



HTI's

# Perspectives in Healing

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

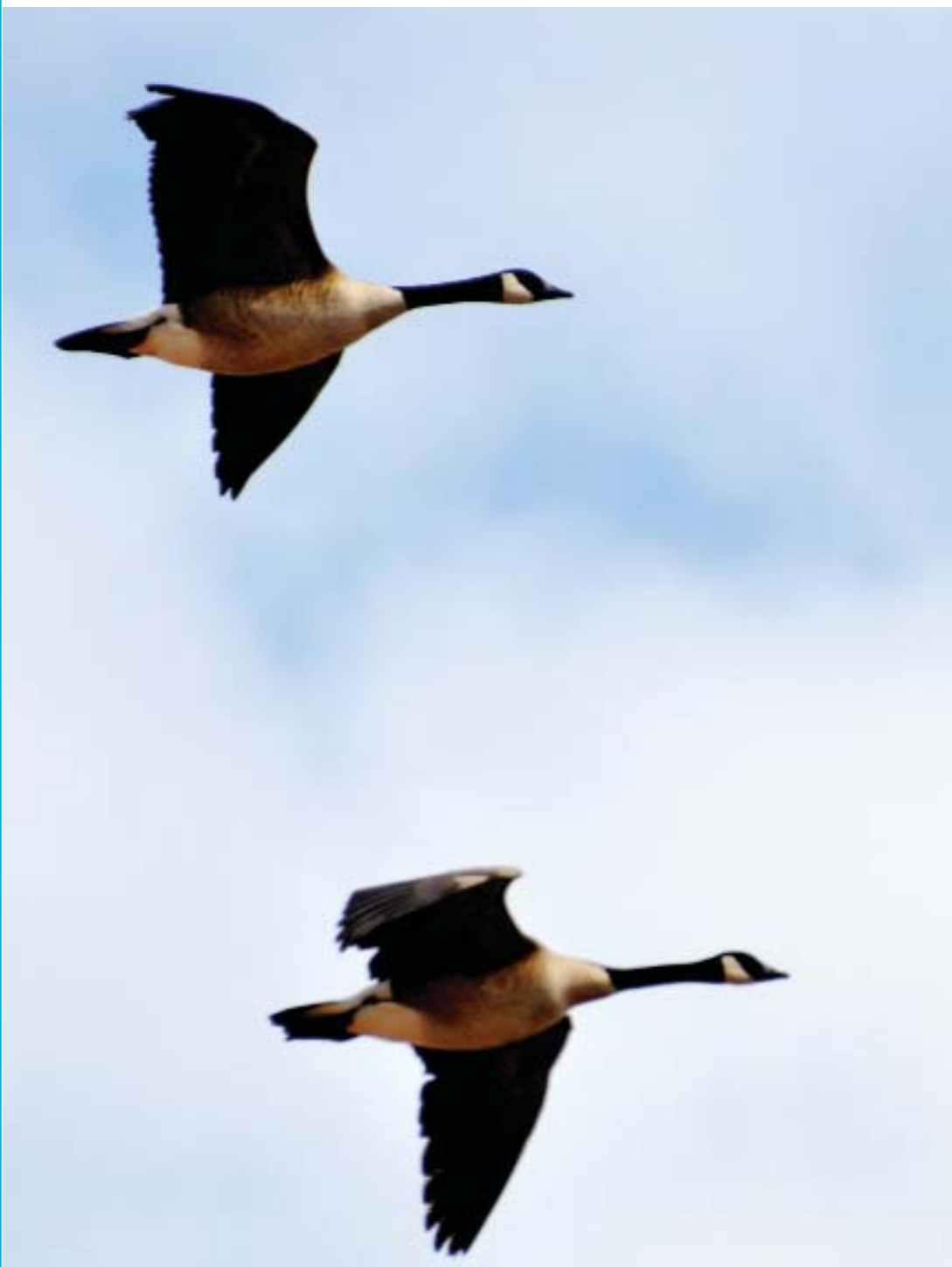
4TH QUARTER 2011

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

## Inspiration, Lightness and the Air Element



"We are not to fear the strangeness we feel. The future must enter into us long before it happens." ~Rainer Maria Rilke

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

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

### Healing Touch – a Nurturing Energy Healing Therapy

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

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

### HTI Healing Touch Certificate Program

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

Healing Touch was created as a certificate program by Janet Mentgen RN, through the American Holistic Nurses Association (AHNA) in 1989. It became the HTI Healing Touch Certificate Program in 1996 and continues with the original standardized curriculum. AHNA has endorsed the HTI Healing Touch Certificate Program since 1997. See [www.HealingTouchInternational.org](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 Perspectives in Healing, the official publication, is published quarterly.

### HTI Core Values

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

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## Letter from the Editor

### *Air and the Lightness of Being*

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



In this year's final quarter of HTI's Perspectives in Healing, we highlight the Air Element as we conclude our exploration of this year's conference theme, *Earth: Exploring the Elements, Creating the Wholeness*.

#### **Breath is Life.**

Breath is life giving; it is synonymous with life. We learned through our traditional Hawai'iian speakers that it is through the breath, HA, that the words of chant and pule (prayer) are carried on the air and set forth into vibration. Our breath is inspiration and exhalation, the rhythm by which we sustain life.

In most traditions, it is vital that the words that are spoken, chanted and carried on the breath are truthful and honest; that our delivery of the breath is an expression of our essential purity and integrity, our core essence. Our breath and our words are carried and circulated throughout the planet, far beyond ourselves, and this breath is either life affirming or life killing. The choice is ours. Air can caress, it can cool, it can soothe. It can also create a path of destruction through fierce winds and currents. Our words are much like the air; they can be like a gentle breeze or fierce wind. But as we all inspire and exhale the same air, the creation of purity of air and words will benefit all of us, whereas the expression of false or harmful words riding the breath, harms all of us.

#### **Chi Rides the Breath.**

As we breathe, and air flows throughout our being, our energy or chi rides the breath. Thus, through our breath, we can open energetic flow, dissipate and transform pain, and use our breath to integrate a knowing within ourselves that incorporates the wisdom of all aspects of our being: body, mind, emotion, spirit.

*Kind Words can be short and easy to speak  
but their choices are endless.. ~ Mother Teresa*

Through use of the breath, we can center, come into coherence with each other and come into coherence with the planet itself.

#### **Air lifts, inspires and allows us to take flight.**

I volunteered for a number of years at the Raptor Rehabilitation Center at the university field campus while living in the Midwest. Rescued and injured birds of prey were brought to us to recover, rehabilitate, and sometimes, when their injuries were too severe, to ease their passing. Some remained permanent residents to live out their lives in protected space; others were slowly reintroduced to flight as their bodies healed. The brilliance and fierce expression of freedom in their eyes and posture when they once again began to take to flight was one of the most beautiful sights I have ever been privileged to witness. Those of us who volunteered there each took flight vicariously as these birds lifted their wings and rode the currents of the air.

As we reflect upon this past year, as we acknowledge wisdom gained from our collective gathering at our Hawai'i conference, and enter this time in the North of the winter solstice, may we breathe deeply from within and send out the breath of healing and inspiration throughout this planet. It is our sincere hope that this edition of HTI's *Perspective in Healing* will further inspire you to breathe with the lightness of being.





## Motivations from the President

### *Experiencing the Spirit of Aloha*

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

Mention the islands of Hawaii and it brings to mind beautiful visions of a tropical paradise, stunning beaches, palm trees, spectacular sunsets, and landscapes ranging from dense tropical rainforests to volcanic mountains. As the HTI Board considered the location for our 2011 conference, we discussed the pros and cons of bringing our gathering to Hawaii. It would obviously be a spectacular setting to connect with the elements of earth, air, water and fire. What we also hoped to achieve was an immersion into the unique and welcoming culture of Hawaii. From many of the comments of our attendees this is exactly what was experienced in the days of the 2011 conference. The Hilton Waikoloa Resort offered a wide array of exquisite museum pieces located in the walkways that connected the three hotel towers and conference center. Just a short walk offered the opportunity to view an astounding collection of Asian and Polynesian artwork, sculptures, carvings, handcrafted weavings relaying stories rich in detail and historical significance. Our planned offerings from the movie, *Voyagers, The First Hawaiians*, to each of the keynote speakers and workshop presenters was well planned to provide a wonderful experience of Hawaiian culture, warmth, and hospitality while challenging us to explore growth and wholeness through the elements so apparent and readily available on this Big Island. Built into the day was ample free time to explore, experience and take care of ourselves. This was warmly received as participants enjoyed the down time and comments have reflected the importance of making this time available.

As we have learned, all the planning in the months ahead can only lay the groundwork for the experience. Each person has their own unique encounter of the environment and the conference. So much is dependant upon the people that we each meet and share time with and get to know in our days together. How each of us names, receives and lives the spirit of

Aloha is as individual as we are from each other.

I had been planning for this conference on a personal level for many months. My husband, Rea and our adult daughter, Katie, were making plans to attend with me and make it a family vacation. Rea's brother Jim had made plans to travel with us. We were all looking forward to a great conference and vacation. We arrived late Monday evening and Rea, Jim and Katie planned to take a flight back to Oahu very early on Wednesday morning to visit the Arizona Memorial, Pearl Harbor and some additional sights before returning to the Big Island that evening. I was beginning the Board Meeting that morning and would continue to have activities throughout the conference.



Katie, Rea, Mary and Jim

This was where our experience of the Aloha Spirit took a completely different path than we could have ever anticipated. Katie has given me permission to share details of her story in the hopes that our Healing Touch Community will continue to send her healing energy, thoughts and positive intentions as she recovers.

While on the Arizona Memorial, Katie had a first ever seizure and collapsed to the floor. She struck her head hard enough to sustain a scalp laceration and a small intracranial bleed between the hemispheres of the brain. She would be unconscious for several hours. This was when we first experienced the embrace of Aloha. In the room with Katie at this time on the Arizona Memorial, were three nurses, including a Nurse Practitioner. They took charge, called for help and directed the visitors in specific tasks, while supporting Katie and offering her excellent nursing care. They also provided the paramedics with specifics of the four seizures that she had while waiting for their arrival.

I have never been so proud to be in the nursing profession. These women stepped forward with professionalism, care and concern to assist our daughter and provided written, detailed information for the medical team to provide the best possible care. I don't know their names but send my deepest heartfelt thanks for their skill, compassion and excellent nursing care for Katie.

continued on next page

## Motivations from the President - cont.

Normally two paramedics are sent for 911 emergencies but for some reason six arrived to attend to her. She was intubated to protect her airway, neck and back were stabilized and she was transported to Queens Medical Center in Honolulu via a launch from the Arizona Memorial. Rea and Jim were offered much support during this time and are very grateful again for the kindness and care shown by so many. They received excellent directions that allowed them to proceed through Honolulu to Queens Medical Center without one wrong turn!

My initial reaction to the phone call from Rea was disbelief! I was absolutely stunned and shocked. The Board of Directors meeting was stopped and the members of the Board simply stepped up and assisted with all the necessary details to get me to the airport and Honolulu as quickly as possible. I want to publicly extend my deepest gratitude to each of the Board members. Lisa became my lifeline as I communicated the latest updates on Katie's condition as I received them from Rea. Healing energy was being sent to Katie and I am absolutely certain that it made a significant difference in her quick recovery.

I experienced compassion and kindness from the agent at the airport who arranged for me to sit toward the front of the plane and informed the flight attendants to get me off first as I needed to get to the hospital. The taxi driver bowed deeply and wished my daughter well when we arrived at Queens Medical Center.

As I arrived in the Neuro ICU, Katie was just waking up and being put through the usual Neurological evaluations. The two physicians were very impressed with her responses and decided to remove the endotracheal tube. Katie was still groggy with a severe headache but was awake and responsive and we were greatly relieved.

The excellent care we received at Queens continued for the next three days while tests were performed and the doctors offered their explanations for why this occurred.

All of this care was wrapped very carefully in a blanket of warmth, concern and genuine helpfulness. The

Case Manager of the Trauma Team even assisted with getting our airline tickets rewritten providing all the necessary medical paperwork and even negotiating the change of flight fees in our favor. Dr. Koenig called our personal physician to update him on Katie's condition. All in all, we were treated with genuine Aloha from so many people both in and out of the Medical Center.

In all of my years as a Healing Touch Practitioner, I've heard of the Healing Touch Volunteers at Queen's Medical Center. I never realized that one day we would be recipients of their loving care. How wonderful that a Healing Touch practitioner arrived on Katie's second day and offered Healing Touch to her. It made a significant difference and she continued to improve faster than anyone expected. This woman's gentle energy changed the entire feel in the room. The nurses were very respectful of Healing Touch and gave the practitioner uninterrupted time with Katie. Katie felt the benefits and was very grateful for the wonderful session. Our deepest gratitude to the entire staff at Queens Medical Center for the outstanding and exceptional care they offered to each of us.



Katie, Rea, Mary and Jim

On the third day Katie was discharged and we returned to the Big Island and the remainder of the conference. We were able to attend the Banquet Saturday evening. Our family experienced the warmth and loving embrace of the Healing Touch Community that evening. We were very grateful to be able to celebrate Katie's recovery with our Healing Touch International community. We were able to go on the Post conference Tour of the Volcano and extended our stay for three days. This gave

Katie additional time to recover and to experience some of the unique beauty of the Big Island.

