



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**

## Transformation, Change and the Fire Element



"In times of change, the learners will inherit the earth, while the knowers will find themselves beautifully equipped to deal with a world that no longer exists."  
~Eric Hoffer

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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 Centeredness
- Respect of Self and Others
- Self Care
- Service
- Working Together in Community
- Unconditional Love

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

Cover Photo "Volcano" by Caitlin Anselme Miller



## Letter from the Editor

### *Dancing in the Fire of Transformation*

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

#### **Boil Nicely Now**

*By Rumi*

*Look at the chickpea in the pot,  
How it leaps up when it feels the fire.  
While boiling, it continually rises to the top  
And cries, "Why are you setting the fire under me?  
Since you bought me, why are you turning me upside down?"  
The housewife keeps hitting it with the ladle.  
"No," she says, "boil nicely now, and don't leap away from the one who makes the fire.  
It's not because you are hateful to me that I boil you but so you might gain flavor and  
become nutritious and mingle with essential spirit."*



In this HTI Perspectives in Healing, we explore the fire element, in following our 2011 conference theme. Fire can enliven, activate, warm, illuminate and transform (consider what happens when you place water over a fire). It is the pulse of the planet as the lava courses through the Earth. It has the capacity to give life and ignite passion; it can also consume and destroy.

Throughout our respective life journeys, we are given many opportunities to enter into the fire of transformation. Our life experiences often test us, sometimes wound us, and frequently stretch us through past hurts, losses, betrayals and seeming injustice. It is through entering the fire of these experiences and allowing them to pass through us and ourselves to walk through them, that we discover a great potential for healing, self discovery and growth. Through recognizing the opportunity within the crisis, and seeing the essential humanity in ourselves and even the most wounded of our fellow human beings, we "gain flavor, become nutritious and mingle with our essential spirit", as Rumi so exquisitely described.

In energetic terms, it is often during such challenging times when we have been turned "upside down" like the chickpea in the pot, that the fire within us begins to activate, ignite and rise, as we seek higher understanding and broader vision. In energetic terms, this fire can be acknowledged as the kundalini energy that exists within all of us, lying in wait until it is triggered, activated and allowed to rise through the coiling of the three primary central energy tracts or nadis: the Sushumna, Ida and Pingala nadis within our energy system. The caduceus, the symbol of medical practice and healing, is modeled after this coiling of kundalini energy, even as it is modeled after the double helix pattern of our genetic DNA.

The activation and rising of the kundalini energy can be abrupt and harsh when it is triggered by strong events,

and yet can also be tempered and allowed to gently unfold through our work with the Chakra System in Healing Touch. Our energy work contains the invitation to relax deeply and go within, allowing this energy of fire to gently rise, nurture, inform, clear and transform.

This fire also invites us to examine our lives for those things that are no longer life-giving and life-supporting and gives us courage to surrender and let go of these things which no longer serve our highest good.

Through our own personal work with this fire, we can gather courage to surrender and let go. In this process we can make room within to welcome new growth, new opportunities, greater understanding, and expanding consciousness. This transforming fire also facilitates our taking in of that which is life-giving and life-supportive of body, mind, emotion and spirit. It helps us open to healthy, empowered choices and respectful and fulfilling relationships; it fuels our pursuit of life-affirming dreams and creative endeavors, and movement towards self-actualization and highest action. It inspires us to be in service, another key theme in this issue of Perspectives in Healing.

Through our offering of Healing Touch to others, we can help facilitate that process of surrender, letting go and opening to expansion that is unique and beneficial for them.

We will be traveling to our 15th annual conference on the Big Island of Hawaii next month. It is a place where the interior fire of the Earth is actively creating new land and new life every moment. We invite you to join us in the islands, either in actuality or in your hearts. As we prepare for this journey together, consider how you personally approach the fire of transformation. Do you resist the fire or do you go within and surrender to its cleansing and transforming flame?





## Motivations from the President

### *Stoking the Fire of Healing Touch*

by Mary O'Neill RN, CHTP/I, President, HTI Board of Directors

How appropriate that we reflect on the element of Fire in our summer issue of *Perspectives in Healing*. This is the season, in the northern hemisphere, of high heat and rapid growth.

Crops grow at a faster rate in the warmth of the summer sun. In this part of the world, the sun dominates the summer sky, providing heat and extended light. How important the sun is to our health, well being and our spirit. We naturally gravitate outdoors on those warm sunny days to soak up some energy and feel renewed by the warmth. Fire has a special quality to draw you closer. It is active, unexpected, intriguing and mystifying. It is the most powerful of the energy forces. It is the force of the Spirit. Have you recently sat around a camp fire or in front of the fireplace? It is difficult to take your eyes away from the dancing, ever changing flames. We experience mystery gazing into a fire.

I have a new perspective and memory of fire as I share these thoughts with you. In May of this year, I traveled to Peru and Chile to meet with our Healing Touch communities in South America. During my visit, I was deeply honored to participate in a very sacred Inca ceremony held in Lima, Peru. The large Healing Touch community of students, practitioners and instructors gathered at a beautiful retreat center. Following warm greetings, hugs and a wonderful celebration of the PROSH (Promoviendo Salud Hólistica) Community, exchange of gifts, dancing and refreshments, we settled in. As the sun was beginning to lower in the western sky, we were lead in a beautiful Inca ceremony. Our Healing Touch Practitioner, Bertha, led the ceremony. She is studying as a Shaman and is currently the only woman in all of Peru allowed to perform this ceremony with the Coca Leaf. In native dress and surrounded by all the beautiful grains and flowers of the earth, she began the beautiful ceremony, which she described as an offering to Mother Earth. Each aspect of the ceremony was done with reverence, gentleness and a deep gratitude to the earth for all the ways she sustains each of us.

The offering of three Coca leaves from each person present was infused with our breath, intentions and blessings. It was carefully prepared, Coca leaves

layered with grains and flower petals and beautifully wrapped. Here was an exquisite gift of our love back to Mama Pacha! It was carried outside in ceremony followed by the entire HT community. There in the ground a fire had been prepared a short distance from a large tree. After requesting permission from Mother Earth to receive the offering, it was placed in the fire. This is where I was acutely aware of how Bertha tended the fire.



**Bertha and Assistant Preparing Offering**

With loving attention, she observed how it burned and gently held sacred space as our offering was engulfed by the flames. After awhile, when the flames would die down and embers could be seen, she gently took a

piece of wood and stoked the fire. Adding more wood



**Bertha Tending the Fire**

as needed and occasionally sprinkling grains over the flames to reignite the offering with higher intensity. This careful attention to the fire went on for an hour or two. We were all in the sense of timelessness that we are familiar with in Healing Touch.

Bertha gently continued to stoke the fire and tend to the offering. There were no other distractions or interruptions. All eyes and hearts were focused on the fire. In response,

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## Motivations from the President - cont.

the fire gently did its work of consuming our beautiful offering and bringing the gifts we offered to the air in the form of the smoke rising and to the earth in the form of the remnants of the Coca leaves, grains and flowers now transformed into ash. When she determined that the offering had burned sufficiently, she stated that she would now read the ashes. As she read what she saw in the ashes, my heart skipped a beat when I realized that my silent prayer and intention, infused with my breath into the three Coca leaves, had been received and acknowledged in the burning of the offering. Her words describing the pictures in the ashes confirmed that my prayer and intentions for each of you, for our Healing Touch International work and for our world were indeed received and blessed. What a powerful experience of love and attention, gift and blessing! Our offering to the earth was then buried at the base of the tree to provide nourishment for the tree. We closed our ceremony; each of us left renewed in our connection to the earth through the offering and the gift of fire to transform everything and everyone.

As I have reflected on this and many of the experiences in Peru and Chile, I have thought of how I tend the fire in my personal life, Healing Touch work and the greater work of HTI. I offer this as a reflection to you on tending the fire of Healing Touch in your life.

Do you remember the enthusiasm of learning HT for the first time? How exciting to realize that we are more than our physical body. Take some reflection time to marvel in our greater energy field, chakras and meridians all doing their work without much thought from us. Try a Chakra Connection of thanksgiving adding blessings for each aspect of ourselves.

Another part of our work that is truly amazing is the benefit our clients receive in the form of relaxation, peace, comfort and reduction of pain. To tend the fire for our clients' benefit, give away a few sessions to someone who would not usually have access to Healing Touch. This could perhaps be those in a nursing home or homeless shelter; you could check with a veteran's hospital and volunteer a few hours. It will do their heart good and yours will open, expand and ignite also.

A very important part of our growing community is the care and tending of our Level 4 Practitioner Apprentices and Mentees. What a great way to extend the healing through offering the service of a free session or another healing modality for them to experience and assist in completing the requirements of their Level 4 homework. I routinely do this in our community and feel it nurtures the Apprentice and encourages them on their journey.

As an Instructor, I welcome and open the door wide to Instructors-In-Training to come and observe my classes. It is a wonderful way to tend the fire for our newest instructors as they prepare to carry the work forward. Offering the co-teaching experience is another way to assist these instructors and plant seeds for their growth and nurture their Healing Touch fire in building their confidence and ability to share Healing Touch with students.

Tending the fire can take on many aspects. Perhaps gift a membership to someone you know. The Board of Directors offered a reduced membership rate of \$65 until August 31 for new members. Or perhaps you might consider gifting a conference registration scholarship. Attending the HTI Conference in October will be a great

way to stoke the fires of enthusiasm and commitment to "just do the work"! Join your fellow healers in community to grow and expand the Light of Healing Touch. Of course, one of the easiest ways to keep the fire burning is to invite someone to attend a Level 1 class. Then volunteer to be a helper in the class and reignite your fire and passion.

Whatever you choose to do to relight your flame and passion

for the work of Healing Touch know that your work is most important. For today, all over the world, there are lights shining bright from the single flame that grows to proclaim healing and wholeness is possible for everyone. I wish you many blessings and much fire in your hearts and with much gratitude for your selfless work for years to come.

**Editor's Note:** Our 4th Quarter HTI Perspectives in Healing will feature an in depth overview of Mary's journey and of the work being done in Peru and Chile.



Bertha, Mary, Sissi and student



# Inspirations

## *Passion to Reconstitute the World*

“My heart is moved by all I cannot save:  
so much has been destroyed  
I have to cast my lot with those  
who age after age, perversely,  
with no extraordinary power,  
reconstitute the world.  
A passion to make, and make again  
where such un-making reigns.”

