



HTI's

# Perspectives in Healing

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

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

## Cleansing, Flow and the Water Element



In the world there is nothing more submissive and weak than water. Yet for attacking that which is hard and strong nothing can surpass it." ~Lao Tzu

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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](http://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

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Cover Photo "The Coast", Hawai'i Tourism Authority / Kirk Lee Aeder



## Letter from the Editor

### *Water: Cracking the Heart Open*

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

This issue of PIH invites us to reflect upon the element of water in our own lives.

#### **Showers and Birth**

One of my early teachers encouraged me to shower after a long day of work in the hospital, letting the negative ions of the water refresh, clear and restore me. It is one of the best pieces of advice that I've ever received. I often exit the shower with fresh ideas and concepts; I think the water is linked to the great flow of water around the planet and carries ideas and concepts to us very easily. Water is life giving, life cleansing and life affirming. It is a powerful agent for transformative change. Consider that when in utero, we are bathed in the water of amniotic fluid and then birthed into this world upon their breaking and flow.

#### **Tears as Flow of Water**

As infants and toddlers, water flows easily from our eyes as we cry when injured, or frustrated. As children grow, we often find one child crying in empathy with a playmate who is suffering, or upon hearing a sad or tender story. Over time, our cultures may promote that we toughen up and not be a "cry baby", and humans as a rule, begin to restrict feelings, emotions and sensitivities, in order to fit in and succeed in the world. Our second chakra relates to water and balance in power and relationships. When we block this flow, personal and global decisions are made without regard to adverse consequences or impact upon other people, creatures or the planet itself. (Unlike other creatures on this Earth, only humans harden our hearts until we are unfeeling.) And then something happens that so profoundly impacts us: a loved one dies, a baby is born, we hear an exquisite piece of music or witness an event of such epic proportions, and our tough hearts crack wide open, revealing this soft, tender center and balance is restored throughout our being.

#### **Resonance with the Planet**

Last issue I spoke of the Schumann resonance and our coherence with the planet as we engage in our work of healing and presence. We exist upon this Earth at this time, and we are finally remembering that we are impacting it as powerfully as it impacts us. Like the Earth, we have this tender, fluid, juicy heart that can fire with great passion, love and compassion, when we allow it to be so.

Recently, I asked the water to "talk story" with me during shower time. And this is what I "heard" within my conversation with the water...The Earth has been deeply touched by the suffering imparted and experienced by humans. It has cracked open its heart, (quakes and aftershocks) and its waters and tears have been overflowing through sea, severe weather, and floods. We have been deeply touched by these events. Earth has modeled for us, on a global scale, what we must do within our own personal selves for our global survival - the act of cracking open our hearts.

When we actively engage in our Healing Touch work, we strive to live in this tender open heart. When we allow ourselves to feel then, and be deeply touched; when we allow our own tender hearts to be cracked open, the waters of our being overflow with tenderness and deep compassion. We open flow and come into harmony within ourselves, other creatures, and the Earth itself. We begin to broaden our tolerance and world view (think globally) and take action (act locally – especially within ourselves) to do our own clearing. As we do this, we can then truly help others who wish to do the same. Together, we can reduce the cause of this suffering and assist in its healing. Together, with the force of water, and our tender hearts, we can assist in creating the wholeness.

*You are water and the wisdom of water you know.  
So just allow yourself to flow,  
And then the wonder grows...  
Your soul will reach beyond the seas,  
With harmony on prayers of peace...  
Never stopping, never halting, bravely water flows...  
Brightly and boldly into the cosmos, for water knows.*

*~ Masaru Emoto, The Secret Life of Water*



"Water Droplet" by Caitlin Anselme Miller





## Motivations from the Past President

### *Renewed Inspiration*

by Sue Kagel RN, BSN, HNB-BC, CHTP/I

*Editor's Note: Mary O'Neill, HTI President, is currently traveling in Peru and Chile. Sue Kagel, has graciously provided us with this guest article in her absence.*

I'm inspired, and my mission is to inspire all of you so that we can create a critical mass and move our vibration to an even higher, joyful and loving way of being in our healing work, collecting and connecting all of us in the process.

On my return from Alaska and the Yukon, I am struck by the sense of inner peace and joy that I am experiencing. Inner bursts of laughter, smiling for no apparent reason and feeling an incredible peace have become the norm. During my journey, I was in pristine nature that just awakens that sense of inner joy and mystery, and overflowing peace, whether witnessing it or hiking in it. Journeys, for me, are a time of reflection, re-evaluation, letting go, revisiting patterns in the past and examining/choosing what to bring forward on return.

One of the self care options I have done in the past was playing the Wisdom Quest game through Journey to Wild Divine ([www.WildDivine.com](http://www.WildDivine.com)). The computer game operates through the use of finger clips and the raising and lowering of one's energy and heart rate through breath. The body's changes are registered through something akin to a biofeedback machine that also uses heart rate variability to operate the game. I have used it over time in training for stressful periods so that I could remain totally focused, calm, and in control of my energy field.

I chose to play the game again last night and, as with everything that I have had to set aside for a while, I needed to refresh my memory as to where I had left off. On returning to various sites in the game, I found new doors opening, pathways I had missed, new information coming through, and repeat information. Like life....

*In all things be a master  
Of what you do and say and think,  
Be free.  
Are you quiet? Quieten your body.  
Quieten your mind.  
By your own efforts  
Waken yourself, watch,  
And live joyfully.  
Follow the truth of the way.  
Reflect upon it.  
Make it your own.  
Live it.*

*~ Buddha*

### **Metamorphosis**

Deepak Chopra and others narrate segments of the game, imparting wisdom (hence Wisdom Quest). On hearing this particular section again, the information clicked in a whole new light. Deepak discussed the dramatic transformation of the caterpillar into a butterfly from the physiological standpoint. He also referred to this process metaphorically in the evolution of consciousness in humans in evolving toward peace.

Metamorphosis creates a transformation to a new pattern, form and structure of the species. In the case of the caterpillar, the process begins with sudden, voracious eating and changing shape. When "stuffed" it actually begins to liquefy internally and the cells begin to die.

During this process, "imaginal cells" are activated which vibrate at a different rate. They attract each other into small groups, drawn by their matching vibration, then find other matching groups and begin to connect the new form together. In the process, cells of the original caterpillar immune system begin to see these imaginal cell groups as "other" and begin attacking them. Because the imaginal cell vibration is different, the attacking cells are ineffective and are unable to destroy them. When a critical mass of the imaginal cells is obtained, a dormant gene awakens to power the newly forming

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## Motivations from the Past President continued...

wings to contract and expand, allowing the new creature to create flight. An interesting fact is that this gene in the butterfly is the same one that creates the contractility for beating in the human heart.

Deepak goes on to discuss the importance of awakening the feminine force, the heart center, to aspects of beauty, nurturing, caring, intuition and compassion. As these aspects grow in all of us, we create those “imaginal cells” around the planet, finding each other and growing into a critical mass.

How different the world is becoming if one looks closely at what is going on at a grass roots level, rather than listening to the news. As we in Healing Touch continue to focus on our heart-centeredness, and focus on increasing the feminine aspects of each of us, as well as maintaining balance with the male aspects, our ability to create a new reality, a metamorphosis in ourselves, our families, our communities, our world and the universe, becomes real and achievable.

I look at our HTI community and how we continue to come together and raise our vibration with our similar HTI Core Values of Integrity, Heart-Centeredness, Respect for Self and Others, Service, Community and Unconditional Love. We express these in our daily lives, our Healing Touch practices, with our families, our community projects and our ability to link with each other around the world. The more we link together and share the work we are doing, the more we inspire each other and create the critical mass needed for a change in the consciousness of our human species. Deepak sees this as a group of peacemakers (I say healers). What are you doing to assist in this shift? Are you willing to share your contributions to inspire others? We'd love to publish your articles in the HTI Perspectives in Healing, or on our HTI Healing Touch International Website, HTI Facebook page or our HTI LinkedIn page. Together, in service, we are shifting the critical mass to achieve peace and healing in the world. As we come together at our HTI Conference in Hawaii this year, we have the opportunity to listen to the wisdom and important message of Rose Pere, a Mauri Elder and healer. Her message is related to the urgency of this shift and the need for our participation in its unfolding. The vibration of Hawaii's Big Island will assist us in our world healing work. Please join us in the shift.



