	Cary, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
May 14-15	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
May 14-15	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
May 14-15	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
May 14-15	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
May 20-21	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
May 21-22	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 20-22	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	stephanie.j.clark@bannerhealth.com
May 21-22	Chapel Hill, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Jun 11-12	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Jun 11-12	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Jun 11-12	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.com
Jun 25-26	Virginia Beach, VA	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jun 25-26	Raleigh, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
Jul 9-10	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Jul 23-24	Lake Park, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com
Jul 29-30	Maplewood, MN	Barb Schommer	MaryBeth Miller	651-230-3854	mbm63@mac.com
Jul 30-31	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org

Healing Touch Class Schedule 2011

These classes are recognized by the HTI Healing Touch Certificate Program;
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Level 1 cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Aug 5-6	Minneapolis, MN	Barb Schommer	Kathy Kerber	612-863-7937	Kathryn.Kerber@allina.com
Aug 6-7	Oklahoma City, OK	R Benham / C H-Smith	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Aug 6-7	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Aug 13-14	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Aug 13-14	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Aug 26-27	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Aug 27-28	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.com
Sep 10-11	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Sep 17-18	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Sep 17-18	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Sep 23-24	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Sep 24-25	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Sep 24-25	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Oct 1-2	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.com
Oct 7-8	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Oct 7-8	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	Kathryn.Kerber@allina.com
Oct 29-30	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Oct 14-16	St. Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 15-16	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Nov 4-5	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Nov 5-6	Harrisonburg, VA	Deborah Larrimore	Gina Bondurant	540-433-3421	calendula@ntelos.net
Nov 5-6	Lake Park, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com
Nov 12-13	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Nov 12-13	Cary, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
Nov 12-13	Oklahoma City, OK	TBA	Raine Benham	405-706-7716	innerchi@cox.net
Dec 10-11	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com

Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 5-6	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Mar 5-6	Ann Arbor, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Mar 12-13	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Mar 12-13	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Mar 12-13	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Mar 12-13	Evansville, IN	Bonnie Johnson	Peggy Graul	800-467-8600	pgraul@usi.edu
Mar 15-16	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Mar 18,19, 25	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Mar 18-20	Ft. Lauderdale, FL	Nancy Wingerter	Marcia Gill	954-973-1928	marciag@bellsouth.net
Mar 19-20	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Feb 19-20	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Mar 19-20	Houston, TX	Diane Wardell	Margaret Harle	713-419-8207	margaretharle@yahoo.com
Mar 19-20	Oklahoma City, OK	R Benham/C J-Smith	Raine Benham	405-706-7716	innerchi@cox.net
Mar 25-26	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Feb 25-27	St. Petersburg, FL	Nancy Wingerter	Nancy Wingerter	941-360-0517	nwingerter@aol.com
Apr 1-2	Minneapolis, MN	Barb Schommer	Kathy Kerber	612-863-7937	kathrynkerber@allina.com
Apr 2-3	Grass Lake, MI	Barb McConnell	Barb McConnell	517-943-4133	mconb51@bigplanet.com
Apr 9-10	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Apr 9-10	Lake Park, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com
Apr 9-10	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Apr 16-17	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	Tothealt@aol.com

Healing Touch Class Schedule 2011

These classes are recognized by the HTI Healing Touch Certificate Program;
endorsed by the American Holistic Nurses Association, NCBTMB and California Board of Nursing.

Level 2 cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 29-May 1	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Apr 30-May 1	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
May 17-18	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
May 28-29	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Jun 11-12	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jun 18-19	Oxford, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Jun 18-29	Ann Arbor, MI	Barb McConnell	Barb McConnell	517-943-4133	mconb51@bigplanet.com
Jun 24-25	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Jun 25-26	Encinitas, CA	MaryJane Aswegan	MaryJane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Jul 9-10	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jul 16-17	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Jul 16-17	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Aug 6-7	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Aug 12-13	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Aug 13-14	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Aug 20-21	Virginia Beach, VA	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Aug 27-28	Cary, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
Sep 17-18	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-247-3710	ADivineLindsay@aol.com
Sep 23-24	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Sep 27-28	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Oct 1-2	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Oct 8-9	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Oct 14-16	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 15-16	Minneapolis, MN	Barb Schommer	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Nov 4-5	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Nov 5-6	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Nov 5-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Nov 11-12	Oklahoma City, OK	TBA	Carol H-Smith	405-627-3606	heartsmith@sbcglobal.net
Nov 19-20	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Nov 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Dec 3-4	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Dec 10-11	Lake Park, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com

Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 5-6	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Mar 24-26	Coon Rapids, MN	Jackie Mielke	Natasha Baer	763-433-1707	natasha.baer@anokaramsey.edu
Mar 26-27	Farmington Hills, MI	TBD	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Mar 26-27	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Mar 29-30	St Cloud, MN	Carol Schoenecker	Carol Schoenecker	612-672-7272	cschoen2@fairview.org
Apr 7-9	Red wing, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Apr 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Apr 15-17	LaCrosse, WI	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Apr 15-17	Mason City, IA	Jan Halbach	Dorothy Lawse	402-250-2270	dedlheal@netins.net
Apr 15,16,29	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions@rrcc.edu
Apr 30-May 1	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
May 6-8	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
May 14-15	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	Tothealt@aol.com
Jun 3-4	Ketchum, ID	Anne Day	MaryKay Foley	208-727-8417	foley@slhs.org
Jun 4-5	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com

Healing Touch Class Schedule 2011

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Level 3 cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jun 12-13	Oklahoma City, OK	TBA	Carol H-Smith	405-627-3606	heartsmith@sbcglobal.net
Jun 14-15	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Jun 25-26	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Jul 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jul 16-17	Harrisonburg, VA	Deborah Larrimore	Gina Bondurant	540-433-3421	calendula@ntelos.net
Jul 29-30	Maplewood, MN	Barb Schommer	Mary Beth Miller	651-230-3854	mbm63@mac.com
Jul 30-31	Asheville, NC	Deborah Larrimore	Judy Lynne Ray	828-553-8146	judylynneray4@yahoo.com
Aug 27-28	San Diego, CA	Anne Day	Lisa Thompson	858-481-3768	lthompson@rchsd.org
Sep 9-10	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Sep 10-11	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Sep 16-17	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Sep 23-25	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackiemielke@qwestoffice.net
Oct 15-16	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Nov 3-6	Kansas City, MO	Sue Kagel	Jody Hueschen	816-237-1217	jhueschen@aol.com
Nov 12-13	Cary, NC	Deborah Larrimore	Jane Templeton	919-604-2327	jane.templeton@gmail.com
Dec 3-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net

Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 3-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Mar 4-6	San Diego, CA	Anne Day	Cathyrose Johnson		cathy13roseHT@gmail.com
Mar 17-20	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Mar 24-27	Omaha, NE	Sue Kagel	Iva Mueller	402-392-0664	bobniva@aol.com
Mar31 - Apr 3	Daytona Beach, FL	Nancy Wingerter	Nancy Wingerter	941-360-0517	nwingerter@aol.com
Apr 14-17	Stillwater, MN	Anne Day	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Apr 14-17	GrassLake, MI	Deborah Larrimore	Barb McConnell	517-522-4790	mccomb51@bigplanet.com
Apr 28-May 1	Kansas City, MO	Mary O'Neill	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 12-15	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
July 21-24	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Aug 4-7	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Aug 11-14	Greensboro, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@aol.com
Sep 29-Oct 2	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Oct 14-17	Hawi, HI	Anne Day	Edith Kawai	808-885-0788	edithkawai@hawaii.rr.com