Our experience of the conference this year was certainly not what we anticipated or planned. We were amazed at the Spirit of Aloha that filled our hearts and gave us warmth and comfort when we needed it most. We now have a unique perspective of the true meaning of Aloha from all the people we encountered. Most of these people we will never see again and yet they offered, from their hearts, the very best they had to give. Our family will hold all of the people of the Islands in our hearts for years to come. With deep gratitude and Aloha, Mary.



# Inspirations (1) - Keynote Address 2011 Conference

## *Remembering the Oneness of Everything that Exists*

by Dr. Rangimarie Rose Pere CM, CBE

Kia ora, Greetings to all the esteemed people who have come to this International Gathering of Hands On Healers. While we may celebrate our cultural cloaks with pride we need to remember that we are ONE in the Spirit. I am delighted to be back here in this part of Hawaiiki. I have come from the pulse of Hawaiiki, a part of Earth Mother that is known as New Zealand today.

Every day I send out the energy of Healing, through AROHA, unconditional love, to our Earth Mother Papatuanuku and all her progeny. To the children across the world, I send the healing energy to their hearts. To the women across the world, I send the healing energy to their spleens, and I send the same energy to the livers of the men.

A group of our Maori people received this following message from our Divine Source:

*"You are implored to forget all past wrongs, as there have been mistakes on every side, and only with a mind of mutual co-operation and cultivation of a loving heart towards each other, that humankind can no proceed into the future. Not to do so, will mean continued disastrous upheavals of Mother Earth, the like of which we have never experienced. Pay attention and co-operate to develop "natural plants" and keep their seed, propagating them, each forthcoming season, in order to always keep a fresh supply. As Keepers of the land about you, concentrate upon growing as many varieties of fruit and vegetables, and other plants as possible. The time is fast coming when many people will need food. Co-operation and a loving heart towards working with others for the future of Earth Mother, and the future of your children is imperative. There is NO time for politics, man made systems must of their own accord, collapse without any help from those of good heart. It is ESSENTIAL that the work of preservation, begin without delay, for Papatuanuku's sake as well as your own. Welcome the stranger with love in your heart, and peace in your mind, for he or she maybe your bretheren of the past or the future".*

Our ancient ancestors in Hawaiiki Tautau were Peace Keepers who transmitted a heritage to us, based on the ONENESS of everything that exists...they did not

believe in separation, because we all come from the same Divine Source. We are "RA NGATI RA", the "Living Breath" of the Central Sun, the Divine Spark. We begin and end with the Central Sun.



# Inspirations (2)

## *Findhorn and Damanhur...personal reflections*

by Mary Szczepanski RN, BSN, MS, HN-BC, CHTP

The year before I turned sixty was marked by several experiences that helped me move into a new decade of my life. Hiking down the Grand Canyon, being part of the Hoop Dance at the HTI conference, and travels to Ireland opened my heart. My visits to Findhorn, Scotland, and Damanhur, Italy described here were truly journeys of the soul.

### **Findhorn**

Findhorn is a community founded in 1962 by Peter and Eileen Caddy, and Dorothy Maclean, settled into an isolated stretch of land on Moray Firth, a rainy, windy, bay in northern Scotland. They followed spiritual guidance, connected to nature spirits and devas, and had amazing success growing vegetables in the sandy soil. By the 1990's the community grew to 400, to live the vision of peace and cooperation for humanity and the planet. Findhorn has also become a United Nations training center for sustainable development.

The care in landscaping and gardening showed some of the many aspects where esthetics and creativity reflect community design. Pedestrian walkways and bike paths are more common than streets for motor vehicles. A walk to the beach took me past a conifer forest, sprays of pink heather, and the blossoms of sweet smelling yellow gorse covering the sand dunes.

Four windmills stand high on the dunes and provide for the electricity needs of the community. Buildings and homes are generally built with sustainable energy designs, including solar. A greenhouse of flowering plants and tall grasses in large vats is the fully functioning sewage treatment system that takes in all waste water and releases water that is virtually drinkable. Throwing any toxic chemicals like bleach down the drain would kill the plants and damage their ability to filter waste. How easy it was to see the effects of such choices when living with such interconnection to nature.

Organic, gourmet vegetarian meals were a treat: fresh fruits, vegetables and herbs, freshly baked bread, and cheese made nearby. Soup with fennel, casseroles

with coriander, and all the combinations of salad were each an exquisite feast.

During *Experience Week* I became an active part of the community, working mornings in the gardens or kitchen, and sharing meals, tea breaks, and meditations with the residents. The fostering of cooperative work relationships began with the work crews of about eight people doing a silent meditation, and then a brief sharing to "tune-in" to each other. We also met to "tune-out" when the work was finished. I was most impressed by how meaningful and enjoyable work tasks are when done for the good of the community and with the spiritual focus: Work is Love in Action.

Members of the Findhorn community come from around the world and make a personal commitment to growth, spiritual practice, and the common good. One can imagine the potential for disagreements when



people live, work, eat, and share leisure time activities together. Supportive structures are in place to share governance, mediate conflicts, and maintain the higher purpose for this complex community. Membership in the community requires continual willingness to address issues needed to keep the community functioning. Many models of social cooperation and communication skills are implemented.

Numerous opportunities for structured meditation occurred each day in the sanctuaries, including Taizé singing, in which several lines of music from different spiritual traditions are sung in

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## Inspirations (2) - cont.

three or four part harmony and sometimes in rounds. It was a beautiful, healing experience. The element of spiritual connection permeated though the coursework that included group discovery games, dances, spending time in nature, and group processing. I shared some Healing Touch with one group.

When I asked about how Findhorn was being affected by economic shifts outside the self sustaining community, a youngish, energetic woman who was in a governing position, shared that what Findhorn produces is **meaning**. Feeling the energy of nature and this supportive community, it was easy for me to notice that in such an interconnected setting, all of one's actions have meaning.

Before my time of retreat and exploration was over, I was held in the gaze of a one special Being of Light. As she looked into my eyes I felt like I was falling through several dimensions of a spiritual universe. Yes, there is magic at Findhorn!

### Damanhur

Damanhur lies in the Valchiusella Valley, near Torino (Turin). It was founded by Oberto Airaudo, who made a commitment before his birth, to help humanity. In



1978, the early Damanhurians saw a meteor in the sky and took it as a sign to begin building the underground Temple of Humanity. Excavated mostly by hand and constructed in secret, the Temple is a marvelous work of art with eight chambers, adorned with stained glass, sculptures, mosaic floors, and painted murals throughout. The temples were built where four synchronic lines of the earth meet. (The only other place where four lines come together is in Tibet.)

The structure of the temples contains Selfic instruments, which are Egyptian healing devices. The story is told that before Atlantis was hit by a meteor, some of its inhabitants moved to Egypt. There is a town there called Damanhur. Some of these Egyptians moved to the area where Torino is now located. Of note

is that Torino's Egyptian museum is second only to Cairo's. A standing stone structure, an outdoor temple, meditation pond, sculptures and healing cabins where Selfic healing was done - were part of one campus. One day while walking a spiral and wearing a specially calibrated medallion my perceptions shifted into a multidimensional experience. Entering the underground temple required preparations including meditation, an art and music session, journaling, or walking a specific labyrinth. Once in the temple participants were guided in meditation, chanting, and other spiritual exercises.

Residents lived in groups of twenty people - called *nucleos*. Each nucleo was dedicated to a specific purpose in maintaining the community (alternative energy, spiritual development, etc.) There is a focus on scientific research, such as time travel, as well as spirituality, and development of new agricultural plants. The community is Italian speaking, though our guides spoke English. They were generally light-hearted and unassuming. I only discovered after leaving that one of our guides was actually the oracle of Damanhur.

As the week progressed, I felt myself being tuned up to higher vibrations from the temples, and the preparations. In the Hall of Humanity, I faced my shadow self. In the hall of medals I re-wrote my childhood. The Hall of Water, the Blue Hall, was covered with symbols that held vibrations from ancient worlds. In the Hall of Mirrors, I saw my own soul. But it was the Hall of Spheres that impressed me the most. Seven spheres filled with alchemical solutions had the ability to transform through frequencies. Each sphere had different qualities that could be felt as vibrations in my body or intuitively, both subtle and not so subtle.

For me these experiences of community, spirituality, meaning, and adventure were an important initiation for my own evolution. I brought back a treasure: symbol of Synchronicity to energize my sixties. So Be It.





# Inspirations (3)

## STEPPING OUT OF A COMFORT ZONE

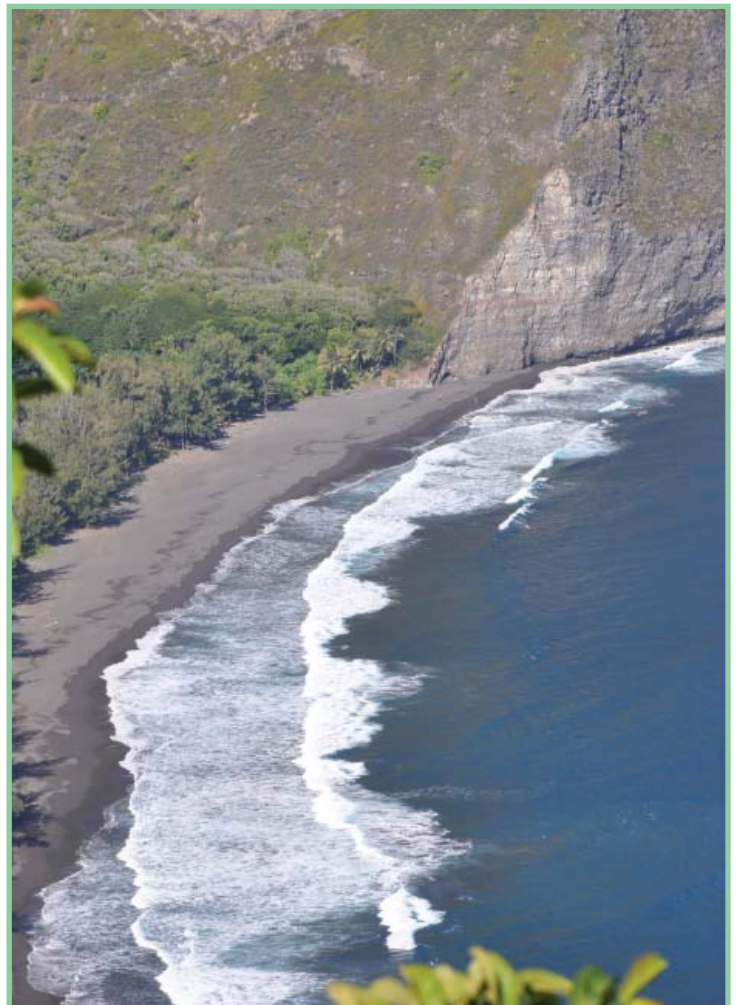
by Mary Jane Aswegan RN, CHTP/I

This is a story about fulfilling an item on a “Bucket List” and stepping out of a Comfort Zone and into a Helicopter for a ride around the Island of Hawaii while at the HTI conference. This was actually far off the horizon as I was flying to Hawaii, but I heard my mentee and friend Susan Krause relating that this was something she would like to do. The idea was planted and soon I was also thinking about the possibility. I love to fly and I looked at those things involving flying on my “Bucket List.” I flew in a small plane with my father and even took the controls; I have gone up in a Hot Air Balloon, but two things on my list, to fly in a blimp and helicopter, had not been fulfilled. I flew into Hawaii early to have a little respite before the conference. My thought was to decompress by the pool...not have an adventure in the sky. We are taught to listen to our intuition and guidance and on Wednesday morning before the conference when I was out for an early morning walk, I passed the tourism office and read the brochures and inquired about the possibility. The agent said there were 2 spots left. I actually walked out of the office with my monkey mind saying all sorts of things from the price, to questions about safety etc. I got part way to the lobby and there was this strong pull and urge to go back; I finally just turned around, marched in there and said “I am going to do this; sign me up!” I frantically tried to call my mentee to see if she wanted to join me and when we finally connected the other spot was filled. She was able to go at a later time. The flight was to be from 2:00 PM and last 1 hour and 45 minutes. It was a beautiful day and the sun was shining everywhere. It was the last flight of the day and the pilot kept saying, “Oh, it has been raining lately over here so I haven’t been able to go into this little valley” and away we would go. Two and a half hours later we finally descended to the helipad at the heliport.

I cannot begin to tell you the experience as it was so exhilarating. We were able to see up close the movement of lava from the volcanic region of the island and hear the history of the island from the pilot. I gained an appreciation for the people and the culture. I was fortunate to sit in front by the pilot and when he said we were lifting off, I truly felt as if I was lifting off into something so special it was beyond words. We flew over the saddle between Mauna Kea and Mauna Loa, came out over the volcanic region, then on towards the coast and Hilo, and then through all the valleys with waterfalls. The weather was pristine in this area so

he felt compelled to take us into all the little valleys with the falls. There were times I thought it was so narrow that surely the rotor blades would hit the side of the mountains.