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“Water and Sky” by Caitlin Anselme Miller

# Inspirations

## *The Gift*

by Lynne Jeffrey BSN, RN, LMT, HN-BC, CHTP/I

The gift was freely given to the giver  
There is trust in the giver  
As she passes it on  
The receiver accepts the gift  
The receiver must now become the gift  
Trusting again that the receiver is worthy  
of the gift  
There is no duality in the gift  
There is no purpose other than the gift  
It is easy and it is of a value  
going beyond comprehension

Cherish the gift  
Share the gift  
Let the gift go as the gift is free  
The gift soars like the eagle to heights  
unknown  
What comes after the gift is again let go  
Is even greater still  
It is a heart of love  
Love is healing  
Healing creates more love

Be the gift  
Heal with the gift in gratitude  
Bring your love to a limitless altitude  
It is who we are  
The gift goes on  
Our gratitude deepens  
We begin again



“Eagle Flight” photo by Jerry Anselme



# Associate Partnerships

## *Reflections on Living Softly on the Earth related to the Element of Water*

by Sue Kagel RN, BSN, HNB-BC, CHTP/I

*"Only in quiet waters do things mirror themselves undistorted.  
Only in a quiet mind is adequate perception of the world."  
~Hans Margolius*



### **Contemplating Water: Creator, Destroyer**

Our theme this edition is creating wholeness related to the element of water. While I was clearing the dead wood and plants in my yard following a very hard winter frost, I began contemplating the impact of the element of water in our lives. Water is so powerful in all of its forms. Water is a creator, as it brings life. Almost all life germinates in water. Without it, most things can not live. Water is also a destroyer. We have witnessed the damage of the tsunamis in Japan and elsewhere after earthquakes, the hurricanes like Katrina, and typhoons and cyclones around the world. The raging flood waters in the desert after a monsoon can cause death and destruction. The floods from heavy rains or snow melt in various areas, including recent flooding in the Midwest and Manitoba, cause huge and far reaching problems. Deep frost in the desert kills plants and trees, some recovering with the sparse rains, some not.

When we garden, we can conserve our fresh water use by collecting "gray water" in buckets from dishes, showers, laundry (with proper soap), or pipe it outside. Installing water harvesting devices enable us to catch rainwater off the roof to be used more directly. Recycling water for our food gardens and beautiful flower gardens also provides food for the birds and butterflies they attract.

### **Inside Passage Begins**

The beauty of being part of the Healing Touch International Community is that it offers the opportunity to teach or attend conferences worldwide, to see old friends made at our HTI Annual Conferences and meet and make new friends. I attended the HT European Conference in the Netherlands a few years ago and loved it. When the HT Canadian Conference opportunity arose in Whitehorse, Yukon, Canada, I explored the possibility of attending. The "right route" became clear to me after emails with Mary Szczepanski, Juneau, AK. Alaska was one of 4 states remaining on my bucket list to see all 50 United States. Mary was presenting at the conference and was heading up by

ferry on an inside passage, and road trip, so I arranged to fly to Juneau and join her.

### **Adventure and Exhilaration**

As we ventured out into the Inside Passage at 6:45 a.m. for a 5 hour journey, the water was like glass, a perfect reflector for the breathtakingly beautiful snow capped mountains and glaciers surrounding us in the fjord.

Adventure lives in and around the water. Mary shared her kayaking adventures into glacial areas of Alaska with the incredible blue frozen ice. Many skim across the water in wind sails, boats, ice boats, skis, or whitewater rafting. Some prefer to snorkel to explore beneath the surface, and others dive more deeply to delve into the depths and observe different life forms. Individuals find their personal ways to feed their souls through water. In these adventures, it is imperative that we are conscious of our footprint on the water and surrounding land, that we leave it healthier and cleaner than we have found it.



### **The Peacefulness of Water**

Throughout history, people have sought the calming qualities of water. Canoeing along a quiet river or boundary waters and exploring the wilderness brings the peaceful feeling of gliding, the smells of water, land and wildlife. The ferry flowed quietly past frozen history in glaciers, snow capped beautiful mountains reflecting brightly in the sunlight, and pine trees on

steep slopes that dropped down into the water on either side and before me. The water here is pristine and teeming with wildlife. For those creatures who reside here, the water is their element of life. We were fortunate to see 3 whales as they spouted in a bay off in the distance, identifiable from the water that they spouted vertically into the air to such a height and for so prolonged a period that I thought it was an optical illusion in the rock lines. There are dolphins, seals and sea lions here as well.

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I continue to feel the peace of the waters, the majesty of the frozen water in the snow caps, and the awe of the frigid glaciers, moving slowly as rivers of ice. I bring the visions to life in my guided imagery, meditations and quick mental escapes.

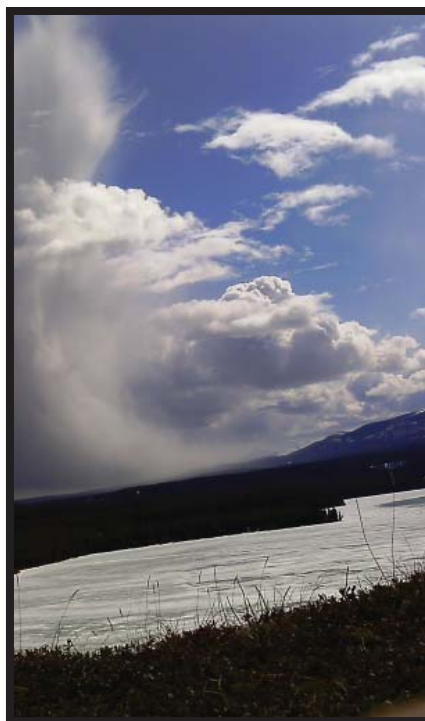
### **Water as Transportation and Survival**

Alaska is peppered with islands and with mountains descending to the water in steep verticals. Towns are along the sea or bay coasts with minimal road access. The Alaska Marine Highway is a water route for ferries that carry passengers, vehicles and freight trailers throughout the region, bringing survival supplies to those along its route. Rivers continue the links to other areas. In the past, the rivers were the routes to bring supplies further into the Yukon during the gold rush, first by small boat and later by big wheel paddleboats.

On our return, we stopped in a grocery for some food supplies before boarding the ferry. The shelves were pretty empty. The clerk responded that the shipment wasn't due in until the next day, either by boat or train. I'm drawn to consider how much commercial product is shipped around the world, and contemplate how much of it I really need for survival. How can we help cut down on the large quantities of "unnecessary" items that are shipped based on our consumer choices? How can we decrease our waste of food products, and our waste products in general? Shopping in local shops and farmer's markets where transportation is minimal reduces the impact of shipping on the earth and waterways.

### **Flow**

We hiked along the emerald green Yukon River in Whitehorse where the river sustains the spawning salmon, creating new life in the shallows and the following demise of the salmon who have traveled 1,980 miles to spawn. Upriver there have been rapids, undertows and under currents that have destroyed life in the ravaging waters. We paused and watched eddies that formed when two currents came together in a fork in the stream. I observed the metaphor that I often used while president, regarding the need to "dredge the river" to clear out eddies and create flow. Many little whirlpools formed and spun around in counterclockwise circles, new ones forming repeatedly as the river and stream converged. We observed an ice flow just upstream. Its forward motion was completely impeded. Noticing the ice flow's lack of progress downstream



further brought home the message of the need to work together to keep our life streams flowing and clear.

### **Water as Energy**

We hiked up a sandy trail, taking the high road above the river dammed for electrical power. This dam had a fish ladder that allows the salmon to move past the dam. From our vantage point, we could see the frozen lake behind it, still full of life beneath its green tinged icy surface. Water power creates electrical energy through dams and wind/tide turbines, but not without impact to the surrounding environment and wildlife. We can create less impact on the earth and water by our conscious reduction in energy demands in our personal lives, work places, and in the products we choose that may require mass energy to create them.

### **Clouds – Water Vapor**

As we reached our "summit", the snow capped mountains surrounded us with huge rain and snow clouds while we remained in sun most of the time. I lay in the grass, cloud watching, creating images in the big, puffy white shapes. I became aware of another form of water; the clouds filled with water vapor that bring shade and protection from the sun, create a chill in the air in colder climes and release moisture in the form of precipitation.

The contrast and beauty of the puffy white cloud shapes, with the deep and varied shades of gray in the downpours in the distance was breathtaking.

As the temperature dropped, the gray clouds turned to white blizzards of snow in the mountains, shifting water to yet another form. Beautiful, life giving when melted and life challenging in freezing temperatures. I felt myself returning to my childhood sense of simplicity, "unplugged", out in nature, observing and just "being" for a "timeless" period.