Adrienne Rich, Excerpt from “Natural Resources”



PROSH (Peru and Chile) Logo in Flowers  
Photo courtesy of Mary O'Neill & PROSH

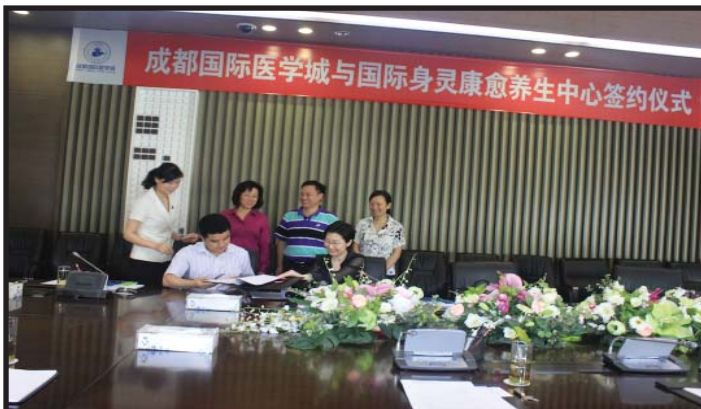
# Associate Partnerships

## HTI China

by Yong Tang MD, CHTP



HTI China 2011 at Chengdu International Health City



Contract Signings



HTI China 2012 near QiGong Mountain

Near the end of 2010, Yong Tang MD, CHTP on faculty at Wakeforest Baptist Hospital, approached Denise DeForest Pastoor as a member of the HTI Board of Directors and shared her vision of developing Healing Touch International - China. She had just returned from 2 months in China where she networked and drummed up interest in HT, especially in the city of Cheng-Du. The local Chinese government is developing a wellness promotion town, Cheng-Du International Health City, at one of the satellite towns. There are new hospitals, a rehab center, specialized Traditional Chinese Medicine hospital/clinics, an herb farm, an ecology park, medical research laboratories, etc. Yong's physician friend (a former classmate) was in charge of overseeing the development of Cheng-Du International Health City and was supportive of introducing HT into China, after having received three sessions of Healing Touch by Yong. Yong noted that any foreign entities/individuals that wish to do anything independently (not through a Chinese entity) in China need the government's approval and also, the majority of people in China are skeptical of energy therapy.

The government is very careful in supporting programs from other countries, yet, with the assistance of her physician friend, she envisioned an HTI - China office in Cheng-Du, where she could share Healing Touch, offer Healing Touch sessions and introductory classes and workshops, as well as collaborating with other wellness organizations there. She thus submitted a proposal to the local government.

Discussion was held between Dr. Tang, Mary O'Neill, HTI Board of Directors President, and Lisa Anselme, Executive Director, along with input from the HTI Board of Directors. Yong received approval from the HTI Board of Directors and she forwarded a series of questions to Lisa concerning information that was needed in order to complete the application/proposal to the local Chinese government. She also requested a series of documents that were needed by the government in order to establish the credibility of Healing Touch, its students, practitioners and instructors, along with providing an overview of its usage. In addition, it was necessary to verify and confirm the business legitimacy and practice of Healing Touch International.

March 24, 2011, Yong received word that her proposal to China had been approved, and 2000 sq. ft. of space would be provided for 3 years, close to a famous mountain where Chinese Qi Gong practitioners visit for "building up" their energy levels. She left for China to work on the contract 1 week later. Over the next several weeks, more documents were requested, and official documents were signed. Happy Birthday HTI China!



# Community Development

## *Healing Touch and Uganda*

by Mari Kelley RN, CHTP/I, Peace Corps Volunteer Community Health Division PVC, Uganda

February 2011, the first HTI Level 1 Healing Touch Class, with 8 participants, was held at Iceme Health Center III, Uganda, Northern Africa. The second Level 1 class was held in March 2011, with 6 participants, and due to staffing workload, only 3 finished the weekend.

This really was a big step for Ugandans because in their culture you are paid to spend time at a workshop and they were not paid. They were very thankful and appreciative to Healing Touch International and really saw the benefit of energy therapy. They recognized the importance for their patients, which is also a big step for them. It was a great morale booster for the staff, because now they don't feel so helpless when the patients are in pain and they have no medication to give them.

When I got back from South Africa, I heard that some of the participants had great responses from their family members and some of the patients after doing a Healing Touch treatment on them. With his permission, I share a picture of a man that had burns over his back, arms and hands at the health center who received Healing Touch and was really pleased with the outcome. He never got an infection during his stay here at the health center (and as you know, burns can easily get infected, especially at times when dust and dirt are flying into the windows from the wind) and recovered faster than expected. If he was in the states, he would have been in a burn unit, so I am really amazed at the outcome. At times we can have up to 6 burn patients at the center. So I know that Healing Touch will come in handy for them.

The staff are looking forward to Level 2, which hopefully will be coordinated in a couple of months. I will be setting up Healing Touch practice sessions for the staff to reinforce the techniques.

Thank you again, Healing Touch International. Uganda is now one of our International Healing Touch Countries!







## Clinical Applications

### *Healing Touch Techniques to Aid Football Players*

by Dawn Fraser Kawahara © 2011 Reprint with permission.

Blue sky and a sea view of the nearby bay shimmered through the louvers of the coach's classroom in the makai (seaward) wing of a Hawai'i high school on the afternoon of

an early September Sunday. A brisk trade wind helped cool off the upstairs room as we trooped to meet the coach and his football players. It was a perfect island day for beach or mountains, but instead, our focus was Healing Touch (HT): to share the focusing and pain alleviating part of the HT techniques with about twenty-five players who were giving up free time to swim, surf, hike, or just "hang out," to come in and learn some HT techniques to help them with focus and health in their commitment to playing football, and hopefully, life-long.

The coach welcomed the three of us on the HT team with a face-splitting smile and strong handshake. He had set up the session in response to information from several of his team members about their own positive HT experience. I received the impression that, as a coach who wants his team to gain victories and also the best for his team members, he is open to any new knowledge that will enable and carry them forward.

The leader of the session was Barry LeFevre, Certified Healing Touch Practitioner (CHTP). At Barry's invitation, Donna Kerr and I were along to help. Donna is an experienced practitioner who regularly volunteers to provide HT to patients and staff at the community hospital. I came to HT to learn more about healing myself and my family and 'ohana members, when called upon, and I am a HT level 2 student. We are all part of a group of HT practitioners who meet monthly to practice and continue learning together. Barry often acted as leader, and he had earlier explained his plan for the day: to go right to the heart of the matter and present basic beginning techniques of HT to help with focus and wellness, particularly in alleviating pain.



Some of the boys had been hanging around, talking in the school yard as we arrived. Just before 3 p.m. they and most of the other team members trooped upstairs and came in to settle into the classroom desks. What

was the coach having these kupuna (grandparent age) people present on a Sunday afternoon that could be so important? I felt they might be thinking as they glanced at us curiously, "Why don't we spend this extra time out on the field, practicing for our next game?"

That is, all except for several of the boys whom I recognized from the HT hands-on, free demonstrations we gave at a July 4 community event. Donna and I had been involved with them at the annual Fourth of July event just two months earlier, along with HT practitioner Mary Paterson and the rest of the team: Pamela Dux, Cathy Martin, Carol Pratt, and Dr. Maria Snyder. We gave HT to about fifty people on request that day, including many members of this high school football team.

It had pleased us that those boys came into our tent, and after reading the posters and getting a brief introduction, had laid on our massage tables and trusted us to work on the areas of their bodies they identified were, indeed, hurting. Mostly, I recall these were indicated as being their upper and lower backs, neck and shoulder areas, and legs, particularly the knee area. Some had one area of pain or discomfort; some had more.

In between working in HT pairs, or solo, I had thought about how football is a painful sport, since the basic idea of the field clashes and tackling is to stop "the other guy", suddenly and forcefully. Although the players, under the guidance of their coaches, condition their muscles and build strength and stamina for the required plays, whether playing offense or defense, I realized there is no guarantee that they will walk off the field without having subjected their bodies to some kind of pain. Hopefully, this will be temporary pain, if treated promptly and properly. For this, they have coaches and sports physicians with good knowledge.

But here were these young men, pointing to areas of pain after the fact, and saying, after their HT treatments, how improved they felt. I remembered the catchy term, "Pain Drain," we had used in our learning of techniques. HT would be something they could use adjunctively to help themselves, we told them. They could learn to do it for themselves, for their teammates and their families. We didn't know if they would carry that message back.

Now, on this September Sunday, we were in the classroom by invitation, and Barry had a plan to get right to the point. When everyone who was expected

continued on next page

## Clinical Applications - cont.

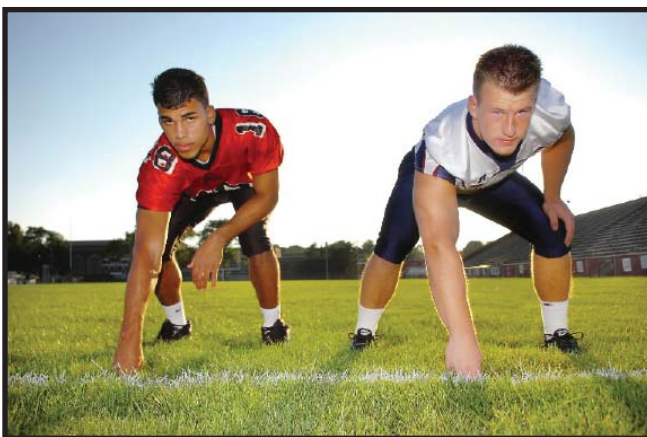
had come in and settled down, and after the coach introduced him and the rest of us, he began by welcoming the young people and letting them know we were all there to learn and practice HT. Barry gave no long, involved explanations of the physical energy fields that were being manipulated and strengthened by the HT techniques, no technical explanations using heady terms that would cause the young people to “cut out.” Instead, he briefly assured them of their physical energy fields, and linked them to all beings. He touched on how learning to work with these energies could help an athlete with focus and overall achievement, as well as pain from an injury. Knowing the hands-on method is best, Barry went right into some demonstrations.