But he was so precise and so confident that the feeling transferred to me as well and I had no fear. It was breathtaking to see the terrain change, to fly over the ocean and its blue waters so calm like a huge lake, and into the valleys with beautiful water trickling over the cliffs into little pools below. Slowly, in the last valley we ascended up, up, up and over the top of the cliff and back over to the side of Kona. The pilot set us down with gentleness over the helipad. I did still feel a little bit some of the vibrational movement from the helicopter, but once on land the sensation subsided. It was a gift to experience this and I say Mahalo and Aloha to the experience.



# Associate Partnerships

## Peru and Chile Shine the Light of Healing and Hope

By Mary O'Neill RN, CHTP/I

As reported briefly in last quarter's *HTI Perspectives in Healing*, this year the Board of Directors approved funding a visit to Peru and Chile. The goal of the visit was to meet with our instructors, practitioners and students, to thank them for their ongoing commitment to Healing Touch International, and discuss their specific needs related to classes, practitioner and instructor certification. Another goal was to strengthen and deepen our bonds, friendship and commitment to each other and Healing Touch.

Following a long day of travel it was wonderful to see the group gathered at the airport in Lima, Peru. I was warmly greeted with flowers, smiles and hugs. Familiar faces of Sr. Carol Reamer and Sr. Eileen Kearney were joined by Sr. Marg Kehoe and PROSH President Sissi Huanay Molero and many of the Healing Touch Community in Lima. This began the wonderful days of exploring and learning about the Healing Touch Community in South America. Lima, Peru is the second largest city in the world built on a desert (after Cairo, Egypt). The city is home to 9.5 million people. Many have moved to Lima in recent years to find work, education and to find peace following the civil war in the late 1980's to early 1990's. It is a vast city bustling with activity day and night. A trip from one end of Lima to the other on public transportation takes about two hours.

I had the wonderful opportunity to visit several of the Healing Centers that have been established in Lima. These beautiful facilities, established by the Presentation and Ursuline sisters who are also Certified Healing Touch Practitioners and Instructors, are located in different areas of Lima. At each facility I was greeted by the practitioners, students and clients of Healing Touch. They routinely offer Healing Touch and additional modalities of energy medicine to the many women, men and children who come to the centers. Beautiful stories of healing were shared by all as we sat in a circle at each facility.

At Hampi Wasi, a center for holistic therapy, I was so very moved by the wonderful healing work offered by



HT Students  
CHTIs & Mary at Centro Hampi Wasi



Centro Hampi Wasi

our practitioners and students and the resulting impact on the lives of the clients. Several people expressed their gratitude for the change that Healing Touch had made in their own lives and now they have taken classes and can offer that same healing to others.

The visit to Center de Nana Nagle and the Corazon de Nana deepened the experience. As reported earlier. These centers are lovingly named after the foundress, Nano Nagle, of the Presentation Sisters. Here counselors meet and offer therapy to women recovering from emotional and physical abuse. Healing Touch is offered to all the women who want to receive. Hope abounds in this setting as women shared their stories of healing and new life.

Corazon de Nana (Nana's Heart) is the children's healing center. Children come after school to meet with therapists who offer counseling to the children. Also included are art, music dance and games. Healing Touch is provided in a lovely, bright room and the children are eager to receive. Each of the therapists shared how much they enjoy their work and see wonderful progress and hope for the future as they assist the children.

I enjoyed watching the children sing a song about energy while demonstrating how to offer Healing Touch to themselves and plants. They are learning from a very early age that energy is all around and in us and that healing is always

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## Associate Partnerships - cont.

possible. Their beautiful eyes, warm smiles and loving hugs have remained in my heart.

At each gathering, we celebrated with traditional dances, music, food and drinks. It was an excellent way to experience the rich culture of Peru. Eileen Kearney CHTP/I and Marg Kehoe CHTP/I hosted my first days



in Lima and also translated for me. They provided a great overview of the Healing Touch activities. Marg even became the photographer for many of the site visits. She captured the many wonderful photos of our days together. Marg and Eileen hosted, translated, cooked, navigated and shared the rich history and traditions of the country.

PROSH is the organization that has been formed to provide education in Healing Touch and Energy Medicine. A meeting was held with the Officers of PROSH and they presented all the updated information



regarding the activity of their community. I was thrilled to learn that classes are not only held in Lima but the instructors have also gone to Argentina, Bolivia, Chile, Ecuador, and additional provinces of Peru. Healing Touch has also been offered in Spain, Ireland and Zimbabwe. Now many students are approaching Level 5 in these South American countries also. How exciting to know that our work is moving throughout South America and the world impacting so many lives in such a positive way.

The instructors joined us in the next hour and we discussed their training, classes, hopes and dreams

for extending the light of Healing Touch through their teaching. It was possible to take their questions and concerns and get answers through a quick international call to the HTI office.

I was also invited to Ambar deAlma where I met Carla and her husband, Fernando. They have this lovely center which offers courses in a wide variety of topics related to energy and healing. Speakers come and present classes; Healing Touch and additional therapies are offered. Courses are taught from all over Latin America and the world. Carla, Beatrice and Cecelia are all preparing to submit for certification. I was delighted to see their Profile Books and share in their enthusiasm for the profound healing work they offer to the community.

We culminated the first week with a wonderful gathering of many of the Healing Touch community in Lima. I was deeply touched by the care and genuine love I experienced from each person present. Healing Touch is definitely a universal language bridging our cultures with the sincere hope to restore wholeness for one another.

I was fortunate to experience the care, love and friendship of this dynamic community through our celebrations including food, music, native dances and a beautiful healing ceremony.

Sr. Carol Reamer took me under her wing for the next days until I flew to Chile. I enjoyed seeing Angela's House where Healing Touch sessions are provided. It is a lovely building situated behind the house Carol lives in. Sr. Carol is a member of the Ursuline Community and Angela Merici was their foundress. So the facility is named after her. Again, many healing sessions are provided here. What a beautiful community of healers! They offer Healing Touch with compassion, integrity and grace. I was offered a HT session and was very grateful to receive. It allowed me time to rest, restore and integrate all the wonderful experiences and friendships.

Carol took me to the high desert to visit Miguel Rodriguez. Miguel operates an orphanage providing loving care for 850 children ranging from infants to college age students. His goal is to provide them with an education and skills so that when they leave they can find work and sustain themselves. He is working hard to have his school accredited. He receives no funding from the government although the courts continue to send more children in need. He turns no one away and considers this his life's work.

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## Associate Partnerships - cont.

The children greet each person with a smile, and a gentle kiss on the cheek. Even with such limited resources, they are well cared for and nurtured. It is amazing to see what he has accomplished in 20 years for these children. He is the advocate and voice for them to social agencies, the church, private companies and the government. Carol has taught Healing Touch classes here for the staff and today's visit prompts the question from Miguel to Carol, "when can you return to teach Level 2?" I am left with the memory of his dedication and commitment to these children in the face of overwhelming day to day needs for just the basics of life, food, shelter, education and love. They are provided here day after day and year after year.

Travel day to Chile was a flight south from Lima. Flying far above the Andes Mountains to the left and the desert and Pacific Ocean to the right, the view was spectacular. I experienced amazing views and stark contrast between the mountains and the desert. Mary Maloney, CHTP/I met me as I got off the plane in Tacna and we began our journey into Chile. We crossed the boarder and proceeded south toward Iquique, Chile. We traveled by bus and had a few hours to get acquainted and discussed our love of Healing Touch. Mary shared the story of their Healing Touch Community in Chile. The organization in Chile also carries the name PROSH.

Mary resides in the smaller town of Alto Hospicio situated at a higher elevation and north of Iquique, a city of about 100,000 people. On our first morning, the PROSH Community in Chile arranged to offer mini sessions of Healing Touch on the Plaza in the middle of town. Newspaper articles had been published informing the community of the event. Massage tables were set up under a tent and a lovely, professional banner was on display with an explanation and benefits of Healing Touch.

A large market is nearby and many people came and received the sessions. Others came by to introduce themselves and say what Healing Touch had meant to them, and some previous students came to reconnect with their community. Two reporters arrived and interviewed us for a subsequent article in the papers. Mary Maloney later informed me that those articles generated about eighty calls regarding Healing Touch classes!

We visited a Psychiatric Clinic where Healing Touch is offered. The Director of the Clinic graciously conducted a tour of the facility. The Medical Director also met us and expressed his interest in conducting research regarding Healing Touch and depression. Many of the patients in this facility are directly benefiting from receiving Healing Touch.

Mary Maloney invited me to see the Casa Nana Nagle in their town. This center provides Healing Touch sessions and also classes. Mary is preparing to expand the center to two floors to add bedrooms for the students when they come for Level 4 and 5 classes. I look forward to seeing the growth and development of this community. She is preparing a grant to assist with the funding



The PROSH Community sponsored a gathering of the community at the Civic Center. Solange Bendetti is the President of PROSH in Chile. She served as hostess for the gathering. We had a delightful evening.



Testimonials of Healing Touch were offered and I was able to share a few words of hope, thanks and greetings from Healing Touch International. It was a privilege to have a pinning ceremony for Mary Maloney as an Instructor and her community gave her a lovely plaque expressing their love and affection for her. Following the indoor program, we were invited outside to the Plaza. Young Chilean dancers in colorful native costumes performed dances for all of us.

The energy and talent of these children was delightful to see. They carry a rich and proud heritage with skill, love and enthusiasm. What a beautiful evening watching these young people dance to native music as the sun set in the western sky. Refreshments were served and the visiting continued into the evening.

One of the delightful trips the Chilean PROSH community provided was a day trip to the Oasis. Ten of us were driven in a van through the desert to a small town located in an Oasis. It has mineral springs that many people come to

continued on next page

## Associate Partnerships cont.

for the healing property of the waters. On the way we visited an abandoned mine and heard the story of how this mine had operated on the labor of the Chilean poor miners and their families. They were paid their wages in plastic buttons that could be used in the stores and commissaries run by the mining company but had no value outside the camp. Their peaceful demonstration to the city to proclaim the injustice resulted in a massacre at the hands of the government. We were touched by the photos and stories of life in this camp many years ago. This is an important part of Chilean history and we listened with attention to the gentleman who explained the story. We were all aware of the healing intent that we left for all those who lived and died here.



Another side trip was to the Shrine of Our Lady of Mount Carmel. They shared with me the rich tradition of the celebration of this feast where dancers arrive days before the feast and dance all the way into town in full costume. The dancing goes on for days and culminates in the celebration of Mass at the church of Our Lady of Mount Carmel. This is a

special feast in Chile and thousands take part every year. As we left the church and empty plaza I had a vision of all the native dancers in full costume and native music filling the plaza with song and celebration.

Once we arrived at the Oasis we went to the mineral springs and spent a delightful afternoon in the mineral waters. Warm, crystal clear water invited us to relax and restore. We even entered the small cave at the far end of the pool and found the source of the hot springs as it came up from deep in the earth. The custom is to scratch the wall of the cave and smear the mineral rich mud on your skin. It provides deep cleansing and our skin was smooth and clear after the shower.

Lunch followed with a good afternoon of fun, stories and songs of Chilean history. The trip back to Alto Hospicio went by very fast. I enjoyed all the fun and got to know the practitioners on a deeper level through our sharing stories.

The trip back to Lima was by bus accompanied by Mary Maloney with an overnight stay at a small border hotel. Mary and I enjoyed a simple dinner and our sharing

was a means of creating a long lasting and deep bond. Our parting at the airport was with the agreement that we will see each other again and maintain and nurture the deep friendship that was begun here.

Carol Reamer met me at the airport in Lima and the next day we had planned to visit an ancient Inca site within the city. Unfortunately, it was closed that day and we toured the Museum of History instead. On the third floor was the account of the civil war in Peru. This took place in the late 1980's until the early 1990's. We spent hours going through the displays showing the devastating effects of war on the Peruvian people in the jungles near the Amazon and mountain areas. The effects of this war still lay heavy on the hearts of the Peruvians and resulted in 25,000 people massacred over several years of war. This war is still the source of much of the woundedness that lies deep within the heart of the country. It forced vast numbers of people to the city of Lima seeking safety. Within the city, the resources that can be provided for such a huge population are stretched thin. Poverty continues on a large scale, and people work very hard for their day to day needs.

The Government is constantly called to justice in providing for the needs of the Peruvian people. A long history of corruption and greed within the government have left few people with trust of the leaders of the country. Demonstrations and marches to protest injustice are a part of life here. The upcoming presidential elections were frequently spoken of with disdain as there was little trust in any of the candidates.

The Peruvians are gifted with grace, hope and patience. Smiles and kindness are a part of the heart of this ancient people. They understand the great value of healing work as it is part of their ancient tradition. They have embraced Healing Touch because it has resonated with their basic human need for wholeness. It is a common need resounding throughout our world today and in each of us. I was honored to witness it in action in Peru and Chile. My deepest gratitude to each person I met with and shared our love for Healing Touch. I have grown because of you and your witness to healing and hope in South America. Gracias!



# In the News

## **Sue Kagel RN, BSN, HNB-BC, CHTP/I**

Presented Keynote, "Uses and Benefits of Healing Touch and Energy Therapies" and a workshop "Creating Resiliency in a Challenging World", at the Symposia Medicus 12th Annual Conference on Integrative Medicine in Women's Health Care, Napa, California September 14-17, 2011.