We realized we hadn't been drinking any water while taking in the beauty, and began to feel the effects of mild dehydration. Rehydrating with cool water, feeling it surge through our dry bodies was refreshing and energizing. We vowed to remember to drink 8 glasses of water a day to keep ourselves optimally hydrated.

### **Conference Begins with Honoring all the Elements**

Nina Bolton, Yukon First Nations, opened her keynote with blessings to all the elements. She acknowledged how much better and reenergized we feel out in nature, the importance of respecting

continued on next page



the environment, how the First Nations people grew their food, picked medicines, hunted and gave thanks to the sky, winds, rains, and earth, honoring the connection to the environment and the elements. She called us to be role models as healers in all we say, hear, see and do, with our focus in the present. The conference was wonderful, reuniting with old friends and meeting and making new friends. The Barn Dance at the banquet was a hoot as we flowed in various formations around the dance floor. Other conference offerings were informative on a variety of topics.

### **Healing and Rejuvenating Waters**

Takhini Hot Springs is outside of Whitehorse and was recommended at the conference. The rejuvenating effects of the minerals dissolved in the hot waters of nature were wonderfully healing. The literature stated that doctors believe the hot springs minerals are useful for clearing of toxins, increasing nourishment, increasing body metabolism, aiding joints, absorbing minerals, healing skin ailments and more. We partook twice during our stay. Ahhhh, it was wonderful letting go into the waters, absorbing the healing, feeling the heat penetrating down into our chilled bones (still snow on the ground in places) and achy joints, and swimming gently in the slightly cooler pool. We slept better and our bodies were more limber, with a general feeling of well being. Self care utilizing the healing properties of water is very beneficial, especially for joint issues.



### **Warming, Melting**

We returned to the ferry in Skagway, Alaska via the Alaskan Highway. We passed frozen waterfalls of azure blue ice as well as areas further south where lovely, small waterfalls were flowing in the rock cliffs along the road. I contemplated the effects of water warming, thawing, climate change, glacial melting, water sources being eliminated from mountains in the Andes, concerns of rising waters down stream, and weather changes. Living lightly on the earth, we must do our part to have as little negative impact as possible to reduce these effects caused or increased by humanity.

### **Clear, Pure Water**

Our survival depends on clear, pure drinking water. We all have a responsibility to protect and improve our water supplies. The use of subtle energy is being explored in clearing water, as Emoto has been

demonstrating; I've been using my metal, reusable water bottle with the words Love and Gratitude in multiple languages to infuse these qualities into my hydration though intention. Eliminating the use of plastic disposable drinking bottles which leach cancer causing elements into the waters will help with our personal health, as well as eliminate the use of millions of barrels of oil in their production. These plastic bottles may be recycled, but most are shoveled into land fills, and huge numbers are floating plastic masses the size of Texas in the Atlantic and Pacific Oceans. We can all do our part to eliminate our contributions to these issues.

### **Tides in the Oceans and in our Bodies**

As we left Skagway, we noticed that the trip took us 5 hours to arrive and 7.5 hours to return. The reason? Tides. We needed to wait and time the departure from our stopover so that the water level would be high enough for docking in Juneau when we arrived. I began

to think about water, tides, how we are mostly water and how the tides directly affect us. Mary recalled a friend who had become so sensitive to living on the water that as the tides moved in and out, she could also sense the "tidal changes" in her own body. Ebb and Flow—contract and expand, cycles of life tied to cycles of the moon. Connecting

to nature and our "water being" may assist us to live more in a state of ease and "flow".

### **Water and the Sacred**

Water is used in Baptisms, Sacred Rituals, Rights of Passage, Hair Washing ceremonies and others to cleanse and hold the high vibration of whatever intention is being imbued into it. Water has been used for blessings through all time and cultures. Blessings from Alaska and the Yukon to all of you through the element of water.

### **Peace of the River**

Peace I ask of thee O river  
Peace, peace, peace  
When I learn to live serenely, cares will cease.  
From the hills I gather courage, visions of the days to be  
Strength to lead and faith to follow  
All are given unto me

Peace I ask of thee O river,  
Peace, Peace, Peace.

# Mentorship

## *The Importance of Self-Care and Development*

by Anne Day BSN, MA, CMT, HNB-BC, CHTP/I



A primary teaching throughout the Healing Touch Certificate Program is self-care and development of the healer. As mentors, it is very important to role model this for our mentees and to guide them with this important intention for self-growth.

One of the first things I say to my mentees when we connect monthly is, "What are you doing for your self-care?" To me, this is the most important question of each meeting. If this mentee is doing all of their "homework" but neglecting self-care and development, then they are gaining nothing except paperwork accomplishments. They are not deepening their understanding of "the work" if they are not also deepening themselves. Recently I had a phone meeting with a mentee who said that she had really neglected her usual routine of self-care and had gotten totally "out of balance". She said she felt terrible and suddenly realized what had happened and was now re-aligning herself. Yay! I thanked her for her honesty and said "What a good lesson you have learned!"

We all have daily challenges to stay in balance with the four areas of our lives: physical, emotional, mental and spiritual. Life is a constant change and flow and we always have a choice of how to respond to the new eddies and currents of that flow. If we are regularly assessing our wellness in each of these areas, and if we have a commitment to supporting these 4 areas on a daily basis, we will be able to soar above the stresses that will inevitably occur in our lives. This takes practice!

It is like doing exercises every day to strengthen ourselves for a sport that we want to do. We don't just go out and do it without a foundation of strength. If we want to dance well, we practice the steps until we can flow with the music without thinking about our steps.

The path of the healer is grounded in inner strength and development. We all know the difference between the higher vibration of the heart (compassion, harmony, presence and unconditional love), versus the vibrations of fear, sadness and anger.

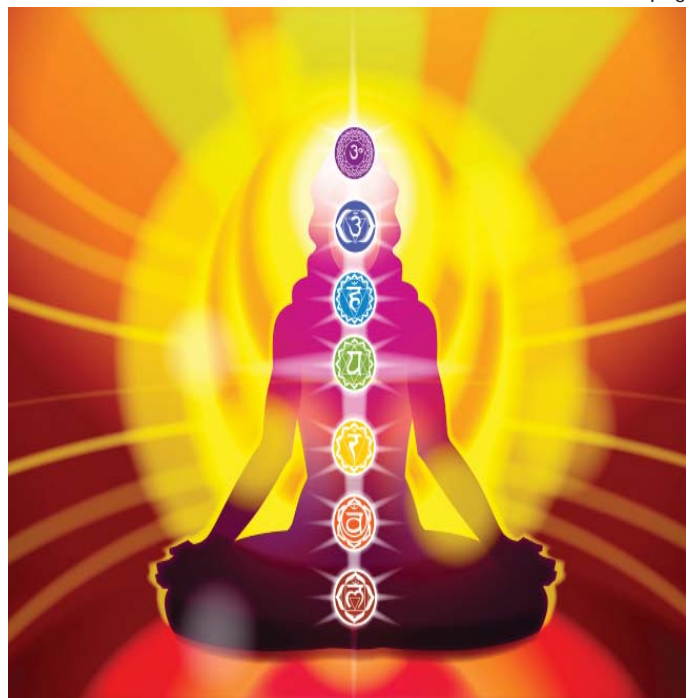
Janet always said that we must do this work from the place of the heart. As we became more experienced healers, she said our vibration would be consistently at a higher level and our work would flow more effortlessly. Barbara Brennen talks about this in depth in her book *Light Emerging*, and teaches the power of

the Hara Alignment to raise our vibrations on a daily basis. Barbara instructs us that this alignment and expansion of our Core Star on a regular basis will change our lives, and deepen and expedite our work.

Therefore, good mentorship is a process of teamwork for self-care and development. Begin your meetings with the check-in for this important area and be willing to share with your mentee what you are learning yourself with deepening your own healer development. Be honest about your own self-care. In the HTI Level 4/5 workbook, there is an article that I wrote years ago on this important topic. I encourage you all to read it again and ask yourself if you are practicing the "A,B,C's of Self-Care". Assessment, Attunement, Attention, Being, Balance and Boundaries, Commitment, Creating Healthy Environments, and Celebrating Life!

