



HTI's

# Perspectives in Healing

A PUBLICATION OF HEALING TOUCH INTERNATIONAL, INC.

4TH QUARTER 2012

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

## Healing and Our Path of Infinite Potential Part 4 - Shadow and Light



*"In those final hours, love makes a home in our fingers."  
~ Evan Hodkins*

HEALING TOUCH INTERNATIONAL, INC.  
445 UNION BLVD., SUITE 105  
LAKEWOOD, CO 80228  
303-989-7982 FAX: 303-980-8683  
OFFICE HOURS (MOUNTAIN TIME)  
8:30 AM - 4:30 PM MON. - FRI.  
WWW.HEALINGTOUCHINTERNATIONAL.ORG

#### STAFF

Executive Director / Integrative Healthcare / Editor  
Lisa Anselme  
Director@HealingTouchInternational.org  
Office Administration / Certification / Graphics  
Kassi Anderson  
Certification@HealingTouchInternational.org  
Office Administration / Membership  
Cathy Nunemaker  
Membership@HealingTouchInternational.org  
Office Administration / Education  
Carrie Niewenhous  
Education@HealingTouchInternational.org  
Research Director  
Joel Anderson  
intentionshealing@gmail.com

#### BOARD OF DIRECTORS

President	Mary O'Neill oneillmary@yahoo.com
Vice President	Evie Caprel evie@livewellhealing.com
Secretary	Denise DeForest Pastoor ddpastoor@gmail.com
Director	Joel Anderson intentionshealing@gmail.com
Director	Mary-Cathrine Campbell mc_campbell@sympatico.ca
Director	Kimberly Gray mysticangelhood@earthlink.net
Director	Rauni Prittinen King rking487@aol.com

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call us at 303-989-7982 or visit us at  
www.HealingTouchInternational.org

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## HEALING TOUCH INTERNATIONAL, INC.

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

### Healing Touch – a Nurturing Energy Healing Therapy

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

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

### HTI Healing Touch Certificate Program

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

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

Click on Education for class information.

### HTI Healing Touch Certification

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

### Healing Touch International Non-profit Membership Organization

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

### HTI Core Values

- Integrity
- Heart Centeredness
- Respect of Self and Others
- Service
- Community
- Unconditional Love

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Cover Photo and Conference Photos by Cat Anselme Miller



## Letter from the Editor

### *Healing & Our Path of Infinite Potential - Shadow & Light*

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

In a world that seems to be experiencing significant chaos and suffering, how do we bring light into the shadow? This year's HTI 2012 conference brought together a synthesis of keynotes and presenters who

all described our critical need to heal those wounded areas of ourselves before we attempt to heal the wounds of others and the planet. A composite of these keynote themes is located elsewhere in this newsletter. Each keynote speaker touched upon the concepts of shadow and light and our critical task of healing the self and naming and integrating the shadow.

#### **All Healing is Self Healing**

I worked in the field of nephrology (kidneys) for over 16 years in the largest teaching hospital in the USA. I trained teenagers, adults, elders in their 80s, war veterans, and parents of infants and small children how to perform kidney dialysis at home. Their lives depended upon performing the at-home procedures impeccably. As a clinician specialist in pediatric nephrology, I also stayed at the bedside of isolette incubators in the NICU for 72 hour stretches, providing hemodialysis to premies having infant metabolic syndrome crisis. Our team of 3 nephrologists and myself served a multi-state population of children with kidney disease, kidney insufficiency, kidney failure, on dialysis, or during and following transplant.

My professional life was a love affair with the kidneys – I lived and breathed kidneys. I was passionate about my work! I taught patients and families about the gift of our kidneys; we had the miracle of having two, a spare, and so were able to donate one of ours to give the gift of life to someone else, be that loved one, sibling, or beloved child. I educated and counseled families, staff and the public about treatment options and organ donation. As part of this role, I created a school reentry program and gave assembly presentations to the children's peers and teachers, and coordinated annual gatherings for children and their families. When I was introduced to Healing Touch, I began to use it consistently with this population and became a believer

when children without kidney function would recover from and be clear of anesthesia within hours instead of the typical days.

And then I remembered.....It continues to amaze me even now that I had forgotten about this very important event from childhood. As a toddler, I had had what my nephrologist colleagues diagnosed as kidney failure. As best we could determine, I had nephrotic syndrome caused by an immature immune system attacking my kidneys and leading to kidney failure. In 1956 there were no treatments to kidney failure for children except comfort care; only adults considered suitable and who were selected by the ethics teams received treatment.

We were housed in the children's ward containing bed after bed of seriously ill children. Unlike today, parents and family members were not allowed to see us except during visiting hours. We went to sleep to the sounds of children crying. The treatment for kidney failure was to wrap our little bodies in plastic to help excrete the toxins and excess fluid through our skin, one of our body's natural dialyzers. I remember images of the baby next to me with the very large head (untreated hydrocephalus) and a kindly, older nurse with a white cap who would hold me in her arms and rock me and gently speak to me.



All healing is self healing....

It wasn't my life plan to become a nurse; in fact, I wanted only to perform my music. I became a nurse because several very wise women somehow listened to my soul and encouraged me to enter nursing school, and I discovered

a love for this profession. It certainly wasn't my life plan to become a pediatric nurse working with kidney patients, but a series of opportunities steered me into that subspecialty through what I can only assume was guidance from my soul. Through easing the fear and pain of children and their families experiencing kidney disease and failure, I soothed the emerging memory of my own childhood experience. I was at last able to heal the toddler that was me.

#### **Shadow and Light in the Now**

Last week, we had an unusual date in the Gregorian calendar of 12/12/12, the last time this will occur in this century. (The next time a repetitive date will occur will be 989 years from now on January 1, 3001.) There



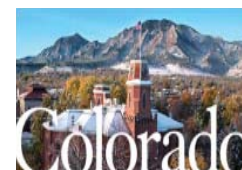
## Letter from the Editor cont...

has been a great deal of debate about its significance in relationship to the Mayan calendar, and I have determined to keep an open mind. A colleague shared that midnight at the start of 12/12/12 was an important time to meditate as it was to be a time of a flood of light coming onto the planet. I began to meditate at quarter to midnight and did appreciate a brilliant pulsating energy that likened to an attunement by a Tibetan Lama, with the crown chakra activating and a starburst of peaceful energy settling within the heart and soul seat. Curious to see how long I had been at this, I peeked around the corner and noted that it was 12:12 am, date 12/12/12...curious. Then several days later, I had occasion to go to Red Rocks Amphitheatre late at night to star gaze at the Geminid meteor shower that occurs every year from Earth's close proximity to the Gemini constellation. I was accompanied by my daughter, who hoped to scoop some interesting photos. The light of the meteor shower was exquisite, streaks of light falling to Earth, and although we didn't capture any photos (the lights were too fast), it did offer me a great deal of time to reflect upon darkness/shadow and light.

On 12/21/12 we will be entering the time of the winter solstice, another unusual date and one that is particularly significant within the Mayan calendar. It is also the darkest night of the year in the northern

hemisphere, and a time when the silence of winter covers the land. Archetypically, it is a time when we enter our own silence to emerge reborn in the spring. Visiting Newgrange in Ireland this past October, we entered a stone room chamber of absolute darkness which is aligned to flood with 14 minutes of light from the rising sun only on the winter solstice. The significance of waiting an entire year for beams of light cannot be easily dismissed in this ancient place.

Regardless of our belief systems, our present time is one of challenging and heart aching world events, both near and afar. There are seemingly random acts of darkness that if focused upon, have the potential to lead us to despair. That is not our path, however. From my previous teachers up through and including our keynotes, our path is one of seeking the light while remaining grounded and in our bodies. The way through is via looking at where lies the wounded areas within ourselves and healing and loving them first, before extending healing and love to those in need. It is to look within ourselves and ask, where hides my victim, where hides my tyrant, where hides my fear, where hides my darkness, and integrate them into wholeness and shine the light and understanding upon them. That is how we bring light, through this vehicle of ourselves into the world, so that we can truly Spread Healing Light Worldwide.



## SAVE THE DATES

Healing Touch International

### 17th Annual Energy Healing Conference & Instructor Meeting

*"Wholeness Through Service: Expanding Our Vision"*

**October 3 - 6, 2013**

Pre-Conference October 2 - 3, 2013

Sheraton Denver West Hotel

Lakewood, Colorado

Keep Watching Our Website for Updated Information, Presenters  
& Call for Proposals

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

***~ Remember to Reserve Your Lodging Now ~***



## Motivations from the President

### *Exploring Our Individual and Collective Healing Path*

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

Over the past year we've had the opportunity to explore our healing path as individuals, healers and students of life. Then, in September, we had a chance to come together at our conference in Colorado and share within our HTI Community. We were challenged and encouraged by our excellent presenters. Each one held keys to growth and developing to our highest potential. Each keynote presentation dovetailed with the next. It led us to realize that all was within Divine order. Within the days of the conference it was special to see members gather and share their hearts in small groups. Every spirit was lifted and all found peak moments that touched their souls. Just the sheer energy of our coming together with like minds and hearts was uplifting and sent us home inspired to continue to "just do the work".