## **News from Healing Touch Canada:**

**The Reflexology Association of Canada (RAC)** has recently approved the HTI Healing Touch Certificate Program Level 1-5 classes for 5 CEU credits each under Category 1. (Retroactive to January 1, 2008) If you are a member of RAC and have taken HT classes since 2008 they are now eligible for 5 CE credits each. Many thanks to the CHTI who contribute to the Healing Touch Canada Development Fund for making this possible.



Photo "Orchids 3" by Cat Anselme Miller

*As we enter this  
Season of Lights  
We have Deep Appreciation  
for the Following  
2011 Grantors  
to Healing Touch International*

Bill and Barbara Binney of Dunfries, VA –in memory of Sister Irene Morelli, CHTP/I.

Anonymous in honor of Sue Kagel.

Anonymous.

HT Center of Farmington Hills, MI – multiple grants in honor of founding member Grace Lucksheiter and member Ruth Borkes, and memorial grants in honor of the father of Marjorie Levine, in honor of the father of Amy Williams, and in honor of the mother-in-law of Lois Kruse.

Jane Ann Bell of Indianapolis, IN.

Eileen Walsh Sutis of Imperial, MO.

Zofia Bachleda of Palos Heights, IL.

Jessica Abramson of Cape Town, South Africa.

Karen Baumer of Durham, NC.

Dee Grady of Houston, TX.

Joan Keller Maresh of Holmen, WI.

Anonymous - memorial grant in memory of Barry LeFevre CHTP, member HTI.

Custom Care Company, Mary Paterson, of Princeville, HI in memory of Barry LeFevre CHTP, member HTI.

Azam Babataher of Rockville, MD.

Tina Rose Noblitt of Richmond, VA.

Janice McDonald, CHTP, member HTI of Wyandotte, MI in memory of Margaret Morvath.



# Mentorship

## *Spreading the Light of Healing Touch through Networking*

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



Anne Day

For Level 5 homework, the HTI Practitioner Apprentice is asked to write a paragraph that includes their experience of “Networking” with others on their HT Journey. The apprentice is encouraged in the Level 4 class to network with other HT practitioners for help in setting up a practice, forming or attending a support group and getting guidance to

enhance their development as a healer. Just what is networking? Two definitions caught my attention. First: “Develop contacts or exchange information with others”, and second, “a group system of interconnected or cooperating individuals.” Both seem to fit the Healing Touch networking process. For this piece of the homework, the objective is for HTI Practitioner Apprentices to connect with local HT or holistic networks in order to establish professional support systems. The requested report is to write about involvement with these groups, which can be done in one paragraph.

We certainly do begin to develop and exchange information with our HT colleagues early on the path. We also have the opportunity to communicate and educate friends, family and other professionals from our community who wish to know what HT is. We are an interconnected group of individuals in healing touch who cooperate with one another on many levels as we make our way through the various levels of HT and ultimately to certification. Here are some tips that have helped me and my mentees in this process. **Be prepared.** People will often ask, “What is Healing Touch” You should have an “elevator speech” ready. An elevator speech derives from if you were in an elevator and someone asked you that question, what would you say to them before they got off on the next floor? An example could be, “Healing Touch is a gentle energy therapy in which we utilize our hands to balance the energy fields and centers of the body to promote wellness and self healing.” **Be Giving.** Focus on “giving” and being helpful to others. This brings us to the basics of heart centeredness and utilizing the four attributes of the heart by Dr. Brugh Joy. Do not think

about what you get in return. People will notice when you treat them with respect and listen. They will want to know more. **Listen with Focus.** It is important to give your focus and attention to the person speaking. Native Americans use a “Talking Stick” which is handed to the person speaking. At our San Diego Support/Networking Group that

meets monthly at Scripps Encinitas, we have a “check in” time where each individual can give a short update and we listen with focus to that person. We also take a time for questions/answers of concerns in homework etc and allow participation of the group listening with focus and learning from each other. **Teach/Don’t Sell.** We mentor and learn from each other. Recently I had a “homework” day at my office at Scripps where there is a computer room. I had the feeling some of my mentees were a little “bogged down” with computer skills etc. Another of my mentees is a computer “guru.” She was able to get three people set up with their homework on their laptops and they went home very happy. It was a wonderful day in which we all learned from each other, inspired one another and people who needed computer help were able to get started. Everyone felt good at the end of the day.

You have many opportunities to Network in HT. We have Health Fairs, Support Groups and just in everyday life. I (Mary Jane) was in Coldwater Creek buying some things to take to Hawaii for the conference and two of the sales ladies wanted to know why I was going and when I told them, they wanted to “Know all about HT, because they believe in that sort of thing.” I had my elevator speech ready but they wanted more. I was prepared as I had my business card from Scripps which I gave to them. I **listened** to their stories; ultimately I **taught** them and intrigued them enough that they gave me their cards with their emails, so that I could send them the brochure for the next level 1 class. You never know where the opportunity to spread the light of Healing Touch will present itself. Are you ready?



Mary Jane Aswegan



## Board Corner

### *Annual Business Meeting Report - 2011 Highlights*

by Lisa Anselme RN, BLC, HN-BC, CHTP/I

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."

HTI continues to focus on service; all Board and Committee positions are volunteer and committee sizes have increased to share the workload and be positioned for continued growth. We continue to use the Tree of Life as our strategic planning metaphor.

We thank outgoing Board members Laura Hart and Terry Sparks for their dedicated service!!!

#### Goals Met Fall 2010-2011

- Increased Heart-Centered Vibration – Continue the High Road
- Financially very stable due to prudent fiscal management and innovative fundraising
- A Huge Mahalo! for Materials Grant funding editor's expenses for work in Colorado
- A huge Mahalo for conference scholarships that helped fund international students and conference attendees
- Updating technology in the office
- Student Workbooks Levels 1,2, 3, 4/5 published at *Low Cost* to CHTIs, practitioners and students.
- Levels 1, 2 Student Workbooks translated into Japanese.
- Quick Look References Levels 1, 2, 3, 4/5 developed and for sale on-line now
- Strategic Planning Meeting – Board of Directors April, 2011
- Outreach presence at AHNA, ISSSEEM, Regional Meetings, Symposia Medicus
- Ambassadors to Canada, Peru, Chile, Hawaii
- Established HTI China
- E-Letters to Students inviting to become HTI members
- Increased communication through Ezines, PIH and Social Networks (Facebook, LinkedIn, Twitter).
- Continued Review and Revise all HTI Processes and Documents
- Increase in Classes throughout the world



- New Instructors Trained – will increase HTI instructors by over 25%
- Instructor Training and Advancement
- 2010 Level 1 Instructor Trainees – 14
- 2011 Level 1 Instructor Trainees -16 2010
- 2011: 2nd tier of Instructor Trainers established
- Website Evolving – planning new look for who we are now
- Professional Development offerings - now 8 and focus will be on growth. Open to all with an interest in healing.
- Coordinator Packet current and available for download
- Student and Practitioner Solutions continue, available for download
- Conference planning in place for 2012
- Successful Conference 2011!
- Become a **New or Renewing Member Now through Dec. 23 and receive a Level 1 Quick Look Reference Book**

We thank outgoing Certification Board members Jody Hueschen, Vicki Marish, Jeanne Zuzel and Kathleen Scacciaferro. Welcome to Laura Hart, Elizabeth Sweetfriend, Susan King Shoemaker and Nola Schmitt. Rosalie Van Aken and Lori Protzman continue in their service.

#### Prioritizing and Balancing

- We can only do so many things in a year
- Prioritizing with 1-5 year plan and goal setting
- Staying within the vision and mission while innovating plan of action and creating teams

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# Clinical Application

## *Never Too Young to Understand Healing Touch*

by Deborah Larrimore RN, BSN, LMBT, CHTP/I

A couple of weeks ago, Gretchen Bayne, a Healing Touch student of mine shared a story with me about her six-year-old son. Gretchen is the Health Promotion & Special Events Coordinator for Action Health at Wake Forest Baptist Medical Center in Winston-Salem, NC. With her permission, I share this story. I hope it makes your heart smile! It did mine.



*Deborah,*

*I have to tell you what my six year old came home yesterday and told me. Joshua said, "Mommy, I got a SOAR ticket today." (Those are special tickets that they get at his school for doing something outstanding. SOAR stands for "Safe, Outstanding, Accountable, Respectful.")*

*I asked Joshua why he got the SOAR ticket ? He said, "Well, a boy fell and got mulch in his knee so I ran over to him and blew on it and did that thing with my hands like you do to make it feel better."*

*I thought you would like to hear that story.  
Thanks for all you do! ~Gretchen*

## Board Corner - cont.

- Staying with high standards and integrity  
- continuing the high road
- Called into the Circle; you are invited to:
- Volunteer in Leadership and Committees
- Become Involved as a Practitioner or Student
- Match your Strengths with our Opportunities

### 2012 Goals

- Community Development and Support
- Membership Growth to Triple by 2012
- Increase classes and students
- Continue Instructor Training and Advancement
- New Professional Development Offerings
- New Look to Website & HTI General Brochure
- Marketing Tools
- Additional Instructor Tools
- Expanding Affiliate Partnerships

## 2011 Conference Lost and Found

Please contact the HTI office if you are missing: a Jacket, an easy grip cup tumbler, or shawl.



## Personal Highlights from 2011 HTI Annual Conference

The beauty and warmth that resonates in my heart came from gazing at the stars with kindred spirits in healing, while the ocean waves rhythmically drummed the lava rock shoreline. The vibrancy of starlight bathed us on a darkened hillside, as we shared our journey in how we became Healing Touch practitioners. An unspoken bond formed between the three of us, as we embraced the unity of connection to Mother Earth, the celestial heaven, the ocean, and our heart-centered spirits.... precious moments, priceless memories.”

~ **Denise DeForest Pastoor**



My perspective of conference comes from a different vantage point. Conference for me is like a birth (for an elephant!) or baking a cake. The process of creating conference begins more than a year out. We look at locations, hotels, create the theme, look at the possible keynotes we think will appeal and fit the theme, select and at times generate the workshops, choose meaningful continuing education, interesting morning activities, fit in free time, explore special events that culturally fit the area, select healthy meals accommodating special needs, address all forms of learning styles, provide holistic offerings to cover physical, emotional, mental and spiritual aspects of healing, and attempt to meet the needs of a wide variety of attendees. We basically know what the baby should look like at birth, but there is always the element of surprise and mystery and the need to flex, flow and quickly problem solve. With the cake metaphor, we have the cake baked, timed to come out of the oven and cool, ready for the attendees and presenters who are the frosting and decorations. Observing that all come together is the beauty of the conference.



On a personal note, it is so heart-warming to reconnect with friends I have made and worked with over the past 15 years, literally from around the world. Opening to new cultural sharings of elders wisdom, teaching, custom, music, chanting, and dance widened my awareness and consciousness. Most intensely moving for me was to witness a heart-centered interaction initiated by one of my dearest friends that brought about awakening, respect and deep healing for many. On an adventure note, snorkeling and seeing a neon blue eel as well as other exotic fish was quite “electrifying”. I left feeling very healed on a personal level. ~**Sue Kagel**

Without a doubt, this was the best HTI conference I have attended. What made it so special? Well of course the venue was outstanding, but the organization of the conference with planned “space” which could be used for self-care, or networking with colleagues and friends new and old. This was a fantastic idea and I would ask that this be a regular event. The instructors workshop was a positive event and it

was fantastic to meet with and listen to the Hawaiian Healers throughout this day. The Conference had an air of positivity and “let’s move forward energy” about it. This meant there was enthusiasm for learning and this included the extra-curricular activities arranged, the fantastic Hula dancing and cultural events. Thank you Lisa and committee for the hard work and the very positive result of this Conference. **Love.....Annis**

My experience of the conference was of heightened awareness of what I don’t know and know. I don’t know the Big Island even though I have been there four times, it still has much to teach me. The wisdom of the land is so very present for those who wish to listen. The footprint of the white man is not one that is kind or sensitive and for this I honor the welcome that I received by the graciousness of the people and the land in offering forgiveness and continued insight into how to walk in peace and beauty. I do know that as energy workers we have work to do and are blessed by the earth, wind, and

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## Personal Highlights from 2011 HTI Annual Conference - cont.

sky. Walking with eyes open is our job, every day, every moment. Coming together is an important task for our souls and for the earth on which we walk. I look forward to the results of the experiment.

~ **Diane Wind Wardell**

My peak experience was the impact of the several presentations on myself. The Hawai'i dances were about the rhythm of the elements, the joy we shared together; the love was all there thick as a loving cloud and we were there not alone. The volcano and lava, the birds, dolphins and turtles were surrounding us, or were we surrounding them? Well, that is what struck me at some point. Who is visiting who if we are all one? This profound realization that we actually are ONE, the deep meaning of this saying getting

into every cell of my body. That we do not send healing, we **are** healing so it is sent all the time. We do not send healing to the earth as she is part of us; we do it all the time. We are not separate from anything or each other, think of that impact. That is what I

am still integrating into my consciousness. Rose Pere said to keep your ship in the eye of the hurricane. To stay in the stillpoint in the middle so we don't get thrown around in the turmoil. That is what I include now in my meditation, in my classes and every where I can. Kia ora, thank you, it is a great experience.

