

# Perspectives in Healing

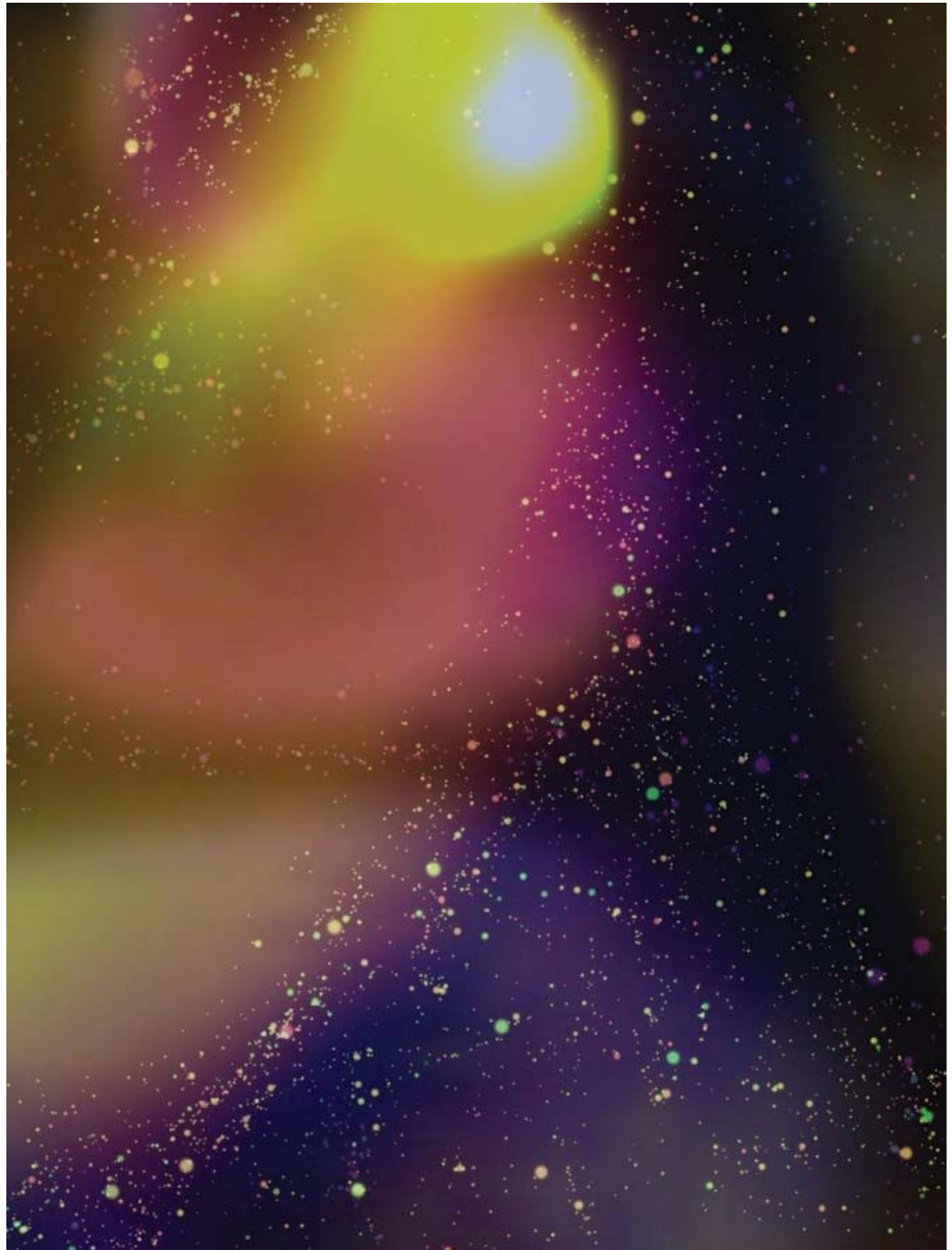
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4TH QUARTER 2014

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<i>Worldwide through heart</i>	
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## Healing Beyond Borders Dissolving Limitations to Healing - Part 4 Manifestation into Light



"All life is a manifestation of the spirit, the manifestation of love."  
~ Morihei Ueshiba

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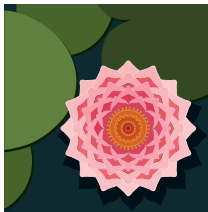
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This periodical is published quarterly (4 times a year). We welcome articles, photographs, advertising and other items. All items are published on a space available basis and with the approval of the Executive Director. We acknowledge all submissions;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

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## Healing Beyond Borders

Educating and Certifying the Healing Touch™

*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 biofield (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 Healing Beyond Borders Certified Healing Touch 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 grew out of the nursing practice of Janet Mentgen and was developed as a certificate program by the Education Committee of the American Holistic Nurses Association (AHNA) in 1989. In 1996, the AHNA Healing Touch Certificate Program and credentialing was transferred to Healing Touch International and became the HTI Healing Touch Certificate Program; this original standardized curriculum continues today. AHNA has endorsed the HTI Healing Touch Certificate Program since 1997. See [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org). Click on Education for class information.

### Healing Beyond Borders Healing Touch Certification

Healing Beyond Borders 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 Healing Touch International, now dba Healing Beyond Borders, in 1996. Students, Practitioners, and Instructors are responsible to practice with integrity, adhering to the Healing Beyond Borders Standards of Practice / Code of Ethics, and Scope of Practice.

### Healing Beyond Borders, Non-profit Membership Organization

Healing Touch International, Inc., now doing business as Healing Beyond Borders, is the Healing Touch non-profit professional organization founded by Janet Mentgen RN in 1996. We are dedicated to spreading healing, light and love 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.

### Healing Beyond Borders Core Values

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

HTI 2003, Revised 2004

**Healing Beyond Borders Perspectives in Healing**, the official publication, is published quarterly.

Cover Art - "Manifestation into Light", by Cat Miller



## Letter from the Editor

### *Dissolving Limitations to Healing Part 4 - Manifestation of Light*

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

"We are all tattooed in our cradles  
with the beliefs of our tribe;  
the record may seem superficial,  
but it is indelible.

You cannot educate a man  
wholly out of the superstitious fears  
which were implanted in his imagination,  
no matter how utterly his reason may reject them."  
~ Oliver Wendell Holmes, Jr.



In 1872 American Supreme Court Justice, Oliver Wendell Holmes, Jr. put forward the rather pessimistic idea regarding our environmental imprint, noted within the above quote. Previously, a Perspectives in Healing Letter from the Editor entitled *Seeds, Egg, Sperm and Harvest*, considered how each of our parents have contributed the means by which we can travel multi-directionally in space and time, while remaining anchored solidly in the present. (*Perspectives in Healing*, 3<sup>rd</sup> Quarter, 2012) This rich collision of our individual DNA and ancestral environment of the past, with our present environment and future potential, provide the opportunity to reflect upon the imprinting that was set in place in previous generations, while embracing the opportunity of changing the predetermined course and imprinting of future generations.

Cutting edge research into epigenetics has now shown that environmental factors (e.g. nutrition) affect characteristics of organisms and these changes are sometimes passed on to the next generation's offspring. Epigenetics looks at the inheritance of traits and characteristics that are not contained within our genetic DNA sequence. Within child development and psychology, there has been a long history of debating the chicken/egg question of Nature (DNA, genetics) vs. Nurture (environment, family/social structures) in determining the expression of personality, behavior and disease. Lamont Satterly, Hospice Chaplain and Family Therapist noted that, "*As children listen with great respect and trust to the voices of the previous generations, they are daily shaping their own sense of self-worth and identity...often experiencing harsh criticisms and shaming. In turn, children internalize many of the legacy teachings, leading to a multitude of problems such as guilt, self-condemnation, and inadequacy.*" (1993)

Such environmental influence has now been found to impact molecular structures that act as packaging material, called histones, for the genetic DNA. These histones have additional roles that involve permanently activating or deactivating genes. Specific markers on the histones, (epigenetic marks), are important for the specialization of body cells and the passing on of cell memory in daughter cells during cell division and doubling of the DNA. Simple diet and epigenetics appears to be very closely linked. The most well known example of this is with Agouti mice; they are typically yellow, obese, and prone to diabetes and cancer. What is most interesting, however, is that when females are fed high dose B12, folic acid and choline prior to and throughout pregnancy, the offspring are primarily brown, slender, and healthy. They in turn, typically have offspring that are also brown, slender and healthy. It appears that the enhanced diet of the mother has impacted the genetics of future generations.