In this final installment this year, I would like to focus on our collective healing path as an organization. Healing Touch International holds the Vision and Mission of spreading healing light worldwide. That is a pretty tall order! How do we even begin to accomplish this?

As with all good work, this began with a dream, vision, courage, doubts, fear, commitment, determination, questions, guidance, listening, hope, passion, sacrifice, frustration, anger, love and over the many years the hands and hearts of many, many people dedicated to the excellence of HTI. It has been a collective of very talented and giving souls who hold a common belief that, as an organization, we are greater than any one individual. It is the beauty of the mosaic coming together to form the exquisite picture that holds the key to who we are as an organization. When you look at the mosaic closely, you only see one small jagged piece. Nothing seems very remarkable in that one piece of fractured, colored glass. Oh, but when you step back and see the larger picture, it is awe inspiring and breathtaking.

Over the years all of those qualities listed above have played a role in the growth and development of Healing Touch International. All births are preceded by labor pains.

Nothing worthwhile is ever easy. Many minds bring many questions that need to be answered. The process can sometimes be messy. We don't always agree. The ultimate wisdom that comes from the collective discussion is so rich. HTI has reaped the benefit of many dedicated individuals bringing forward the very best of ideas and solutions to complex issues. We are indeed stronger today because each member has contributed, not for themselves and to be in the spotlight, but for the greater good of the entire Healing Touch Community. This is the tough part because the ego is constantly clamoring for attention. It is part of our growth and maturity to be able to set the ego and individual agendas aside and do the work for the greater good of the HT community and our Mission of spreading healing light worldwide.

*"Come to the edge", he said.  
They said, "We are afraid"  
Come to the edge, he said.  
They came, He pushed them...  
And they flew.  
~ Guillaume Apollinaire ~*

Even as we grew over the years, there were some very difficult, challenging times. The passing of our Founder, Janet Mentgen, was a time of deep sorrow, loss and grief. The decision of Janet's family that they would separate and form their own credential and certification process was distressing to our members. In those most challenging times, we were blessed with people serving the organization who connected history, vision, purpose and dedication to the Healing Touch work. We not only carried on the work, we grew in our purpose and dedication to serve the needs of our HTI members, students, practitioners and instructors. None of us could ever have imagined this divided path that we are on today, but it is the exact path that each organization is meant to follow.

We are all healers, we are all doing the work we are called to. We hold all our colleagues in high regard, healing light and respect for the hand they extend in offering Healing Touch to those in need. There is room in this wounded world for all of us....and the need is great for many, many more.

As we step into this new era of growth, I am grateful to all that have helped to establish a firm foundation for HTI. Each person has added their piece to the mosaic. It is truly a living work of art that continues to grow and develop as each new member joins the organization and offers their talents to the greater good.

It is scary standing on the edge...but there is the potential to fly. That is how we complete the Mission.

## Inspirations

*Group Poem with Kathleen Adams ~ 16<sup>th</sup> Annual HTI Conference*

Group Poem by Conference Participants and Kathleen Adams

Sunlight on the deck with coffee and a breeze  
Cuddle the dog  
Welcome myself home  
Move slowly through the day  
Float through the mountains with classical music  
A running hug with my granddaughter  
Staying in the moment settles me  
Find the beach ... hear the waves ... walk in the water ...  
Say 'hello' to the fish  
Feed the cats as 2 pairs of luminous eyes greet me  
    with purrs ... and accusations  
Knit ... but not while driving  
Greet the birds ... fill the feeder ... and enjoy the beauty  
    and peace of home  
Go to the river and watch the sun go down

Photo by Karen Kingery



# Community Development

## *United Kingdom and Ireland*

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

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### How It All Began

Rev. Alison Facey (Ali) began taking Healing Touch classes while she and her family were living in Chile. After returning home to England, she made contact with a fellow chaplain, Terry Sparks CHTP/I, MDiv. In 2011 she went on sabbatical and traveled throughout the USA, visiting areas of Healing Touch concentration, sometimes alone and sometimes with Terry, to gain practical information about how it is being used within the health care settings in the USA. Ali and Terry came to Colorado one weekend, and the three of us had a wonderful time together, visiting the Healing Touch International office, traveling into the mountains, and chatting about Healing Touch.

Ali envisioned bringing Healing Touch to England, completing her studies, and becoming a Certified Healing Touch Practitioner. Ali subsequently entered a mentorship relationship with both Terry and myself and we began to champion her work and vision.

Meanwhile, another mentee, Felicia McCarthy (Flish) successfully completed her Level 5 in Colorado and almost immediately moved back to Ireland, where she had lived for many years. Working via Skype from Galway, Ireland to Denver, Colorado, Felicia completed and submitted her certification packet and became qualified as a Certified Healing Touch Practitioner in September, 2011. She traveled to the 2011 HTI conference on Big Island, Hawaii where she received her pin and celebrated her accomplishment. She too was envisioning establishing Healing Touch in Ireland.

### United Kingdom

The four of us began to dialogue and strategize about how to make this happen, and in October 2012, after this year's conference, I made my first ever trip across the big Atlantic pond, to help them with their vision. While in England, I was so very graciously hosted by Ali and her family in the sweetest home with a lovely garden and orchard; the time with Ali and her husband and her beautiful children will forever be in my heart. We held levels 1 and 2 Healing Touch, with all students progressing into Level 2, along with presenting formal Introductory to Healing Touch to a number of parents and teachers, and speaking with several nurses about



UK Class, Potters Bar, England - Level s 1 and 2

complementary therapies and Healing Touch. We also met with the complementary therapies program director of Cherry Lodge Cancer Care in Barnet, Hertfordshire, a charitable organization offering education, information, psychological and support groups, and complementary therapies to individuals with cancer. While there, we provided sessions to some of the patients undergoing traditional cancer therapy,



Beautiful Cherry Lodge

Joining us in each Healing Touch class was Mim, another level 4 student, who had also studied Healing Touch in Chile and then returned home to England, continued on next page



## Community Development cont....

and Maria, a CHTP who had studied Healing Touch and lived in the USA and had recently moved back to England. These were precious, pioneering people, and even though we all spoke "English", we would often need to joyfully translate our colloquialisms to ensure



UK Class - Level 2 Spiral Meditation

understanding. As usual, however, the energy itself was the teacher and transcended language. Of course, I was thoroughly educated on the proper protocols for "tea", and upon my return home, found my body thoroughly needing to maintain the necessary "feeding and tea schedule". I now have absolute respect for this very civilized practice!

In the middle of this busy schedule, Ali and I were able to visit St. Albans' cathedral in St. Albans, a place of exquisite beauty - I lit a candle for Healing Touch there. We also traveled by train to beautiful and



Healing Touch Candle at St. Albans

exciting London, visiting Buckingham Palace, seeing the changing of the horse guard, and taking a boat ride on the Thames. The juxtaposition of so much varied architecture from so many diverse eras reminded me of how varied our backgrounds are as healers, while we each contribute to the whole. An absolutely lovely day!

## Ireland

After the second class, I bid a sad farewell to my beautiful UK host family and boarded Aer Lingus for my flight to Dublin, Ireland, where I was met by Felicia and a brass band/orchestra in the airport playing "Fanfare for the Common Man". How awesome and welcoming was that, given that our work is for all those seeking and interested in healing and wholeness! We immediately headed up to Newgrange and Knowth, sites which were over 5,000 years old, with strong geometric drawings carved within these ancient stones; older than Stonehenge and the pyramids. Newgrange was designed to capture the morning light for 14 minutes in its interior chamber on the winter solstice. These were incredible, ancient energetic sites. A bowl of delicious



Mother Stone - Entrance to Newgrange

turnip soup followed and we were off to Galway and the West Coast of Ireland to arrive in a lovely flat overlooking the bay. We had a day of sightseeing in Kylesmore Castle & Abbey, where we again lit another candle for Healing Touch, and gardens in beautiful, continued on next page



## Community Development cont....



Kylemore Castle and Abbey

wild Connemara. During our travels we gained the assistance of a volunteer mechanic, who traveled with three dogs, each named “Rover”. When asked about this, he explained that it was much tidier to just call



Rover, Rover and Rover

for Rover, and then they all would follow. Then we began to work! Flish had arranged for an Introductory workshop at the Cottage Pub – imagine that, and even the gentleman who happened to show up on his bicycle after seeing a flyer in the nearby library was interested and engaged. We visited Cancer West, a facility that

offers complementary care to individuals with cancer, and happened upon an open house gathering and chatted with the director and some of the participants. We visited Brigit’s Garden in Galway, a place of great beauty and enchantment. As we spoke with the owner and visionary of the garden, it was so very apparent that she understood intention and energy, as demonstrated by the tender loving care and placement that she used in the garden.

We followed with a Level 1 that was held in an Alexander



Healing Touch Level 1 - Galway, Ireland

School, out in the countryside, surrounded by nature. The director is a man of great heart, generosity and wisdom. This was an exquisite group of women!