These are discussed in more detail in that article, and at the end there is a wonderful chart where you can write an intention for self-care in each of the four areas: physical, emotional, mental and spiritual, for each day in the week. Remember, energy follows intent. Like a great tennis instructor of mine said so well: "If you plan your play, you will play your plan". So it is with our self-care!

continued on next page



## My Self Assessment for Healing

**Date:** \_\_\_\_\_

As I am assessing my Lifestyle health today, this is what I see without judging myself:

**Physical:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In order to change my physical health for the better, I will do the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotional:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In order to change my emotional health for the better, I will do the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mental:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In order to change my mental health for the better I will do the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Spiritual:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In order to change my spiritual health for the better I will do the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Board Corner

## Strategic Planning

by Terry Sparks J.D., M.Div., CHTP/I, Member HTI Board of Directors

The HTI Board of Directors met in Denver April 8-10, 2011 to do visioning for the organization. First we looked five years out, to 2016, and saw great possibilities and potential for HTI. Then we looked out 12-18 months, at the more concrete strategies, goals and key actions we need to take in order for the 2016 vision to manifest.

We worked with three key areas in both the five-year visioning and the 12-18 month action line: education, certification and marketing. We saw refinements we could make in each of these areas over the next 12-18 months that would benefit HTI greatly. In Education, we plan to offer Continuing Education for the Level 1 Instructor Training class, and make more Professional Development classes available. In Certification, we looked at how to remove language barriers to certification that many of our non-English speaking members currently experience. In Marketing, we talked about continuing improvement to the website, and ways to help Instructors and Coordinators fully engage with people in their own sphere of influence.

We considered outreach strategies, both how to share our HTI story, and how to be of service, in new and creative ways. We realized that in order to increase outreach and service, we need a larger stream of resources. While money is a large factor in the life of any organization, service to the organization, building up the community, and sending light into the organization itself also are important.

One thing we noticed was that most of our discussions kept coming back to fully making HTI a truly international organization by deepening its relationship with students and practitioners throughout the world. Having our Conference in Hawaii is one step we have taken to do this, in that this makes it easier for people in the Pacific Rim to attend, and gives us a different cultural experience. But going beyond this, as we looked at 2016, we saw flourishing HTI communities in at least 50 countries. Many of the concrete goals and actions for the next 12-18 months are to help that 50+ country vision become manifest. This is how we deepen and expand Healing Touch International. This is how we fulfill our stated vision to "Spread Healing, Light Love and Service, creating Wholeness on Earth".



Another theme that kept coming up in our visioning was deep gratitude to the members of HTI, Committee members, Task Force members, members of Boards, and all who have put time, energy, love and money into HTI over the past few years. We are deeply grateful to all of you. The Light that you send and your service towards

HTI are the fuel that makes the work of the Board of Directors go forward, and that allows Lisa Anselme and the office staff to accomplish Herculean tasks. With your continued help, HTI will become much more than any one of us had dared to dream.



Facilitator Andrew Stirrat



# *Earth: Exploring the Elements, Creating the Wholeness*

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, links to the hotel, with the remarkable rate of \$155/night, plus airline discounts are now available!



Logo Art: "Beams of Love"  
Image: Sr. Mary Southard, CSJ  
Congregation of St. Joseph of LaGrange  
Courtesy of [www.ministryofhearts.org](http://www.ministryofhearts.org)



Island Photos by Caitlin Anselme Miller



For More Information, visit our website at:  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

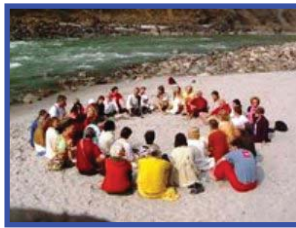


# ~ Keynote Speakers ~



**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 & Instructor Meeting  
October 19 - 23, 2011  
Hilton Waikoloa Village  
Waikoloa, Big Island, Hawai'i

Download Exhibitor Prospectus and Application at:  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

## 2011 Conference Sponsorship Opportunities

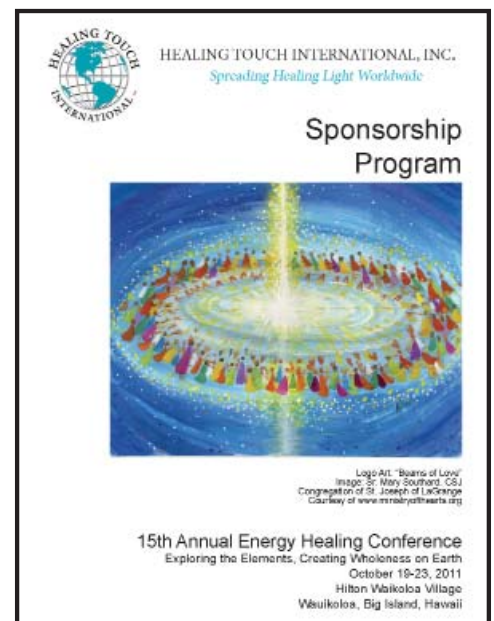
Sponsorship opportunities for HTI's annual conference are now available and can be tailored to meet your needs. Individual Grants of any value are also available and greatly appreciated. For a complete sponsorship package please visit the website at: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)... 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



# Integrative Health Care

## *Queen's Celebrates 20 years of Healing Touch*

by Hob Osterlund, APRN, MS



In 1991, Janet Mentgen, RN, was invited to The Queen's Medical Center in Honolulu to teach Hawaii's first Level One Healing Touch course. The class filled without any attempt at marketing and before anyone had the advantage of websites or email. Many attendees were QMC nurses, some of whom began integrating their new skills into daily patient care. Before long, patients and their loved ones began requesting the intervention. At the time, however, there was no centralized number to call and no staff officially assigned to offer HT. In 1993, a small group of retired women from the hospital-based Queen's School of Nursing suggested that they become official volunteers with the sole focus of providing HT. Thanks to their initial enthusiasm and impact, the volunteer program was launched successfully. It continues today as a key intervention for patients who need pain or anxiety relief, for patients who want pre-op and post-op treatments, and for employees who attend a twice-weekly clinic held just for them.

Healing Touch practitioners operate under the authority of the Pain and Palliative Care Department, much as they have done since the onset. Although some of the key volunteers are nurses, a range of other professionals---including real estate brokers, restaurant owners, Broadway pianists, accountants, architects, teachers,

dental hygienists, massage therapists--and even a vice squad cop--have offered years of service. Since the onset, more than 100,000 treatments have been provided to inpatients at Queen's, free of charge. Outpatients who present for radiation therapy or chemotherapy have also been a key focus of specific practitioners.

In 2008, Queen's opened the program to Reiki. Currently QMC has 20 volunteers in the program, 17 of whom provide HT, two of whom are cross-trained in HT and Reiki, and one of whom is solely a Reiki practitioner. Some of the practitioners have logged thousands of hours and more than a decade of service. What keeps them coming back? It's the feeling of being of genuine service, of seeing immediate results with so many of their patients, and of being a central part of a professional clinical team. Healing Touch is recommended as an intervention virtually every day in Pain and Palliative Care's morning rounds. Soon after rounds the practitioners arrive, get their patient list (and their hugs), then hit the nursing units. We are all better off because of them, and offer immense gratitude for their steadfast, flexible and high-hearted service. We could not have done this without them.



Healing Touch Volunteers at Queen's Medical Center



# Certification Matters

## *Reconnecting with Earth and Resetting our Plans*

by Jody Hueschen RN, MN, NEA-BC, CNOR, CHTP/I, Director HTI Certification Board



Across our world in the past few months we have all experienced a series of challenges and opportunities. The challenge may have been to continue our journey in the face of obstacles or it may have been the opportunity to serve one another in our community through our Healing Touch skills. We, as a collective, have held the energy of healing for ourselves and our Mother Earth.

Early this year, you were encouraged to set some goals to achieve certification this year and to renew your certification as a practitioner or instructor. Many have moved forward with their goals and are presenting their work. If for any reason you have encountered obstacles to your goals for this year, now is a good time to reconnect with Mother Earth and reset your plans to continue your journey.

The excitement is building for our HTI Conference in Hawaii and many are setting the intention of attending conference and looking to the Universe for assistance in making that goal happen. The Certification Board is eager to support your efforts with Pining Ceremonies for Practitioners and Instructors. What an exciting place to be recognized among your peers as achieving the “gold standard” of certification!

It is important that Practitioner Certification Applications be received for the July 15<sup>th</sup> submission and Instructor Certification Applications by September 15<sup>th</sup>, in order to be pinned in ceremony at the HTI Conference in Hawaii. Warmest best wishes to all who aspire to certification and thank you to all those certified practitioners and instructors who have continued renewal of certification.