When I was at university and studying psychology and child development, the Nature vs. Nurture debate was alive and well. It now appears that these two seemingly opposing views, may actually be symbiotic and synergistic, both impacting the development and physical and mental health of future generations.

Our knowledge of medical and social sciences, human genome research, energy field anatomy and technology, and now, the work in epigenetics, is enabling us to actively consider how we are impacting the health and well being of present and future generations in a very broad and holistic way. While most research has been done with nutrition, we are called to consider all of the many possible environmental factors that impact the future well-being of humans and other species. It also highlights the critical necessity of providing basic resources and necessities that

continued on page 4

## Letter from the Editor cont...

support health, respectful and compassionate social and family relationships, in the critical stages of the developing human.

Family, socio-cultural behaviors and belief systems have greatly impacted generation upon generation. This is identified in the prevailing mores and values that are expressed within particular family and social groups. Indeed, I found it notable that when teaching biomedical ethics to medical students, the prevailing default means for decision making was not the use of ethical guidelines, but rather, the use of the student's own family or cultural belief system by which they were raised. For example, if the family value was one of discrimination against a particular group, that value would play the prominent role in the student's ethical decision, and would trump any consideration of ethical principles such as nonmaleficence, or justice, or fairness, or patient autonomy. I suspect that these values and behaviors, having indeed been imprinted in the cradle, have obvious effect energetically, and most likely, epigenetically.

With the Nurture experience (environment), each generation is raised (tattooed) with particular norms, beliefs and behavioral expectations. As practitioners, one of our tasks is to examine our own personal habits, beliefs, and behavioral responses in order to know ourselves, such that we can identify our particular habitual patterns and shadow responses and egoic projections of our perceptions onto others. This is a critical piece, as our particular work is about therapeutic relationship, and in order to be in a healthy relationship with another, it's important that we establish a healthy relationship with ourselves. Goldfield and Taylor write that, *"It is no accident that the older, closer and more important a relationship is, the more entrenched the habits will be – in fact, they are some of the deepest ones in our consciousness...and often formed in early childhood. In some spiritual teachings, these have roots in both this lifetime and perhaps lifetimes past."* (Another way to consider this is the influence of archetypes and epigenetics upon these habits.) It is through knowing ourselves, that we have the greatest opportunity for supporting others in knowing themselves, and thus potentiating the possibility of healing for the highest good.

Some habits are so deeply entrenched that they require time, persistence and patience; yet changing these unhealthy patterns can be extremely powerful and rewarding. Important aspects of pattern and habit recognition involve self-awareness, self-compassion, and understanding the lineage of these patterns. It is often helpful to enlist the aid of a skilled team when working with a strong and seemingly unhealthy pattern. This team could include a skilled counselor/

psychotherapist, spiritual director, energy therapist and holistic health practitioner with experience in working with pattern recognition and support, along with our standard health care team. As Pema Chodron often remarks, *"the wonderful news is that, as humans, we are so messy, we have endless material with which to practice upon and hone our skills."*

Goldfield and Taylor (2014) offer "5 Ways to Get Free". These are: (1) **Expand Awareness** and includes becoming familiar with one's habitual patterns. (2) **Make Space** through simply breathing and moving into another body position or posture and focusing awareness upon what you are experiencing. (3) **Explore Choice** through spending some time exploring other options for action or response. (4) **Step into Choice** through simply choosing how you want to act with voluntary awareness yet without attachment to outcome. (5) **Re-Run**. I think of this as "reframe". Review your habitual response, note the pattern, and consider what might have been done differently, thus allowing you to consider another choice in the future.

These are seemingly simple steps that essentially involve being mindful, alert, present and aware, while considering that with each step we can begin anew. It involves seeking an objective mirror, perhaps a trusted, caring teacher, to assist in discovering our individual messiness and stickiness, our limitations to wholeness. In delving to manifest new and health patterns filled with more life giving light, sometimes by simply shifting a tiny degree, we can allow a new opportunity to be revealed, a new pathway to unfold, a new creation to be discovered and thus affirmed. In addressing the building blocks that have formed who we are, we have the opportunity to dissolve limitations and manifest more light for not only ourselves and the present, but for generations and generations to come.

### References

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*"All life is a manifestation of the spirit,  
the manifestation of love.  
~ Morihei Ueshiba*



## Motivations from the President

### *Dissolving Limitations: Part Four - Manifesting Abundance*

by Mary-Cathrine Campbell RN, BA, CHTP, Healing Beyond Borders President

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Over this past year we have focussed on aspects of dissolving limitations - those thought patterns or habits which prevent us from expansion and growth. How do we move from worrying about the “lack of” to “manifesting abundance”?

As described in the last quarter’s *Perspectives in Healing*, we are carefully reminded that it is often our attitudes that pilot our actions...attitudes which may have become so deeply ingrained that we are not conscious of their effect on our daily lives.

Recently I watched a TED talk given by Michael Norton, of the Harvard Business School. He mentioned an experiment that aimed to correlate personal happiness and financial security. I am not going to give away the ending, because I hope you will be inspired to see it for yourself on YouTube. The results are not what you might expect, but have wonderful implications for each and every one of us.

One of the examples that comes to mind is the fear of scarcity...Can you imagine if new practitioners or instructors were “guided” by senior members about the expectations that might exist in certain geographic areas, for example---how to practise, where to practise, or financial guidelines that might not be adapted to specific community or personal situations.? Or miscommunication, resulting in not being included because you weren’t a health care professional? Apart from being diametrically opposed to Janet’s focus in providing Healing Touch training and certification for everyone, whether involved in nursing or not, this could lead to confusion, uncertainty and disengagement of members within that particular region. If there is poor communication, the unease could go within, resulting in suspicions, gossip and negativity, weakening the overall community. Bickering and even verbal hostility could erupt. Hardly the example of “heart-centered” actions we claim to live by!

Thinking about such situations reminds me of the fable of heaven and hell. A man dies and, because he has lived a good life, goes straight to Heaven. He is met by St. Peter, who tells him that because of his exemplary life, he may enter Heaven immediately, or have an opportunity to see what Hell is like.

Being curious, and assured that he is going to reside in Heaven, the man decides to visit Hell. He sees room after room of people, sitting at long tables filled with every sort of delectable food. They are all miserable, crying and screaming in frustration. Instead of arms, they have long-handled forks and spoons---too long to reach their mouths, and so despite the abundance of delicious food, they are all starving.

The man quietly returns to Heaven. Once there, he enters and is amazed to see room after room of people, sitting at long tables loaded down with similar fabulous cuisine that he saw in Hell. However, the people in Heaven are all happy and laughing. They too, have long-handled forks and spoons instead of arms, but use these utensils to feed each other. Everyone is satiated, filled with nourishment and delight because of his neighbour’s willingness to help and share the abundance.

As we move into a new year, let us reflect on our attitudes and habits. If we are able to live in the faith and knowledge that each one is unique and will be provided for, we will be freer to live without the worry of “will there be enough?” Sometimes we have to “act as if” in order to manifest the abundance we seek. There is more than enough for all. As Sir Winston Churchill so succinctly said: “We make a living by what we get, we make a life by what we give.”

May all of you be blessed with an abundance of health, prosperity and love.

Happy Holidays and Happy New Year.





## Reflections from the Past President

### *Dissolving Limitations to Healing - Manifesting Collaboration*

by Mary O'Neill RN, CHTP/I Immediate Past President

*Teamwork is the ability to work together toward a common vision. (It is) the ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results. – Andrew Carnegie*

Collaboration is an important component of our work in Healing Touch. People coming together to hold a Healing Touch class and helping to make it successful is a wonderful beginning. As communities begin to grow, it is important to provide others with the chance to learn and assist in all the various roles within the classroom. We need good coordinators and classroom helpers to assist in making a warm, welcoming environment for new students. Rotating these opportunities provides learning for all. Having an opportunity to encourage the growth and leadership within a community is an amazing and necessary process. We see others taking on new roles supported by the instructor in the community. It is always imperative to look at how the community is being supported, encouraged and developed. Is it in line with the Core Values of HBB?