Following class, we had another early morning drive to Dublin to catch a flight back through London and home. True to the song, London town was very foggy, and so all incoming flights were delayed. Everything unfolded in perfect order, though and I was able to just make it onto the transcontinental flight from London to Denver. The flight home was one of reflection, contentment, and deep gratitude and love for Ali, Flish, Terry, our families, the students, and the people and the land itself that welcomed me and Healing Touch.

### Next Step

Since then, Ali and Flish have continued to strategize and plan, have organized practice groups, and are proceeding with phase two, getting ready for upcoming classes in the spring. I write this with great respect and admiration for their passion, vision and heart, and look forward to the next unfoldment and blossoming.

# Mentorship

## Sequencing of Techniques

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



Anne Day

Sequencing of HT techniques used with each client and documentation thereof is an important aspect in the homework requirement between Level 4 & 5. Although we have discussed documentation before, those of us who help to read the documentation sheets at Level 5 see there are still some

challenges in the area of selecting and sequencing interventions appropriately. We thought it might be helpful to review some points, which would help the mentor/mentee in this process.

It cannot be stressed enough how important it is for the mentor to review very early on in the mentorship process (within even the first month or two), the documentation sheets of the mentee to clarify and put into perspective the appropriate use of various techniques in sequencing as well as looking at the rationale for selecting these interventions related to the intake and the pre-energetic assessment. Many of these techniques stand alone especially for short 10-15 minute treatments but for a full sequence with a person on the table for 40 minutes or more a little more thought must be put into the process of how those techniques should be performed.

First and foremost, the selection and sequencing of techniques will be guided on the valuable clues from the intake interview with the client and what the practitioner found in the pre-energetic assessment through the pendulum/hand assessment of the chakras and hand scan of the biofield.

A helpful guide for sequencing could be to think in the following terms:

1.) It is important to perhaps begin with an opening or full body balancing. For instance, if a client has never had HT before and appears a little nervous and not easily settled, it might be nice to begin with the opening spiral meditation to open and expand the energy through heart centeredness allowing for deeper work. It helps the client to move into a place of receiving. One can then move on to a chakra connection to allow full body balancing of the major and minor chakras. You could also begin a full session with a Chakra Connection

or a Full Body Connection to include organs as well as the major and minor chakras—again based on what you feel the need is for the client. If you feel the client needs upper level work, you would prepare yourself accordingly with the steps in the Hara Alignment, Chakra Meditation and Core Star expansion and then your first technique would be Chelation to clear the first four levels of the biofield, balance and open the chakras.

2.) Next it is time to bring in specific techniques based on symptoms or complaints from your client in the intake, which could relate to their PEMS wellness or pain, a decrease in energy, fatigue, anxiety, stress or what you found in your pre-energetic assessment such as compromised chakra spins or congestion in the field by hand scan. Some of those specific's could include, a mind clearing/modified mind clearing to refocus the mind, calm the mind etc; ultra sound/laser to break up congestion; pain drain to help with pain relief; or seal a wound if you felt a leak somewhere. If working on an upper level, after chelation one can move to do lymphatic drain, spinal cleansing or etheric clearing. Also after chelation, if a mind clearing is in order, it can be done as well as pain drain etc. if necessary.

3.) One needs to take care of the biofield and based on the pre-energetic assessment. Magnetic Passes, hands in motion can apply to the whole body or a specific area of concern; Magnetic Clearing down the full body until it feels smooth helps to clear the biofield. If working on an upper level, Etheric Template Clearing should be used instead of Magnetic Clearing. Be careful not to combine several techniques that have the same purpose in the same session. For example, one would not do a Magnetic Clearing followed by a chelation, or vice versa. Doing a chelation is much like doing a chakra connection and a magnetic clearing together. Also choose appropriate healer preparations with the techniques chosen. Always begin a chelation with the Hara Alignment Meditation, i. e., one would not do a Spiral Meditation Opening right before a chelation. Also, some techniques, such as the Chakra Spread, are best left until the end of the session rather than doing additional techniques after completing the Chakra Spread.



Mary Jane Aswegan

continued on next page



# Heart Centered Marketing

## Simple Marketing Plan

by Evie M. Caprel, CHTP, PFT, WC, Vice President, Healing Touch International



### HTI Marketing Update

We've been adding lots of pictures on the HTI Facebook. Our 'likes' are over 1,400 – sign up for Facebook and join in the conversation!

Our Marketing Committee is growing! Please help me welcome the following new members: Cary Hobbs, Betz McKeown and Christine Stewart. We've already had our first meeting and will be implementing a marketing plan to encourage new members to join and current members to continue membership.

We need your help! Who do you know who would benefit from a HTI Membership? Please contact the HTI office or [evie.caprel@gmail.com](mailto:evie.caprel@gmail.com).

### Business Tip of the Quarter

2013 is a few days away and as the calendar turns, so do people's minds, to health and healing. The first quarter of the year is a great time to increase your efforts to let people know who you are and what you can offer to them. But what should you do first? Here's a simple marketing plan outline for you to help!

### Marketing Plan

**Goal:** A goal is the purpose, or generic action you want to take. It may not be measurable. (Example: I want to achieve success as a Certified Healing Touch Practitioner and help others heal on the PEMS levels.)

**Objective:** An objective is measurable, and usually shorter term than a Goal. (Example: I will increase my HT business by adding 2 new clients a month, each with a 2-6 session commitment)

**Target Market:** Who do you serve the best? (Example: Women, chronically ill, stress is an issue, over age 45). Yes, you can have different target audiences, but choose one to start. You'll be able to determine if your marketing efforts are working if you identify and work towards building one. This is the hardest piece of a marketing plan for healthcare professionals to do because we want to help everyone.

**Messaging:** How you talk to your clients. Begin by identifying your top three benefits or strong points. (Example: 1. I'm a nurse. 2. I have experience in working with people with chronic conditions. 3. I make home visits.) Work these points into any materials you distribute or on your website. It's communicating what's important to your target market that you can offer. "Faced with chronic conditions? Can't find help?"

Stressed out? I can help you open the door to health and healing. House visits available".

**Tactics:** These are the specific actions and 'to do's' to reach your goal and objectives. See below for an idea on a tactic!

**Results:** Did you reach your objective? This is important – if you didn't reach your objective what can you alter to do so in the future? Change tactics? Update your messaging?

### A Marketing Tactic to Get Easy Publicity

In your marketing plan for 2013 include a task (or tactic) to write an article for HTI's Perspectives In Healing! Once it's published, you can link it to your website, or print it and send to current and potential patients with a hand-written note. This adds credibility to you and your practice. And then you can add it to your CV! Need help? Email Evie [evie.caprel@gmail.com](mailto:evie.caprel@gmail.com).

### What's Your Story?

Do you have a story to tell? We've all had moving experiences with patients. Is there one you can share with the permission of those involved? Send us an email or contact the HTI office and we'll take it from there. Share your experiences and spread healing light worldwide!

## Mentorship cont...

4.) In closing the session, the final point is to reassess the biofield and chakras. Remember that this reassessment is always done prior to closing the Spiral if you opened your session with the Spiral. It must also be performed before you proceed to 6<sup>th</sup> and 7<sup>th</sup> level healing if using upper level techniques.

Perhaps these steps can be more helpful in the thought process and guidance of sequencing techniques. Remember always to "keep it simple". It is not necessary to use every technique in the book but more important to listen to what your client is telling you and what you are observing or feeling in the chakras and biofield. Then choose the techniques that would most benefit the circumstances.

## HTI Pinning

We celebrate your pinning this day  
With the white essence of Spirit  
And the green reflection of your heart.

May we always remember  
To stay within that center.

Janet said,  
"Go sit in the center of your Heart  
Hang out there for a while  
And listen.  
Be authentic  
Be real  
Be truthful  
Walk your talk"



Your pinning represents your walk  
And your decision to make a commitment  
To the path of a Healer.

You have joined a tribe of many others  
Who have sought to do the same.

Remember to daily align yourself energetically  
Connect with the core of Mother Earth  
And to your source of the Holy.

Then let go.

Be that conduit of grace and mercy  
of energy  
of unconditional Love.

You are the Healers of today and tomorrow  
You are the Healers of the past  
And of the future.

This pin is a symbol  
And a reminder of your roots and beginnings.



Now as you go forth  
May you walk in Beauty  
May you walk Humbly  
May you carry Grace and  
Mercy

As you shine  
Your Light  
Your Essence  
Your Spirit  
Into our World.