The coach and the class went along, following suit to close their eyes, rub their hands together, and then separate the palms of their hands at a distance from touching to about ten or twelve inches, to see if they could feel the energy coursing between them. It was gratifying to see some people stop, open their eyes and look around and smile, nodding while still working those parallel palms like an active string game, and exclaim aloud, “Yes. We feel it – the energy”. Those who couldn’t feel the energy and weren’t sure kept testing the technique, and looking from their cohorts to their coach. From what was expressed verbally or in body language after a few minutes, they were coming along. Some felt warmth; some, a vibration; some, a kind of energy feeling. When their coach asked if it would be a “kind of buzz”, that clinched it. The passive energy that had permeated the room at the beginning changed.

“Good,” said Barry, when things quieted down. He then demonstrated another exercise. Pretty soon everyone present was pinching thumbs and first finger tips together to create what I think of as goggles to peer through; then, several inches before the eyes, slowly separating the right “lens” from the left, and seeing what they might observe between the fingertips when held positioned before a light wall, whether dim lines, or a shade of color, or. . . (this was left open for the observers to fill in). Again, we heard some “Yeses” and even some “Wows!”

Even those who didn’t see anything with this exercise seemed willing to accept the positive affirmations of their peers. The team members almost sat at attention while Barry offered a relevant joke, then switched to

touch on the focus and grounding so necessary to athletes. This carried on into the next demonstration, where he had Donna and me perform the steps we employ when grounding and readying for HT practice, then “Hands in Motion,” up and down the whole body, and “Hands Still,” when a subject is open to actual gentle touch.



It would be nice to have some photographs to show of how willingly the group paired up to practice some HT techniques with each other, harking back to that old adage of “one picture is worth. . .” However, Barry (wisely) discouraged any videotaping or photography of this session, knowing how being watched by a recording eye can change the nature of an experience

for any individual. So words will have to suffice.

The A-with-B groups that formed went through different things from a physical push experiment meant to prove focus before and after grounding, to working with Hands in Motion, and hands-on “Pain Drain” techniques. Those present did this more than willingly; in fact, with extreme centeredness and enthusiasm. Barry and Donna and I moved around the classroom, helping where there was need, answering any questions, all within a vibration of accord.

An interesting side story is that one of the team’s players was suffering a headache. This was not generally announced, and quietly handled. After receiving the HT technique to help with this by verbal agreement, about fifteen minutes later, it was unexpectedly announced to the group that the headache “had disappeared.” The energy in the room, which had been high already, zoomed up another few notches. No one was looking at the clock. Everyone was focused upon the task at hand. The team mates were talking to each other, readily thanking the HT “practitioner” for feeling more relaxed, or better.

At the end, Barry quickly reviewed all that had been accomplished at the day’s session because of the good cooperation and spirit. He reminded the team members that they could continue to do what they had learned for each other, as well as for family members and friends. He addressed the question of how it might appear to another team if the guys on the bench were seen working the “Hands in Motion” technique before

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## Clinical Applications - cont.

a game, how “airy fairy” this might appear. The young people grinned right along when Barry said, “Who knows? If you ‘kick butt’ out on the field, they might think you have latched on to some new, secret technique they would like to get in on.”

A good two hours had passed since we first met up for this session, and we left in good spirits with promises for a possible follow-up with “our” football gang and their coach. At this writing, I now have beside my keyboard two local news sports pages that are resonating with headlines that reflect the past season’s marked team successes. If HT helped in any small way with the record that is being created here, and with the team members involved, I feel I can safely state for any of us involved that this is enough to know, for the good energy and success can’t help but spread.

*Note: By special request, the names of the coach, the school, and the players are being kept anonymous.*

*About the Author: Dawn Fraser Kawahara found her home on the island of Kaua’i over 25 years ago. She enjoys working for Hawai’i Pacific University’s Road Scholar programs through Pacific Islands Institute as an instructor and travel group leader. She is an award-winning writer-poet and publisher, a practitioner of ancient hula & chant, and a minister/wedding officiant.*



Photo “Orchids 3” by Caitlin Anselme Miller

## In Memorium

### Barry LeFevre CHTP

February 1, 1941 - July 15, 2011



Barry LeFevre, was from Princeville, Kauai, passed away peacefully on July 15, 2011 at 5:15 a.m. at Straub Hospital on Oahu. He is survived by his three children, Barry Jr., Jolie and David, two stepchildren, Erich and Vince, four grandchildren and three great grandchildren, along with his devoted partner of 4 years, Sarah Porter. He was preceded in death by his beloved wife, Karen and his parents, Robert and Elizabeth.

Barry was one of the most giving and caring people in this Island community and is well known by Kauai Hospice where he had been on their Board of Directors as well as a hospice volunteer for a number of years. He was also a Certified Healing Touch Practitioner. He gave Healing Touch energy treatments to the nurses and staff of Hospice for years as well as treating Hospice patients, their family members, and others in the community, bringing them comfort and peace during their difficult times.

He was born on February 1st, 1941 in Hollywood, California and grew up in San Pedro. He served in the US Army for 4 years and had a successful accounting firm in Newport Beach, California. He retired to the islands in 1997 after his wife Karen, passed away.

Amongst his many accomplishments, Barry had just self-published his first book called, “What a Great Line!” He loved humor and made a project of collecting laugh lines from classic TV shows, movies and books.

The family appreciates the love and support from his friends and local ohana and shared a Celebration of Barry’s life on Sunday July 24th at the St. Michael’s Episcopal Church in Lihue, followed by a desert pot luck and talk story after the service.

In lieu of flowers, the family would appreciate donations to either Kauai Hospice or Healing Touch International.

Barry wants friends to know that “everything’s Jake”.

# Mentorship

## Community Project - Opening Doors of Possibility

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



Anne Day give service as well as teach others more about this work. The gift of this project is that it opens doors that may not be opened to HT through other avenues. It also may lead to Healing Touch job opportunities in that setting.

We encourage students to think of places in the community that would benefit from Healing Touch where it is not being offered. The next step is to set the intention for the highest good and go to someone in that organization who makes decisions and ask to be able to offer Healing Touch as a service in whatever format that you think would work best. Ask for guidance as you make these choices and you will be surprised at how the doors open for you! You can also do something to introduce HT into your work setting and that will serve as a community project if it is outside of your paid time. For instance, consider giving short HT treatments to the staff during Nurse Week in May, doing an in-service on HT for your staff, etc.

Over the years, we have seen many of these community projects open the doors for a Healing Touch job in these community settings. Once Healing Touch is introduced, the value of this work becomes very evident. Several people who have given HT in Hospices have gained the respect and appreciation of their work to the extent that they now have part-time jobs at Hospice.

Community projects can be short, as in a one-day health fair, or offering HT to staff, or it can be on-going. Many of the Level 5 students are sharing that

they have been involved in several community projects, which is so wonderful to hear! Some of the on-going projects are volunteering to provide HT regularly in a hospital, or commitment to a service project such as LifeSpark in Denver, or Healing Partners in the Stanford area of California. Great projects! Great service!



Mary Jane Aswegan

Susan S. Trout, Ph.D, in her book *Born to Serve* speaks to the evolution of the soul through service for it is the soul's basic urge to serve. In the preface to her book she states, "being of service means doing whatever needs to be done with no attachment to the form of the task and with no investment in its outcome." This sounds familiar in what we teach in HT about not being attached to outcomes. She also states, "service is a dynamic partnership between the server and the served" and emphasizes that "we are all servers and we are all being served." In HT we certainly know that educating and providing community service is a rewarding experience, and as we give we do receive. It is the quality of our motivations involved in our community service that determines the quality of our service. These community projects do not have to be huge. Every time we offer HT in the community for such events as a Homeless Veterans Stand Down, at a nursing home or hospice, to staff in a hospital, children at school, at a senior center, or in the airport to someone in need, we are carrying out the urge of our soul and we receive ten fold what we give.

As Rachael Naomi Remen says so well: "Service is different from helping or fixing. When you serve, you see life as whole, rather than something to be fixed. Service is the work of the Soul. Only service heals".

Isn't it wonderful that Janet was guided to put a service project into the Homework assignments for HT Level 5?

*"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."*

*~ Dale Carnegie*



## Board Corner

### *Expanding Our Vision*

by Denise DeForest Pastoor MEd, APRN, BC, CHTP



Starting with our opening centering meditations at our monthly Board of Director calls, we hold HTI's vision in our hearts as we move forward building communities and expanding by "Spreading Healing Light, Love, and Service, Creating Wholeness on Earth."

### Highlights for this Quarter:

#### **15<sup>th</sup> Annual Energy Healing Conference Oct 19-23, 2011, on Big Island of Hawaii**

Enthusiasm, energy, and excitement are swirling as we get closer to HTI's conference and finalize the details. Attendees will be embraced in Hawaii's lush tropical setting and rich healing atmosphere, with exquisite exhibitors, knowledgeable and gifted presenters, and a healing presence from all over the world.

#### **Education committee**

Workbook for Levels 1-3 are getting positive feedback and can easily be obtained on-line through the HTI website. The Level 4-5 workbook is in the final stage of editing and will be completed soon. Workbooks are being translated into Japanese, nourishing our international connections.

#### **Membership committee**

Our membership is growing, so please offer support by renewing your membership and encouraging others to enjoy the benefits, especially the reduced class and conference fees.

#### **Outreach**

HTI had a welcome presence at the American Holistic Nurses conference in Louisville, KY in June and participated in the ISSSEEM conference in Colorado in June. The positive energy of Healing Touch is gaining momentum in our healthcare systems and communities, as we network, support, and share.

Mary O'Neill spent time with our Healing Touch Sisters in Peru and Chile, deepening our understanding of their culture and way of life. Gatherings by students and clients shared how Healing Touch has been strong support in their daily lives. We are moving forward to find ways to overcome language barriers and to create an accessible path for Healing Touch Practitioners to become certified and share their gifts with their communities.

#### **Marketing/ Business committee**

A strategic plan is in place to focus on marketing efforts to generate memberships and enhance our mission of service. E-zines are being sent. Elizabeth McKeown is welcomed as a new member of the marketing committee, bringing her expertise in working with non-profits.

#### **Nominating committee**

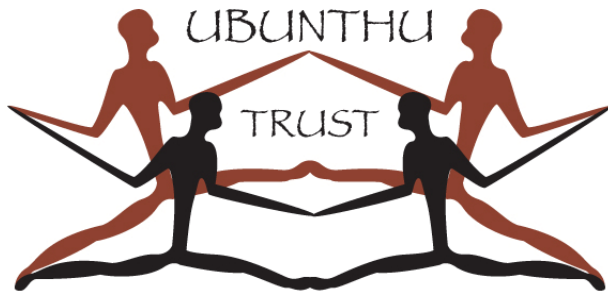
Sandra Coutts, MSN, RN, CHTP from Canada has been appointed to the HTI Board of Directors as the International representative. Congratulations Sandra! She will begin her term at the HTI conference in October, 2011.