**ALOHA. Lieve groet, Wietzke van Oene**

Savitri's loving Hula for the newly certified practitioners - I sensed that her Hula was for all of us and for our loving connections. Such a sweet community moment!! ~ **Barb Schommer**

The whole conference for me was a highlight by virtue that it is time to see Healing Touch Friends from around the world. It was a joy for me to pin Nancy Strybol from the Netherlands who was my mentee and who I spent a lot time with



in the mentorship process. I enjoyed all the keynote speakers who had something wonderful to share with all of us in their wisdom and knowledge. A real highlight for me was taking a Helicopter ride around the island and see the beautiful terrain from the barren volcanic structures to the lush side around Hilo. It was a joy to learn more about Hawai'i from the indigenous healers of the island. The true meaning of Aloha became much more meaningful to me. I was able to bring a friend with me who was in need of healing and it was wonderful to watch her move through the conference, meeting new friends and experiencing a healing growth. I feel blessed to have so many HT friends from around the world and the time in Hawai'i was special.

**Aloha ~ Mary Jane Aswegan**

I experienced this year's conference as one huge healing session. I'd broken my knee cap on August 30th, and was walking slowly and painfully when I arrived at the hotel. Immersed in the amazing vibrations of Rose Peres' opening chant, the woman who sat next to me -- who I had never met before -- asked me if

I'd like her to work on my knee. She was just the first of many people who reached out to me with Healing Touch during the conference. By the end of the week, thanks to the combination of their touch and the healing energy of island, my knee improved exponentially, and I returned to the mainland with a profound sense of community and

renewed vigor. ~ **In light, Michele Bernhardt**

I stood on my lanai in the morning, allowing the trade winds to welcome the new day and then observed as healers began to gather below on the garden lawn to connect to earth energy, feel the energy of Pele on the volcanic land they stood and then together begin to experience the energy of fluid movement as they learned the ancient ways of connecting the hula to the land, plants, animals, sea, wind, mountains and ancestors. As an islander for many years, my heart was touched and my smile broad. ~ **Lori Protzman**















## Newly Pinned Certified Practitioners and Mentors











# Intention Experiment - Hawai'i 2011

## *HTI Conference Research Project*

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



Sue Kagel RN, BSN, HNB-BC, CHTP/I and Gary E. Schwartz PhD, Director of the Laboratory for Advances in Consciousness and Health (LACH) at the University of Arizona.

We have conducted similar research projects over the past several years at conference, with variations on a theme. In 2007 at Hilton Head, NC, we participated in a study with Lynn McTaggart in an Intention Experiment in connection with Gary Schwartz at LACH on the growth of seeds using intention and energy sent from a distance to the lab in Tucson, AZ. HTI had the best plant growth and most focused results of all groups.

In 2009 in Tucson, AZ we worked with Sue Kagel, Gary Schwartz and LACH, focusing on sending heart-centered energy to a light sensitive machine that could analyze changes in cosmic rays (e.g. gamma rays). We used a protocol in which we sent energy to the machine based on raising the group vibration, sending loving energy with divine guidance.

In 2010 in St. Louis, we repeated the experiment, this time using only loving, heart centered energy and specifically not calling on divine assistance. When compared with the results of 2009 in Tucson, the results showed a difference in the two runs, with the divine guidance run showing more brightness in the spectral analyses of the images indicating increased organization of the cosmic rays.

The 2011 in Kona, Hawaii, the Healing Energy Intention Experiment was conducted in a similar manner to

the others. Two runs were completed, one with loving, heart-centered energy only and one with loving energy plus calling on divine assistance. Clocks were synchronized and a stopwatch used for the intervals of 10 minutes of healing energy, 10 minutes rest time and the additional run of 10 minutes of healing energy. The selection of the order of loving energy vs. loving energy with divine assistance in the experiment was determined by drawing so that Sue and all involved on site with the conduction of the experiment were "blinded" to the order of the experiment, as well as Gary in Tucson. Gary continued to be "blinded" when he downloaded the information and was given the times later. Thank you to Evie Caprel, Stephan Nobs and Lisa Anselme on site at conference for assisting in the timing and clock coordination pieces, all conducted with "Swiss Precision".

Each experiment involved grounding, setting a hara line, bringing the vibrational rate up high and then showing a slide with the apparatus and the address for the location. Participants were to imagine and intend that they were sending the energy to a client (the machine) or that the client was in front of the machine,

but that the energy would go to the machine as well to register the effect.

Our results have shown in the past that (1) there is an effect and change in both formats, and that (2) the divine guidance seems to create a somewhat greater effect than using only loving energy.



### **Research 2011:**

In this research, equipment was used to measure changes in radiation and magnetic fields on a second by second basis using Vernier sensors and Logger Pro software ([www.vernier.com](http://www.vernier.com)).

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## Intention Experiment - cont.

The signals were sampled once a second and stored for later statistical analysis. Approximately nine hours of data were collected on the intention day and a second set of nine hours of data were collected as a further control on the next day.

The experimenter was not present in the room while the data were collected and he was blind to when the actual intention trials occurred.

Our predictions were that there would be evidence of (1) increased organization of cosmic activity, and (2) increased magnetic field activity during the intention periods as compared to baseline controls.

To measure possible increases in organization of cosmic rays, radiation detections were converted to binary values and analyzed using REAL stats, a statistics program written for LACH which analyses deviations in “runs” and “patterns of runs” – e.g. like increased numbers of consecutive heads as if one was flipping a coin. It was necessary to combine both ten minute intention periods to perform these analyses. The results indicated increases in length of longest runs measured during the intention trials compared to (1) baseline values obtained a couple of hours before the intention trials, (2) baseline values

obtained a couple of hours after the intention trials, (3) the exact time of day on the following control baseline day, (4) a couple of hours before this control intention time period, and (5) a couple of hours after this control intention time period.

These observations **replicate the basic findings of 2009 and 2010**, this time using moment to moment recordings of radiation.

The magnetic field data were analyzed during the same time periods. For the **actual intention trials, the results showed a significant increase in magnetic fields over both intention periods which continued even during an immediate three minute post baseline period.** By contrast, the five matching baseline periods (described in the previous paragraph) all yielded basically random variations in moment to moment magnetic field changes.

### Conclusion:

Though the observations did not make it possible to compare the two kinds of intention, the overall results support the hypothesis that loving intentions by those skilled in healing can have long distant effects on the organization of radiation as well as low level magnetic fields.





# Energy Research

## HTI Hawaii Conference - Research Presentations

by Mary A. Megel, RN, PhD, CHTP and Nancy Strybol, RN, BSN, MSSc, CHTP



Mary A. Megel

In this issue, for those of you who were not able to attend the annual HTI Conference in Hawaii, we summarize the wonderful research presentations shared at that meeting. There were two presenters, Deborah Goldberg and Joyce Wong.

Deborah's presentation was her dissertation for the Doctor of Theology degree, and is entitled ***"The Effects of Healing Touch on Anxiety in Women Undergoing a Breast Biopsy."*** The objective of the study was to compare anxiety and coping strategies between women who received magnetic clearing (MC) and those who did not; all were undergoing breast biopsy. Seventy-three women were randomized into a control group (31 women who received standard care) and an intervention group (42 women who received standard care plus a 15-minute MC session). Data collection instruments included the Coping Skills Inventory and the State-Trait Anxiety Inventory. Vital signs were also measured. Data were collected before the biopsy, immediately after the biopsy, and the following day. For the intervention group, State Anxiety scores were significantly reduced after the biopsy, and the effect was maintained into the following day [ $F(2, 142)=10.94, p<0.007$ ]. Two subscales in the Coping Skills Inventory showed significant changes: the Emotional category [ $F(2, 142)=6.10, p<0.003$ ] and the Spiritual/Philosophical category [ $F(2, 142)=6.10, 9 <0.001$ ]. Vital signs showed a significant decrease in respiratory rate [ $F(1, 70)=21.05, p<0.001$ ] and systolic blood pressure for the intervention group [ $F(1, 71)=21.46, p<0.001$ ]. No significant results were found for the control group. Dr. Goldberg concluded that the use of magnetic clearing was effective in reducing anxiety in these women. Further testing is warranted to determine longer term effects. Dr. Goldberg also offered specific suggestions for enhancing teamwork and fidelity to the research protocol during research involving Healing Touch, particularly when some members of the research team may not be familiar with Institutional Board Review regulations and the need to carefully adhere to the study protocol.

Joyce Wong, RN, presented a study conducted by a research team at Kapi'olani Medical Center for Women

and Children in Hawaii. The purpose of this randomized, prospective intervention study was to investigate ***"The impact of Healing Touch (HT) on psychosocial and hematologic parameters in children with a cancer diagnosis."*** Six children aged 3-18 years were in the intervention group and received HT for 30 minutes at each out-patient and in-patient encounter.



Nancy Strybol

Three children in the control group participated in reading and play activities for 30 minutes instead. Data collection instruments included the Wong-Baker Faces Scale, Feeling Thermometer, and My Fatigue Meter to rate pain, distress, and fatigue, respectively. Complete blood counts (CBC) and pain medication use were also monitored, and parents' perceptions of their child's pain were assessed. In the HT group, all scores (pain, distress, and fatigue) were decreased, most notably for pain ( $p=0.07$ ) and fatigue ( $p=0.07$ ). Control patients' scores also decreased, but not significantly. Parents' perceptions of their child's decrease in pain were larger in the HT than the control group ( $p=0.045$ ). Variability of CBC results prevented meaningful conclusions to be made.

The authors concluded that HT was helpful in reducing pain, distress, and fatigue in children with cancer, and it was possible to incorporate a complementary therapy into the traditional treatment plans for these children. Further research is warranted, given the small sample size of this study. Ms. Wong also addressed other limitations of the study, such as the wide age range/developmental levels, and suggested limiting the demographics to a particular age group across multiple study sites. This study sample included a wide variety of ethnicities, which may have introduced cultural differences in response to pain and stress. The researchers had difficulty truly randomizing the children into groups as the children and parents in the HT group were enthusiastic about their treatments. The researchers also recommended that HT providers have training beyond Level 1 and be uniform in practice experience to ensure uniformity of skills for the study subjects.

Thanks to the researchers for sharing their research experience and results with us!



# Practitioner Perspective

## *Running the Gauntlet Between Levels Four and Five*

By Flish McCarthy CHTP



A friend and fellow HT practitioner asked me recently about working toward certification. She is a level 4 practitioner. What, she wondered, was to be gained from “ticking all the boxes” needed to gain her credentials. I know her to be a confident, capable, and gifted healer and I understood her question to be sincere.

She wondered about my experience. Was the piece of paper worth all the work? The question sent me back two years. I quickly reviewed the memories of that harrowing year of what I came to call “Running the gauntlet” between levels 4 and 5.

The short answer to her question was yes, doing the work for certification has benefits.

Firstly, there is the **benefit of finishing a task begun**. Having set a goal of becoming an HT practitioner, the end game is receiving one’s credentials. Secondly, and of significant importance to personal growth, is the experience and education achieved by “ticking all the boxes”.

Of the requirements, the following were the ones that mattered in order of importance, to me. Each however, was a catalyst for my own growth as a healer.

**First: 100 sessions.** This challenged me to find people to work with and practice my HT skills. This requirement is a spark plug. 100 seems such a large number and requires a spark of enthusiasm to begin and continue to accumulate the sessions. Each session brings the opportunity to learn business skills, interactive healing with one’s client, and a sharpening of the practitioner’s intuitive and observational skills. This one, if faced squarely at the beginning of the project, is a real teacher.

**Second: The reading requirement.** This simply makes sense and is an easy requirement for a reader like myself. I do not believe it is easy for every student, but I do believe that being forced to study within and around the field of energy medicine gives each student a solid foundation. The availability of audio books and the allowance of educational CDs as

part of the reading list make this box easier for those non readers to achieve.

**Third: The in depth case study of one client.**

This requirement pushes a student to go both wide and deep in her assessment and treatment of an individual and prepares one for professional work in the world. As I went through a single individual’s case, combing through my sessions for clues to better understand the problem and draw together techniques that would assist bringing about a solution, I learned how to open, work through and conclude a case. The benefit of having a mentor to consult at this point is invaluable.

**Fourth: Writing up 10 other modalities.** This requirement does two things: it builds community and teaches humility. By seeking out others whose work is available in your local area, you understand that this work of healing has many practitioners and you are only one of them. This requirement trains the student to be discerning by experiencing other’s work; teaches humility as the student understands she is not the only game on the block, and can be an experiential team builder, as the student builds bridges to other energy workers in the local area.

So, after a quick shuffling through those memories, I told my friend, yes indeed, it is worth the work. I am a better healer as a result of pushing through from level 4 to level 5.

Finally, doing the work of level 4 to 5 in one quick year is why I called that year “running the gauntlet”. The pressure of the huge volume of energy work and learning clears one’s pipes and very often brings unlooked for tumult to one’s life. This fast track I would recommend only for the stout hearted who also have a great sense of self deprecating humor and a good healing buddy to walk the journey with them. They also would need mentors with willing hands and great healing skills. I was lucky enough to have such a mentor, and also was lucky enough to find such a healing buddy partner. At this year’s conference our names will be read together declaring our achievement of certification.