*Written from this viewpoint in the Rocky Mountains  
for CHTP Pinning Sept 28, 2012  
By Deborah Larrimore, BSN, LMBT, CHTP/I*

## ~ Congratulations ~ Newly Certified

### Practitioners

Lana Anderson-Kuchynski - Champlin, MN  
Julie Brown-Price - Eden Prairie, MN  
Rosa Chyan - Prospect, CT  
Kristen Corman - Allston, MA  
Marilyn Faber - Shelton, CT  
Barbara Ford-Latty - Troutville, VA  
Lisa Gable - Juneau, AK  
Robin Glynn - Oakdale, CT  
Pat Hottinger - St. Louis, MO  
Susan Koharski - Ketchum, ID  
Catherine Morningstar - Floyd, VA  
Kelly Paddock - St. Paul, MN  
Cecile Richard - Saint-Louis, NB Canada  
Patricia Rux - Asheville, NC  
Linda Rykwaldner - Ann Arbor, MI  
Sheila Stevens - Kernersville, NC  
Renee Svoboda - Forest Lake, MN  
Pamela Thompson - East Killingly, CT  
Judy Treharne - Rosemount, MN  
Ann Tweeton - Washington, IA  
Suzanna Van Den Heuvel  
Maleny, QLND Australia  
DeEtta Wancewicz - Omaha, NE  
Diane White - Godfrey, IL  
Carolyn Wiggins - Raleigh, NC  
Belynda Wynn - Osthofen, Germany  
Ana Yelen - Boulder, CO

### **\*\*Correction\*\***

Mary Ezequelle - Gypsum, CO

### Instructors

Cecilia Kasperick - San Diego, CA  
Valorie Knowlton - Parrish, FL  
Carrie Niewenhous - Lakewood, CO



## Board Corner

### Welcoming New Board Members

by Evie M. Caprel, CHTP, PFT, WC  
Vice President, Healing Touch International

On behalf of the Board of Directors, please join me in welcoming our new Board of Director members: Joel Anderson, PhD, HTI-P and Mary-Cathrine Campbell, RN, BA, CHTP. You have elected two highly qualified Board members who are ready to help HTI grow in service and strength. A special thanks to Rauni Prittinen King, RN, BSN, MIH, HN-BC, CHTP/1 for stepping up to use her expertise in business to become Treasurer. A huge thank you to David Wolffs and Sandra Coutts for their very dedicated service.

We've already met since our successful Conference and have begun to work on goals for 2013 which we identified in a Board strategy meeting before Conference began. Here's a brief outline of what the Board of Directors will be working on in 2013 on your behalf:

#### Conference

Future Planning: Honor Colorado as HTI's 'Home Base' as previously, and have three consecutive conferences near the HTI office. This will reduce costs and increase a negotiation position with hotels. On the 4<sup>th</sup> year rotation, select an 'out-of-state' location.

#### Sponsorship

We created a Sponsorship Committee to assist with fund raising for various projects. We will be creating a Sponsorship Proposal for prospective donors. Do you know of an organization or potential benefactor who would like to help us grow? Please contact: [evie.caprel@gmail.com](mailto:evie.caprel@gmail.com).

#### Marketing

A marketing plan was developed and will be updated for 2013 by the Marketing Committee. The theme for 2013 is "Service in Motion" as we are growing and moving forward. HTI has an active Facebook page with more than 1400 'likes'. Join in the conversation!

#### International

As an international association it's our goal to provide education and support to countries around the world. Our International Committee is expanding to involve more countries, and encourage student enrollments and advancement, as well as instructor development. The objective is to embrace culture differences while adhering to HTI standards and professionalism.

Thank you for your continued support of HTI and our mission of spreading healing light worldwide.

## 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.

### Affiliate Organizations: National & International Conferences

#### Healing Touch Canadian Conference

**Date:** April 26-28, 2013

**Location:** Quebec City, QC Canada  
Hotel Château Laurier

**Theme:** *The Language of the Heart*

**Contact:** Healing Touch Association of Canada

#### Healing Touch International's 17th Annual Energy Healing Conference & Instructor Meeting

**Date:** October 3-6, 2013

**Location:** Lakewood (Denver), Colorado  
Sheraton Denver West Hotel

**Theme:** *Wholeness through Service,  
Expanding our Vision*

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

# Practitioner Perspective

## Self Care the Joyful Way

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



*"Cuz all I want to do is have some fun,  
I got a feeling I'm not the only one...."*

Line from song recorded by Sheryl Crow

*"Tis the season to be jolly."* What does that mean to you? Self care can be about a long list of activities addressing body, mind, emotion, social, and spiritual, but if those items don't awaken your inner joy, you won't want to do them. A key concept is to be mindful and do those things that fill you up, not that add one more thing to the "to do" list. Another key is to listen inside to see if you need to be *doing* something, or just *being* to rest, rejuvenate and come into balance.

I've been giving my life a long hard look as we move into the new year and as some would call it, the new world age. Over the past 5 years, I've unfortunately had to set aside many favorite activities that I used to do for self care and joy. I'm beginning to re-incorporate them, or to try new things to keep me evolving. I'm also clearing out items (on all levels) that no longer serve me in my life, home or work to make room for the new.

I invite you to explore your life and your self care options. Here are some journaling ideas that may assist you in becoming more clear in your process:

What makes your heart sing?  
What speaks to your soul?  
What fills you up?  
What drains you?  
What is cluttering on any level?  
What holds you back?  
What brings you peace?  
What brings you love?  
What gets you out of bed in the morning?  
What's on your "bucket list"?  
Are you evolving?  
Are you living by your mission and purpose?  
How are you contributing to make the world a better place?

As you review your journal entries, are you incorporating the above the items into your life or removing them? How might you begin that process?

Consider systematically exploring the chakras in your energy system. What does each one need to clear out, open, balance, and make room for the new? Include your self, your home, your work, your family life and beyond.

In August, I attended Ellie Drew's workshop "Way of the Lotus Flower" on Mt. Lemmon above Tucson. One of the concepts, "I am open to receive" evolved to "I am open to receive, equal to my giving." As I contemplated this over the following very busy months, I came to realize that I would have receive a LOT to equal my giving - with multiple major family illnesses, work, volunteering, and sundry areas of life. The imbalance was marked. Rather than just looking at where I could be open to receive more, I have been analyzing where I am over-giving, and where I can back off to bring things into more balance. It can be challenging to sift through and prioritize. Awareness is the first step. The next is to shift slowly and consciously using the Kaizen method of small steps toward change.

During a prolonged period of high stress, there often isn't much time for scheduled or structured routine, so on many days my self care involved focusing on my breath, while feeling a joyful, loving memory (HeartMath).

When grocery shopping, I briskly walked all the aisles



of the store to get in more steps. (Self care on the fly). The basics of eating 3 meals a day and a snack, drinking 8 glasses of water and getting 8 hours of sleep were staples and stabilizers. Cuddles and giggles with my grandson were priceless. They then became my joyful, loving feeling.

continued on page 15



## Practitioner Perspective cont...

With family health improving, I have now widened my definition of self care and stretched myself out of my limited routine. How might you stretch yourself? What have you always wanted to do and keep putting off due to time, fear or excuses?

My personal vision of self care at the moment has changed. I prefer a variety of activities, so I don't get bored, balanced with rest. Here are some ideas I managed to squeeze in to shift and renew myself over the past several months: a hike, a monthly massage, a play, napped, read a novel or two, wrote in a gratitude

journal, created a "food art" tray for Thanksgiving, brief time with friends, attended a festival, walked in new places, tried new foods, dabbled with Ancestry.com, danced in the All Soul's Procession, and rock climbed. I'm itching to do some yarn related projects in the future,

but don't have the time yet. The greatest stretch for me was to move through my fear and lead over 300 of you in a dance for the closing ceremony at conference. My soul was singing and filled with our shared joy! I can now add that to my joyful memories. What will you choose to add to yours?



## In The News

**Energy Therapies: Focus on Spirituality.** *Explore* November/December 2012, Vol. 8, No. 6. Findings note that healing activities a rich context for spiritual experiences.

Authors: Joan Engebretson DrPH, RN, AHN-BC;  
Diane Wind Wardell PhD, RN, WHNP-BC

## Educational Insights

### *Infinite Potential of Light and Dark*

by Barb Schommer RN, MS, CHTP/I



We are embarking on the season of light. We are also embarking on a time of experiencing the earth move into a loving place of higher vibration. It is a path of infinite potential!!

This is the season of light – in spiritual, cultural, physical, and human aspects. If you are in the southern hemisphere of our earth, you are experiencing bountiful hours of daylight – the longest days of the season. If you are in the northern hemisphere, you are experiencing the shortest days of the season. At this time of year, and particularly at this time in human existence, we are focused on light, celebrating it with ceremony and allowing it to feed us

What a perfect time to remember who we are as beings of light. What a perfect time to honor the light within, and all the potential it carries. What a perfect time to pause between our in breath and out breath to sink into our light. As you pause, allow an awareness of awe in your own light. Light has the capacity to illuminate our dark corners. There are times I find myself sinking into my dark, crabby, harried self at this time of year. That is when I become aware of how important is the pause between in breath and out breath. The pause allows me to remember my light, and to bring light to my current perceived state of unquiet. It is also the pause of remembering that light truly is love. And in the remembering, loving myself for the light that I am. Loving the darkness in ourselves and loving it into light and love – that is the path of our infinite potential.

Right now, in our lifetimes, we have the privilege to be part of a great earth experience of light. Everything I have been reading concerning the light and energies that are radiating in beginning this year indicate that they are connected with and brimming full of love. LOVE - it is the operating system update for us and for our earth. Allowing our light being selves to receive this love is a gift we give ourselves. Allowing our light being selves to share this love with others -humans, animals, plants, and with all the earth is a gift. Loving all of creation into light and love becomes our path of infinite potential.