In light and joy, may we hold positive intentions and gratitude for Healing Touch International, it's members, affiliates, and through out the world.

# In Service - Project Report

## *Healing Touch and Traditional Healing of The Khomani San of the Kalahari*

by Mary J. Frost, RN, MS. HNB-BC, CHTP, CHTI & Claire Barry Project Manager, HT Practitioner Apprentice



*a human being is a human being  
because of other human beings*

### Project Intention

To bring Healing Touch training to Khomani San community members in Andriesvale, Northern Cape, South Africa, thus rekindling awareness, knowledge and practice of energy healing in this community, to support holistic rejuvenation and reconnection with ancestral, traditional medicine ways.

### Background of Khomani San Community, S. Africa

The Khomani San (Bushmen), some of the last remaining first peoples of southern Africa, now live in the Kgalagadi desert in South Africa on 150,670 acres which consists of six farms, ceded to the San as a land reclamation claim in 1999, and within the Kgalagadi Transfrontier National Park, where most of the ancestors of this group once lived as Gatherer/Hunters. When the Park, where many San had lived for many centuries, was proclaimed during the 1930's, many members of the clan so dispossessed of their land dispersed, resulting in growing cultural and social disintegration. Many San eventually migrated away to City and Western ways.

Their freedom and traditional lifestyle were severely curtailed over the years; the HIV pandemic arrived, alcohol and western drugs and pharmaceuticals were introduced as well as nutrient poor western foods. Few agencies have arrived to assist in cultural, health, educational efforts, or water reclamation.

"Energy healing" in various forms was traditionally used by the San. Sadly, due to cultural demise, these methods of healing have all but disappeared. A few elders remain who still have some knowledge of such healing and other medicine ways.

### Objectives/Goals and actual accomplishments

1. Individuals in the 'community' who have previously attended one or more introductory HT workshops will continue training to learn all nine basic HT Level 1 techniques in a two-day course.

Eleven women (some had attended all four introductory classes that Claire had previously offered, and one had not previously attended any) completed The HT Level 1 class. Two men attended the first half day of class. We left a HT Level 1 workbook for the community library as a resource for the students to review the illustrations and to read for those proficient in English.

2. A minimum of five persons will be identified from above individuals to give Healing Touch treatments to the community members with follow up treatments as indicated and to document types of conditions treated, progress and outcomes.

All eleven women were interested in sharing HT treatments with community individuals and were given a notebook and pens in which to make notes of treatments given. Claire will follow up with the group upon return visits. They all enthusiastically requested a Level 2 class for the future.

3. Elders will be interviewed and consulted on Traditional San Energy Healing and share with the HT students. Interviews will be recorded with permission.

Claire has interviewed a number of male and female elders (from this and previous trips) and is in the process of transcribing the recordings; these were conducted in the Afrikaans language. She intends to publish a book containing these stories along with poems. On this trip we had the great privilege of spending an evening with one of the San Grandmothers, Oma !Nas, at the site of a series of limestone caves where she lived as a child. Traditional bread was cooked over a wood fire and we shared a meal together. She recounted many stories which included a traditional San healing ritual and how western European colonialists slowly took over land that has been used by the San to support their gatherer-hunter lifestyle for countless centuries. She was invited to receive HT treatments during our Level 1 class and spoke to the group about traditional healing ways.

### Trip Commentary by Mary , "The Story"

On March 8, 2011 we (four of us) took a domestic flight from Cape Town to Upington, where we rented a car for a two hour drive north across the desert to Andriesvale in the Northern Cape province. We spent nine days within this community and we three Americans dove as deeply as possible into the culture. The following day we began with

continued on next page



## In Service - cont.

an early morning walk out in the desert/bush with San guide, Jan Kirri. He identified medicinal plants, insects, animal and reptile tracks, birds, nests, trees, anteater holes, etc. Yes, there are poisonous snakes and insects out there; we saw Puff Adder tracks as well as scorpion holes. We viewed two food sources for gathering, tiny wild watermelons and cocoons that contain a tasty worm which are roasted over a fire. Since there had been an unusual amount of rain, we were told there would be a bumper crop of a species of fungus (truffle-like) that would crack open the ground in April to be collected and savored. I must remember to come back in April . . . .

The following day we held a Healing Touch clinic under a great shade tree. Four of us, Claire, myself, and two other American women, Suzanne and Virginia who have had some HT training, gave treatments to 13 women and 2 babies. It can be challenging to stay centered when perspiration is running down your

legs, but it was a wonderful experience and they were so appreciative. Time was spent at the San Information Center, a small one-room building with books, maps, charts, photos and a lovely young San woman curator who also guides bush walks. Nearby is the San Craft Center, a cooperative, filled with items hand made from all things natural in the environs. Several of our HT students had their crafts for sale in the shop. Claire told me that 'looking' was encouraged but purchasing was mandatory as this is, for many, their only income. There are small grass huts at several crossroads where families, dressed in traditional animal skin garments, sit and work around a low fire on crafts from bone, tortoise shell, wood, fibers, seed pods, ostrich egg shell, etc. One is free to take photos for 20 Rand each!

No trip to the Kalahari would be complete without two other activities – daily ritual sunrise and sunset gazing (as there are 180 degrees of changing color to view) and the bush walks at such times on the ridges and dunes through the grasses for wild game gazing. It was so exhilarating to catch glimpses of Springbok, Gemsbok and Wildebeest jumping and romping and keeping a safe distance from the two-leggeds. We also had an

opportunity to foray to The Kgalagadi Transfrontier Park (shared between South Africa and Botswana). Much to my great amazement, we were able to sight herds of Springbok, Gemsbok, Okapi, Wildebeest, a solitary cheetah with fresh kill (sorry, but that's reality), pride of 3 lions with fresh kill, Ostrich, ground squirrel, and magnificent birds (Marshall Eagle, Kori Bustard, Great Black Khorhaan, Pale Chanting Goshawk and Secretary Bird). Whew! Claire said we had an unusually rare day of so many sightings. This is land where the San have roamed and hunted for well over 30,000 years that we can attest to from cave paintings. Now it is where tourists roam in automobiles with binoculars and cameras. But, it is part of the cultural immersion,

to know and to begin to understand and be humbled to these small, gentle people and how their lifestyle has so grossly changed.

Before leaving the area, Claire and I drove another hour north of Andriesvale to visit three San teen boys who are attending high school in a larger town and board most of the year. Due to



Kalahari Free HT Clinic Group

the kindness of various persons from various countries who pledge scholarship monies, they will have the opportunity to have advanced communication skills and general education so to be advocates for their community and help develop necessary resources. What a joy to meet them! They are having difficulty however, blending in with the other boys as they are seen as "different" and rural. They were given "school names" to go by while there as their San names were not seen as acceptable in the school genre, a continuing practice residual from of years of colonialism. We brought them school supplies, art supplies, some clothing, and a few 'sweeties'. Claire says that our visit was a VERY BIG deal for them.

When I returned to Cape Town, I was able to accompany another HT student, now a HTI HT Practitioner after the Level 5 class was held there later in March, to visit !Kwa ttu. This San Cultural Center lies 70 kilometers north of the city on the western coast on very arid land. It was built by donations from some German citizenry and very remarkable in the presentation of some very difficult history when some of the San men were "captured" and

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## In Service - cont.

enslaved in shackles. I was able to purchase some stunning video documentaries and traditional San music CD's.

I carried the cards and notes that many of you included with your donation checks to be presented to the elder, Oma !Nas. I wanted her to know that there is a group of Americans (and one lovely Canadian) who support and care about them. She was so child-like in her way of looking over and handling each one with wonder and excitement. She does not speak or read English. In fact she is only one of four remaining, I am told, who still speaks an ancient dialect with many clicks. We also performed an honoring ritual for all of you by putting a paper with your names on it into the fire to transform into smoke and ash and become part of the elements in that place.

A piece of my heart was left there that I must return to retrieve as soon as possible. . . and to continue the Healing Touch teaching and practice.

### Further Funding

As a Healing Touch pilot project I see strong justification to further fund for continuance. Our work lends itself to psycho-social-spiritual well being in this and other such communities from international funding sources. More than that, the heart connections are invaluable for the continuation of our human species on this Earth.

**Gratitude and Special Thanks** to all donors for your loving support; Robin Goff, The Light Center Inc.; and Jean McKenzie, Ubuntu Trust.



San Traditional Huts



Kalahari Long Desert Road



Mary and Oma Nas



# In Service

## Centro Nana Nagle - 15th Anniversary

by Margaret Kehoe PBVM, CHTP/I

In Peru, a young girl's 15th birthday is a very important occasion for publicly celebrating and acknowledging that she has reached womanhood. It is for that reason that we decided to really celebrate this special anniversary in our Nana Nagle Center in Lima, Peru.

The Presentation Sisters arrived here in Lima in 1993, and on the 9th, July 1996 we began the construction of a very rustic Centro Nana Nagle in Los Eucalyptus de Villa, Lima, Peru. During the previous years the neighbors had seen that our little house was way too small for the workshops for women and activities for the children and we were graciously offered land on which to build our own center.

Over the years the Center has been a place where women and children have come to share, awaken and evolve. The emergence of life and friendship has been the focus of the Center during these years. What has emerged has been unexpected and very life-giving for those of us who contribute to the direction of the center and for all of those who come looking for something more, something better in their lives.



Reflecting upon these 15 years in the light of the larger universal story, my eyes begin to water and my heart takes a leap. Such a very tiny time space, but all our evolutionary story is contained in those 15 years

and we took the time here in Peru to celebrate that story.



What do you say about those years? What is the essence of life that has been offered and shared? The creative energy of our cosmos, combined with that very grounded call of Nana Nagle to take us one pace beyond, continually inspires and moves us to open our hearts to hear the cry of the most abandoned and seek ways to walk together at this important time in the evolution of a new humanity. We seek to follow the inspiration of Nana, who walked the streets of Cork in the darkness following the light of her lantern. Each day that light is lit again all over the world with the intention that we may be able to see the new way forward with new eyes and a new consciousness.