I observed this happen in 1996 when Healing Touch was first brought to St. Louis, MO. Joanne Guerrero met Vicki Slater, CHTP/I at the AHNA Conference in St. Louis. Joanne was committed to bringing Healing Touch to St. Louis and absolutely determined to build a community of healers in this area. It was exciting to watch the growth of the classes. Friendships developed as we progressed through the Levels. Since there were no nearby venues for food in the area, we had lunch together and networking with each other was a natural outcome. As people became certified, the work of mentorship was shared and our experiences in that role deepened our knowledge.

We had a variety of instructors brought into the community to teach the course curriculum. This was a rich opportunity to learn and grow from their experiences. Over the years we developed instructors in our own community. Today, we continue to rotate classes and invite additional instructors to share their experiences and insight with our local students. It is all done with the common good of the students in mind.

*"It is literally true that you can succeed best and quickest by helping others succeed."*  
~ Napoleon Hill

Part of our role is to look for the seeds of leadership in members of our community and nurture them. In order for our Healing Touch work to continue for seven generations as Janet stated, we need to be always striving to identify and grow new leadership for the future of our organization. Offering encouragement and support to a student is an excellent way to build a firm foundation for them in their HT work. It is in the act of opening the door to the possibility that they have gifts to offer, that trust begins to develop and they are willing to deepen their commitment to the work and the local community.

Instructors have the opportunity and the responsibility to continue to support, encourage and develop potential instructors within their community. This action ensures our work for the future in the brightest and most complete manner. Holding onto ideas of scarcity, territory or fears of not enough students to go around is not for the best for themselves or the work that we offer. As potential CHTPs show interest in becoming an instructor, offering a simple time to discuss their dream and hopes is a perfect way to mentor them into instructor growth and development. Answering questions and being available to support their progress provides the collaboration for their success. It sets a healthy groundwork to be able to move in the direction of growing into a leadership role in the community. It also can set the pattern for how they will welcome new instructors in years to come. Those interested in becoming instructors then take on the duty of follow through with application, training and requirements of observations and co-teaches. These are important skills that develop their leadership, priorities and decision making abilities.

Instructors in training are to be welcomed into classes to observe and co-teach. It takes a seasoned instructor, comfortable with their own ability to manage and support both the classroom and the student instructor, to accomplish this seamlessly. It is a nurturing, supportive energy to offer this class experience for the students and the Instructor in Training. The lead instructor can also learn a great deal about themselves, as our own healing is always in process.

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## Reflections from Past President cont...

*If I am an effective leader then I have set up a system that is not dependant on me.”  
~George Couros*

This is an important aspect of a healthy community. In providing growth and encouragement for others, we are ensuring the longevity of the work when the day arises that we can no longer offer the classes or we no longer want to offer the classes. Sharing and spreading the work prevents burnout and frustration that one is holding everything together. It allows a seasoned instructor to take time off for much needed sabbatical, vacation or recuperation if health issues arise. The senior instructor can then feel confident that a healthy community has been established that will continue seamlessly when needed.

*“Gettin’ good players is easy, gettin’ ‘em to play together is the hard part.” ~Casey Stengel*

We are all aware that the success of this depends on the personalities and the ability to adapt to the situations. Some people are just easier to work with than others. We all have our unique personalities, perspectives, wounds and old baggage that we bring to any endeavor. This is where our work in Healing Touch can help us in manifesting collaboration. We provide the tools to maintain a healthy life in our classes. Walking our talk is paramount. We need to take a good hard look at our own shadow and face the fears, our ego and concerns that impede growth and collaboration. This is the underpinning of our progress toward collaboration and dissolving limitations. Doing our own healing work on collaboration, the joys, struggles, triumphs and the failures can provide fertile ground for dissolving the limitations. Receiving Healing Touch, journaling the situation, clear, open communications are excellent tools to help lay the groundwork for a community built on team work. The task is not easy but the long lasting rewards are worth the effort.



## Happy Upcoming Birthday Healing Beyond Borders Healing Touch Day March 6, 2015

March is the birthday month of Healing Beyond Borders and March 6, 2015 will be our 19th anniversary. During this date and month is a great opportunity to promote Healing Touch in your community. Join Healing Touch colleagues world-wide in celebrating the growing awareness and use of Healing Touch!

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

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

**Promote your event** with a downloadable HT Day flyer and sample press release. Let us know about your activities (Email us at [Certification@HealingBeyondBorders.org](mailto:Certification@HealingBeyondBorders.org)) and we will list your HT Day activity on the website. For more ideas and resources, visit: **[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org)**

### About Healing Beyond Borders

Healing Touch International, Inc. now dba Healing Beyond Borders, Educating and Certifying the Healing Touch™ is the non-profit professional and educational organization for Healing Touch. We provide the following programs and services:

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

# Inspirations

## Rooting

by Cheryl Pallant MA, CRP, CHTP

### Rooting

Earth, sky, and intention, deep in  
her body and beyond, she widens her back  
and ups a depth of express, a What the! and  
reposefully in purpose, in energy drape  
unveiling the central moment in axial  
grace, the heat and pour, cool and contrary  
to your evidence her own  
an evidence where you  
stand or dance a wilderness.

Enter earth, sky, and intention, and deep  
in delight, rotund without rubble  
she lights herself as a step  
into an embrace of who you didn't run over  
awakening misdeeds of inhumanity as if  
it all matters - it  
does and do.

She cannot understand hate  
and plants a root.

A lotus rises from muddied  
mind, a drum of peace and hum enchanted.



*Lotus, Rock and Tree* by Lisa Anselme

# Thank you very much.... For Holding a High Vibration for Healing Beyond Borders

Thank you! Arigato. Gracias. Merci. Mange tak. Dank u zeer. Kiitos. Mahalo.  
Tack så mycket. Go raibh maith agaibh.  
Tujay-chay. Tapadh leat. Kia ora.

As Healing Beyond Borders, Educating and Certifying the Healing Touch™ moves into the New Year, we wanted to take a moment to reflect upon our successes, to thank you for your support, and to invite you to help us maintain the highest vibrational energy to further our work.

While there are many things to celebrate, here are the highlights that we are most grateful for:

- **Our Membership** – Each Healing Touch session you hold creates a ribbon of light which ripples across the Earth. You touch people with your heart, love and compassion and make a difference in the lives of those in your communities, families, friends, patients, and ultimately the world at large. *Thank you.*
- **Our Instructors** – You ignite the ribbon of light in each student. Your deep love of and commitment to this work sparks the passion in others. Your encouragement, direction and support allows them to share the work with integrity, professionalism and excellence. *Thank you.*
- **Our Mentors** – You gently nurture the light ribbon within each student, guiding them, reassuring them, and further solidifying the foundation and core of their abilities to bring Healing Touch out into the world. *Thank you.*
- **Our Healing Touch students** – The light within you shines ever brighter with each technique you practice and master, every book you read and every Healing Touch session you share. You are the future of this work, and we are grateful for your participation and delighted you have chosen Healing Touch. *Thank you.*
- **Our Committee Chairs and Committee Members** – The light continues to expand for Healing Touch and Healing Beyond Borders with each volunteer meeting, conference call and conversation. Your tireless work in the name of service strengthens the light in all of us. *Thank you.*
- **Our Staff** – The staff grounds the light ribbon everyday by working diligently to serve members, provide support and keep the ever-pressing day-to-day operations working seamlessly. Each member of the staff works daily to organize, coordinate and

execute the ever-important details of our non-profit Organization. *Thank you.*

- **Our Certification Board** – As an autonomous checks and balance Board, you steadfastly hold the highest standards of our work. The light sparkles brightly with each newly Certified Healing Touch Practitioner and Certified Healing Touch Instructor you approve and release into the world. *Thank you.*
- **Our Board of Directors** – You guide the Organization by holding the light in leadership, with the intention for the highest good of all. Your direction, dedication and stewardship will allow sustainability and longevity of Healing Beyond Borders and this work. *Thank you.*

Let's keep the positive momentum moving forward in 2015! We invite you to join us in a daily intention meditation whose purpose is to continue to raise the vibrational energy of the beautiful work we do in spreading healing light, love, peace and compassion. Sit quietly and breathe, connecting to our heart energy. Remember something or someone for whom you are grateful and breathe this into your heart and body. Expand this gratitude further to include the work of Healing Beyond Borders and the beautiful work that you are an integral part of each day through simple kindness to others, work with clients, and through this meditation. Set your Hara Line, and connect it with the Hara Line, Vision and Mission of Healing Beyond Borders.