# Student Perspective

## *HT Community Project - Ojibway First Nations Peoples*

by Elizabeth Durham



I had been interested in finding out more about healing traditions among the Ojibway First Nations Peoples, or Anishnabe, since we first went to Manitoulin Island in 1975. About half the population of Manitoulin, or roughly 5,000 people, are First Nations People, living on several reservations. Wikwemikong, the largest reserve, is at the East end of the Island, and several smaller reserves are located at various places westward along the Island. We bought a cottage in the village of Meldrum Bay, the village farthest west on the Island, in 1979, then purchased a house in the village, and moved here in 1988.

There is a history of racism on the Island, though it's not much talked about, and little contact, or interchange occurs between the native and non-native peoples. Although this is gradually changing since a central high school for students from all over the island was built some 30-odd years ago, there is still a great deal of mistrust. For example, though Native and Non-native students ride the bus an hour each way every day, they don't talk to each other. Complicating the relationship is the history of the church-run residential schools, where there was much abuse, both physical and sexual, as well as the psychological damage done when children were taken from their families for long periods of time, and forbidden to speak their native language, or to observe any Native spiritual or cultural traditions. The residential school system was a terrible disruption to family and community life and the effects of this trauma are felt down through the generations. It has troubled me that my while my neighbors were suffering, there was nothing I could do. I waited and hoped for a chance to make some sort of bridge between the people in the villages on the west end of the Island and our neighbors in the community of Sheshegwaning, the westernmost reserve.

My studies and practice in Healing Touch have given me the opportunity to realize this hope. Having finished Level 4 Healing Touch training in July 2009, and having had a couple of years working at the clinic at Grace St. Paul's Episcopal Church while spending winters in Tucson, I felt ready to make an approach to my Anishnabe neighbors. Now, one doesn't just go waltzing in to the native community and announce "Here I am! I come to bring you Healing Touch!" (In fact, I know of some lovely American summer people,

Reiki practitioners, who did just that. The staff at the Sheshegwaning Health Centre was perfectly polite, but my American friends have never heard back after submitting their proposal.) I waited and watched for an opportunity to approach someone who could be an effective contact, knowing that when the time was right, the contact would be there.

And so it was that one August Monday evening in 2010, that I encountered Joe Laford, an Anishnabe spiritual leader and teacher at a local restaurant. I had met Joe some years before when he had led a Healing Circle during a gathering for a student exchange in which my daughter was a participant. I reintroduced myself and told him of my pursuit of studies in Healing Touch, explaining how HT is in harmony with Native healing practices. I asked if there was a healer in the Sheshegwaning community whom I might learn from, or if he thought anyone would be receptive to Healing Touch. Joe was very welcoming to my overture. First, he told me that his wife was the director of the Sheshegwaning Health Centre, and I should see her the next day. Then he informed me that a Native healer was coming to the Health Centre in the next week or so, but there was no exact date. I thanked him, and the next day sat with Libby Laford in her office at the centre. After hearing me, Mrs. Laford invited me to make a presentation and give a demonstration for the staff of the Health Centre the upcoming Friday morning. (I have noticed that when things are ready, and a window of opportunity opens, events tend to happen very fast!)

Friday morning there were seven people gathered in the conference room at the centre for my presentation. I told of my Healing Touch journey and explained the basic principles of Healing Touch. One of the group eagerly volunteered for the demonstration; this was the part of the presentation I had been concerned about, but had just trusted that when the time came, someone would volunteer. The demonstration session went well, and my volunteer, relieved of her arthritic pain, was the first to make an appointment when the manager and staff decided that they would make the examination room available for me to hold a clinic each Friday morning from 9am to 1pm. People needing Healing Touch could either make an appointment ahead of time

continued on next page

## Student Perspective - cont.

with the centre's receptionist, or just walk in.

I held my clinic for the remaining Fridays in September and October of 2010, and have been at the centre every Friday since returning to Manitoulin this spring. Some days I have only one client, other days I have to turn someone away. At the Grace St. Paul's clinic in Tucson, we have a policy of keeping our stated hours in order to maintain trust, and I do the same at Sheshegwaning.

The Friday I gave the presentation at the Health centre, I asked about the native Healer, Jake Agoni, and found he was to be there the following Monday. There was an appointment open, so they wrote in my name. When I arrived, I found my friend Joe Laford acting as the Medicine Man's receptionist and assistant. Joe informed me that one must make an offering of ceremonial tobacco when visiting a Medicine Man or spiritual teacher, and gave me a little wad the size of a walnut to give to Jake. It was interesting to discover that my Healing Touch training had prepared me for this session with the Native healer; I found as the session progressed that we were proceeding in a parallel path with a Healing Touch session, and I understood intuitively what Jake was doing each step of the way, despite the difference in modality. There was smudging with smoke from the four sacred plants: cedar, sage tobacco and sweet grass to cleanse the biofield. Then Jake chanted and became inwardly directed. When I asked him later, my guess was right; he was communing with the ancestors - his spiritual guides and helpers. There was drumming and chanting as Jake worked over my eyes. I lay with my eyes closed on the doctor's examining table, following Jake's movements by sound. After shaking a tortoise shell rattle very close to my face, so I could feel the vibrations in my skull bones (like ultrasound, to break up congestion), he pressed with something like a hollow bone on acupuncture points around the eye sockets, and I felt him sucking on the tube to remove the congested energy, as we clear congestion with Hands in Motion. When that part of the session ended, he went out and returned with some herbs. Joe made notes as Jake dictated instructions. The intense atmosphere changed, and we conversed. Both men indicated a willingness to receive Healing Touch, and I had a feeling that I had passed some sort of test.

The work with the people who come to the clinic is teaching me a great deal. I will hear that a certain person is coming, but they may not show up until it's

almost time to leave; there are clocks, but nobody pays much attention to them, except to go home on time! I am learning to just BE. My Anishnabe friends are good teachers about living in the moment. At the intake of a session, I don't ask more than a person is willing to tell me; often I don't get more than a first name. There seems to be an inordinate amount of broken wrists, ankles, arms, ribs and so on, from falls, but I don't inquire as to what caused the fall. I work with the energy, and trust that when the person is in balance, they will be better able to deal with whatever personal issues they have.

I am not a "Native wannabe". I have long been aware of my Celtic roots. My mother's family traces back to Scotland on both sides, and in fact there are Gaelic words that have penetrated to my generation. I have become more aware recently of the ancestral and tribal memory which I believe must be deeply encoded in my DNA, along with the affinity for healing, and earth-based spirituality. Consequently, I have found resonances with Ojibway spiritual teachings.

In June I went to the annual Pow-Wow, the celebration of the gifts of summer, of life and of traditions. The dancing and the regalia, the singing and drumming were wonderful. When it came time for the Giveaway, chiefs, veterans, dancers and elders were called to come forward and pick a gift from the piles of things on blankets. They called for "elders visiting from other communities". My friend from the clinic told me to go up, but I was reluctant, until a young man came towards me and said, "Elder, come." I went and shook hands "Megwetch, megwetch", (thank you) along the line of hosts, picked a small gift, then "Megwetch, Megwetch", shook hands with each of the previous recipients then took my place in the line standing facing out, around the drum shelter, to shake hands, "Megwetch, megwetch", with those who came after, old and young, until we all had a present. I was very impressed with the respect given everyone, from the oldest to the very youngest person. Then, we all took two steps out, faced inwards and danced sideways, holding up our presents with glee. I am not good at receiving; I had assumed that the presents, for example, were for everyone but me. Yet here I was, dancing happily with my little stuffed animal, "Look what I got!" ... one more lesson I needed to learn.



Healing Touch International presents  
**“Healing and The Path of Infinite Potential”**  
*16th Annual Energy Healing Conference  
and Instructor Meeting*

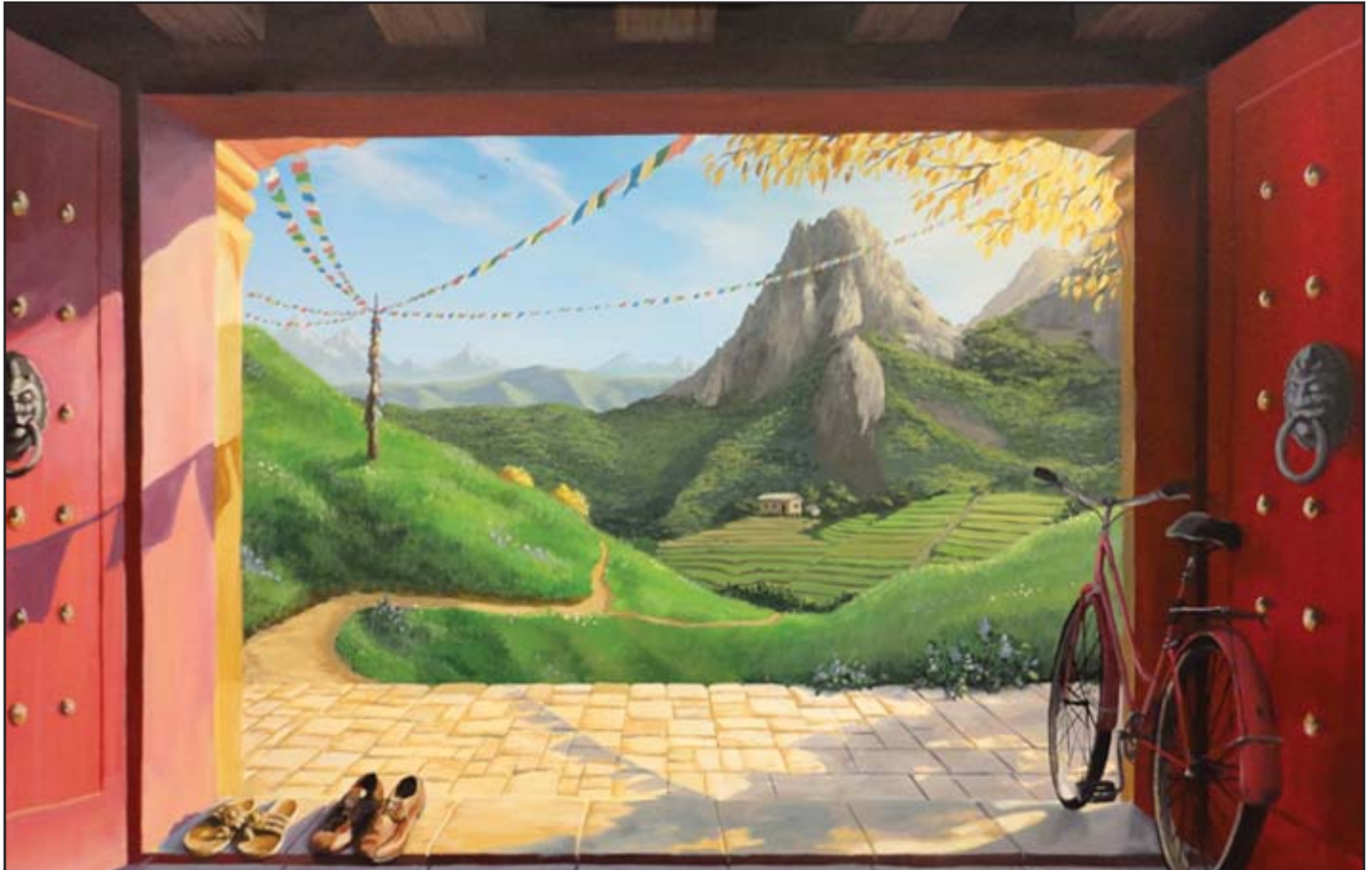
**Omni Interlocken Resort**

Broomfield (Between Boulder and Denver), Colorado

September 27-30, 2012 (Movie night September 26)

Open to all interested health care practitioners and those interested in healing.

Watch our website for unfolding information: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)



Logo Art Painting by Joe Pagac



The purpose of this annual conference is to provide continuing education for nurses and healthcare providers; to strengthen the holistic approach of healing work focusing on body, emotion, mind, and spirit, to enhance self awareness, discovery and self care, and increase the knowledge base of all who are interested in Healing Touch, holistic concepts, and energy therapies. To enhance healing, infinite potential and evolution of self, family, community and the world.