### Corazon de Nana

In the year 2000, when we officially received the title deeds to our land, we constructed the new Centro Nana Nagle whose central focus is the holistic healing ministry. In December 2006 we extended the family and inaugurated Corazon de Nana (Nana's Heart), a holistic healing center for children and youth.

The entire Nana Nagle family celebrated the 15th anniversary here in Lima, Peru for a whole week. Nana Nagle walked with us as we remembered our story and opened our hearts to listen and to spread our wings.



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## In Service - cont.

One of the most emotional moments for me was when we all walked around the streets of our barrio with the children holding their lanterns, making music and cheering. I felt so moved as I shared the joy and the passion of the children and the youth who will bring humanity forward in a new and creative way. "Long live Nana Nagle" they shouted and clapped; in short we knew that we mattered.

We have reached quantum moment in our evolutionary story as a family here in Lima, Peru and we are aware that this moment is part of the great shift that is taking place at this moment in human evolution.

The excitement around this moment is also an expression of our trust and hope for the future of humanity, open to deeper compassion and care for each other and for our planet.



## Healing Journeys

Anne L. Day BSN, MA, HNB-BC, CHTP/I

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## Practitioner Perspective

### *It's Not Time Yet*

by Sue Peck RN, PhD, GNP-BC, CHTP/I

I was brushing my teeth before bed, "I think I have everything packed for our sister's weekend", as I did a quick mental scan of my suitcase; toothbrush rinsed and tossed in the drawer. As the toothbrush hit the drawer, I felt a pronounced pop right behind my left eye. Holy \*&#\$, I thought, this can't be happening to me! I'm a neuroscience nurse! I've taken care of patients with this for years! This can't be! And then I was hit upside the head with what felt like a 2 X 4 board. Bent over from the waist I made it the 10 feet into the bedroom with indescribable, excruciating, and the worst head pain I'd ever had; and so much worse than I could ever have imagined! I called softly to my husband to get me a garbage can and call 911. He and our dog came running, he, meanwhile asking what was wrong. Before I could answer, the projectile vomiting began, luckily in the can. Our interchange isn't clear, but he called 911.

Paramedics came to our home. They didn't do any exam, just asked a couple of questions about my history of headaches. I answered in between vomiting into the garbage can. My perception was that they thought I was a poor middle aged female with a bad migraine. They invited me to walk out to the stretcher in the hallway, which I did, being unable to think or see or even stand upright. I remember being wheeled out to the ambulance, but then it's a blank until I felt the stretcher being moved into the emergency room. The physician on duty wondered aloud if this could be an aneurysm. My reply, I recall, was, "no \*&#\$!!"

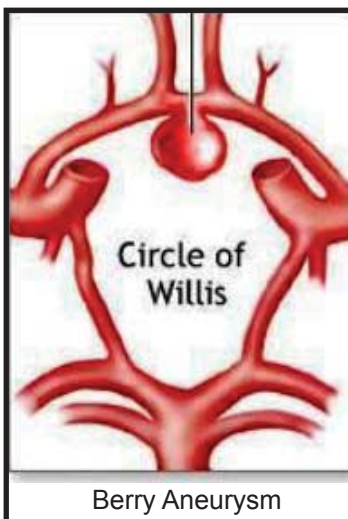
The "pop" happened at 10 pm on Nov. 17, 2005. Over the next few hours, during which I recall nothing, I received two CT scans. The first showed blood, a subarachnoid bleed, but not the source of it. The second CT scan, done with contrast, showed the culprit, a berry aneurysm on the middle cerebral artery, just proximal to the first branching of the frontal artery. "She needs the coil", the neurosurgeon decided.

The aneurysm coil was new that year, at least in my mid-sized urban community. The neurosurgeon had not yet been trained in its insertion. The decision was made to transport me

via helicopter to the nearest larger hospital. Because weather was bad, the local helicopter which used visual navigation wasn't able to be safely used. A helicopter navigating via instrument was sent from the larger hospital, approximately 100 miles away. For my husband to ride along would require an additional 30 minutes of orientation for him. He opted to send me immediately and he would make the two hour trip via car. I remember them loading the stretcher into the helicopter, but consciously, nothing more until 6 days later. I arrived at the larger hospital via helicopter about 3 am.

My husband went home, grabbed the dog, his bag, and my bag, previously packed for our 3-day sister's shopping extravaganza! He called our sons, who lived in Hawaii at the time. He wasn't able to contact my sisters as their phones were off, so my sons in Hawaii made those calls so he could get on the road. The roads were in only fair winter driving condition, so he arrived at the hospital by about 6 am. He somehow felt, all the way there, that everything would be ok.

The neurosurgeon stated I was answering questions correctly, but had no conversation. So they opted to wait until the neurosurgery crew came on board; the specially trained crew would increase the chances of a better outcome for me. Survival rates from ruptured cerebral aneurysms are frightening! Approximately 70% die within the first 48 - 72 hours! Another 25% retain significant deficits, some requiring long term residence in a nursing home. Only 5% recover and function fully. Bad odds, wouldn't you agree? So the wait until the 11 AM surgery was carefully planned...



Sometime between 3 am and 11 am, I felt myself floating, suspended gracefully up in the corner of my ICU room. I was reclined on my right side, holding my head on my hand, atop my elbow, flexed as though I were watching a TV show lying on the living room floor. I was comfortable, in no pain, and happier than I could ever recall being! I watched myself down below in the bed. I was curled in a left fetal position there, IVs running in several places, monitor wires, foley catheter, unresponsive. I didn't see any staff caring for me; we were alone in the neuro ICU. But that didn't bother me...

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## Practitioner Perspective - cont.

Around me, within me, and stretching forward from me was light, white light, sparkly, comforting, assuring and knowing, more beautiful than can be imagined white light! It wasn't what I saw or heard or any of our usual senses. It was what I "knew" from being the light. I'm not sure how long it lasted; there is no time with the light... I don't recall what was said or discussed. It was "knowing"; there's no way to describe it. But I knew and everything was wonderful just with that knowing. But then the light made me know that "I had to go back, it wasn't time yet". I recall asking why, but not being given an answer, more of a knowing that I'd "figure it out". I gently slid back into myself.

At 11 am they took me to the operating room. The neurosurgery crew attempted to place the new coil in the aneurysm. The function of the coil is to create a clotted area to prevent further blood loss. My body wouldn't accept it, so after several tries, they did a partial craniotomy in order

to access the rupture and clip it. A titanium clip was placed. The surgery lasted 6 hours with another hour of recovery before returning to the NICU. I'm told that I made an acknowledgement of my family when I got back to the ICU. I told my sisters that I was sorry I'd ruined our shopping extravaganza weekend, and then drifted back off. But I don't recall anything else until 5 days after the surgery when I became "lucid". I'd worked with patients who'd had brain surgery for 20 years. I thought when they were talking to me they were "in there". Now I know. I could go through the motions with the words and follow the commands, but I have no remembered knowledge of having done so.

When I became "lucid", I was receiving healing touch; a relaxing, nurturing energy therapy, supporting my natural ability to self-heal. That was truly significant for me, being a healing touch practitioner and instructor. I sensed already that part of "what I had to figure out" about why I was "back here" had something to do with healing touch. I'd lost two great healing touch friends recently, Janet Mentgen and Roxanne Struthers. Somehow they were connected, but it isn't a clear memory or sense, just a "knowing" again.

Several times over the next few days I saw my core of energy. It was a thin gray cord extending through my center, full length, from above my head to down below my feet. The edges were frayed and tattered. Knowing my sons had come back to the mainland from Hawaii and were there with me, I was afraid my energy core would split or crack. I was sure I'd die then. That part wasn't scary, it was watching them lose me; I knew I would see their loss. Nurses experience that with family members. I think the boys

experienced more fear than any of us put together. The father of one of their friends had been in a nursing home for years after his brain aneurysm; most of the time he didn't recognize his kids anymore. But then one day my core cracked, I couldn't keep it from happening! Instead of coming apart, it grew larger! Twice more over the next few days my core frayed, cracked and widened, and grew each time. By the 11th day after the surgery

when I left the hospital, my core had cracked and split several times more and became 6 inches in diameter – white, shiny, glowing, vibrant, full of life. Being a healing touch practitioner had introduced me to the light, but the aneurysm let me experience it!

Nurses remember a lot from caring for their patients. They remember the fear and agony and heat patients experience from an angiogram and the discomfort with the groin pressure for hours afterwards to prevent bleeding. I needed three angiograms after the surgery. Angiograms are done to check for vasospasm caused by the blood that leaked from the aneurysm creating an irritation of the blood vessels in the surrounding area of the brain. Vasospasm must be treated to prevent constriction of the surrounding vessels and loss of blood flow to those brain tissues. I don't remember having the first two angiograms, but I clearly was aware of the third one – and warned the crew that I'd haunt them if I felt anything! Versed (an anti-anxiety and amnesic medication) is wonderful... and the angiogram wasn't bad either! My doses of nimodipine were adjusted to keep my blood pressure up, keep the vessels filled, and prevent vasospasm.

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"Light" by Cat Miller



## Practitioner Perspective - cont.

Foley catheters are good things when you are receiving 5 - 6 liters or more of IV fluids a day!!

Nurses wanted me to stay up in the chair a bit a couple days after surgery. I was so tired and knew I couldn't. I let the nurse get around to the other side of the bed, and then bailed from the chair back into bed. I've always been the boat rocker and I didn't even tangle any of my lines, experienced ICU nurse that I was! On day six, I walked from my ICU bed out to the desk and back. I guess that qualified me to graduate to the rehab unit, as the next day I transferred out of ICU!!

To facilitate access to the aneurysm and to prevent as much manipulation of brain tissue as possible, I was positioned standing on my shoulders in padded shoulder stirrups for the 6 hours of the surgery. I'd previously struggled with neck and shoulder pain due to all the computer work in my job and from an old whiplash injury years before. The neck and shoulder pain were unbearable after the surgery. Narcotics and healing touch treatments helped when I was in the neuro ICU and more "zoned-out", not yet being fully lucid. But once I went to the rehabilitation unit, and needed to be more awake and active, I could no longer tolerate the neck and shoulder pain. The nurses called the neurosurgeon to see me for the pain management. He saved my life and my functional ability, but sadly said he didn't know what else to do except increase my morphine if I wanted him to. What I wanted was massage, but the hospital didn't have any therapists. He gave me permission to contact licensed massage therapists in the town. One brought her massage table to my room and despite all my tubes (foley catheter, IVs, etc.) helped me position onto the table, and relieved the neck and shoulder pain! Thankfully we could afford this. The massage relieved the tension built up in the shoulder muscles. I needed no further narcotic for head, neck or shoulder pain after that massage.