## Group Consciousness

The vision of Healing Beyond Borders, Educating and Certifying the Healing Touch™ is to Spread Healing, Light and Love, Creating Wholeness on Earth. Continue to breathe and connect with the compassionate, peaceful, healing vibration of Healing Beyond Borders, creating a group healing consciousness. From this place, reach out energetically and connect to all groups of similar vibration who are meditating for peace and healing today. Feel the mass consciousness of peace and light increasing.

With Love and Gratitude, Healing Beyond Borders,  
Educating and Certifying the Healing Touch™

# Practitioner Perspective

## *On Writing and Healing Touch*

by Cheryl Pallant MA, CRP, CHTP

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As part of my mentor agreement, I documented the year-long period between my L4 and L5 training in Healing Touch by writing poetry. Poetry, like snapshots, helps me articulate experience that may otherwise go unnoticed. The writing would further my understanding of practicing Healing Touch and help define my journey of becoming a practitioner.

My poetry is highly individualized. Years ago, in what became my first published poetry book, I learned that writing is valuable in not only what it reveals, but how it reveals. Expressive energy conveys through the content as well as the form, the images and words along with their rhythm and syntax. My style is often polylinear, full of word and sound play, informed by forty years of meditation and thirty years of dance practice. My poetry takes subject-verb-object structure, as is typical in this writing, and acknowledges multiple and simultaneous threads of thought. The writing, like its reading, is best done with the total body, not only the mind. Read for its ready logic but also for the felt reverberations that come from sound and associations in meaning. Read with an openness of attention that sees both the obvious and marginal.

To write, I quiet the part of my mind inclined to categorize and criticize and let my body speak its language. My body engages in a flow of its own idiosyncratic expression that rides on the nuances of breath. I tap into an awareness beyond day-to-day knowing and embrace the lushness and mystery of each word. I tap in, also, to the field around me.

As a prompt, my poems often began with “Her body listens...” Using “her” or “she” rather than “I” liberated me from limiting the subject to preconceptions and supported an expansion of my energy, awareness, and imagination. One poem begins, “How her body coughs organ and stench, a heave toward hauling unheavenly...” Another: “She releases knowing’s addiction to holds/upon the mind. She balances stones without glue and hears/without ears. I wrote about the glow and colors visible to my third eye, the heat pouring out from my hands, and how cultural dismissals of intuition impede its cultivation. A froth of memories

and impressions poured into a sea of words. A dream-like place not bound by usual five sensory confines emerged.

Fifty poems later and the homework for L5 complete, I recognize the writing process is similar to what is accessed when working with clients: Center and ground energy. Clarify an intention. Let go of outcome. Step into a realm that is larger than oneself, a realm that is intimate, timeless, and sacred. Loosen ego control and watch the dance of mind, body, and spirit. Welcome guidance, a natural flow, a generative energy. Watch for images (or voices or sensation) and how they carry insight and healing.

In writing, I looked for recurrences and anomalies. An image or voice can be a portal to meaning. They act like catalyzing symbols, poetic messengers, a potent tool of transformation. I’ve come to know that the golden light that appeared to me while working on a client or writing a poem affirmed being on the right track.

In a class I teach called Writing From the Body, a blend of writing with somatic awareness, I encourage students to write and move. They create more readily and feel best when their flow is not inhibited. I’m tempted to say the same about clients; healing takes place when they open to their energy. My role as practitioner is to assist them in opening energy channels to support their own healing process.

At times, I encouraged clients write about their experience, to record and further what the body already knows but may only share in a whisper, a shudder, or fleeting image.

Deep listening engages the ears, eyes, heart, and mind. Such is the way of healing. So, too, for writing.

*Author Bio: Cheryl Pallant, MA, CRP, CHTP is the author of five books of poetry, a nonfiction book on dance, and four chapbooks. She teaches writing and dance at University of Richmond in Virginia.*

# Practitioner Perspective

## Light and Shadow

by Jeanne Whalen RN, HN-BC, CHTP/I, Treasurer, HBB Board of Directors



As members of Healing Beyond Borders, we are dedicated to our mission of “Spreading Healing Light Worldwide and Creating Wholeness On Earth”. How do we manifest the Light within ourselves and perceive the Light in others in the presence of our shadow?

“Urgings of the Heart, A Spirituality of Integration” written by Wilkie Au and Noreen Cannon and conversations with my spiritual director gave me a pathway to an answer.

As certified practitioners and students of Healing Touch we are taught the healer preparation of grounding, centering, attuning, and setting an intention for the client’s highest good. Following our preparation, we are open to receive the energy of Light, allowing the heart energy to overflow with its attributes of compassion, innate harmony, healing presence, and unconditional love. After years of training and doing the work, this centering process becomes second nature and occurs rather quickly with a moment of focused intent. When we enter into this energetic relationship with another person, we are immersed in a sea of energy and, in that perfect moment, we are one with the Light.

How then do we manifest this Light in our normal, day to day life situations when stress is mounting and we are faced with adversity, hurt feelings, anger, or just plain irritating people? Tension and strain can often surface when we encounter major differences in philosophies, personalities and temperaments, personal struggles and needs. We find that implementing the flow of Light under these circumstances is more difficult and complicated than we first thought. By our human nature, we are a mixture of light and dark, part angel and part monster, positive and negative, unity and separation, yet, most of us struggle with acknowledging or accepting our “shadow self”. Instead of peaceful acceptance, we project our shadow onto our neighbor, transforming the world around us into a mirror that shows us our own faces. We can tell that a piece of our own shadow has been projected onto another when we react disproportionately to what we perceive. Do we react with self righteous indignation, evoke judgment or criticism, or highly admire someone for qualities that we do not see in ourselves? Learning to recognize our shadow by noticing how we react to others is an invaluable means for growth in self knowledge.

Our spiritual leaders, religions, and indigenous people have given us useful guidelines to teach us how to live harmoniously with this energy of Light that casts shadows. As an organization, Healing Beyond Borders, also established core values of integrity, heart centeredness, respect of self and others, self care, service, community, and unconditional love to guide our actions toward working collaboratively in community while fostering our own personal growth. Awareness of our shadow self is necessary for self discovery but we do not want to dwell in a place of darkness. We find balance by focusing on the Light and nourishing the positive aspects of our personality. When we gratefully accept ourselves as creatures; limited and imperfect, yet good and loved, we feel a sense of wholeness. As we embrace the totality of our being, shadow and all, and lovingly accept ourselves without condition, we are the Light that illuminates out to the world.

I would like share an excerpt of song lyrics by Leonard Cohen, quoted in the novel, *How the Light Gets In*.

*Ring the bells that still can ring*

*Forget your perfect offering*

*There is a crack in everything*

*That’s how the light gets in*

Namaste, Jeanne



Available through  
Healing Beyond Borders, Amazon,  
& Barnes & Noble!

44 Expert Contributors including 4 Holistic Nurses  
of the Year & the Founder of the American Holistic  
Medical Association

\*\*\*A portion of all proceeds will be granted  
to Healing Beyond Borders

# Healing Touch

*Enhancing Life  
through Energy Therapy*

*Diane Wardell, PhD, RN  
Sue Kagel, BSN, RN  
Lisa Anselme, BLS, RN*

Be prepared to be enlightened and inspired. If any book deserves  
to be subtitled a "life enhancing" book, this is it.

—GARY E. SCHWARTZ, PhD

## Healing Touch

"I believe that energy therapies will be part of medicine and health  
care of the future... This informative and thorough book is an excellent  
introduction to the field."

—Andrew Weil, MD, author of *Natural Healing*

*Healing Touch: Enhancing Life through Energy Therapy* offers guidance for  
those interested in deepening their understanding of holistic energy therapy,  
holistic health care, and further developing their skills. It's a practical  
companion for those who are curious, interested, or work in health care or  
the healing arts fields. Forty-four contributors from around the world share  
expertise, experiences, passion, and caring examples on how to use Healing  
Touch to better our lives, community, and world. This guide was carefully  
edited by Diane Wind Wardell, Sue Kagel, and Lisa Anselme.

## Spirit of Ireland Tour A Healing Journey



The Magic of Ireland is calling, can you hear it? Please consider joining us in 2015 for a most remarkable energy healing adventure in Ireland, with host Brian Luke Seaward as we make a spiritual pilgrimage to County Donegal and County Mayo, visiting some amazing sacred sites and mystical places, with sacred ceremonies and LOTS of traditional Irish music. Come experience the authentic Irish experience in a trip of a lifetime. We have five spots open. For more information please call Luke.