# Energy Research

## *Research Presented at the 16th Annual HTI Conference*

by Mary Megel, PhD, RN, CHTP



This column includes information about the research presented at the 16<sup>th</sup> Annual Conference at the end of September, 2012. Four presentations were oral and one was a poster.

The first oral presentation was "The Effect of Healing Touch (HT) on Post-Surgical Adult Patients," by Mary Kay Hausladen Foley PT, GCFP, CHTP, Joan Anderson, RN, CAPA, HTI-PA, Margaret Downey, MSN, PhD, RN, AHN-BC, HTI-PA, Laurie Mallea, RN, BSN, SkPAN, HTI-PA, and Karen Morrison, RN BS, BSN. In this study, 81 patients were randomized to 39 in the Healing Touch (HT) group and 42 in the traditional care group. Thirty-minute HT treatments were provided. Pain, anxiety, blood pressure and heart rate data were collected. Results showed a non-significant reduction in narcotic use in the HT group ( $p = 0.07$ ) compared to the traditional care group; pain levels dropped 50% and anxiety decreased by 70% of pre-HT levels. Patient comments reflected their sense of relaxation following HT treatments. No significant differences were found between groups for blood pressure and pulse. Study limitations included the following: the study was not double-blinded, HT providers varied, and patients' types of surgeries and lengths of stay were inconsistent. Results of this research have been presented to the staff at St. Luke's Wood River Medical Center in Ketchum, Idaho, and submitted for publication.

The second presentation was by Kristin Wicking, who had traveled with her husband from Queensland, Australia. Kristin's dissertation study was entitled "A Study of Healing Touch's Possible Contribution to Healthy Ageing in Community Dwelling Older Women." In this study, 84 women received 7 weekly HT sessions, and 84 received the same number of mimic treatments. Both groups were treated by Kristin. "Superficial" HT treatments for the control group were conducted by letting the mind wander, not conducting an assessment or attunement with the person, covering the person with a top sheet, using a mask and fake hands (soft leather gloves stuffed with sand) for treatments, and hand placements over bones but not chakras. Seventy-one per cent of the placebo group and 76% of the experimental group thought they were receiving HT. Measures included activities of daily living (ADLs), as well as functional, social, emotional, and spiritual quality of life (QOL). ADL results were not statistically significant for HT women living in their own homes, but were significant at 33 weeks for those living in a retirement village ( $p = 0.025$ ), whereas

social support increased among those receiving HT and living in their own homes; it decreased for those living in the retirement village and receiving HT.

The third presentation was by Rauni King from the Scripps Center for Integrative Medicine in La Jolla, California. This study was entitled "HT and Guided Imagery (GI) for Military [with] PTSD." This randomized, controlled trial was conducted to determine if HT plus GI reduced PTSD symptoms compared to treatment as usual in returning combat-exposed active duty military with significant PTSD symptoms. In addition to PTSD symptoms, additional outcomes were depression, hostility, and QOL. Statistically and clinically significant reductions in PTSD symptoms ( $p < 0.0005$ ) were found, as well as significant improvements in mental QOL ( $p = 0.002$ ) and cynicism ( $p = 0.001$ ). The HT techniques used included chakra connection, mind clearing, and chakra spread. Participants randomized to the HT + GI group received 6 HT sessions of one-hour duration over a 3-week period. HT treatments were provided by two certified practitioners. Subjects were provided with a GI recording and instructed to listen to the recording at least once daily; adherence to listening was not assessed. Attrition rates for subjects in the treatment group were low (12.2%). The study was published (September, 2012) in *Military Medicine*, volume 177, issue 9, pp. 1085-1021.

The final oral presentation was by Valerie Lincoln, assisted by Barb Schommer and Tami Briggs, and was entitled "Impact of Healing Touch with Therapeutic Harp Therapy on Inpatient Acute Care Pain: A Retrospective Analysis." The study was conducted at Woodwinds Health Campus in Woodbury, Minnesota. The authors provided an overview of the Healing Healthcare Model at Woodwinds Health Campus and described the results of their retrospective analysis of patient data. The results suggest a synergistic effect between the use of Harp Therapy and HT, with reduction in both pain and anxiety among the patients served.

Carol Schoenecker of the University of Minnesota Medical Center, Fairview, provided a poster showing the implementation and outcomes of a HT program on a surgical oncology unit, and was available to respond to viewers' questions. Results of the program

continued on page 17



# Words of Wisdom

## Janet Mentgen: *The Gift of a Healer*

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



There is always a paradox if we just take a moment to look beyond our own time and space. Right now I see a time of reflection and deepening as we move into the winter in the northern hemisphere but also recognize that it is a time of growing light in the southern hemisphere. My life is in balance only when seen within the context of the whole. This time of year also is reflective for me as I think about Janet's birthday on the 18<sup>th</sup> of December. I chose to celebrate this as her day and not the day of her passing. In reflecting what to write I decided to step back in time to my writings in *White Shadow: Walking with Janet Mentgen* (2000). This event took place in Albany, New York toward the end of my travels with Janet. This class took place in a retreat center within a monastery and had an indoor labyrinth set up for walking. The following is an excerpt: "When I walked into the room that held the labyrinth, it was dusky still. The labyrinth lay there like a sailboat waiting for the wind as its goddess. I could feel the potential. The candles were lit like an altar and scarves dusted the outside of the circle with their flower pedal brightness. There was no music and only the peace that can be obtained in the basement of a monastery at night. I did not feel enough energy pulsing through me to propel me through the non-maze, yet looped, path to the center. I sat there until my body was no longer mine, just borrowed to keep my head upright and give it something to do. I would think this was a meditative state but my brain was still engaged. Like a laptop computer on suspend, not really off, not really on, but definitely not without power. But it didn't matter. I was content to sit. How long, I don't know. At some point, I decided to walk the labyrinth. I felt like I could sit forever, but then my life would pass me by. I felt I needed to make a decision to walk because a non-decision would cost me the sense of rightness or wrongness or responsibility for living this moment in time.

"As I start to walk in, I become painfully aware that I am going to cry. I cry and sniff and sob as I walk through, passing those other walkers on this trail that seem to have lighter spirits. I wipe my nose on my hand and think about why I am crying. It is the end of this journey. I didn't realize I would need to say goodbye to my time. There is a sadness at coming to this next phase of our relationship. As time ebbs along, I feel the absence of others in the room. I ask only that I will be given direction if I haven't met my purpose yet. I try and search for the light to come in and realize: I am the light. Simple. With that I open my eyes and watch as the candle goes slowly out.

"As I venture out along the path of the labyrinth, I once again begin to cry and the feeling of sadness at the loss of Janet is once again sitting on my soul, black drape across the window, first days alone. The days and days pass from those first days until now when I am just beginning to understand what she is teaching me, everyone, day to day. I remember all my teachers and think how could I ever thank them all? I know that lightness comes at dawn, and even with gray skies the birds will sing. May tomorrow bring those voices to me and help me listen carefully so that I may allow the waking to come as it will and help me on my path as a healer."

This part of the journey did end and what followed was a time with Janet of deep friendship and caring. Now I carry her teachings and all those I met on that path within me. I have much to learn and much to do! Each day is a new opportunity.

### Energy Research cont...

are quite promising. Having this poster available during the presentations prompted a request from a conference participant that more posters be available for viewing and discussion at future conferences.

Other topics of discussion at conference following the presentations included gathering outcome data, such as pain levels, from hospitalized patients who may be asleep when the treatment is completed. Several of those present believed having staff nurses collect data is not appropriate and a member of the research team should return later to obtain data from the patient. A diary the patient would keep with instructions from the researchers might be useful. Feedback from family members also might be helpful in addition to the patient's perception. Another suggestion was to ask "When did you notice the change in your anxiety (or pain)?" to obtain a broader picture of the patient's changing condition (in addition to obtaining pain numbers (0-10).

The HTI Research Committee wishes to thank all those who participated in the Research Workshop for their time, expertise, and great ideas! Anyone wishing to present orally or via poster in 2013 should contact Joel Anderson at [jga3s@virginia.edu](mailto:jga3s@virginia.edu).

# 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

## 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 judithturner38@gmail.com  
Diane Wardell at diane.wardell@uth.tmc.edu  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Energy Wisdom and Practice

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

**Pre-requisite** - 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 Prittinen King at rking487@aol.com  
Judy Turner at judithturner38@gmail.com  
Diane Wardell at diane.wardell@uth.tmc.edu  
**Check the HTI website for scheduled classes**  
www.HealingTouchInternational.org

## Holistic Stress Management Instructor Training

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

**Contact:** Brian Luke Seaward at  
brianlukes@cs.com  
**Check the HTI website for scheduled classes**  
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

## 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



# Conference 2012 Key “Notes”

## *Healing and the Path of Infinite Potential*

### **Evan Hodkins**

Evan so very graciously stepped in at the 11<sup>th</sup> hour when Dan Millman was unable to be with us due to a health emergency. From his opening greeting of “I love you, Ducky”, Evan eased us into deep water and introspection and thought. Some of these are highlighted below.