I hadn't eaten during the 6 day ICU stay and ate very little on the rehabilitation unit for the next 5 days. I could eat about 1/3 of a meal and be stuffed! So it took awhile to get my energy level back. I had

difficulty standing upright with the loss of muscle strength. I require a gluten free diet, for celiac sprue. Puddings and ice creams, soups, and creamed foods, frequently on the full liquid and soft diets often contain gluten. My husband taught the dietary staff. Dieticians graciously spent time with my husband as he taught them the components of their menus that contain hidden sources of gluten. Full healthy meals were provided, but snacks, which I needed after not eating for 5 days, were rare and rarely nutritious! Thankfully staff was open to learn. I was struck by how we can perform a highly technical procedure like brain surgery, but aren't clear on the intricacies of nutrition.

On the 11th day I was discharged home. Physical and occupational therapists decided I had all the skills intact, I just needed more time to build my strength back up. At first I walked bent over from the waist, as I wasn't strong enough to maintain an erect posture. I could stand up straight, but couldn't hold it there. We'd had tickets to visit the sons in Hawaii, and were able to make the trip 3 weeks after the surgery! I carried papers stating I had titanium clips and nuts and bolts in my head, in case something with airport security was triggered. The only thing that bothered me on the flight was the overall fatigue, and my ears kept popping in areas of even mild turbulence. Hawaii was a great place to recover, on the water, and no work around to distract me. I felt funny riding in a wheelchair though to get on and off the airplane! Nurses don't get help like that for themselves, it's part of what we do and who we are, so accepting all this attention felt rather odd...

The recovery process was pretty tough. Not physically, that part was pretty easy. But the never ending question, "Why wasn't I good enough (to stay there)?" was my biggest struggle. How could I go there and see it and "know" about it but not get to stay? And now what was I supposed to be doing back here? Journaling made me angry; what if someone's feelings were hurt by what I wrote (you know, the nurse-caring side of me)? And it didn't fix anything! I was trying to listen with the journaling and meditation, but with the fatigue would fall asleep, waking angry about that, too. What if I didn't choose correctly, would I have to go through this again? I'd been so privileged to experience "the light" and was I supposed to share it with others? How? They'd think I was crazy, you know. The neurosurgeon and I discussed how recoveries like mine are not understood in our health

continued on page 22

*I'd been so privileged to experience "the light" and was I supposed to share it with others? How? They'd think I was crazy!*



## Practitioner Perspective - cont.

care system. "There's a higher power involved here, I was just the instrument carrier," were his words.

There are advantages to recovering from a ruptured brain aneurysm. I apologized to family and close friends for little things that nag at you, like experiences you have with others and then drag around with you wishing they'd never happened. You know, those little things we said or did when things weren't going well. The things that were nagging at me though, were mostly things the people around me had forgotten about. This part took months to figure out. Some days I'm still not fully sure I "got it" and some days I know I "got it" but haven't listened to what I know about how to go about it.

I've definitely reaped some benefits of this experience. I speak up more for myself at work now. There had been a significant amount of work related stress for a long time before the aneurysm and I believe that stress was likely related to this experience. There is no documented evidence base about that, unless you are willing to look at the new field of psychoneuroimmunology. I lost 23 pounds and have kept it off! It was a rather costly form of weight loss though; at the cost of just over \$150,000, it isn't exactly a weight loss measure I'd recommend! I got a helicopter ride!! It's something I've always wanted!! But at the price of \$9,862, sad to say I don't remember a minute of it! The local helicopter rescue crew gave me a tour later, but couldn't take me up for the ride! I joke with myself that now my head is screwed on, helping me remember more clearly. The titanium aneurysm clip and the titanium plates and screws attaching the bone flap back into place over the left temporal area hold me together! The surgical procedure included a minor facelift on the left! I've kidded with the neurosurgeon to include the other side for all women on any upcoming procedures. I have my own barometric pressure barometer (the groove in my skull between the bone flap and the intact skull). It is far more accurate than the local meteorologist! Sad part though is that the meteorologists don't value my input!! The hospital that did my surgery now offers massage therapy and continues to support the use of healing touch! And I'm five years old now – always a gift to get younger in our society! And I'm "still doing the work".

"The work" is healing touch. Janet Mengten, had a motto to "just do the work". I attained healing touch instructor certification after I recovered from the aneurysm and regularly teach classes. Classes are held for the public, primarily for health care providers. Nurses in Kenya learned healing touch in a class

I taught there recently. They are taking it into the homes of their patients where pain medications are at a premium and rarely accessible. I mentor students of healing touch in Peru through their mentored year of practice before certification.

But most importantly, I continue to teach healing touch to nursing students in our curriculum. At first I thought I'd leave teaching; I was so frustrated with the stressors of my job. But my experience with the light inspired me to continue teaching student nurses. We can touch more people with "the work" when we teach student nurses healing touch and assist them to practice with clients during their clinical experiences. I do practice healing touch but I am able to touch more through the students, showing them the difference it makes, how it is used to relieve distress when conventional methods can't, when to use it early to decrease the medications that might otherwise be needed, preventing side effects, and connecting heart to heart with their clients. That's how I practice nursing and that's how I received care during the aneurysm hospitalization. That's how I want our future nurses to practice.

I also believe I'm to share this story. What is beyond this life as we know it is extraordinary and indescribable! I've sensitively shared with patients I've worked with who were transitioning to that next place. The story gives comfort and relieves fear, it's helped some let go and trust that what is next is phenomenal and safe. Weaving healing touch and my experience with the light into the experience of the person who is passing over provides beauty and peace to their transition.

Thank the greater power the emergency room physician had the wisdom and experience to recognize the symptoms and listened to me! Thank the greater power for healing touch. I believe it made a difference in the completeness of my recovery.



# *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, Hawai'i



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.ministryofthearts.org](http://www.ministryofthearts.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".

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**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





# Certification Matters

## Gold Standard

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



The focus of this newsletter on the element Fire seems to aptly fit the path to certification for both practitioners and instructors. One of the descriptions of the element fire clearly reflects the characteristics in which one must be passionate, brave, and valiant to move through the experience of the malleable force that leads to transformation. The fire of desire to be the very best healer you can be. The preparation, moving through the important steps to meet the requirements shows the fire of willpower to never give up the dream and to make the dream a reality. Those are characteristics that are repeatedly portrayed in the certification applications that we have the privilege to review and again reflected in our certified members of Healing Touch International.

Certification is the “gold” standard and represents your achievement and completion of an in-depth and standardized course of study in Healing Touch. Your certification holds value in the community, in the world and with one another. Sometimes you know this strongest in your heart.

Every year at the HTI Conference we hold Pinning Ceremonies to honor practitioners and instructors who have been transformed in the study and “work” of Healing Touch. At the time each individual is awarded

certification, a certificate and the pin that shows the world you have met the requirements for certification is mailed to you. Everyone is encouraged to bring your pins to the HTI Conference and ask that you wear them proudly. All those who wish to be pinned during the sacred ceremony are asked to bring your certification pin to conference to be used during the ceremony.

This will be my last article as Director of the Certification Board as I am completing six years of service and will be leaving the Certification Board at the HTI Conference in Hawaii. I would like to honor all of the certification applicants who have shared their hopes, dreams, challenges and achievements. It has been my gift to be able to read the stories of healing that have occurred around the world illustrating this beautiful healing modality. My deepest gratitude is extended to those members of the Certification Board who have given so many hours of volunteer service to make the certification program possible. May we always have a long line of individuals with the fire and commitment to come forward in service for our Healing Touch International Organization. Nameste’.

## Congratulations Newly Certified!!

### Practitioners

Brenda Ansel - Indianapolis, IN  
Edward Baumstark - Ann Arbor, MI  
Kimberly Bell - Beech Grove, IN  
Mary-Cathrine Campbell - Oshawa, ON Canada  
Barbara Dunda - Two Harbors, MN  
Terri Engle - Clemmons, NC  
Linda Friestad - Johnston, IA  
Barbara George - Edmond, OK  
Judy Hillenburg - Martinsville, IN  
Karla Horowitz - Denver, CO

Deborah Krueger - Clemmons, NC  
Fung-Ming Kung - Quincy, MA  
Marti Macon - Winston-Salem, NC  
Beth Marris - Port Macquarie, NSW Australia  
Cheryl Martel - Voluntown, CT  
Lee Rumble - Gilbert, SC  
Patricia Schreiber - Kernersville, NC  
Debra Severo - Woburn, MA  
Sharon Smith - Bainbridge, IN



# Ethics Corner

## *In Support of Inclusive Language*

by Terry Sparks, JD, M.Div., BCC, CHTP/I



I work as a Chaplain in a Veterans Affairs Medical Center in the United States, a professional setting where inclusive language is valued. I try my best to be inclusive of male/female, of racial groups, of the varieties of human sexuality, of the sometimes split between combat veterans and other veterans, and of other groupings. When I do public prayers or speak at hospital-wide programs, I try to be as inclusive as I can of all religious and spiritual traditions, while staying in covenant with my own Christian faith. In some instances, the English language makes inclusive language difficult, but I try to make it work. Most of the time I find words that convey some degree of inclusion, even if I can not get complete inclusion.