**Instructor:** Brian Luke Seaward, PhD

**Phone:** 303-678-9962

**Class:** Spirit of Ireland 2015

**Location:** Northwest corner of the Emerald Isle, then to the splendor of County Donegal, and Westport, County Mayo

**Dates:** June 15-23, 2015

**Link for Workshop Brochure:**

<http://www.brianlukeseaward.com/downloads/2015SpiritOfIrelandBrochure.pdf>

**To Register Online:** [www.brianlukeseaward.com](http://www.brianlukeseaward.com)



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## Healing Beyond Borders Networking Column

### Healing Touch 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 Beyond Borders; encourage attendance at the international annual conference, thus affording global networking for students, practitioners and instructors. \*Members of HBB are presenting and HBB is exhibiting at each of the following offerings.

### Affiliate Organizations: National & International Conferences

#### Healing Beyond Borders 19th Annual Energy Healing Conference & Instructor Meeting

**Date:** October 1-4, 2015

**Location:** Naples, FL - Naples Beach Hotel & Resort

**Theme:** The Joy of Healing

**For more info:** [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org)

## Publications

**Healing Touch, Healing Beyond Borders & Massage** featured in Dec. 2014 online *Massage Magazine* and published *Massage*.

Articles by Kimberly Gray RN, HN-BC, BA, LMT, CHTP/I and Evie Caprel BA, CHTP, FT, WC

Note: This contact and request for input on Healing Touch is a direct result of exhibiting at the American Massage Therapy Assoc. National Convention in Denver, CO this past fall.

Gray, K. Caprel, E. (Dec. 2014) **Expand Your Practice with Biofield Training**, online *Massage Magazine* at <http://www.massagemag.com/expand-your-practice-with-biofield-training-27628/>

Gray, K. Caprel, E. (2014) **"Expert Advice - Can I incorporate Healing Touch into a massage session?"**, *Massage*, (223) 34-36.

## ~ SAVE THE DATE ~

We are thrilled to announce the date and location for next year's 19th Annual Energy Healing Conference presented by Healing Beyond Borders. We are very excited that we have once again attained an incredible, beautiful, nurturing location for hosting this enriching and exciting continuing education offering in energy healing and Healing Touch.

Naples Beach Hotel & Golf Club  
Naples, Florida

General Conference October 1-4, 2015

Instructor Meeting October 1, 2015

PreConferences Sept 30-Oct 1, 2015

Instructor Trainings\* L1: Sept 28-30, 2015

L 2, 3, 4, or 5: Sept 30, 2015

(\*Prerequisites apply)

[www.naplesbeachhotel.com](http://www.naplesbeachhotel.com)

We are especially excited to announce that Healing Beyond Borders has once again negotiated a special conference hotel rate of \$129/night, September 25 through October 7, 2015, giving you the opportunity to have a mini vacation on either side of our conference dates.

This 4 (Four) Diamond Beachfront Hotel is a certified member of the Florida Department of Environmental Protection's Green Lodging Program and a recipient of the Green to Gold Award, with recycling and green initiatives in-room and throughout the property.

Speaker Listings, and the Call for Workshop Proposals and Hotel Reservation Links will be unfolding!!



# Heart Centered Marketing

## Marketing Update

by Evie M. Caprel, BA, CHTP, FT, WC,

Vice-President, Healing Beyond Borders, Educating and Certifying the Healing Touch™



### Membership Marketing Highlights from 2014!

Of course, the BIGGEST news was the **launch of the new website** at Conference! We hope you have been enjoying the new features. (Plus, we can now track how many people are coming to our website!)

One marketing objective for 2014 was to **increase communication** and engagement with the Membership. Compared to last year, the number of emails sent increased by 183%. The Open Rate of these emails slightly increased from 2013, but the big news is that the Click Throughs (when you click on a link in the email) increased by more than 3,000%!! (That's not a typo.J)

Have you noticed the **Healing Touch Blog** on the website? Breaking news appears there, so visit the website often. Plus, our current President, Mary-Cathrine Campbell, has been updating the Membership with a special email about once a month.

Another objective was to increase awareness of Healing Beyond Borders and its Membership. We've **increased postings on our social media** platforms: Facebook (now has 2,736 likes); LinkedIn (we've hit 1,011 members!); and Twitter is updated every time we send a notice on Facebook. **New this year – YouTube Videos.** You can find them on the website...scroll down once you go to the home page.

We've been **talking about Credentialing** with Healing Beyond Borders on social media, announcing special partnerships while exhibiting around the country on behalf of Members, and most recently, Healing Touch and Healing Beyond Borders was featured in the December 2014 **Massage Magazine**. If you haven't seen the article yet, it's located on the website under the 'About Tab', then select 'Media on Healing Touch'. A different version of the article is in the printed version, so check out both, and pass them along to clients, colleagues, friends, and your data base as a marketing tool.

### 2015 19<sup>th</sup> Annual Energy Healing Conference and Instructor Meeting

Save the date for our annual Conference taking place on the white sands of the Gulf Coast in Naples, FL at the Naples Beach Hotel and Golf Club. The dates are: General Conference October 1-4, 2015; Instructor

Meeting October 1, 2015; Pre Conference September 30 – October 1, 2015; Instructor Trainings\* L1: September 28-30, 2015; L 2, 3, 4, or 5 September 30, 2015. \*Prerequisites apply.

Healing Beyond Borders' staff has once again negotiated a fantastic room rate (\$129/night+tax) at this Four Diamond Beachfront Hotel. Hotel reservations, Conference Registration and Call for Proposals to be announced soon! We look forward to seeing you there, and we appreciate your support of our beloved organization.

### Healing Touch Day, March 6, 2015

2015 marks Healing Beyond Borders' 19th anniversary and it's time to celebrate! It's also a yearly event that offers you an opportunity to increase awareness of Healing Touch in your community. Visit the website for ideas including a Healing Touch Day Meditation, a Flyer for your to customize and use, plus a template for a press release to send to local papers, or submit electronically. (If submitting via email, include the information *IN THE BODY OF THE EMAIL* and not as an attachment.) Gather Healing Touch colleagues and consider offering complimentary mini Healing Touch sessions at a domestic or homeless shelter, veteran's home or charity. Start planning your Healing Touch Day 2015 today!

### Business Tip of the Quarter: Business and Personal Reflections on 2014 and Outlook for 2015

The start of a new year offers time for reflection, as well as an opportunity to set new goals for the coming 12 months. I invite you to take a few moments over the holidays and review these questions...

- What do you feel were YOUR most significant accomplishments (personal and/or professional) in 2014?
- What do you feel were Your Healing Touch Business or Company's most significant accomplishments in 2014?
- What do you feel were YOUR most significant disappointments (personal and/or professional) in 2014?
- What do you feel were Your Healing Touch Business or Company's most significant disappointments in 2014?

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## Heart Centered Marketing cont...

### Internal/Self Reflections

What is one thing that, if I stop doing in the next 12 months, will make me a more effective in my Healing Touch business or company?

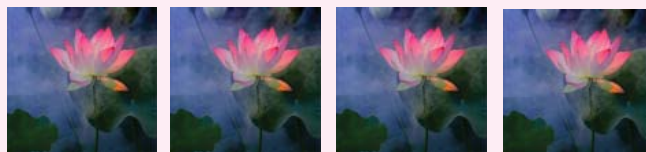
- What is one thing that, if I start doing in the next 12 months, will make me a more effective in my Healing Touch business or company?
- What are my “self-limiting beliefs” that are preventing me from achieving what I want and need to achieve?

### YOUR Outlook For 2015

- What are 3 – 5 of YOUR 2015 Professional and/or Personal Performance Objectives? **(Use the 2015 Personal Performance/Action Plan Form below.)**
- How can your community most effectively assist and support YOU in 2015?
- How can Healing Beyond Borders most effectively assist and support YOU in 2015?

## Thank You Gracious Donor

*Those in attendance at the 2014 Instructor Meeting in Colorado Springs, each received a gift to enhance their practice: The new text, Healing Touch - Enhancing Life through Energy Therapy by Wardell, Kagel and Anselme with 44 contributing authors, was sent to each attendee.*



## 2015 PERSONAL PERFORMANCE-ACTION PLAN FORM

Action Item \_\_\_\_\_

What Is To Be Accomplished In 2015

Completion Date

Expected Outcomes/Measurable Results: (Milestones)

Specific Outcome/Result

Date to Be Completed

1.

2.

3.

4.

5.