# Congratulations Newly Certified!!

## Practitioners

Annie Brenner - St. Cloud, MN	Joan Murphy - Lyndhurst, NJ
Maria Cacho - Palo Alto, CA	Linda Nordh - Jönköping, Sweden
Glenda Clausner - Palm Beach Gardens, FL	Martin Nordh - Jönköping, Sweden
Jan Coates - Cary, NC	Shannon Oliveira - Port Orange, FL
Maria Colmenares - Ft. Lauderdale, FL	Denise Padovani - Milford, NJ
Henny de Jong - Zeewolde, Netherlands	Shagun Pathak - Palo Alto, CA
Scheherazade Downey - Centennial, CO	Patricia Pérez - Tucson, AZ
Andrea Dronen - Lindstrom, MN	Anne Phinney - Hermantown, MN
Patricia Etheridge - Winston-Salem, NC	Jody Richards - Duluth, MN
Carol Ewer - Bloomington, IN	Barbara Riddick - Boca Raton, FL
Susan Fabre Dupont - Baton Rouge, LA	Elizabeth Rinda - Phoenix, AZ
Carol Figgins - Lake Park, FL	Jane Rochelle - Raleigh, NC
Chris Flood - Dunellen, NJ	Cheryl Salter - Burnsville, MN
Sandra Fox - Tucson, AZ	Polly Schellinger - Sussex, WI
Staci Halliday - Grand Forks, ND	MaryAnn Seeley - New Smyrna Beach, FL
Linda Hertzler-Crum - Weatherford, OK	Jo Ann Settoon Ray - Baton Rouge, LA
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Edith Kawai - Kamuela, HI	Nanci Smith - Boonton, NJ
Elizabeth Jean Kidd - Edmond, OK	Viktoriya Starr - Clawson, MI
Janette Kuehn - Heartwell, NE	Jane Trexler - Golden, CO
Debra Leach - Goose Creek, SC	Mediatrix Valera - San Francisco, CA
Chantal LeCouteur Morais - Lakeville West Co., NB Canada	Natascha van den Ban - Haarlem, Netherlands
Lynn LeMere - Minneapolis, MN	Ivonne van Leeuwen - Amsterdam, Netherlands
Lydia Li - Menlo Park, CA	Judy Watkins - New Smyrna Beach, FL
Susan Mattox - Clemmons, NC	Denise Wills - Woodbury, MN
Judy May - Indianapolis, IN	June Woitas Rodgers - Red Wing, MN
Lee McLean - Greensburg, LA	
Suzanne Melcher Thompson - Kernersville, NC	



## Certification Matters

### *Gratitude for Service*

We thank outgoing Certification Board members Jody Hueschen, Vicki Marish, Jeanne Zuzel and Kathleen Scacciaferro. Welcome to Laura Hart, Elizabeth Sweet-Friend, Susan King Shoemaker and Nola Schmitt. Rosalie Van Aken and Lori Protzman continue in their service.



Jody Hueschen



Vicki Marish



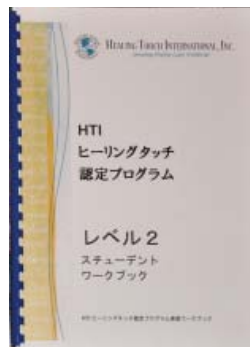
Kathleen Scacciaferro



Jeanne Zuzel



Thank you to Miki Toda and Maki Shimamura of Japan! They have translated Levels 1 and 2 of the HTI Student Workbooks to Japanese. We want to thank them again for all their hard work they put into this project.



## 2012 Spirit of Ireland Healing Journey

Come join us for a trip of a lifetime as we travel to the Emerald Isle for the *Spirit of Ireland Healing Journey* where we offer "healing energies" to the sacred sites and lay lines (known as faerie lines) of Counties Donegal Mayo and Galway. Come join us as we explore the Celtic culture, music and spirituality with Brian Luke Seaward, Ph.D., June 15-25th, 2012. Professional development/personal growth instruction with 6 CNE's contact hours approved through the AHNA\* \$3,100 (land only).



**Instructor:** Brian Luke Seaward, PhD

**Date:** June 15-25, 2012

**Call:** 303-678-9962

**Website Link:**

[www.brianlukeseaward.net/tripstoireland.html](http://www.brianlukeseaward.net/tripstoireland.html)

**Workshop PDF:**

[http://brianlukeseaward.net/2012\\_spirit\\_of\\_ireland\\_journey.pdf](http://brianlukeseaward.net/2012_spirit_of_ireland_journey.pdf)

*\*This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

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## Educational Insights

### *Drumbeat in the Air*

by Barb Schommer RN, MS, CHTP/I

*"There's a drumbeat in the air  
A siren calls your soul  
The beat beckons you to come  
Into the wisdom of the whole."*

*~ Deborah Larrimore*

Air carries the drumbeat of wisdom, from the still places within us out to the collective of the whole. For it is from within that wisdom springs and it is from the sharing of that inner wisdom that collective wholeness grows.

Whether you were part of HTI conference in Hawaii or not, you share in the collective wisdom generated there. During the Instructor Workshop, Haunani Kalama, nurse and traditional Hawaiian healer, presented a topic on multicultural diversity within the La'au Lapa'au tradition. Haunani shared herself and how cultural methods and philosophies contribute to the wellbeing of people. In her gentle way, she invited us to be in love with life, be present, and to know who we are – all the time. We were encouraged to be ourselves, not to hide our self, but to truly know our self. In knowing our self, we walk in that space of grace when meeting others – family, friends, clients, anyone. We are in sacred relationship with our students, with our clients, with our friends and family, and this is an aspect beyond confidentiality. It is about retaining the sacred relationships at all times. "Are you listening to me, or are you listening to you?" It is being in "Hoomalu", a place of being in union with self, others, and the universe; this includes people, air, water, earth, an expanded vision of the whole".

Being in union with self is part of our ongoing self-care, our listening to inner wisdom. One of the opportunities to be "in union with others" was practiced during the instructor meeting. Taking an example from Janet Mentgen's early visioning with three other people, Myra Tovey, Diane Wardell, Judy Turner, and Anne Day have been meditating as a group of four every Monday for the past year. They share by e-mail the guidance each receives during the silent time. Once a month they conference call, meditate, and share the guidance received. They were recently guided to share the idea of meditating as a group of four, and encourage our Healing Touch International community to form groups to begin this weekly meditation practice. Janet had

talked about "the power of four" – that we needed to be working together in groups of four, allowing that energy to maximize our intentions and connection to wisdom. Instructors got an opportunity to experience meditating quietly in a circle of four people and then sharing some of the wisdom and personal insight emerging from this process.

Some of the results of these wisdom of four circles are gratefully shared here:

- Love yourself, your work, your relationships. Nurture that which serves you and let go of all that no longer feeds your soul.
- Be true to yourself, live in the knowing of your true being; embrace it, nurture it, love it, honor who you are, trust in the divine plan and accept all possibilities.
- Speed and light are one. Travel in light. Light as you are in the four directions of the wind. You are carried and supported, connected in peace.
- Nurture and support the young and new members of HTI to keep Janet's legacy alive. Connect in peace as one. Focus on our shared path of spreading light and love, not on our differences of culture, geography, or personality.
- Beware of spiritual arrogance.
- Soften. Allow. From a place of eternal wellness. Being full. Full of love. Love expands and flows into the space around you. That is the invitation. For everything and everyone also vibrates and has the capacity to vibrate in the fullness from the place of being – becoming love. Responding, knowing, being and becoming one.
- Going deeply inward to be peace. Settling into your peace. Going down and deep where it is. Let it wash over and over and be the wind. You are peace. Be peace. Be. There is a oneness of peace.

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# Words of Wisdom

## Where is Air?

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



Air can be elusive....where is air?! When I searched in Janet's early writings on the word "air" it was only mentioned one time. She was told, "Fire is put out by water; air breathes fire." Her realization was to drink more water during the process of healing.

This reminded me of the cycle of life that is ever present on the Big Island of Hawaii where all Healing Touch practitioners (those present and all others by intention) had just gathered. The diversity of fire, wind, water, and spirit was brought into our collective body of energy workers.

Supported by this connection I next searched for the word, "breath" for air is what we breathe, breath is what we are. In 1982, very early into her journey, Janet wrote about a place called *Shadowcliff* in the mountains outside Denver. It was a place she often would have spiritual retreats and do her personal work of healing. She also introduced many within the Healing Touch community to this place and had her last teaching event there in June 2005, shortly before she transitioned. During one of her early (1982) visits to Shadowcliff, Janet wrote, "If God is space then I can bring more space or God into my body by breathing in and putting more space in my structure, more space around my molecules, with more space there is more flow, better healing, more

energizing. More of God can be with me. God can be my constant companion and together we can do things. I now understand the concept that God works through people by using their physical bodies to get the work done - reaching out to others. Being all places, everywhere there is space. It would be possible to tap into all knowledge, as all resources are possible. To heal you just merely relieve congestion and increase the space so the body can heal itself."

Space within is one way to cleanse the body and to be in pure spirit. The breath is an important element to present awareness. When we are in the present moment we are conscious of our actions and our intentions. We bring to the moment the full self and allow the internal and external self to manifest as whole. It is about removing constriction in thought (jealousy, blaming, anger, judgment, etc) and action (self absorption, harming self and others, etc) so that we can truly manifest the true self of light and blessing.

Excerpts taken from:

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

## Education Insights - cont.

The invitation from this experience is for each of you to find a group of four to meditate with weekly. The group does not need to live in the same location. Pick a day that works for your group. Begin the initial meditation by gathering on conference call or in person. Set intention and then meditate silently for 10 minutes (or whatever suits you). Share with each other the guidance you received during your silent meditation. The next three weeks, meditate on the

day chosen by your group, and journal any guidance you received. E mail this guidance to the other three members of your group. Once a month, gather again via conference call or face to face if that works for your group, set intention, meditate, and share guidance received. We will be collecting the guidance and wisdom generated through this process, since this is our collective community wisdom and legacy for the future.

# Holiday Greetings and HTI Being Peace Meditation

*May the Joys of the Holiday Season be with you and your loved ones.*

*Please join us in our Being Peace Meditation.*

**Winter Solstice, December 21, 2011 through January 1, 2012**

## Being Peace and Radiating it Through the World

- ❖ Begin today.
- ❖ Repeat this meditation daily until January 1, 2012
- ❖ Repeat as often as it enters your awareness.
- ❖ Maintain a peaceful state within yourself.

## Speaking/Sharing Peace

- ❖ Please forward this to as many people and contacts as possible throughout the world through emails, Facebook and twitter.
- ❖ This meditation can be viewed at the Healing Touch International Website at: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)

## Feeling Peace

- ❖ Focus on yourself and check into your emotional state right now.
- ❖ Rate it 10 peaceful, to 0 agitated.
- ❖ Focus on your heart and breath.
- ❖ Breathe in for a count of 5 and out for a count of 5.
- ❖ Your breathing is slow, even and relaxed. Continue this breath.
- ❖ Begin to gently tap your feet, alternating feet, right and left, right and left.
- ❖ State to yourself, "Even though I feel (fill in the blank) I love and accept myself wholly and completely. I am peace."
- ❖ Continue until you feel very peaceful, rating at a 10.

## Acting Peace

- ❖ Allow your heart to expand with feelings of unconditional love, joy and peace. Call on your spiritual connection, if you are comfortable with this.
- ❖ Focus on your breath and continue to fill yourself with peace.
- ❖ See this energy of peace within you radiating out around the world to all sentient beings, the earth, all animals, plants, the waters, air. See all as clear, whole and at peace.
- ❖ Focus on areas needing calm and peace anywhere and everywhere.

## Creating Peace

- ❖ Focus on allowing peacefulness to radiate to all hearts and minds and beings. Allow it to radiate everywhere to all things.
- ❖ Feel Inner Peace. Be Peace.
- ❖ Create Peace in the World.
- ❖ Maintain this peace-filled state and return gently to it throughout the day.
- ❖ Continue through January 1, 2012 and beyond.

When a critical mass of people focus on a similar intent, a shift occurs. Be Peace. (Based on *Wisdom Quest*, Deepak Chopra on Peace)

## With gratitude, love and light,

### HTI Board of Directors

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*David Wolffs, Treasurer*

*Judy Turner, Director*

*Rauni Prittinen King, Director*

*Sandra Coutts, Director*

*Lisa Anselme, Executive Director*



# HTI Networking Column

## Healing Touch Networking Column

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

## Community Meetings/Gatherings

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

### North Central Healing Touch Community Gathering

**Date:** March 30-31, 2012

**Location:** Crown Plaza - Plymouth, Minnesota

**Includes:** Iowa, Minnesota, North Dakota, Nebraska, South Dakota, and Wisconsin

**Contact:** For additional information and a gathering brochure:  
[www.NCHTcommunity.org](http://www.NCHTcommunity.org)

## Affiliate Organizations:

### National & International Conferences

#### Healing Touch California's 6th Annual Regional Symposium

**Date:** April 28-29, 2012

**Location:** Santa Barbara/Goleta, California

**Theme:** *Expanding the Light of Consciousness to Prosperity*

**Contact:** For additional information please visit:  
[www.HealingTouchCalifornia.com](http://www.HealingTouchCalifornia.com)

#### AHNA's 32nd Annual Conference

**Date:** June 13-16, 2012

**Location:** Snowbird, Utah

**Theme:** *Holistic Nurses: Catalysts for Conscious Change*

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

#### Healing Touch International's 16th Annual Energy Healing Conference & Instructor Meeting

**Date:** September 27-30, 2012

**Location:** Broomfield (Denver), Colorado  
OMNI Interlocken Resort & Spa

**Theme:** *Healing and the Path of Infinite Potential*

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

# 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 judithturner102@comcast.net  
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 2012