“Rainbow Falls” photo by Caitlin Anselme Miller

## **Congratulations Newly Certified!!**

### **Practitioners**

- Alyssa McDowell - Hendersonville, NC
- Sheila Stroman - Conway, AR

### **Instructor**

- Mary Alford - Miles, QLND Australia



# Educational Insights

## *Living Energetically*

by Barb Schommer RN, MS, CHTP/I



*"Everything I do I do energetically"*

*~Janet Mentgen, Shadowcliff, June 10, 2005*

I heard Janet speak these words at an Instructor Intensive held in Colorado in 2005. My awareness of what she was saying has grown deeper over the years, as I experience my own journey into living energetically. Her words have been in my consciousness with great frequency lately, prompting me to ask the question, "What does it really mean to live energetically?"

Healing Touch classes are designed to build energetically, so that participants move through the class experiencing an ever higher level of energy, their vibrations rising throughout each day. Through this experience, participants become aware of their own light and how they can shine their light every day in every way with every one. How do we help ourselves carry that high vibration and light out of the classroom and into life? How do we live so that everything we do, we do energetically?

From a big picture perspective, there is ample opportunity to live energetically while we engage in a private practice of Healing Touch, or teach Healing Touch workshops, or volunteer in a hospital or hospice or other community setting, or when our job is to do Healing Touch in any setting. In these situations, we are fully aware of our light, bringing our high vibration and unconditional love to each encounter – being present energetically as we are engaged in Healing Touch.

What about the times outside of these formalized settings? How do we live energetically in everyday life? The answers may be found in the little things in our lives. Like using ultrasound with a paper cut, a bruise, a bug bite, or offering Healing Touch when someone complains of pain or a headache or sore joints, being aware that a physical issue in our bodies may have an energetic component to it. In every day life, it is about making a conscious choice to shine

our light and spread our love where ever we are at the moment. This can be a contentious meeting or a loving family gathering, driving on a busy freeway or walking on the earth and inhaling all that nature offers us, standing in a slow line at the grocery store when we have only a little time to shop or sitting in meditation surrounded by silence. It is the conscious practice of being in awareness of how our energy affects those around us, bringing a higher vibration to the encounter, rather than a lower vibration. It means living with the awareness that energy moves with the breath and follows our thought. Living energetically in everyday life means cultivating an attitude of gratitude for everything and everyone we encounter during the day. It means living in unconditional love and heart-centeredness every moment of the day – being present to each of those moments. It is imbedded in the choices we make every single moment of our day, of our life.

I invite each of us to focus our awareness upon how we can consciously live energetically; recognizing that everything we do is energetically based. Thank you for carrying your light and love into the world around you.



# Ethics Corner

## Book Review

Benjamin, B & Sohnen-Moe, C. (2005). *The Ethics of Touch*. Sohnen Moe: Tucson Arizona. 320 pages Price apx. \$28.00

By Sarah Porter RN, MPH, MS, PhD, CHTP/I, Ethics Committee Co-Chair

Co-authored by two extraordinarily well-qualified professionals with special contributions from experts having a wide range of psychological and bodywork practices. In short, it is a very well grounded and well-organized book that offers practical advice informed by both theory and experience. In fact, the subtitle of the book is: *The Hands-on Practitioner's Guide to Creating a Professional, Safe and Enduring Practice*. Each of the nine chapters includes definitions, examples, chapter highlights and discussion questions and activities.

This is the type of book that makes an excellent reference. It covers a wide range of topics from establishing healthy boundaries to attitudes about money. This book has a great fit for the wide backgrounds of healing touch students, practitioners and instructors.

The first three chapters establish the foundation for the rest of the book.

### Chapter 1 Ethical Principles

This is a well-balanced chapter with basic definitions and application of the core ethical principles linked to psychological dynamics. They address the power differential between client and healer and the compounded difficulty the client has (who is in an altered-state of consciousness) of speaking up on their own behalf. Of critical importance is the introduction of the dynamics of transference and counter transference. It is an especially important chapter for healers who do not have a psychotherapeutic background.

In this chapter are: (a) key terms such as ethics, values, morals and professionalism; (b) codes of ethics; (c) self-accountability defined and a practical application provided; (d) core values clarification exercise; (f) ethical dilemmas such as conflicting duties and rights; (g) resolving ethical dilemmas including a six-step resolution model with practical example and a list of questions to check for ethical congruency; (h) core psychological concepts that create the bedrock of behaving responsibly and ethically: therapeutic relationship (e.g. client centered, safety, understanding client and healer role within the power-differential); recognizing and responsibly managing of transference and counter transference (unconscious enactment of unresolved issues from the parent-child relationship projected onto the client or healer) and three defense mechanisms that can interfere with treatment relationships.

### Chapter 2 Boundaries

Boundaries are often at the heart of ethical violations. The authors offer a solid basic discussion of the development and management of boundaries complete with interactive checklists. It is to their credit they include energy boundaries as one type of boundary. However, I recommend Kylea Taylor (1995) *The Ethics of Caring* for a more comprehensive presentation about special needs and boundaries present in clients' non-ordinary states of consciousness.

In this chapter are: (a) definitions of boundaries; five types of boundaries (i.e. physical, emotional, intellectual; sexual, and energetic); (b) two boundary models (1) personal: permeable, semi-permeable, rigid and (2) interactive: meeting at the boundary, boundary crossing and distant; (c) boundary indicator exercise; (d) how boundaries develop (influences of family and culture); boundary crossings and violations; (e) scenarios of boundary crossings and violations such as inappropriate touch, careless or uninvited words, dual relationships (dating a client or treatment of a friend or relative); inappropriate self-disclosure; energetic complications; (f) why boundary crossings occur, difficulties in identifying boundary crossings and steps to avoid boundary crossings and violations including a 'discover your boundary issues' check list, (g) establish, maintain and change boundaries for example even if you see clients in your home make a professional space.

### Chapter 3 Dynamics of Effective Communication

This chapter contains a synopsis of: (a) communication barriers such as presuming to know the meaning of words and concepts used by the client; verbal and nonverbal congruency; importance of validating what clients say and asking for clients' understanding of what you say. (b) clients' learning styles such as auditory, visual, kinesthetic and others enhances information transfer. (c) managing boundaries can be challenging and the details about power dynamics, respecting client's boundaries, policies and practices that protect the client, and appropriate self-disclosure are useful. Various communication strategies are discussed and tools for maintaining boundaries are presented such as proactive discussions about fees, billing, missed appointments, lateness, phone calls and mandatory reporting. The basics of assertive communication with applications walk the reader through examples of difficult situations.

continued on page 25

# Energy Research

## Systematic Review of Healing Touch Research

by Joel G. Anderson PhD, HTI-PA, Member, HTI Research Committee



The field of Healing Touch research is constantly expanding and offering increasing evidence of the efficacy and effectiveness of this heart-centered modality. Within the realm of medical science research, randomized clinical trials (RCTs) remain the “gold standard” for assessing the effectiveness of any new therapy, including complementary and integrative therapies such as Healing Touch. Oftentimes, research findings from studies are summarized and presented in review articles. These reviews may be descriptive and sometimes can be subject to bias in the presentation of the results or the studies included and may give a more positive overview of the subject at hand. In an effort to prevent such bias and provide the best evidence for decision-making in health policies and standards of care in clinical practice, critical or systematic reviews of the scientific literature are becoming increasingly common. At this time, many medical journals will only publish these types of reviews. In a systematic review, the authors use a structured protocol and scoring system for assessing studies or trials. Points are usually awarded based on the way in which the study was conducted and reported following internationally recognized guidelines for the design of clinical trials. Given the importance of this type of review in presenting the state of the science for integrative therapies, I set out to conduct a systematic review of clinical studies of Healing Touch. At the time, no systematic review of Healing Touch existed in the medical literature. With the increase in research of Healing Touch and other energy therapies, an evidence-based approach for evaluating the available data would provide an essential guide for future research. The resulting manuscript is the first published systematic review of the effects of Healing Touch in clinical practice and will appear in an upcoming issue of the *Journal of Holistic Nursing*. The article is currently available on the journal’s website.

The review was conducted at the Center for the Study of Complementary and Alternative Medicine at the University of Virginia where I am currently a Research Fellow and co-authored by the Center’s Director Ann Gill Taylor, EdD, RN, FAAN. The review was aimed at critically evaluating the data from RCTs that examined the clinical efficacy of Healing Touch as a supportive care modality for any medical condition. Again, because RCTs remain the “gold standard” in biomedical research, this review focused only on this type of study. This is because not randomizing study participants to

different treatment groups or to a control group might be introducing bias into the study design. For example, if a study allows participants to self-select which group they prefer to be in, those individuals in the Healing Touch group might consist of participants who might have a more favorable opinion of the therapy and skew the measurement of results.