## Board Corner

### 4th Quarter Update

by Jeanne Whalen RN, HN-BC, CHTP/I, Treasurer, HBB Board of Directors

We are nearing the celebration of the winter solstice in the Northern hemisphere, the midnight of the year., and the summer solstice in the Southern Hemisphere. It is a time of sharing, a time of remembering. The sounds of hustle and bustle grow dimmer as the light recedes and the unhurried rhythm of darkness deepens. This seems like a perfect time to reflect on 2014 and share the 4<sup>th</sup> quarterly news from the BOD.

#### Board of Directors Acknowledgement of Service and Welcome

With heartfelt appreciation for their selfless service, we thank outgoing committee members. Their contributions to fulfill our ongoing vision and mission are immeasurable. Outgoing members include: Sue Kagel, Nurse Planner; Education Committee, Mary Szczepanski; Ethics Committee, Terry Sparks; Certification Board Nola Schmitt; Instructor Advancement Committee, Carol Schoenecker, Chairperson and Diane Davison. We, also, extend a warm welcome with sincere gratitude to our new certification board members, committee members, or new chairpersons: Certification Board, Judith Aufenthie, Pegi Black, and Diane Davison; Ethics Committee, Deborah Goldberg; Instructor Advancement Committee, Bonnie Johnson, new Chairperson.

#### Treasury Report:

The 2014 fiscal year focused on community outreach and expansion. Although there was a steady inflow of revenue and judicious control of expenses during this time of growth, the budgeted cost for the newly designed website combined with lower than expected net income, resulted in a loss of revenue for this year. Despite this loss, we remain financially secure. As a member of Healing Beyond Borders, Educating and Certifying the Healing Touch, you have access to the financial report presented at conference, found in the member's section on the website.

#### Committee Reports:

Our membership base has been growing and we welcome 137 new student members through the initiation of the special student campaign offered in 2014. The BOD is continually working to enhance membership growth and retention.

#### Education: Barbara Schommer, Chairperson.

The "*Healing Touch: Enhancing Life through Energy Therapy*" is now available. The Board of Directors asks that you purchase your books through the HBB website as a greater portion of the proceeds will benefit our Organization. Healing Beyond Borders received CE renewal approval of the HTI Healing Touch Certificate Program by the American Holistic Nurses Association through August 2016 and by NCBTMB (National Certification Board for Therapeutic Massage and Bodywork) through December 2017. **Instructors should ensure that are using the most current CE Certificate of completion.** Please contact the office if you have any questions.

By October 2014, there were over 2,000 new students who have attended Level 1.

The 2014 Instructor's Workshop was planned and implemented by the education committee and well attended by 85 instructors and instructors in training. A transcript of the minutes from the workshop was mailed to each instructor. Each attendee of the Instructor Workshop received a complementary gift of the new Healing Touch text from an anonymous donor.

The education committee accepted responsibilities previously held by Sue Kagel, volunteer Nurse Planner, and is learning the AHNA's and NCBTMB's operational requirements for continuing education approvals. The office Education Administrator will collaborate with the Nurse Planner from the Education Committee who will be appointed by the Board of Directors, to oversee the process of review and preparation of renewals of the standard curriculum CEs and new applications for Professional Development classes. Plans to expand the Professional Development series are in process. Annis Parker is the new Board liaison for this committee.

#### Ethics: Sarah Porter, Chairperson.

Joel Anderson, Board of Directors, has accepted the position to be the Board liaison to this committee. Recommended Book List suggestions were forwarded from the ethics committee, approved by the Education Committee and Board of Directors.

#### Certification Board: Laura Hart, Chairperson.

The Certification Board recommended to the BOD that the Certification Board members, who review English applications, be increased to assist with the

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## Board Corner cont...

increasing quarterly review workload. Two additional members were added to this committee this quarter. We have welcomed 95 newly certified practitioners for 2014. Application packets for new CHTPs and CHTIs were reviewed by the Certification Board and recommendations were forwarded to the Board of Directors for minor clarification updates for the 2015-2017 application packets. Updates are in process.

### **Instructor Training and Advancement Committee:** Bonnie Johnson, Chairperson.

Ten Level 1, two Level 3 and two Level 4 applications were received and approved for the 2014 Instructor Training classes. We have welcomed 9 newly certified Level 1 instructors in 2014.

### **International Committee:** Mary-Cathrine Campbell, and Lisa Anselme, Chairpersons.

Mary-Cathrine and Lisa are focusing upon increased communication and strengthening relations within our international communities. They have re-initiated Skype calls and are considering "chat" areas as a means to intercommunicate.

### **Research Committee:** Joel Anderson, Chairperson.

The newly revised research resource is in process and the expected date of release is December 2014. We received 159 responses to the member survey and appreciate the time you took to complete the questionnaire. The data was compiled and details of that survey were made available to you via ezine and website. It is through each and every voice that we best learn how to serve you. We take your feedback seriously and strive to take actions that address your thoughts and recommendations. Joel has a scheduled speaking engagement at the Canadian Conference in British Columbia in April 2015 on Healing Touch research.

**Health Care Integration Update/ Exhibiting:** There was HBB representation at The American Massage Therapy Association, American Board of Integrative Health and Medicine and PlaneTree Conferences. Maureen Kowba RN, HBB Board of Directors and Rauni Prittine King RN, Past HBB Board of Directors, represented Healing Touch and our organization at the American Integrative Health and Medicine Leadership Advisory Council meeting. In addition, HBB continues to provide free consultation to individuals and health care systems desiring to integrate Healing Touch within facilities or health care systems. Education position statements have been issued regarding education and credentialing through Healing Beyond Borders. Evie Caprel and Kimberly Gray co-authored an article for Massage Magazine featuring Healing Touch and massage that will appear in the December 2014 issue.

**Business/Marketing:** Evie Caprel, Chairperson.

Our beautiful, new website was launched during the 2014 Conference through collaboration of this committee, office staff and the web builders. Videos and photography for the site were initiated during strategic planning. In addition to the pleasing aesthetics of the site, it is user friendly and highly functional. A few minor computer glitches were forward and have been remedied. Following the initiation of the website, the committee has developed a well planned marketing strategy for 2015 with the following objectives: secure sponsorships through a corporate membership program; increase membership offerings and benefits; and with additional funding resources, enhance the website with additional content to serve members. The BOD is reviewing a business agreement for a 12 series educational program to market your Healing Touch practice.

**Conference:** Planning for the 19<sup>th</sup> annual Conference is already underway. The 2015 Conference will be held in sunny Naples, Florida on September 30 thru October 4, 2015. The theme for this year's Conference is *"The Joy of Healing"*. The committee members are Lisa Anselme, Mary-Cathrine Campbell, Joel Anderson, Kimberly Gray, and Jeanne Whalen. We ask that you "save the date" and invite a friend to Conference.

We wish you a safe and joyous holiday season!



Follow us on  
Facebook,  
Twitter, LinkedIn



# The Power of the Pen Manifestation

## *Conscious Co-Creation in Twenty Minutes a Day*

by Kathleen Adams LPC, CEO, Center for Journal Therapy, Inc.

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After weeks of watching the roof leak  
I fixed it tonight  
by moving a single board

~ Gary Snyder,  
from "Hitch Haiku" in *The Back Country*, 1967

A couple of weeks ago I fired up my early morning journal practice after a long dry spell. In the "between" times, my much less graceful practice is to roll out of bed at 6 am, make a pit stop, put on a pot of coffee, and hit the computer, where within three minutes of opening my eyes I am immersed in email, the blare of gory news stories, and the frantic stew of bombardment.

But then, just before bedtime a couple of weeks ago, I decided to do it differently. I rooted through drawers until I found a new Mead notebook, cleared all the detritus off my dining room table, and placed the virgin notebook front and center. And, just to be sure I didn't forget, I put a neon post-it note on the laptop screen: *Write in your journal!!*

The next morning, I woke up. Of course I'd forgotten my new resolve, but the sight of a screaming yellow post-it brought instant remembrance. I veered left, landed in the dining room, and broke out a new purple gel pen. A few deep breaths later, I was off and running--er, writing.

After all these years and miles of ink, you'd think I wouldn't be surprised any more at the power of the pen. But surprised I was; it was mere minutes before I was engaged in a conversation with my favorite spirit guide, a productive, outcome-focused, solution-oriented, optimistic, cheerful presence who positively brims over with inspiration, both pragmatic and profound.