**Paradox:** Two truths going in opposite directions so that they cancel each other out, while at the same time inviting us to spring to the next level of consciousness. Paradox is the language of God (Evan uses the gender free term Elohim), the way that God sports with the world. In Greek, the word “paradox” means “glory beyond glory”. Our task is to turn a stumbling block into a stepping stone. Illness is that stumbling block, an “agent provocateur”, an “opportunity to see what seems to be an obstruction is actually an open door”.

**The paradox of healing:** We must allow our illness to heal us before we can heal it. Long before we begin praying for our body, the cells of our body are praying for us; that we will begin to wake up. Our task is to know when limitation will heal us and when infinite potentiality will heal us. It is our illness that makes us tell the truth about our life; “truthing” is “God’s trick to make certain you become real”. Our illness is the servant of truth. Truth is never forgetting exactly who you are.

**Touch:** the intimacy of touch triggers movement of energy, which in turn stimulates the need to live a truthful life. It restores the pathway to our souls. Tears tell us that the energy is starting to move. “That is the sacrament of Healing Touch”. Lastly, at the time of the soul’s passing, “in these final hours, love makes a home in our fingers”.

### **Christine Page**

We need to be here in our bodies (e.g. be grounded!) and in our feet, on the Earth at this time. Healer, heal thyself. Know who you are. What have you been doing? How well have you mastered your own energy? If you are a leader, how are you your own authority?

Do we love ourselves, accepting all that we are? The energy of 2012 tells us to “bring it all home; that those in our lives are in it so that we can know ourselves and love ourselves. We can only do that when we are in our bodies, the alchemical vessel.

She speaks, “please don’t meditate *out there*”. We don’t need to go “out there” to get the light; rather, clear this (our) vessel and the light will come to us. It’s not about going back to live in the past but to change the past;

did we learn something so that next time we will listen to our intuition? We are here to gather all the pieces of our soul that have become disconnected, and bring those aspects of judgment or fear into ourselves for integration. She implores us: before we send healing light, heal that part in ourselves first. Before we send love, understand what aspects of ourselves we deem unlovable and restore love to those areas.

We do so by being with the vessica pisces, in relationship, the place where two circles pass through the center of each other. Where two hearts gather, we will experience joy. That is how we will raise the collective consciousness.

### **Jonathan Elleby**

Begin with the breath and gratitude. Today I am grateful for life...in this moment I have choice....Through Mayan story, he shares about the little girl struggling to fit in, who goes hunting with her father, who meets up with a tiger and sees the truth of those she knows and those she loves. She sees her father who tells an untruth, but reveals the real truth of his love for her and desire to protect her. She sees the truth of the little boy who is a bully and yet is overburdened trying to fend and provide for his family. Through this, the little girl gains understanding of herself and sees through the illusion of this world, becoming a leader and caretaker of her people.

He speaks that the real healers are the ones who love us deeply, our family, our friends. We come from source. Our soul comes through a cosmic filter before showing up in our bodies. As we work with our essence, those gifts located within our chi, we also encounter earth’s challenges and have experiences that are not safe, “the wall of wounding”, which ultimately leads to the persona, or “mask”, the outer self that is full of stories about what we are supposed to be.

Amazing things happen when we open our hearts to see differently. We have the opportunity to choose every day to see beyond the mask; to see how we view not what we do but why we do it, and then begin to change and heal. He gives the allegory of the woman in deep sorrow, who seeks healing from the Buddha. She is told to gather mustard seed from someone who has no sorrow. In seeking the mustard seed, she learns she is not unique, and rather than escape the sorrow, learns to embrace it.

### **Kathleen (Kay) Adams**

Synthesizing the presentations, Kay brings forth the group poem (page 6) to ground us into our bodies, into our daily lives and return us home.

# Healing Touch International Conference 2012





# Healing Touch International Conference 2012





# Healing Touch International Conference 2012









## Healing Touch International Conference 2012





# Healing Touch International Conference 2012







## Celebrating Newly Certified Practitioners







## Celebrating Newly Certified Practitioners.....



## .....and Newly Certified Instructors



## Need CNEs / Contact Hours ?

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# HTAC CONFERENCE

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### Website:

<http://htac-jm.org/htac-2013-conference/>

### Contact for more information:

#### Conference Chair:

Yolande Boulé Douglas  
[htacanada.conference@gmail.com](mailto:htacanada.conference@gmail.com)  
 (418) 574-3461

#### Registration Chair:

Pascale Boulé  
[boulepascale@hotmail.com](mailto:boulepascale@hotmail.com)  
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[Maggi@HealingTouchNJ.com](mailto:Maggi@HealingTouchNJ.com)

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 919-381-4198 office  
 919-923-2409 cell



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## Healing Touch Class Schedule - 2013

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!**

### PROFESSIONAL DEVELOPMENT

\*\* for info on these classes, please visit [www.healingtouchinternational.org](http://www.healingtouchinternational.org) \*\*

Date	Location	Instructor(s)	Contact	Phone	e-mail
<b>Beyond Surgery Training Seminar</b>					
Jan 17-19	Red Wing, MN	JL Ray / Nancy Blue	Sarah Stinson	651-267-3506	Stinson.sarah@mayo.edu
Feb 15-17	Brevard, NC	JL Ray / Nancy Blue	Kathy Blue	828-577-6948	BlueCavu527@aol.com
Mar 22-24	Daytona Beach, FL	JL Ray / Nancy Blue	Joanne Vogel	368-405-5028	Jovoh@cfl.rr.com
Apr 13-14	Tampa, FL	JL Ray / Nancy Blue	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Jun 21-23	Brevard, NC	JL Ray / Nancy Blue	Kathy Blue	828-577-6948	BlueCavu527@aol.com
July 19-21	Lake Park, FL	JL Ray / Nancy Blue	Judy Lynne Ray	828-553-8146	Judylynnray@yahoo.com
Nov 1-3	Brevard, NC	JL Ray / Nancy Blue	Kathy Blue	828-577-6948	BlueCavu527@aol.com

Energy, Wisdom & Practice  
Healing Disruptive Energy Patterns  
Heart Centered Living  
Journaling the Healing Journey  
Journaling the Spiritual Journey

### LEVEL 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 5-6	Burlington, VT	K Scacciaferro/R Eaton	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jan 10-11	St Cloud, MN	Carol Schoenecker	Vickie Ruegamer	320-255-5612	RuegamerV@centracare.com
Jan 10-11	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnnowak@healtheast.org
Jan 12-13	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Jan 12-13	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Jan 12-13	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Jan 12-13	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Jan 12-13	St Paul, MN	Barb Schommer	Denise Joswiak		denise.joswiak@allina.com
Jan 12-13	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Jan 12-13	Ft Lauderdale, FL	Nancy Wingerter	Marcia Gill	954-494-2849	marciag@bellsouth.net
Jan 17-18	Aberdeen, SD	Jeanne Thune	Janene Papendick	605-622-5164	Janene.Papendick@avera.org
Jan 18-19	Fairview, MN	Carol Schoenecker	Carol Schoenecker	612-672-6366	cschoen2@fairview.org
Jan 18-19	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Jan 19-20	Burlington, VT	K Scacciaferro/R Eaton	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Jan 25-26	New Richmond, WI	Barb Schommer	Dori Marty	715-246-6561	dori.marty@wisc.edu
Jan 25-26	Lakewood, CO	Carrie Niewenhous	Carrie Niewenhous	303-210-3906	cgn454@gmail.com
Jan 26-27	Baldwin City, KS	Robin Goff	Robin Goff	785-255-4583	info@lightcenter.info
Jan 26-27	OKC, OK	C H-Smith / R Benham	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Jan 26-27	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Jan 26-27	Albuquerque, NM	Debra Denker	Kalika Davis	505-507-2368	kalika.davis@gmail.com
Jan 26-27	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Jan 26-27	Harrisonburg, VA	L Mangione / G Bondurant	Gina Bondurant	540-433-3421	calendula@ntelos.net
Jan 26-27	La Jolla, CA	Trish Wragg	Haley Wragg	1-800-SCRIPPS	healingtouch4wellbeing@gmail.com
Feb 1-2	Olathe, KS	Mary Oberg	Mary Oberg	913-706-6345	healingtouch736@gmail.com
Feb 1-3	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Feb 9-10	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Feb 9-10	Morristown, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	Maggi@HealingTouchNJ.com
Feb 9-10	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Feb 16-17	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Feb 16-17	Greenville, NC	Deborah Larrimore	Kristine Salamon		kksalamo@vidanthealth.com
Feb 16-17	Alton, IL	Mary O'Neill	Ruth Ann Meyer	618-463-0901	ram.chtp@att.net
Feb 21-22	Springfield, VA	closed	Lucrezia Mangione	Inova Hosp	closed
					hhservice@handcraftedhealth.net