By searching electronic databases of the medical literature, 332 potentially relevant articles were identified. Often these articles did not relate to Healing Touch, but rather to touch as a healing modality itself. Studies were included in the review if they randomized participants to one or more groups, involved human subjects, and compared Healing Touch to a control group. Studies were excluded if Healing Touch was part of a complex intervention involving other complementary therapies, were aimed at developing methodology, only assessed the effects of Healing Touch in healthy subjects, or did not present any data or statistical comparisons. This is because studies including only healthy individuals would give no accurate data on the effectiveness of Healing Touch in managing disease symptoms in people with chronic disease. These criteria eliminated 327 of the articles located. The remaining articles were then assessed by the two authors and rated using a predetermined scoring system that awarded a maximum of five points.

Scores of the included studies ranged from two to five. Overall, the studies support the potential clinical effectiveness of Healing Touch in improving health-related quality of life and managing symptoms of chronic disease. However, more studies are required because even the studies receiving high quality scores had limitations. These limitations were based on standards for conducting RCTs and included the lack of a usual care alone group as a control and failing to fully describe the methods used, among others. Having a group receiving the usual, standard medical care allows one to assess the benefits of Healing Touch above and beyond those of conventional medical therapy. These two limitations relating to appropriate control groups and full descriptions of methods used are often encountered in reports of many trials and are not unique to Healing Touch studies alone.

continued on page 21



The issue of clear, concise methods is of particular importance. A major question that remains within the biomedical sciences concerning the field of energy medicine research is whether or not this type of therapy lends itself to conventional standards of scientific analysis. However, integration of therapies such as Healing Touch into the healthcare system requires scientific justification equal to more conventional therapies. Studies involving energy therapies, including those examining Healing Touch, have not always used both objective (i.e., blood pressure, heart rate, etc.) and subjective (i.e., individual ratings of fatigue, pain, or other symptoms) measurements of the effects. Both types of measures are needed in order to understand the clinical impact of Healing Touch. As students and practitioners of Healing Touch, we are aware of the importance of proper documentation of the techniques used during a session. This also holds true for the reporting of research study methods, which enables others to replicate and validate findings. Treatment duration, the number of treatments, the techniques used, and the experience of the practitioners in the study should all be reported.

Although energy therapies are among the most ancient of healing practices, scientific quantification of the methods, mechanisms, safety, and effectiveness of biofield therapies such as Healing Touch is still limited. As mentioned in the research article in the October 2010 issue of *Perspectives in Healing*, there are important reasons for working within a scientific framework in gaining support for Healing Touch from the medical and research communities. By using stringent research methods and protocols, the prospects for funding and publication of Healing Touch research are much higher, allowing Healing Touch students and practitioners more opportunities to “do the work.” Now that the National Center for Complementary and Alternative Medicine (NCCAM) has included Healing Touch in the category of mind-body therapies within the institutions latest strategic plan, the possibility for future government funding for Healing Touch research exists.



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including the studies in the systematic review:

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# Intention Experiment

## *HTI Intention Experiments with Gary Schwartz Review of Tucson and St. Louis Results*

by Gary E. Schwartz PhD  
Sue Kagel RN, BSN, HNB-BC, CHTP/I



### **Initial Intention Experiment**

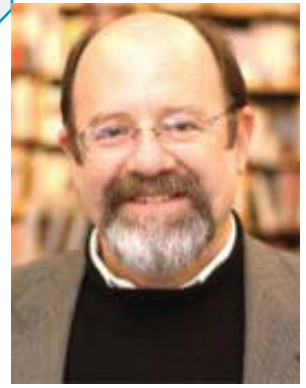
During several of our Healing Touch International Conferences, we have conducted Healing Touch intention experiments. The

first was a seed growth experiment at Hilton Head, North Carolina. It was conducted by Lynne McTaggart in collaboration with Gary Schwartz PhD. at the Laboratory for Advances in Consciousness and Health (LACH) University of Arizona. The outcome was higher than with previously tested groups and very focused in effect, rather than a more scattered effect. (see Intention Experiment article Vol. 4 2007 for full report)

### **Why Seeds and Light / Gamma / Cosmic Rays?**

The second experiment was conducted at our Healing Touch International Conference at Tucson, AZ using a light-tight sealed chamber measuring photons in the visible spectrum as well as gamma / cosmic rays - light. After these experiments were conducted, conference attendees questioned why our experiments used seeds followed by a chamber measuring changes in light. Since Healing Touch Practitioners work with humans or animals, the question was raised, "Why are we not using humans for this?" The primary reason was that these were basic science experiments using tightly controlled experimental designs and large numbers of data points (e.g. numbers of seeds and pixels on the chip of the super low light digital camera) which allowed statistical analysis of the findings.

The light-tight chamber experiments were conducted in real time, but the slides on the screen were stationary. The primary slide showed an image which we focused our intention on while sending the healing energy. The super, low-light digital camera takes long exposure photos to detect background light and gamma / cosmic rays. It was not designed to display a video change in real time, but rather detect a possible increase in the organization of light plus gamma / cosmic rays as a function of healing energy. When conducting this type of basic research, it is important to begin with a hypothesis that can be standardized and replicated, and then move into more complex clinical situations with human subjects.



### **2009 HTI Intention Experiment Results**

Our intention experiment during the 2009 Healing Touch International Conference at Tucson, AZ was conducted collaboratively with Gary Schwartz PhD, LACH at the University of Arizona, and Sue Kagel BSN, RN, CHTP/I who was present at the conference.

Our protocol was to increase our focus and vibration and then focus on a PowerPoint slide of the chamber with the door open. During the recordings the chamber door was actually closed, creating a light-tight seal. The U of A Laboratory was approximately 23 miles away.

The intention was to send loving, healing energy to the chamber. Sue guided the protocol to create a group energy intention and focus on the laboratory and chamber. The protocol was set to use whatever method the practitioner selected which would invoke the highest good, using prayer or guidance as the practitioners customarily used. Sue voice guided a hara alignment as part of the procedure.

The prediction was that by measuring the organization of the photons using Fast Fourier Transform (FFT) analyses, we would see a relative increase in the overall brightness of the FFT image compared to pre and post no-intention control recording periods. (See Figure 1 top row)

### **2010 HTI Intention Experiment Results**

At the 2010 HTI Conference at St. Louis, MO the experiment was repeated. Gary's LACH Laboratory at the U of A was prepared and synchronized by cell phone. The same protocol was used by Sue Kagel to set the energy and intention except that this time, the use of prayer and guidance was not used. Practitioners were to use only loving, heart-centered energy, not calling on divine assistance in any way.

The experiment was designed to investigate whether the 2010 findings would replicate the 2009 observations. The practitioners were now approximately 2,000 miles from the U of A laboratory. Approximately the same number of healers participated. Although the composition of the group deviated somewhat from

continued on page 23



2009, many of the same Healing Touch Providers were present.

The results show that the cosmic / gamma rays again were more organized in structure and brighter, but were not as bright as in 2009. (See Figure 1 second row)

### Analysis & Comparison of the 2009/2010 Experiments by Gary Schwartz PhD.

Gary's original email with the preliminary slides and analysis was "Healing Touch does it again!"

The slides summarize the FFT analyses of the Raw CCD data. The first slide (Figure 1) shows the FFT's, the second slide (Figure 2) shows the Plot Profiles of the FFT's.

For each slide, a common scale was used across the six images. In other words, the obvious visual differences comparing the Active Intention Periods with Pre and Post Control Periods are real (and dramatic).

If you look closely, you will see that besides the obvious BRIGHTNESS increases for the ACTIVES (middle images) compared to the CONTROLS (left and right images), there is:

- 1.) Apparent increased structure / complexity in the 2009 Active Period compared to the 2010 Active Period, and
- 2.) Both POST controls seem to have more structure than their respective PRE controls.