Twenty minutes later I had outlined my day, cooked up a nifty solution for a nagging problem, and watched myself write words of wisdom that brought me to tears of relief and gratitude.

For decades my journal has been my portal for immediate connection with my interior world. It mystifies me how I can go for months on end without remembering to remember the roots of my psychological and spiritual self-care, but I guess that's life on the earth plane. The good news is that there is always the whisper, or the holler, that calls me back.

In the two weeks that I have been writing in my Mead notebook as I watch the sun color the sky in shades of pink and orange, I have fallen back in love with my writing practice. And the thing I love the most is that every morning, I have a front-row seat to my own transformation. I observe myself co-create with the Divine. I ask a question, and before the purple words are formed, the answer pops into focus. In the last two weeks I have:

- outlined a marketing plan for 2015
- noodled through the priorities for editing ten chapters of my next book
- resolved three or four pressing issues, the solutions to which have eluded me for months (the same months I haven't been writing, by the way!)

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## Conscious Co-Creation cont...



- poured out gob stopping gratitude
- fired off an unsent letter to someone who is getting on my last nerve
- almost instantaneously come to a place of compassion and prayer for that same someone
- identified blocks to progress on a key project
- received inspiration for action on those blocks
- reported on the resolution of those blocks
- received insights, inspiration, and intuitive guidance from a host of angels, guides, and unseen companions, my old buddies and some new friends who have shown up just in the last several days!

It's conscious co-creation in twenty minutes a day, for free. All I have to do is show up with a willing heart and spirit, and turn left toward the notebook instead of right toward the computer!

*Author Bio: Kathleen (Kay) Adams is the director and CEO of the Center for Journal Therapy, Inc., a psychotherapist in private practice in Denver, and a best-selling author. A long-time friend of Healing Beyond Borders, she is a frequent speaker at Healing Touch conferences and events. She has been writing journals since she was 10 years old.*

# The Power of Manifestation

## *The Power of the Unconscious Mind*

by Brian Luke Seaward PhD



Several years ago I had the great pleasure to attend a dinner party, seated next to best selling author, Sophy Burnham (*A Book of Angels*). Over dinner, our conversation quickly turned to prayer. I remarked that her guidelines for prayer, so nicely outlined in her book, was nearly identical to that taught in guided mental imagery: 1) Pray in the present tense; 2) Pray in the positive, 3) Offer gratitude, and 4) Detach (surrender) from the outcome. These same components of prayer offer a similar approach to the power of manifestation: Creating a desired effect from the “womb of possibilities,” or what Deepak Chopra calls *The Gap*. Prayer and intention have much in common. The workings of manifestation are both simple and profound.

Medical intuitive, Caroline Myss, often talks about manifestation and the all too common sabotaging efforts we employ which derail our best efforts to create the life we want. She calls this sabotage the “unconscious resistance,” and it is very powerful, and very destructive. Both conscious and unconscious minds need to work together for a desired outcome, but this is rarely the case. Instead, there is great opposition from the unconscious mind. Bluntly stated, you can say all the positive affirmations in the world, but if the unconscious mind isn't on board, nothing is going to manifest. In fact, you end up spinning your wheels. Guilt is not the answer. An exploration into the workings of the mind, however, is a great place to start. A good meditation practice helps too. Working to tame the ego is not a bad idea either.

My studies in health psychology were greatly influenced by the incredible work of Carl Gustav Jung. Jung spent his career trying to unlock the secrets of the unconscious mind and share these with the world. The unconscious mind, he said, speaks a whole different set of languages than the conscious mind. The unconscious mind speaks in colors, symbols, metaphors, dream fragments, stories, archetypes, synchronicities and intuition. The conscious mind is limited to words and numbers. When both minds come together, it is a formidable force. When both minds work independently, it can result in personal chaos. To access the wisdom of the unconscious mind, he said, we need to become well versed (fluent) in the language of the unconscious mind; a process he called psychic equilibrium. Among his many brilliant insights, Jung once said, *“Until you can make the unconscious mind conscious, you will see everything in your life as fate.”*

When things don't manifest as desired, perhaps it's best to take a closer look at the dynamics of consciousness. Metaphorically speaking, think of your mind like a tug of war: The conscious mind (with one person pulling in one direction) and the unconscious mind (with 9 people pulling in the opposite direction). Myss sees a lot of mental sabotage with people in their attempts in their healing process, where one's identity is closely associated with one's disease. I tend to see a lot of mental sabotage with people attempting to manage their stress. The same can be said for manifesting.

The real power of manifestation comes from understanding not only the workings of the conscious mind (and ego), but that of the unconscious mind as well. If you, like me, saw the movie, *The Secret*, you may have been miffed. They never told you the secret. Here is the secret: If you don't utilize the power of the unconscious mind, nothing is going to manifest. It's that simple. But wait, there is more. Success is often described as “one part inspiration and 9 parts perspiration.” Things don't just happen; dedication and work are parts of the equation as well.

Of course, you can utilize the powers of both minds and still not manifest all that you want. Here on earth, we are bound by the laws of physics (pigs don't fly) and karma (not even going to go there on this one). And don't forget that our desires must align with the cosmic clock, as timing is an essential component of this process as well. (This reminds me of the line: I want patience and I want it NOW!) Getting what you want at the wrong time can be as disappointing as not getting what you want at all. In this sage advice, often quoted by Larry Dossey, *“Be careful what you wish for, you might just get it.”* Above all else, learn to trust the universe.

Finally, I am reminded of the prophetic words of author and teacher Shanti Gawain about manifestation, great words to end your meditation practice with: *“All this or something more now manifests for me in totally satisfying and harmonious ways, for the highest good of all concerned.”*

PS. Bruce Lipton and Gregg Braden also mention the power of the unconscious mind Here is a link to Gregg Braden talking about the power of the unconscious mind:

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## Power of Manifestation cont...

<http://truththeory.com/2014/07/11/the-power-of-the-subconscious-mind-gregg-braden-interview/>

*Author Bio: Brian Luke Seaward, Ph.D. is a health psychologist and author of the top selling college textbook, *Managing Stress* (8e) and the best selling book, *Stand Like Mountain, Flow Like Water*. He also facilitates the acclaimed Instructor workshop, *Holistic Stress Management Training*. He can be reached at [www.brianlukeseaward.net](http://www.brianlukeseaward.net)*



*A Bird in the Hand* by Brian Luke Seaward

## Service Project Partnerships

Healing Beyond Borders wishes to acknowledge our ongoing and new collaboration with other organizations and individuals to support our vision and mission of spreading healing light worldwide. A few products include:



Healing Touch Technique DVDs  
- Anne Day, BSN, MA, HNB-BC, CHTP/I



Mandala Books  
- Barbara Evans, Author, Artist & Spiritual Visionary



Project Have Hope Jewelry  
- 100 women in the Acholi Quarter of Uganda



Spirit Rattles  
- Marlys Rucker, Potter



Crystal Pendulums  
- Zoe de Negri, Jeweler



Wooden Pendulums  
- Ron Ramos, Craftsman



Harp Music  
- Tami Briggs, Composer and Recording Artist



Healing Touch Music  
- Beverly Rieger, Composer and Recording Artist



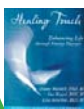
Guided Meditations  
- Denise Pastoor, MEd, APRN, BC, CHTP/I, CWP



Children's Book - Mr. Wigglebottom Gets Asthma: An Integrative Health Journey  
- Evie Caprel, BA, FT, WC, CHTP



Gratitude & Love Bottles  
- Suzanne Weeks, BA, CHTP/I



Healing Touch: Enhancing Life through Energy Therapy  
- Diane Wardell, Sue Kagel, Lisa Anselme

## CHTP Revocation Notice

The Practitioner Certification Credential of Judith Villegas, Indianapolis, IN, has been revoked due to failure to comply with the Healing Beyond Borders Code of Ethics/Standards of Practice and recommended remediation by the Healing Beyond Borders Ethics Committee.