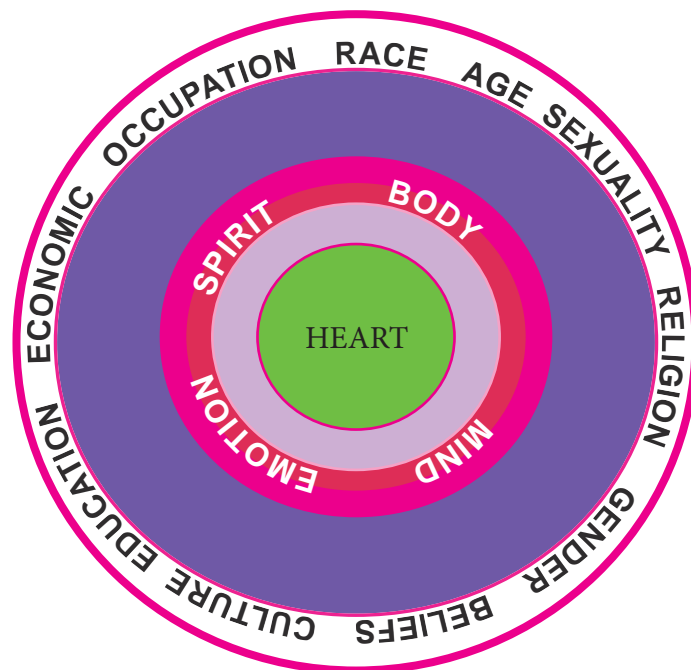
In the energy healing world, I sometimes hear phrases like, “She’s up in her head”, or “He needs to stop thinking so much.” Or, more directly, one person tells another, “You need to get out of your head.” In a given situation, this may reflect something valid, but in saying that, we tell the other person that we neither want nor value her/his mind. That’s probably not what we meant to convey, but that is how these statements often are heard.

While the mind has been overused and overvalued in many cultures, it has a definite place in a whole person. “I’m going out of my mind” and “I’m afraid I’m losing my mind”, aren’t statements we want to hear from anyone we either care about or depend on. In an everyday sense, the mind usually does a pretty good job of helping us get through the practical details of the day. In a larger sense, we are only beginning to grasp all that “Mind” conveys in the quantum world. Our personal energy fields include a layer for mind.

The bottom line is that our mind is part of our humanness. The mind doesn’t have to lead in all situations, as we may have been taught in the past. It needs to work in harmony and in synergy with heart, spirit, body, emotion, and what other parts there may be to a whole person.

Telling someone to “get out of your head” doesn’t honor the gift of being that he/she brings in that moment. And on a practical note, saying “get out of your head” generally doesn’t work. Saying this can sound condescending to the person being addressed, even when that wasn’t intended. Sometimes a person can feel rejected by this also.

Healing Touch work will help a person move into a heart-mind-body-spirit-emotion balance that is the very best thing for that person at that time. Inclusive language in this case either means talking about the mind as a positive part of the whole person, or simply being silent about this and trusting the work itself to help create a life-giving balance within the whole person. Accept the “in their head” person, value them as a client, a community member, or a student, and see where the journey takes you both.





## Educational Insights

### *The Path of an Instructor-in-Training*

by Barb Schommer RN, MS, CHTP/I

Healing Touch is unique among the myriad of energy therapy classes available to people because it is based on a standardized, established curriculum which utilizes the nursing process and the work of many healers. "Great minds have put Healing Touch together and formalized it. Yes, I wrote the original curriculum and I started teaching and I developed a very strong and solid practice early on for nine years before we gave the program to the American Holistic Nurses Association (AHNA). I would say that when Healing Touch became a certificate program in AHNA, it took on a new life and evolved into another new life when it became a certification program. And then another new life when it became a Healing Touch International Certification program." Janet Mentgen (Wardell, D. White Shadow, Walking with Janet Mentgen, Denver, CO, 2000).

This standardized curriculum is rooted in the objectives for each class, Levels 1 – 5, Instructor training classes, and Professional Development courses.

It is the job and joy of HTI Certified Healing Touch Instructors to facilitate students as they unfold in each level of the curriculum by teaching to the class objectives and maintaining the standardization in the curriculum that Janet and AHNA established. Janet left us a huge legacy in this curriculum and the way it is taught.

Being an instructor in the HTI Healing Touch Certificate Program does not just "happen". One does not decide to be an instructor one day, and teach a Level 1 class the next day. In order to teach Level 1 Healing Touch, a person moves through a standardized process which includes application and acceptance into the Level 1 Instructor Training Class, classroom learning (4 days), field experiences and supervised practice teaching, and completion of the HTI Instructor Certification packet. Once certified, if an instructor wishes to teach Levels 2 – 5 there is another set of guidelines and requirements. Classroom training for Level 1 instructors-in-training includes review of adult teaching and learning principles, energy awareness, curriculum structure, technique mastery, and facilitation of personal and group objectives.

The members of the HTI Education Committee thought it might be fun to take you on a portion of the path of a Level 1 Instructor-in-Training. Briefly described here is the supervised practice teaching portion of the Level 1 Instructor Training. After attending the Level 1 Instructor Training class, the Instructor-in-Training is responsible to find three Level 1 classes to observe. This involves contacting instructors who are teaching Level 1, and requesting to be a Teaching Assistant (TA)/observer in the class. The purpose of these observations is for the Instructor-in-Training to see their classroom learning come alive in real Level 1 classes. They see the Instructor moving the class through the objectives and content, always with an awareness of the energy of the class participants. They observe timing and sequencing of the learning, how to energetically build the class experience of participants, how to voice guide participants through the Level 1 interventions, how to debrief the experiences that participants have as they learn and practice Healing Touch, how to respond to questions, and how to teach with enthusiastic passion for "the work" of Healing Touch.

After doing three TAs, the Instructor-in-Training finds three more Level 1 classes, contacts the Instructor and receives permission to be an Assistant Instructor (AI) for a portion of each class. The Instructor and the Instructor-in-Training discuss which portion will be taught by the Instructor-in-Training. These experiences give the Instructor-in-Training hands on experience of teaching the curriculum with the support and guidance of an experienced Instructor.

Along the way, the Instructor-in-Training reports each experience to a teaching mentor/instructor trainer who spends time discussing the experiences, answering questions, and giving support and guidance.

Together the Instructor-in-Training and the teaching mentor/instructor trainer determine readiness for the Instructor-in-Training to teach an entire Level 1 class with a Certified Healing Touch Instructor observing.

Following the successful completion of this solo teaching experience, with the support and endorsement of the supervising instructor and teaching mentor, the

continued on next page



# Words of Wisdom

## Janet's Fire of Transformation

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



Janet Mentgen was aware of fire's power and its various meanings in life. I believe that is one of the reasons that drew her to Hawai'i, that is, besides the lush landscape, rainbows, and generous peoples! Fire connects us to one of the earth's basic elements. It is a reminder of rebirth and change.

Shortly before her 50th birthday in 1988, Janet wrote about a meditation that she experienced concerning fire in which, "I could feel my resistance to letting go, and as I got quiet and more relaxed, I saw only the black void, very black. There seemed like a long period of black void, then a deeper drop. I knew when my guides were present as I saw both of them, the man and the white healer. There was fire and they were on the other side. I wanted to be with them and knew to get there meant going through the fire. I had a burning pain in my upper right arm. My guides told me that I must remain on earth awhile to do their work. They must work through those they have chosen. I understood what they were saying. The symbol is a burning candle, which will remind me of my task to stay connected. I became aware of my source and recognized that my real task is to follow my guidance, to let the process flow freely without any resistance on my part. I need to shine like my candle flame, strong and steady, and light the way." (Wardell, p. 278)

Through her meditations, Janet wrote that "change is happening and that I am different and that many things are happening to create change. I would have to let go and surrender to the profound change that has occurred during the meditation. My task is to follow my source, not be concerned about the changes. To be flexible and fluid, that is my task, to surrender with love into the light. I am protected. I am secure. I am love. I need to continue to be me, to stay centered, to do the tasks that come to me to be done, or the clients that are sent to me for whatever reason, or the projects. I am to simply follow what comes

next that guidance sends my way. I don't need to be like anyone else. I don't need to have power, recognition. I simply need to be, the

rest will be taken care of. That doesn't mean I don't work, but that I work without resistance, welcome changes, challenges, opportunities, and that I always proceed in the light." (Wardell, p. 279).

Her meditation is a reminder to us of the transformational light created by the fire, a "candle burning". Staying on the path requires one to let go and to honor your own individual strengths.

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



## Educational Insights

Instructor-in-Training completes and submits an Instructor Certification packet to the HTI Certification Board. Once the Certification Board approves the submitted packet, the Instructor-in-Training becomes officially a Certified Healing Touch Instructor (CHTI). Only after becoming Certified as an Instructor may that person teach Level 1 Healing Touch classes.

This process provides standardization in training of new instructors to teach Healing Touch and has been consistent for over 18 years. In this way, we preserve the standardized curriculum and remain true to the work of Healing Touch.

The legacy of Janet's work and her wisdom lives on in all of HTI's Certified Instructors, and in the 13 new Instructors-in-Training who took Level 1 Instructor Training in July, 2011. Your Education Committee is deeply grateful to each Certified Healing Touch Instructor and to each Instructor-in-Training for your part in bringing Healing Touch to people and for "Spreading Healing Light Worldwide". You make the work come alive!!

# 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

### Canadian Holistic Nurses Association & Langara College Conference

**Date:** October 14-15, 2011

**Location:** Employee Lounge at Langara College in Vancouver, BC Canada

**Theme:** *Nurses: The Leaders in Integrative Health Care*

**Contact:** For more information please visit:  
[www.langara.bc.ca/holistic-nurses](http://www.langara.bc.ca/holistic-nurses)

### 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, Hawaii

**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)



## 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. ***If you wish to bring one of these classes to your area, please contact the coordinator or instructor to learn how this may be accomplished. Please watch the HTI Website for information on how to 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 leads to a healthy life.

**Contact:** Myra Tovey at davidmyra7@msn.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.

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

**Contact any of the following instructors:**

Anne Day at anneday7@gmail.com  
Rauni Prittinen King at rking487@aol.com  
Judy Turner at turnerjudy3@yahoo.com  
Diane Wardell at diane.wardell@uth.tmc.edu

**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 any of the following instructors:**

Anne Day at anneday7@gmail.com  
Rauni Prittinent King at rking487@aol.com  
Judy Turner at turnerjudy3@yahoo.com  
Diane Wardell at diane.wardell@uth.tmc.edu

**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 & spirituality, stress & disease, energy medicine, etc...

**Contact:** Brian Luke Seaward at  
brianlukes@cs.com

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

### Beyond Surgery Program-Bridging the Gap

This class teaches a protocol which blends Healing Touch with other integrative therapies to support your client's primary medical care. The Beyond Surgery Program is a specific protocol useful for patient support before and after surgery, chemotherapy or radiation treatments, or stressful medical procedures of any kind.