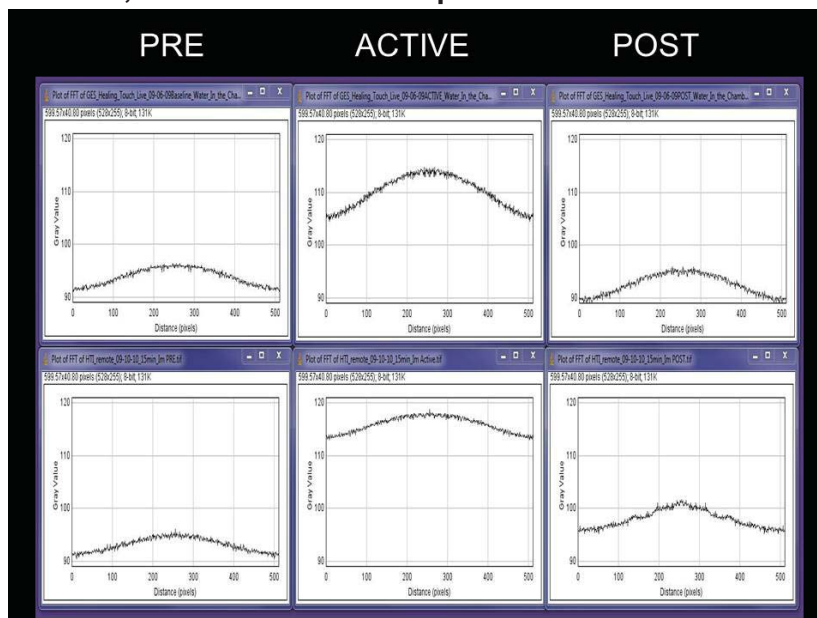
Number 1 is especially interesting because 2009 included the invitation for the approximately 250 Healing Touch Practitioners to invite their Spirit Guides, Helpers, and the Source, whereas 2010 explicitly requested that the approximately 250 Healing Touch Practitioners do the intentions by themselves (without additional Spiritual Assistance).

Our previous analyses of cosmic ray patterns suggests that the apparent differences comparing 2009 versus 2010 in structure is consistent with the emerging body of our work.

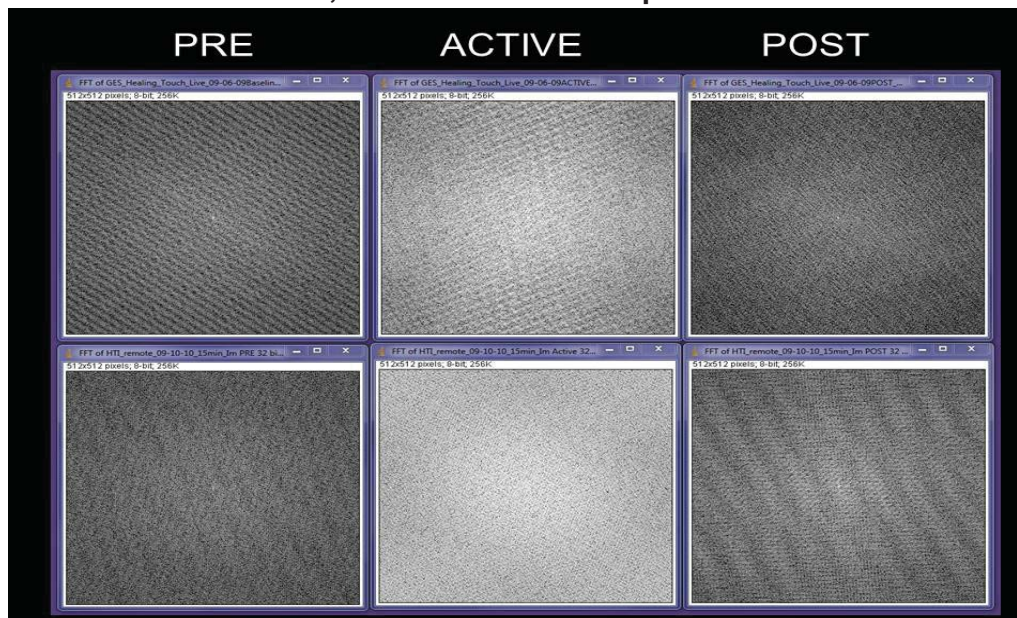
Newly created statistics make it possible to quantify the apparent increased structure (i.e. complexity) in the 2009 Active Period compared with 2010.

Plans are underway for another experiment at the HTI Annual Conference in Hawaii. Sue will conduct the experiment in Hawaii in conjunction with Gary and the LACH. We look forward to your energy joining in our new experiment.

**Figure 1**  
Top Row 2009 HTI Intention Experiment with Guidance.  
2nd Row, 2010 HTI Intention Experiment without Guidance



**Figure 2**  
Top Row 2009 HTI Intention Experiment with Guidance.  
2nd Row, 2010 HTI Intention Experiment without Guidance





# Words of Wisdom

## *From the Water*

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



Janet Mentgen loved water. She lived near it as a child and kept it near her always. Even her home in the high desert of Colorado had a hot tub. It is not surprising that on our travels together in 1998 her scheduled classes included ones in Seattle, Hawaii, Florida, and on a lake in Michigan! In her journals in the early days (1980 -1990) it was a repeated direction in her writings to drink more water and it was a teaching she brought to the classroom as well.

In August of 1989, while at Ouray Hot Springs with a group of others, she was instructed to do a meditation. She was to go into the water seven times and reflect on this experience. At the first cycle of immersion to "tolerance" in the water she was given the following information: "It is your responsibility to take care of your own body, you are in charge, you make it what it is and you can regulate its function. Do not look outside the self, but look within. I support you and am guidance for you around your physical function. Pay attention to the care of your body. Choose your diet wisely to match your needs."

At the second cycle she was told to: "Spend thirty minutes daily tuning into your emotional awareness. This means being aware of your feeling state. You need to just talk with yourself about what you are feeling, and how you are feeling. This means not journaling, not talking with others, but being alone with you, thinking and feeling. It's time to bring your emotional awareness up."

At the next cycle she is told to write daily and continue writing your book (she later explained this as the textbook) but that, "It is not your job to do anything with the writings. You are the scribe of the material."

At the forth immersion at the heart, she is given: "In heart energy, see all things from the level of the heart. Know and relate to everyone and everything through the heart."

At the fifth time of immersion into the waters she is told: "I am your guide of expression on the fifth plane of awareness, a new guide on the earthly plane. I work through the dark night of the soul from the other side - The Light."

At the sixth and seventh cycle she is given encouragement to face her fears by being offered support and wisdom of others. In doing so she is reminding us of the collective consciousness of our group and the support that one has by being in community with "like souls". Even so, it is always our choice to move forward. In this meditation Janet was unable to proceed beyond the sixth level. It became her daily work to look at her relationships with herself and others. It is no easy task to move through past hurts. In the journals that follow Janet works to create a pathway for this to occur in her life.

At the end of her life she looked for collective wisdom to carry her wisdom forward as she believed no one person should or could do this task. This story reminds us that it is our job to make ourselves present for opportunities that can create growth. It is not always easy as there can be barriers on many levels, such as financial and emotional. It is important to continue on the path of connections, heart to heart.

Quotes excerpted from:

- Wardell, D. (2005). Path of the Healer: Janet Mentgen's early days. p. 212-214. Unpublished manuscript.



# 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.  
(None scheduled at this time)

## Affiliate Organizations: National & International Conferences

### AHNA 31<sup>st</sup> Annual Conference

**Date:** June 2-5, 2011

**Location:** Louisville Downtown Marriott, Louisville, KY

**Theme:** *Holistic Nursing: Tending to the Sacred Flow of Life*

**Contact:** For more information please visit:  
[www.ahna.org](http://www.ahna.org)

### ISSEEM 21<sup>st</sup> Annual Conference

**Date:** June 24-27, 2011

**Location:** Westin Resort, Westminster, CO

**Theme:** *Light, Vision & Consciousness*

**Contact:** For more information please visit:  
[www.isseem-conference.org](http://www.isseem-conference.org)

### Institute of Noetic Sciences 14<sup>th</sup> Annual Conference

**Date:** July 20-24, 2011

**Location:** Westin Market Street, San Francisco, CA

**Theme:** *Tools and Technologies for a World Transforming*

**Contact:** For more information please visit:  
[www.noetic.org](http://www.noetic.org)

### Healing Touch International 15<sup>th</sup> Annual Energy Healing Conference & Instructor Meeting

**Date:** October 19-23, 2011

**Location:** Hilton Waikoloa Village, Waikoloa, Big Island, HI

**Theme:** *Earth: Exploring the Elements, Creating the Wholeness*

**Contact:** For more information please visit:  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

### Australian Foundation for Healing Touch - Healing Touch Regional Gathering

**Date:** October 28-30, 2011

**Location:** Uniting Conference Centre at Bonny Hills, New South Wales

**Theme:** *Head in Heaven and Feet on Earth*

**Contact:** For more information please visit:  
[www.healingtouch.org.au](http://www.healingtouch.org.au)

## Ethics Corner continued...

The remainder of the chapters cover: dual relationships, sex, touch and intimacy, ethical practice management, business ethics, special considerations in cases of trauma and supervision.