## Healing Touch Class Schedule - 2013

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
Feb 22-23	Bloomington, MN	Barb Schommer	Terry Clegg	962-358-8708	terry.clegg@normandale.edu
Feb 22-23	Lakewood, CO	Carrie Niewenhous	Carrie Niewenhous	303-210-3906	cgn454@gmail.com
Feb 22-23	West Palm Beach, FL	Lori Wyzykowski	Lori Wyzykowski	561-818-4517	lwyzy@bellsouth.net
Feb 22-23	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Feb 23-24	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	760-815-5439	nursebecky@roadrunner.com
Feb 23-24	Grass Valley, CA	Elizabeth Helms	Sue Berney	530-575-6586	sberneyhti@gmail.com
Feb 23-24	Eau Claire, WI	Sue Peck	Jane Hilgedick	715-836-5645	hilgedj@uwec.edu
Feb 23-24	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Feb 28 - Mar 1	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5612	RuegemerV@centracare.com
Mar 2-3	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Mar 2-3	Poway, CA	Anne Day	Kate Burns	858-613-6149	kathryn.burns@pph.org
Mar 9-10	Waukesha, WI	Judy Turner	Polly Schellinger	262-370-3810	Rschellinger@wi.rr.com
Mar 9-10	Evansville, IN	Gerry K Hartmayer	Peggy Gaul	812-464-1989	P.gaul@usi.edu
Mar 16-17	Silver Spring, MD	Lucrezia mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Mar 16-17	Vero Beach, FL	Keith Manley	Keith Manley	772-774-8788	keithc.manley@gmail.com
Mar 1-2	Coon Rapids, MN	Jackie Mielke	Laura Cleveland	763-576-4849	lcleveland@anokatech.edu
Mar 2-3	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Mar 15-16	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Mar 23-24	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Apr 4-5	Springfield, VA <b>closed</b>	Lucrezia Mangione	Inova Hosp	<b>closed</b>	hhservice@handcraftedhealth.net
Apr 13-14	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Apr 13-14	St Louis, MO <b>closed</b>	Mary O'Neill	Mary O'Neill	<b>closed</b>	oneillmary@yahoo.com
Apr 19-20	Bloomington, MN	Barb Schommer	Terry Clegg	962-358-8708	terry.clegg@normandale.edu
Apr 26-27	Lakewood, CO	Carrie Niewenhous	Carrie Niewenhous	303-210-3906	cgn454@gmail.com
Apr 27-28	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Apr 27-28	La Jolla, CA	Trish Wragg	Haley Wragg	1-800-SCRIPPS	healingtouch4wellbeing@gmail.com
Apr 27-28	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
May 4-5	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
May 4-5	Des Moines, IA	Gail Harding-McCarthy	Gail Harding-McCarthy	515-964-9842	lifenbalance@aol.com
May 4-5	Hudson, WI	Barb Schommer	Claire Kohout	651-283-9808	cmkenenergy@gmail.com
May 4-5	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
May 10-11	Bismarck, ND	Mary Ann Carlson	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 17-19	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
May 18-19	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
May 18-19	Silver Spring, MD	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Jun 1-2	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Jun 1-2	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Jun 22-23	Encinitas, CA	Mary Jane Aswegan	Donna Cahill	619-686-3774	cahill.donna@scrippshealth.org
July 6-7	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
June 6-7	Springfield, VA <b>closed</b>	Lucrezia Mangione	Inova Hosp	<b>closed</b>	hhservice@handcraftedhealth.net
July 13-14	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
July 20-21	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
July 20-21	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
July 27-28	La Jolla, CA	Trish Wragg	Haley Wragg	1-800-SCRIPPS	healingtouch4wellbeing@gmail.com
Aug 3-4	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Aug 10-11	Oklahoma City, OK	C Hjersted-Smith/R Benham	HT Oklahoma	405-706-7716	heartsmith@sbcglobal.net
Aug 16-17	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 17-18	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 7-8	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsa.com
Sep 7-8	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	760-815-5439	nursebecky@roadrunner.com
Sep 8-9	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 13-14	St Paul, MN	Barb Schommer	Denise Joswiak		denise.joswiak@allina.com

## Healing Touch Class Schedule - 2013

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
Sep 13-15	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 14-15	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Sep 21-22	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Sep 21-22	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Sep 21-22	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Sep 25-26	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnowak@healtheast.org
Oct 3-4	Springfield, VA	closed	Lucrezia Mangione	Inova Hosp	closed
Oct 5-6	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Oct 12-13	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Oct 19-20	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Oct 19-20	La Jolla, CA	Trish Wragg	Haley Wragg	1-800-SCRIPPS	healingtouch4wellbeing@gmail.com
Oct 19-20	Hudson, WI	Barb Schommer	Claire Kohout	651-283-9808	cmkenenergy@gmail.com
Oct 26-27	Waukesha, WI	Judy Turner	Polly Schellinger	262-370-3810	Rschellinger@wi.rr.com
Nov 2-3	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Nov 3-4	Encinitas, CA	Mary Jane Aswegan	Donna Cahill	619-686-3774	cahill.donna@scrippshealth.org
Nov 9-10	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Nov 9-10	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Nov 16-17	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Nov 22-23	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com

### LEVEL 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 9-10	Fairfax, VA	closed	Lucrezia Mangione	Inova Hosp	closed
Jan 26-27	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Jan 26-27	Houston, TX	Diane Wardell	Judy Walker	713-412-9774	standing.stone@sbcglobal.net
Jan 26-27	Forest Hills (NYC), NY	David Rabinowitsch	Genesis Yoga Wellness	718-544-5997	info@genesistreeoflife.com
Jan 31-Feb 01	Aberdeen, SD	Jeanne Thune	Janene Papendick	605-622-5164	Janene.Papendick@avera.org
Feb 1-3	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Feb 2-3	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Feb 9-10	Encinitas, CA	Mary Jane Aswegan	Donna Cahill	619-686-3774	cahill.donna@scrippshealth.org
Feb 23-24	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Feb 23-24	Oklahoma City, OK	C Hjersted-Smith/R Benham	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Feb 23-24	Eau Claire, WI	Dana Spates	Jane Hilgedick	715-836-5645	hilgedj@uwec.edu
Mar 2-3	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsi.com
Mar 2-3	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Mar 5-6	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Mar 16-17	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Mar 16-17	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Mar 16-17	Littleton, CO	Ruth Muhr	Ruth Muhr	303-794-4720	ruth1234@q.com
Mar 16-17	Charleston, SC	Bonnie Johnson	Janet Neal	843-388-1834	healingtouch1@bellsouth.net
Mar 21-22	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnowak@healtheast.org
Mar 22-23	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Mar 22-23	St Paul, MN	Carol Schoenecker	Denise Joswiak		denise.joswiak@allina.com
Mar 23-24	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	760-815-5439	nursebecky@roadrunner.com
Mar 30-31	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
Apr 6-7	Red Bud, IL	Mary O'Neill	Clare Boehmer	618-282-3848	mailhealingmin@aol.com
Apr 13 & 20	Arvada, CO	Ruth Muhr	Red Rocks College	303-914-6600	admissions @ rrcc.edu
Apr 20-21	Oklahoma City, OK	R Benham/C Hjersted-Smith	HT Oklahoma	405-706-7716	heartsmith@sbcglobal.net
Apr 20-21	Omaha, NE	Jeanne Thune	Vicki Baines	402-350-8402	vickibaines5@gmail.com
April 25-26	St Cloud, MN	Carol Schoenecker	Vickie Ruegamer	320-255-5612	RuegamerV@centracare.com
Apr 26-28	St Joseph, MN	Dana Spates	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Apr 27-28	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com



## Healing Touch Class Schedule - 2013

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### LEVEL 2; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
May 3-4	Coon Rapids, MN	Jackie Mielke	Laura Cleveland	763-576-4849	lcleveland@anokatech.edu
May 4-5	Des Moines, IA	Carol Ann Flack	Carol Ann Flack	605-966-5645	carolflack@longlines.com
May 10-11	Bismarck, ND	Judy Turner	Sharon Spaedy	701-223-5926	sespaedy@aol.com
May 11-12	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
May 18-19	Waukesha, WI	Judy Turner	Polly Schellinger	262-370-3810	Rschellinger@wi.rr.com
May 25-26	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
June 1-2	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Jun 8-9	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Jun 21-22	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Jun 22-23	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Jul 9-10	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Aug 10-11	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Sep 7-8	Bridgeport, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 7-8	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Sep 13-15	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Sep 14-15	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 20-21	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Sep 21-22	Bemidji, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsa.com
Sep 22-23	Silver Spring, MD	Lucrezia Mangione	Lucrezia Mangione	802-578-3700	hhservice@handcraftedhealth.net
Oct 26-27	Rochester, MN	Sue Knutson	Sue Knutson	507-292-0247	sueknutson@usfamily.net
Sep 28-29	Colorado Springs, CO	Myra Tovey	Brenda Disparti	719-365-6741	brendadisparti@yahoo.com
Nov 2-3	Tampa, FL	Kimberly Gray	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Nov 5-6	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Nov 7-8	Fairfax, VA <b>closed</b>	Lucrezia Mangione	Inova Hosp	<b>closed</b>	hhservice@handcraftedhealth.net
Nov 8-9	Minneapolis, MN	Barb Schommer	Kathryn Kerber	612-863-7937	kathryn.kerber@allina.com
Nov 9-10	Paynesville, MN	Dana Spates	Dana Spates	320-266-5476	dspates@mchsa.com
Nov 16-17	Encinitas, CA	Mary Jane Aswegan	Rebecca Lundgren	760-815-5439	nursebecky@roadrunner.com
Nov 19-20	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnowak@healtheast.org
Nov 23-24	Brevard, NC	Judy Lynne Ray	Judy Lynne Ray	828-553-8146	judylynnray@yahoo.com
Nov 30-Dec 01	Farmington Hills, MI	Barb McConnell	Nancy Judge	248-471-4624	judgenj1@aol.com
Dec 7-8	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Dec 13-14	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Dec 14-15	San Diego, CA	Lisa Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org