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
Jan 7-8	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jan 13-14	St Louis, MO (closed)	Mary O'Neill	Mary O'Neill	314-602-2701	oneillmary@yahoo.com
Jan 13-15	Mason City, IA	Dorothy Lawse	Dorothy Lawse	641-423-1614	dedlheal@netins.net
Jan 14-15	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Jan 14-15	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Jan 14-15	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Jan 20-21	Fairview, MN	Carol Schoenecker	Carol Schoenecker	612-672-7272	cschoen2@fairview.org
Jan 21-22	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Jan 21-22	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jan 21-22	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jan 21-22	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Jan 26-27	Red Wing, MN	B Schommer / S Stinson	Sarah Stinson	651-267-3506	sstinso1@redwing.fairview.org
Jan 28-29	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Jan 28-29	Stanford, CA	Sue Kagel	Elizabeth helms	209-795-2559	Elizabeth@sierrahealingtouch.com
Jan 28-29	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Jan 28-29	International Falls, MN	Dana Spates	Christa Heibel		replenishmindbodyspirit@gmail.com
Jan 28-29	Houston, TX	Mary Frost	Judy Walker	713-412-9774	standing.stone@sbcglobal.net
Jan 28-29	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Jan 30-31	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnowak@healtheast.org
Feb 4-5	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Feb 4-5	St Louis, MO (closed)	Mary O'Neill	Mary O'Neill	314-602-2701	oneillmary@yahoo.com
Feb 4-5	Bridgeport, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Feb 4-5	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Feb 11-12	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Feb 11-12	Ann Arbor, MI	Janet Tait	Janet Tait	248-627-2125	jtait@jtaitwellness.com
Feb 11-12	Lihue, Kauai, HI	S Porter / S Kumaran	Sarah Porter	808-212-1807	seporterslcn@hotmail.com
Feb 11-12	Morristown, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
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
Feb 25-26	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Feb 25-26	Minneapolis, MN	Nola Schmitt	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Feb 25-26	Somers Point, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
Feb 25-26	Des Moines, IA	Gail Hardinger-McCarthy	Gail Hardinger-McCarthy	515-964-9842	lifebalance@aol.com
Feb 25-26	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234!q.com
Feb 25-26	San Diego, CA	Mary Jane Aswegan	Donna Cahill		cahill.donna@scrippshealth.org
Mar 2-3	New Richmond, WI	Barb Schommer	Dori Marty	715-246-6561	x4207 dori.marty@witc.edu
Mar 3-4	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Mar 9-10	Hutchinson, MN	Dana Spates	Carol DeVries		Carol.DeVries@ridgewater.edu
Mar 10-11	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Mar 10-11	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	jvbaines@cox.net
Mar 23-24	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685
Mar 24 & 31	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234!q.com
Apr 13-14	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Apr 21-22	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Apr 21-22	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Apr 21-22	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Apr 21-22	Minneapolis, MN	Nola Schmitt	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Apr 27-28	Eau Claire, WI	Sue Peck	Sue Peck	715-598-4141	pecksd@uwec.edu
Apr 27-29	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com

## Healing Touch Class Schedule 2012

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

### Level 1: cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 4-5	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 5-6	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
May 10-12	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
May 19-20	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Jun 2-3	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 8-9	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcampa@avera.org
Jun 9-10	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Jun 9-10	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Jun 23-24	Oxford, MI	Janet Tait	Judy Rascano	248-241-6636	judy.rascano07@comcast.net
Jun 23-24	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Jun 23-24	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Jul 14-15	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jul 14-15	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
July 21-22	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 4-5	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Aug 18-19	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Aug 25-26	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 25-26	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Sep 8-9	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Sep 22-23	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Sep 28-30	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Oct 5-6	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Oct 12-14	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 13-14	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 18-21	Richardson, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 20-21	Minneapolis, MN	Dana Spates	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 27-28	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Nov 3-4	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Nov 10-11	San Diego, CA	Mary Jane Aswegan	Donna Cahill		cahill.donna@scrippshealth.org
Nov 10-11	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com

### Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 21-22	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Jan 21-22	Metairie, LA	Mary Frost	Mary Frost	228-342-1519	tohealt@aol.com
Jan 28-29	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Feb 2-3	Aberdeen, SD	Jeanne Thune	Janene Papendick	605-622-5164	janene.papendick@avera.org
Feb 17-19	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Feb 18-19	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Feb 18-19	Belmont, CA	Elizabeth Helms	Leslie Elmore	650-568-3235	Leslie.Elmore@sbcglobal.net
Feb 25-26	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Feb 27-28	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Mar 3-4	Bridgeport, Ct	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Mar 3-4	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Mar 3-4	Belmont, CA	Elizabeth Helms	Leslie Elmore	650-568-3235	leslie.elmore@sbcglobal.net
Mar 10-11	Omaha, NE	Jody Hueschen	Vicki Baines	402-350-8402	jvbaines@cox.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
Mar 24-25	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Mar 24-25	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Mar 24-25	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org



## Healing Touch Class Schedule 2012

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### Level 2; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 24-25	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Mar 31-Apr 1	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Mar 31-Apr 1	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Mar 31-Apr 1	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Apr 14-15	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234lq.com
Apr 14-15	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Apr 21-22	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Apr 21-22	Minneapolis, MN	Dana Spates	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Apr 27-28	Eau Claire, WI	Vicki Marish	Sue Peck	715-598-4141	pecksd@uwec.edu
Apr 27-29	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
May 4-5	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
May 5-6	Somers Point, NJ	Maggi Hutchinson	Maggi Hutchinson	973-214-2582	maggi@HealingTouchNJ.com
May 10-12	Bismarck, ND	Judy Turner	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 19-20	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
May 19-20	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Jun 2-3	San Diego, CA	Mary Jane Aswegan	Donna Cahill		cahill.donna@scrippshealth.org
Jun 2-3	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Jun 6-7	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext 54685
Jun 16-17	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 23-24	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Jun 30-Jul 1	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTofTheCarolinas@me.com
Jul 21-22	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
July 24-25	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 10-11	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Aug 11-12	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Aug 18-19	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Sep 8-9	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTofTheCarolinas@me.com
Sep 15-16	Lake Park, FL	Judy Lynne Ray	Lindsay Babich	561-596-2727	ADivineLindsay@aol.com
Sep 15-16	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Sep 28-30	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Oct 6-7	Kansas City, MO	Jody Hueschen	Jody Hueschen	816-237-1217	jhueschen@aol.com
Oct 20-21	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 27-28	Brevard, NC	Judy Lynne Ray	Karen Toledo	828-215-6565	KarenToledo@hotmail.com
Nov 2-3	Minneapolis, MN	Barb Schommer	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Nov 3-4	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Nov 3-4	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren		nursebecky@roadrunner.com
Nov 13-14	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Dec 1-2	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HTofTheCarolinas@me.com
Dec 8-9	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org

### Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 20-22	Phoenix, AZ	Lynne Jeffrey	Stephanie Clark	602-321-9775	StephanieJ.Clark@bannerhealth.com
Jan 27-29	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
Jan 27-29	Ft Lauderdale, FL	Nancy Wingerter	Marcia Gill	954-973-1928	marciag@bellsouth.net
Feb 11-12	Minneapolis, MN	Carol Schoenecker	Kathy Kerber	612-863-7937	kathryn.kerber@allina.com
Feb 22-23	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5735	ext #54685
Feb 25-26	Tampa, FL	Judy Turner	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Feb 25-26	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Mar 3-4	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Mar 10-11	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Mar 10-11	San Diego, CA	Anne Day	Lisa Thompson	858-414-3631	lisamct@sbcglobal.net

## Healing Touch Class Schedule 2012

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

### Level 3; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 31-Apr1	Kansas City, MO	Sue Kagel	Jody Hueschen	816-237-1217	jhueschen@aol.com
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 21-22	Minneapolis, MN	Jan Halbach	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Apr 28-29	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
May 5-6	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
May 12-13	Belmont, CA	Sue Kagel	Elizabeth Helms		Elizabeth@sierrahealingtouch.com
May 17-20	Bristol, VT	Jeanne Zuzel	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jun 9-10	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Jun 23-24	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Jul 14-15	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 25-26	San Diego, CA	Anne Day	Lisa Thompson	858-414-3631	lisamct@sbcglobal.net
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
Sep 29-30	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Oct 11-13	Bismarck, ND	Judy Turner	Sharon Spaedy	701-223-5926	sespaedy@aol.com
Oct 20-21	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Oct 20-21	Minneapolis, MN	Carol Schoenecker	Janet Dahlem	651-690-7758	jldahlem@stkate.edu
Oct 20-21	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Oct 26-27	Yankton, SD	Jan Halbaach	Julie Camp	605-668-8477	jcamp@avera.org
Nov 10-11	Kansas City, MO	TBA	Jody Hueschen	816-237-1217	jhueschen@aol.com

### Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 26-29	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@me.com
Jan 26-29	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Feb 27-Mar 1	Sarasota, FL	Nancy Wingerter	Nancy Wingerter	941-360-0517	nwingerter@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 13-15	LaJolla, CA	Anne Day	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Apr 19-22	Stillwater, MN	Judy Turner	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Apr 24-26	Kansas City, MO	Judy Turner	Jody Hueschen	816-237-1217	jhueschen@aol.com
Apr 26-29	Watertown, SD	Carol Schoenecker	Jeanne Thune	605-924-0141	jeannethune@hotmail.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
July 26-29	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Aug 2-5	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@me.com
Oct 4-7	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	maggi@HealingTouchNJ.com
Nov 16-18	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
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
Jan 29-Feb 1	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	337-777-0680	HToftheCarolinas@me.com
Feb 9-11	Colorado Springs, CO	Judy Turner	Myra Tovey	719-622-0703	davidmyra7@msn.com
Feb 27-Mar 1	Sarasota, FL	Judy Turner	Nancy Wingerter	941-360-0517	nwingerter@aol.com
Apr 13-15	LaJolla, CA	Rauni King	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Apr 19-22	Stillwater, MN	Anne Day	Barb Schommer	763-458-0220	barb.schommer@gmail.com
Apr 26-29	Kansas City, MO	Diane Wardell	Jody Hueschen	816-237-1217	jhueschen@aol.com
May 3-6	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
May 17-20	Lakewood, CO	Lisa Anselme	Carrie Niewenhaus	303-989-7982	education@healingtouchinternational.org



## Healing Touch Class Schedule 2012

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

### Level 5; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jun 21-24	Omaha, NE	Lisa Anselme	Iva Mueller	402-392-0664	Bobnlva@aol.com
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@me.com
Nov 1-4	Norwich, CT	Jeanne Zuzel	Kathy Noyes	860-608-8733	kathynoyes@snet.net
Nov 15-18	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@HealingTouchIndiana.com
Nov 16-18	LaJolla, CA	Anne Day	Liz Fraser	1-800-scripps	fraser.elizabeth@scrippshealth.org
Dec 6-9	Denville, NJ	Deborah Larrimore	HT New Jersey	973-214-2582	maggi@HealingTouchNewJersey.com

### International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 16-17	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Jan 21-22	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Jan 28-29	Nanaimo, BC CANADA	Bev Worbets	Frankie Rose	250-754-3027	apurplerose@shaw.ca
Feb 4-5	Summerside, PE CANAD	Jeanne Balcom	Brandi Martin	902-367-6727	brandi.s.martin@gmail.com
Feb 7-8	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Feb 11-12	Vancouver, BC CANADA	Ginny Mulhall	Karen Stewart	778-292-1845	KASinBC@yahoo.ca
Feb 25-26	Toronto, ON CANADA	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Feb 25-26	Fredericton, NB CANAD	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Feb 25-26	100 Mile House, BC	Marilyn Blair	Barb MacLeod	250-791-6530	bam04@shaw.ca
Mar 3-4	Prince George, BC	Marilyn Blair	Pat Dool	250-562-0990	pdool@telus.net
Mar 10-11	Terrace, BC CANADA	Marilyn Blair	Lendra Hovanes	250-638-7610	lendra_hovanes@telus.net
Mar 24-25	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com
Mar 31-Apr 01	Prince George, BC	Marilyn Blair	Pat Dool	250-562-0990	pdool@telus.net
Apr 14-15	Peterborough, ON	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Apr 21-22	Comox, BC CANADA	Bev Worbets	Bev Worbets	250-339-7452	bevworbets@shaw.ca
Apr 28-29	Oosterbeek; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com
Jun 16-17	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Feb 21-22	Dieppe, NB CANADA	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Mar 17-18	Dieppe, NB - FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Mar 17-18	Vancouver, BC CANADA	Ginny Mulhall	Karen Stewart	778-292-1845	KASinBC@yahoo.ca
Jun 9-10	Toronto, ON CANADA	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Jun 23-24	Nanaimo, BC CANADA	Bev Worbets	Frankie Rose	250-754-3027	apurplerose@shaw.ca
Nov 3-4	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 27-29	Dieppe, NB- FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
May 4-6	Dieppe, NB Canada	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
May 25-27	Dieppe, NB- FRENCH	Jeanne Balcom	Jeanne Balcom	506-382-4832	hummingforhealth@hotmail.com
Jun 1-3	Vancouver, BC Canada	Catherine Awai	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Nov 17-18	Haarlem; Netherlands	Wietzke van Oene	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 1-4	Nanaimo, BC CANADA	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Mar 23-25	Utrecht, Bunnik	Judy Turner	Natascha van den Ban	31235321521	healing4eu@aol.com

### International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
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Healing Touch International, Inc.  
445 Union Blvd., Suite 105  
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