Appendix A contains forms: client bill of rights; sample informed consents; massage therapy center policies; feeling list for trauma survivors

Appendix B Specialized protocols (specific techniques for working with self-disclosed survivors and the BITE Model of Cult mind Control)

Appendix C Codes of Ethics (25 codes from a wide range of body-work and energetic modalities across the world)

## HTI Professional Development Series and 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.

### 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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://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** - This 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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://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.

**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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

### Journaling the Spiritual Journey

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. 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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://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 the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://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

**Check the HTI website for scheduled classes**  
[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)



## 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
May 28-29	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
May 28-29	Metairie, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
Jun 3-4	Yankton, SD	Jan Halbach	Marci Pederson	605-668-8475	mapederson@avera.org
Jun 10-11	Minneapolis, MN	Carol Schoenecker	Carol Schoenecker	612-672-6366	cschoen2@fairview.org
Jun 10-11	Lebanon, MO	Mary O'Neill	Tammie Breault	417-533-6072	tammie.breault@mercy.net
Jun 11-12	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Jun 11-12	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Jun 11-12	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-802-1955	Judith@HealingTouchIndiana.com
Jun 11-12	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Jun 11-12	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Jun 11-12	Des Moines, IA	DSpates/Linda Holmes	Linda Holmes	515-229-4000	lindajoy@mchsi.com
Jun 18-19	Middletown, NY	David Rabinowitsch	Kathy Bonnell	845-283-4337	healingtouchcatskills@hotmail.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
Jun 25-26	Redbud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Jun 25-26	Des Moines, IA	Gail Hardinger-McCarthy	G Hardinger-McCarthy	515-964-9842	lifenbalance@aol.com
Jun 25-26	Stanford, CA	Elizabeth Helms	Leslie Elmore	TBA	Leslie.Elmore@sbcglobal.net
Jun 25-26	Putnam, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jul 9-10	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Jul 9-10	Alton, IL	Mary O'Neill	Ruth Ann Meyer	618-463-0901	ram.chtp@att.net
Jul 15-16	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Jul 16-17	Stanford, CA	Elizabeth Helms	TBA	TBA	Elizabeth@sierrahealingtouch.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
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 12-13	Alexandria, MN	Dana Spates	Sandy Larson		SandyL@electech.edu
Aug 13-14	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Aug 13-14	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-522-4790	mconb51@bigplanet.com
Aug 13-14	Asheville, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Aug 13 & 20	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Aug 20-21	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Aug 20-21	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Aug 20-21	Lakewood, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.com
Aug 20-21	San Diego, CA	L Thompson/S Weeks	Suzanne Weeks	858-538-4963	sweeks@san.rr.com
Aug 24-25	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Aug 26-27	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Aug 30-31	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext #54685
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
Sep 24-25	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net

## 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 1 cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 1-2	Eau Claire, WI	Susan Peck	Sue Peck	715-836-5375	pecksd@uwec.edu
Oct 1-2	Brick, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.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 8-9	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.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	Jackie@jackiemielke.com
Oct 15-16	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 29-30	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
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 11-12	Belmont, CA	Elizabeth Helms	Leslie Elmore	650-568-3235	Leslie.Elmore@sbcglobal.net
Nov 12-13	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
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
May 28-29	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Jun 4-5	Pompano Beach, FL	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Jun 11-12	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jun 13-14	Coon Rapids, MN	Jackie Mielke	LeAnn Snidarich	763-433-1279	LeAnn.Snidarich@anokaramsey.edu
Jun 14-15	Red Bud, MN	Barb Schommer	Sarah Stinson	651-267-3506	sstinso1@redwing.fairview.org
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 17-18	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 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	judylynnray4@yahoo.com
Jul 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
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
Jul 29-30	Maplewood, MN	Barb Schommer	Jamie St Michel	651-770-8176	jstmichel@healtheast.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
Aug 27-28	San Diego, CA	Anne Day	Lisa Thompson	858-481-3768	lthompson@rchsd.org
Aug 27-28	Middletown, NY	David Rabinowitsch	Kathy Bonnell	845-283-4337	healingtouchcatskills@hotmail.com
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 16-18	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	StephanieJ.Clark@bannerhealth.com
Sep 17-18	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-247-3710	ADivineLindsay@aol.com
Sep 17-18	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Sep 23-24	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu

## Healing Touch Class Schedule 2011

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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
Sep 23-25	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 24-25	Redbud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Sep 24-25	Omaha, NE	Jody Hueschen	Vicki Baines	402-350-8402	jvrbaines@aol.com
Sep 24-25	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mcchsi.com
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 1-2	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mcchsi.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	jackie@jackiemielke.com
Oct 15-16	Minneapolis, MN	Barb Schommer	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
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 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 5-6	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.com
Nov 11-12	Oklahoma City, OK	TBA	Carol H-Smith	405-627-3606	heartsmith@sbcglobal.net
Nov 12-13	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
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 2-3	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext #54685
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
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
Jun 10-12	Iowa City, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
June 11-12	Juneau, AK	Mary Szczepanski	Raine Benham	405-706-7716	innerchi@cox.net
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 23-24	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-522-4790	mconb51@bigplanet.com
Aug 17-19	Coon Rapids, MN	Jackie Mielke	LeAnn Snidarich	763-433-1279	LeAnn.Snidarich@anokaramsey.edu
Sep 10-11	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
Oct 8-9	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Oct 8-9	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Oct 15-16	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Nov 11-13	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
Nov 19-20	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-522-4790	mconb51@bigplanet.com
Dec 3-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Jan 20-22 '12	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	StephanieJ.Clark@bannerhealth.com
Feb 22-23 '12	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext #54685



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### Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jun 2-5	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
July 21-24	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
July 28-31	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
Aug 25-28	Columbia, IL	Mary O'Neill	Jeanne Whalen	314-771-8649	jwshamrock@sbcglobal.net
Sep 15-18	Hinton, OK	Judy Turner	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
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
Nov 18-20	San Diego, CA	Rauni King	Liz Fraser	858-554-3360	fraser.elizabeth@scrippshealth.org

### Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jun 16-19	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
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 21-24	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@aol.com
Aug 25-28	Columbia, IL	Diane Wardell	Jan McArthur	636-724-2435	janmac2001@aol.com
Nov 18-20	San Diego, CA	Anne Day	Liz Fraser	858-554-3360	fraser.elizabeth@scrippshealth.org

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### International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 28-29	Toronto, ON Canada	Alexandra Jonsson	John Hamilton	416-699-4856	Henrik42@Bell.net
May 28-29	Christina Lk, BC CANADA	B Worbets / K Smythe	Kathleen Smythe	250-447-6201	sunflowerinnbb@shaw.ca
Jun 17-19	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Jun 25-26	Lima, Peru	Margarita Kehoe		Ambar 4464146	
July 23-24	Lima, Peru	Margarita Kehoe	Centro Nana Nagle	2582131	www.nananagleperu.net
Aug 13-14	Odense, Denmark	David Rabinowitsch	HT Denmark		koordinator@healingtouch.dk
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 17-18	Lima, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net
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
Dec 3-4	Lima, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net

### International Classes Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 28-29	Vancouver, BC Canada	Ginny Mulhall	Karen Stewart	778-292-1845	Kasinbc@yahoo.ca
May 28-29	Santiago de Chile	Margarita Kehoe			
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
Aug 5-6	Santiago del Estero, Argent	Emiliana Gonzalez			
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
Nov 12-13	Lima, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net

### International Classes Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 20-22	Haarlem, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
May 27-29	Dieppe, BC - Canada	Jeanne Balcom	Kelsie-Ann Caissie	506-382-4832	hummingforhealth@hotmail.com
Jun 10-12	Dieppe, BC - FRENCH	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
Aug 27-28	Lima, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net
Nov 11-13	Haarlem, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl

### International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 27-29	VenwoudeLageVuursche	Judy Turner	Natascha van den Ban		cursus@healingtouch.nl
Oct 7-9	Vedruna, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net
Oct 22-24	Iquique, Chile	Eileen Kearney		Prosh 2519378	www.nananagleperu.net

### International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 23-25	VenwoudeLageVuursche	Judy Turner	Natascha van den Ban		cursus@healingtouch.nl
Oct 28-30	Iquique, Chile	Eileen Kearney		Prosh 2519378	www.nananagleperu.net
Nov 24-27	Pnc George, BC Canada	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

Healing Touch International, Inc.  
445 Union Blvd., Suite 105  
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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