### LEVEL 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 5-6	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Jan 12-13	OKC, OK	J Turner / R Benham	HTOklahoma	405-627-3606	heartsmith@sbcglobal.net
Jan 18-19	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Jan 19-20	Lihue, HI	Savitri Kumaran	Sarah Porter	808-344-2823	seporterslcn@hotmail.com
Jan 24-27	Gulf Coast, MS	Mary Frost	Mary Frost	228-342-1519	tothealt@aol.com
Jan 26-27	Tulsa, OK	Deborah Larrimore	Jana Green	918-451-1188	DrMomND@aol.com
Feb 2-3	St Louis, MO <b>closed</b>	Mary O'Neill	Mary O'Neill	<b>closed</b>	oneillmary@yahoo.com
Feb 6-7	Woodbury, MN	Barb Schommer	Emily Nowak	651-326-0025	ewnowak@healtheast.org
Feb 9-10	Tampa, FL	Judy Turner	Tammy Dragel	813-870-4766	Tammy.Dragel@baycare.org
Feb 22-23	Olathe, KS	Mary O'Neill	Mary Oberg	913-706-6345	healingtouch736@gmail.com
Feb 23-24	Eau Claire, WI	TBA	Jane Hilgedick	715-836-5645	hilgedj@uwec.edu
Mar 8-9	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
Mar 9-10	San Diego, CA	A Day / L Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Apr 11-13	Coon Rapids, MN	Jackie Mielke	Laura Cleveland	763-576-4849	lcleveland@anokatech.edu
Apr 13-14	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Apr 13-14	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb@bigplanet.com

## Healing Touch Class Schedule - 2013

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### LEVEL 3; cont'd...

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 13-14	Houston, TX	TBA	Judy Walker	713-412-9774	standing.stone@sbcglobal.net
Apr 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Apr 20-21	Burlington, VT	Kathleen Scacciaferro	Kathleen Scacciaferro	802-363-0259	kscacciaferro@gmail.com
May 3 & 10	Arvada, CO	Lisa Anselme	Red Rocks College	303-914-6600	admissions @ rrcc.edu
May 31 - Jun 1	St Paul, MN	Barb Schommer	Denise Joswiak		denise.joswiak@allina.com
June 5-6	St Cloud, MN	Carol Schoenecker	Vickie Ruegemer	320-255-5612	RuegemerV@centracare.com
June 29-30	Farmington Hills, MI	Barb McConnell	Barb McConnell	517-914-4133	mconb@bigplanet.com
July 6-7	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
July 19-20	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Aug 24-25	San Diego, CA	A Day / L Thompson	Patricia Pascucci	619-520-8995	ppascucci@rchsd.org
Sep 21-22	La Jolla, CA	A Day / MJ Aswegan	Trish Wragg	760-519-6760	wragg.patricia@scrippshealth.org
Sep 27-29	St Joseph, MN	Jackie Mielke	Jackie Mielke	952-473-9378	jackie@jackiemielke.com
Oct 18-19	Winston-Salem, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Oct 26-27	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Dec 5-6	Fairfax, VA closed	TBA	Inova Hosp	closed	hhservice@handcraftedhealth.net

### LEVEL 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 10-13	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Feb 15-17	Tampa, FL	Nancy Wingerter	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Mar 15-17	Denville, NJ	Maggi Hutchinson	HT New Jersey	973-214-2582	Maggi@HealingTouchNJ.com
Mar 21-24	Hinton, OK	Mary Szczepanski	HT Oklahoma	405-706-7716	innerchi@cox.net
Apr 4-7	Stillwater, MN	Anne Day	Barb Schommer	763-458-0220	barb.schommer@gmail.com
May 30-Jun 2	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com
July 11-14	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
July 18-21	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Aug 22-25	Hamptonville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com

### LEVEL 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 19-22	Coralville/Iowa City, IA	Maggie Freel	Lisa Bormann	319-330-0623	chi.lisabormann@gmail.com
Feb 7-10	Stoneville, NC	Deborah Larrimore	Ashley Fleetwood	336-777-0680	HToftheCarolinas@me.com
Feb 15-17	Tampa, FL	Judy Turner	Tammy Dragel	813-870-4766	tammy.dragel@baycare.org
Mar 21-24	Hinton, OK	Mary Frost	HT Oklahoma	405-627-3606	heartsmith@sbcglobal.net
Apr 4-7	Stillwater, MN	Judy Turner	Barb Schommer	763-458-0220	barb.schommer@gmail.com
June 20-23	Lakewood, CO	Lisa Anselme	Carrie Niewenhous	303-989-7982	education@healingtouchinternational.org
Aug 1-4	Norwich, CT	Jeanne Zuzel	Tim Zuzel	860-889-4690	healingtouchct@yahoo.com
Sep 5-8	Capitan, NM	Lynne Jeffrey	Lynne Jeffrey	575-354-3424	lbjeffrey1@windstream.net
Nov 7-10	Indianapolis, IN	Deborah Larrimore	Judith Villegas	317-413-8692	Judith@healingtouchindiana.com



## Healing Touch Class Schedule - 2013

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### International Classes Level 1

Date	Location	Instructor(s)	Contact	Phone	e-mail
Jan 12-13	Vancouver, BC	Ginny Mulhall	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Jan 19-20	Victoria, BC	C Awai / L Hallett	Catherine Awai	250-597-4312	catherineawai@gmail.com
Feb 2-3	Nanaimo, BC CANADA	Bev Worbets	Frankie Rose	250-754-3027	apurplerose@shaw.ca
Feb 2-3	Oostkamp, Belgium	Nancy Strybol	Agnetha Delacauw	32-50-686067	info@healingtouchbelgie.be
Feb 9-10	Toronto, ON CANADA	Alexandra Jonsson	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
Mar 16-17	Prince George, BC	Lisa Hickey	Lisa Hickey	250-964-1936	lisa@bodymindrenewal.ca
Mar 23-24	Dawson Creek, BC	Lisa Hickey	Brenda Letcher	250-782-2998	beeletcher@shaw.ca
Mar 30-31	Cumberland, BC	Toby Krell	Toby Krell	250-336-2143	tobe88@shaw.ca
Apr 6-7	Galway, Ireland	Lisa Anselme	Flish McCarthy	087-675-0446	mccarthy.felicia@gmail.com
Apr 26-27	Potters Bar, England	Lisa Anselme	Alison Facey	01707-652978	eyes_chile@yahoo.co.uk
May 4-5	Parksville, BC CANADA	Toby Krell	Anji Jones	250-752-3893	innerjoyht@gmail.com

### International Classes Level 2

Date	Location	Instructor(s)	Contact	Phone	e-mail
Feb 16-17	Vancouver, BC	Ginny Mulhall	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Mar 16-17	Toronto, ON CANADA	Alexandra Jonsson	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
Apr 13-14	Galway, Ireland	Lisa Anselme	Flish McCarthy	087-675-0446	mccarthy.felicia@gmail.com
May 11-12	Comox, BC CANADA	Bev Worbets	Bav Worbets	250-339-7452	bevworbets@shaw.ca
Oct 26-27	Nanaimo, BC CANADA	Bev Worbets	Frankie Rose	250-754-3027	apurplerose@shaw.ca

### International Classes Level 3

Date	Location	Instructor(s)	Contact	Phone	e-mail
Apr 6-7	Vancouver, BC CANADA	Catherine Awai	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Apr 19-20	Potters Bar, England	Lisa Anselme	Alison Facey	01707-652978	eyes_chile@yahoo.co.uk
May 3-5	Toronto, ON CANADA	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Nov 2-3	Comox, BC CANADA	Bev Worbets	Bav Worbets	250-339-7452	bevworbets@shaw.ca

### International Classes Level 4

Date	Location	Instructor(s)	Contact	Phone	e-mail
Mar 7-10 2013	Sth East Qld, Australia	Rosalie Van Aken	Rosalie Van Aken	61 86161 2562	
May 16-19	Nanaimo, BC CANADA	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net

### International Classes Level 5

Date	Location	Instructor(s)	Contact	Phone	e-mail
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Healing Touch International, Inc.  
445 Union Blvd., Suite 105  
Lakewood, CO 80228

## **VISION**

Spread Healing, Light and Love, creating 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