Healing Touch Class Schedule 2011

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Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 4-6	San Diego, CA	Rauni King	Cathyrose Johnson		cathy13roseHT@gmail.com
Mar31 - Apr03	Daytona Beach, FL	Judy Turner	Nancy Wingerter	941-360-0517	nwingerter@aol.com
Apr 14-17	Stillwater, MN	Judy Turner	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Apr 14-17	Grass Lake, MI	Diane Wardell	Barb McConnell	517-914-4133	mconb51@bigplanet.com
Apr 14-17	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Apr 28-May 1	Kansas City, MO	Mary Frost	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 13-15	San Francisco, CA	Mary Szczepanski	Nina Weil	650-255-2761	nina@ninaweil.com
May 19-22	Hawi, HI	Anne Day	Edith Kawai	808-885-0788	edithkawai@hawaii.rr.com
Jun 16-19	Lakewood, CO	Lisa Anselme	Lisa Anselme	303-989-7982	htihosp@aol.com
Jun 16-19	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 4-7	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Aug 21-23	Hamptonville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@aol.com

Level 1 Instructor Training

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jul 22-25	Lakewood, CO	D Wardell/D Larrimore	Carrie Niewenhous	303-989-7982	education @ healingtouchinternational.org

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International Classes

Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 12-13	Prince George, Canada	Marilyn Blair	Marilyn Blair	250-564-5015	Marilyn_Blair@telus.net
Mar 18-20	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Mar 19-20	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-544-3141	brad3@nb.sympatico.ca
Apr 2-3	Vancouver, BC Canada	Ginny Mulhall	Karen Stewart	778-292-1845	Kasinbc@yahoo.ca
Apr 16-17	Comox, BC Canada	Bev Worbets	Bev Worbets	250-339-7452	bevworkbets@shaw.com
May 28-29	Toronto, ON Canada	Alexandra Jonsson	John Hamilton	416-699-4856	Henrik42@Bell.net
Jun 17-19	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Sep 16-18	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Sep 17-18	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-455-3141	brad3@nb.sympatico.ca
Sep 24-25	Dieppe, BC - FRENCH	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Oct 1-2	Dieppe, BC Canada	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Oct 15-16	Vancouver, BC Canada	Ginny Mulhall	Karen Stewart	778-292-1845	Kasinbc@yahoo.ca

Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 15-Apr 12	Weesp, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Apr 1-3	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Apr 2-3	Dieppe, BC - FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Apr 2-3	Peterborough, ON Canada	Alexandra Johnson	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
Apr 16-17	Dieppe, NB Canada	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Apr 9-10	Prince George, Canada	Marilyn Blair	Pat Dool	250-562-0990	pdool@telus.net
May 28-29	Vancouver, BC Canada	Ginny Mulhall	Karen Stewart	778-292-1845	Kasinbc@yahoo.ca
May 14-15	Comox, BC Canada	Bev Worbets	Bev Worbets	250-339-7452	bevworkbets@shaw.com
Jun 18-19	Toronto, ON Canada	Alexandra Jonsson	John Hamilton	416-699-4856	Henrik42@Bell.net
Sep 30-Oct 2	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Oct 15-16	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-544-3141	brad3@nb.sympatico.ca
Nvo 5-6	Dieppe, BC - FRENCH	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Nov 11-12	Dieppe, BC Canada	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com

Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 13-14	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-544-3141	brad3@nb.sympatico.ca
May 20-22	Haarlem, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
May 27-29	Dieppe, BC - FRENCH	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Jun 10-12	Dieppe, BC Canada	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Jun 11-12	Vancouver, BC Canada	C Awai / B Worbets	Karen Stewart	778-292-1845	kasinbc@yahoo.com
Nov 11-13	Haarlem, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl

Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 8-10	Jackson, MS	Mary Frost	Suzie Foote	601-366-6275	Sfoote@StDom.com
May 27-29	VenwoudeLageVuursche	Judy Turner	Natascha van den Ban		cursus@healingtouch.nl

Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 18-20	Cape Town, South Africa	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
May 13-15	San Francisco, CA	Mary Szczepanski	Nina Weil	650-255-2761	nina@ninaweil.com
May 23-25	VenwoudeLageVuursche	Judy Turner	Natascha van den Ban		cursus@healingtouch.nl

Healing Touch International, Inc.
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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 International 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