**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)

### Journaling the Spiritual Journey and Journaling the Healing Journey

In this 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)

## 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
Sep 9-11	Ft Lauderdale, FL	Trish Huster	Marcia Gill	954-973-1928	marciag@bellsouth.net
Sep 10-11	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Sep 10-11	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Sep 10-11	Covington, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
Sep 10-11	Des Moines, IA	D Spates/L Holmes	Linda Holmes	515-229-4000	Lindajoy@mchsi.com
Sep 15-16	Farmington, MO	Mary O'Neill	Brenda Hoen	573-701-7287	brenda.hoen@capellahealth
Sep 16-17	Duluth, MN	Carol Schoenecker	Michelle Russell	218-724-3679	holistichealthhealing@gmail.com
Sep 17-18	Anchorage, AK	Debra Denker	Kathe Boucha	907-250-6844	kboucha@alaska.com
Sep 17-18	Pontiac, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Sep 17-18	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Sep 17-18	Jupiter, FL	Judy Lynne Ray	Judy Lynne Ray	858-553-8146	judylynnray4@yahoo.com
Sep 17-18	Tulsa, OK	Deborah Larrimore	Jana Green	918-451-1188	DrMomND@aol.com
Sep 21-22	St Louis Park, MN	Jan Halbach	Renay Ingledew	952-457-3844	renay.ingledew@parknicollet.com
Sep 23-24	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brenda.disparti@memorialhealthsystem.com
Sep 24-25	Cresco, IA	Laura Hart	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Sep 24-25	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.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
Sep 24-25	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	jvbaines@cox.net
Sep 24-25	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Sep 30-Oct 2	Waukesha, WI	Judy Turner	Polly Schellinger	262-370-3810	rschellinger@wi.rr.com
Oct 1-2	Baton Rouge, LA	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
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 1-2	St Louis, MO	Pam Kelch	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Oct 1-2	Juneau, AK	Mary Szczepanski	Mary Szczepanski	907-790-2402	marysz@gci.net
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 8-9	International Falls, MN	Dana Spates	Christa Heibel	N/A	replenishmindbodyspirit@gmail.com
Oct 14-15	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Oct 14-16	St. Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	Jackie@jackiemielke.com
Oct 15-16	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Oct 15-16	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 15-16	Des Moines, IA	Gail Harding-McCarthy	Gail H-McCarthy	515-964-9842	lifenbalance@aol.com
Oct 15-16	Evansville, IN	Vicki Slater	Peggy Graul	812-465-1161	www.health.usi.edu/cont_ed/conferences.asp
Oct 22-23	Allentown, PA	Maggi Hutchinson	Carol Saxman	610-398-1497	csaxman1@yahoo.com
Oct 29-30	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Oct 29-30	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Oct 29-30	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas.com
Nov 5-6	Harrisonburg, VA	Deborah Larrimore	Gina Bondurant	540-433-3421	calendula@telos.net
Nov 5-6	Jupiter, 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

### \*\* 2012 \*\*

Jan 28-29	Stanford, CA	Elizabeth Helms	Elizabeth helms	209-795-2559	Elizabeth@sierrahealingtouch.com
Jan 28-29	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Feb 17-19	St Joseph, MN	Barb Schommer	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Feb 18-19	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrc.edu



## Healing Touch Class Schedule 2011

These classes are recognized by the HTI Healing Touch Certificate Program;  
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### Level 1 - 2012 con't...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 30-31	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685
Apr 27-29	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Jun 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Sep 28-30	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com

### Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 7-8	Red Wing	Barb Schommer	Sarah Stinson	651-267-3506	sstins01@redwing.fairview.org
Sep 9-10	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Sep 9-11	Ft Lauderdale, FL	Nancy Wingerter	Marcia Gill	954-973-1928	marciag@bellsouth.net
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	La Jolla, CA	Rauni King	Liz Fraser	1-800-SCRIPPS	fraser.elizabeth@scrippshealth.org
Sep 17-18	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Sep 23-24	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
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	jvbaines@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
Sep 30-Oct 1	Minneapolis, MN	Carol Schoenecker	Jody Wiczorek	952-924-8377	or Jody Childers @ 952-924-5385
Sep 17-18	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 1-2	St Louis, MO	Mary O'Neill	Joan Hogrebe	314-351-9621	joanhogrebe@aol.com
Oct 8-9	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.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	Evansville, IN	Bonnie Johnson	Peggy Graul	812-465-1161	www.health.usi.edu/cont_ed/conferences.asp
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 4-5	New Richmond, WI	Barb Schommer	Connie Counter	651-208-5275	conniecounter@gmail.com
Nov 5-6	Encinitas, CA	Mary Jane Aswegan	Mary Jane Aswegan	760-633-6312	aswegan.maryjane@scrippshealth.org
Nov 5-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net
Nov 11-12	Oklahoma City, OK	TBA	Carol H-Smith	405-627-3606	heartsmith@sbcglobal.net
Nov 12-13	Cresco, IA	Maggie Freil	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Nov 12-13	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.com
Nov 12-13	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Nov 12-13	Alton, IL	Mary O'Neill	RuthAnn Meyer	618-463-0901	ram.chtp@att.net
Nov 18-19	St. Paul, MN	Barb Schommer	Kathryn Kerber	612-863-7937	kathryn.kerber@allina.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
Nov 19-20	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Nov 28-29	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

### \*\* 2012 \*\*

Feb 17-19	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Feb 18-19	Belmont, CA	Elizabeth Helms	Leslie Elmore	650-568-3235	Leslie.Elmore@sbcglobal.net
Mar 17-18	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Mar 24-25	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Apr 27-29	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Jun 6-7	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685
Aug 18-19	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Sep 28-30	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com

## Healing Touch Class Schedule 2011

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### Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 10-11	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
Sep 16-17	Yankton, SD	Jan Halbach	Julie Camp	605-668-8475	jcamp@avera.org
Sep 23-25	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.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 14-16	Iowa City, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Oct 15-16	Denville, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Oct 15-16	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Nov 10-12	Red Wing, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.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 12-13	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Nov 19-20	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-522-4790	mccomb51@bigplanet.com
Dec 3-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-886-1960	kathynoyes@snet.net

### \*\* 2012 \*\*

Jan 20-22	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	StephanieJ.Clark@bannerhealth.com
Jan 27-29	Lakewood, CO	Lisa Anselme	Carrie Niewenhaus	303-989-7982	education@healingtouchinternational.org
Feb 22-23	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext #54685
Apr 14-15	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Apr 14-15	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Apr 27-29	Lakewood, CO	Lisa Anselme	Carrie Niewenhaus	303-989-7982	education@healingtouchinternational.org
Sep 21-23	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 22-23	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Sep 25-26	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685

### Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 9-11	Sun Valley, ID	Anne Day	Mary Kay Foley	208-727-8417	foley@slhs.org
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 3-6	Lakewood, CO	Lisa Anselme	Carrie Niewenhaus	303-989-7982	education@healingtouchinternational.org
Nov 10-13	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Nov 11-13	St Paul, MN	Carol Schoenecker	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Nov 18-20	San Diego, CA	Rauni King	Liz Fraser	858-554-3360	fraser.elizabeth@scrippshealth.org
Dec 1-4	Iowa City, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com

### \*\* 2012 \*\*

Jan 26-29	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@aol.com
Mar 8-12	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Mar 22-25	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Apr 19-22	Stillwater, MN	Judy Turner	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Jun 8-11	Lakewood, CO	Lisa Anselme	Carrie Niewenhaus	303-989-7982	education@healingtouchinternational.org
July 19-22	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Aug 2-5	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@aol.com
Oct 4-7	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Nov 29- Dec 2	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net

### Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 9-11	Juneau, AK	Mary Szczepanski	Mary Szczepanski	907-790-2402	marysz@gci.net
Nov 10-12	Co Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
Nov 18-20	San Diego, CA	Anne Day	Liz Fraser	858-554-3360	fraser.elizabeth@scrippshealth.org
Dec 8-12	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net



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### Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
<b>** 2012 **</b>					
Jan 29-Feb 1	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@aol.com
Apr 19-22	Stillwater, MN	Anne Day	Barb Schommer	763-458-0220	barb.schommer@gmail.com
May 3-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
May 17-20	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
Aug 2-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Aug 9-12	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@aol.com
Nov 1-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net

### International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Sep 10-11	Dieppe, NB	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Sep 16-18	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Sep 17-18	Lima, Peru	Eileen Kearney	Centro Nana Nagle	Prosh 2519378	www.nananagleperu.net
Sep 17-18	Dieppe, NB	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Sep 17-18	Comox, BC CANADA	Bex Worbets	Bev Worbets	250-339-7452	bevworkbets@shaw.ca
Sep 17-18	Salmon Arm, BC CANADA	Catherine Awai	Marie-Paule Wiley	250-832-8176	mpawiley@hotmail.com
Oct 1-2	Toronto, ON Canada	D Rabinowitsch/W Josce	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
Oct 1-2	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-455-3141	brad3@nb.sympatico.ca
Oct 29-30	Hazleton, BC CANADA	M Blair / K Clay	Dayle Tetreau	250-842-5436	daylrt@telus.net
Nov 5-6	Prince George, BC CAN	M Blair / K Clay	Marilyn Blair	250-564-5015	Marilyn_Blair@telus.net
Nov 11-12	Vancouver, BC Canada	G Mulhall / T Krell	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
Sep 10-11	Qualicum, BC CANADA	Catherine Awai	Anji Jines	250-752-3893	innerjoyht@gmail.com
Sep 30-Oct 2	Utrecht, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Oct 1-2	Comox, BC CANADA	Bev Worbets	Bev Worbets	250-339-7452	bevworkbets@shaw.ca
Oct 15-16	Fredericton, NB Canada	Jeanne Balcom	Jocelyn Clark	506-455-3141	brad3@nb.sympatico.ca
Nvo 5-6	Dieppe, NB - FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Nov 12-13	Dieppe, NB Canada	Jeanne Balcom	Jeanne Balcom	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
Nov 11-13	Haarlem, Netherlands	Wietzke van Oene	Natascha van den Ban		cursus@healingtouch.nl
Nov 26-27	Comox, BC CANADA	B Worbets / C Awai	Bev Worbets	250-339-7452	bevworkbets@shaw.ca

### International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
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
<b>** 2012 **</b>					
Mar 1-4	Nanaimo, BC CANADA	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

### International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Oct 28-30	Iquique, Chile	Eileen Kearney		Prosh 2519378	www.nananagleperu.net
Nov 24-27	Prnc George, BC Canada	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

Healing Touch International, Inc.  
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Lakewood, CO 80228

## **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