## ~ Newly Certified ~

### Practitioners

Joel Anderson - Charlottesville, VA  
Pamela Bancroft - Midlothian, VA  
Brenda Brannan - St. Cloud, MN  
Corine Brode - Windsor, ON Canada  
Danielle Chabal-Bicica - Kinnelon, NJ  
Marilyn Collette - Moncton, NB Canada  
Marcia Cook - Lincoln, IL  
Kelly Fitzgerald - Edwardsville, IL  
Pushpa Govender - San Diego, CA  
Pamela Hensley - Overland Park, KS  
Becca Lewis - Des Moines, IA  
Robin Madlock Cooney - Vista, CA  
Amy Marini - Long Valley, NJ  
Cheryl Pallant - Richmond, VA  
Victoria Peterson - La Crescenta, CA  
Diane Rothman - Bloomfield, MI  
Pamela Scheid - Edmond, OK  
Peggy Setzer - Creston, NC  
Sharon T. Smith - Livonia, MI  
Sarah Soptic - Kansas City, KS  
Donna Thompson - San Clemente, CA  
Tamara Usman - Lenexa, KS  
Glenna Voegle - Oklahoma City, OK  
Patricia Welch - Shoreview, MN

### Instructors

Shirley Funnamark - Anaheim, CA  
Kathleen Siegle - New Smyrna Beach, FL

Recordings Order Form

# 2014 Healing Beyond Borders Conference

## *Dissolving Limitations to Healing*

September 4<sup>th</sup> - 7<sup>th</sup>, 2014      Colorado Springs, CO

I would like to purchase the <b>Full Set of MP3s</b> , on a USB drive, at a 55% discount	<b>\$149</b>
I would like to purchase the <b>Full Set of Audio CDs</b> , at a 25% discount	<b>\$239</b>

**\*PLEASE READ\*** You may order either individual sessions, or one of the full set options offered above. In an effort to reduce our carbon footprint this year, we will be shipping most orders from our office within two weeks. We will have MP3 Full Sets available onsite if you order by Saturday at 7 pm. Thank you for your business!

### Thursday Sessions

#	Presenter	Event	MP3	CD
<b>Key-1</b>	Gregg Braden	Creating Resilience in a Time of Extremes	<b>\$10</b>	<b>\$12</b>

### Friday Sessions

#	Presenter	Event	MP3	CD
<b>Fri-1</b>	Mari Kelley	Community Life & Health Service Integration...	<b>\$14</b>	<b>\$16</b>
<b>Fri-2</b>	S. C. Blonder Adams	Visioning with the Patient: Bearing Witness...	<b>\$14</b>	<b>\$16</b>
<b>Fri-3</b>	Debra Denker	Interspecies Communication: Healing all Creatures	<b>\$14</b>	<b>\$16</b>
<b>Fri-5</b>	Deborah R. Goldberg	"Boundaries: Excuse Meeeee!"	<b>\$14</b>	<b>\$16</b>
<b>Fri-6</b>	Joel Anderson	Healing Touch Research & Service Projects	<b>\$14</b>	<b>\$16</b>
<b>Fri-7</b>	Myra Tovey	Awaken to the Inner Teachers	<b>\$14</b>	<b>\$16</b>
<b>Fri-8</b>	Leslie Teyssier	Expressive Arts for Healers	<b>NA</b>	<b>NA</b>
<b>Fri-9</b>	Lisa Anselme	Movement & Cultivation of Flow	<b>\$14</b>	<b>\$16</b>
<b>Key-2</b>	Reshi Joan Halifax	Inside Compassion: Exploring Compassion...	<b>NA</b>	<b>NA</b>

### Saturday Sessions

#	Presenter	Event	MP3	CD
<b>Sat-1</b>	Porter, Sparks, Pak	Ethics Beyond Boundaries	<b>NA</b>	<b>NA</b>
<b>Sat-2</b>	Susana Stoica	Using Energy Medicine to Detect/Mitigate Brain Injury...	<b>NA</b>	<b>NA</b>
<b>Sat-3</b>	Sandra Coutts	How to Work with Energy to Create Balance & Harmony	<b>\$14</b>	<b>\$16</b>
<b>Sat-4</b>	Carol Flack	Conscious Communication	<b>\$14</b>	<b>\$16</b>
<b>Sat-5</b>	Vicki Marish	Emotions	<b>\$14</b>	<b>\$16</b>
<b>Sat-6</b>	Mary Szczepanski	Trauma Healing & Holistic Approaches	<b>\$14</b>	<b>\$16</b>
<b>Sat-7</b>	James Patrick Lynch	Resilience, Now & Forever	<b>\$14</b>	<b>\$16</b>
<b>Sat-9</b>	Joel G. Anderson	Research Methods 101	<b>\$14</b>	<b>\$16</b>
<b>Sat-10</b>	Cynthia Backer	Rocks for Healing, Balance & Fun	<b>\$14</b>	<b>\$16</b>
<b>Key-3</b>	Gayan Gregory Long	The Healing Village: An Evening Journey	<b>\$10</b>	<b>\$12</b>

### Sunday Sessions

#	Presenter	Event	MP3	CD
<b>Key-4</b>	Mary Fox	Resolve & Dissolve Your Invisible Blocks	<b>\$10</b>	<b>\$12</b>
<b>Key-5</b>	Kimberly Gray	Looking Through Heart-Colored Glasses...	<b>\$10</b>	<b>\$12</b>
<b>Key-6</b>	Jonathan Ellerby	Inspiration!	<b>\$10</b>	<b>\$12</b>

<http://backcountryrecording.com/collections/healing-beyond-borders-conference-2014>

# Mentorship

## *Putting the Healing “Dance” Together - Sequencing Demystified*

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



Anne Day

This is the third in a series of articles entitled “Sequencing Demystified” to review the importance of proper sequencing of Healing Touch Techniques. The last article talked about Class Level 3 techniques, and this article will address how to add the Level 4 class techniques, as well as how to choose from all of the HT techniques in sequences that work most effectively.

The two additional HT techniques taught in the Class Level 4 are the Full Body Connection and Etheric Vitality. Etheric Vitality is an Opening Technique and is most appropriate to use at the beginning of a healing session, or as a self-meditation for the healer. So it fits perfectly with the previously described guidelines of: Opening, Balancing, Specific Techniques to address the biofield, and Closing.

The Full Body Connection (FBC) is an important technique for connecting, balancing and (optional) clearing the full body chakras and organs. It can be done with or without chakra spinning for clearing. When we teach the FBC in Level 4 class, we encourage the students to practice it without chakra spinning many times so that they can experience it purely for balancing and connecting the chakras and organs. I do tell my mentees and students that once you learn the FBC, I would encourage them to choose that over the Chakra Connection unless they are time-limited. It feels so much more complete to add in the organs and glands!

We also want students to practice the Chelation technique from the Level 3 class, along with that whole sequence so that they learn that clearly and feel comfortable using it. We want them to know this sequence well before they start to use that high vibrational spin for clearing energy with the Full Body Connection.

However, as apprentices get more experienced and tune into the higher vibrations of energy more easily, they will begin to feel the high vibration of chakra spinning coming through as they are doing the Full Body Connection. That is just fine, and, as Janet always said, you begin to know when you are working in the 5th level and you can do 5th level techniques

when you sense that. Then you can complete with 6th and 7th level healing after doing a Full Body Connection with chakra spinning, just as you do with the Chelation technique from the Level 3 class.

If you do the FBC without chakra spinning, then magnetic clearing is appropriate. But you do not have to do a magnetic clearing after doing a FBC with chakra spinning (chelation), because that high vibrational spinning energy will clear the field. You can always do some Etheric Template Clearing after you complete the FBC to further “comb out” and smooth the field.

In the Level 4 class, we also encourage students to practice the Body Memory Interview with the Full Body Connection as it is helpful in identifying energy patterns that may manifest in the client around their health and healing.

Some people have misunderstood that the Full Body Connection is a more advanced technique than Chelation as taught in class 3, since it is taught in a Level 4 class. That is a misperception. What is taught in Level 4 does not make the technique more advanced.

The specific techniques that you choose to address the client's symptoms and the biofield can be any of the pain release techniques or smoothing techniques taught in the previous levels. Just be mindful that you are not duplicating techniques that have the same purpose. The choices should address the client's needs as expressed in the intake.

There is an excellent section to re-read in the Level 4/5 Student Workbook called “Choosing Healing Touch Interventions” (p. 53 & 54) which includes very helpful guidelines for putting all the techniques together in possible combinations that work well. It takes much practice to “dance” with the energy and choose the techniques that will work most effectively for the client's needs. But with practice, you will be able to smoothly move through a HT session knowing that you are doing the highest and best for your client with your technique choices.



Mary Jane Aswegan

# Educational Insights

## *Manifestation and the Patience to Let Go*

by Barb Schommer RN, MS, CHTP/I, Education Committee Chair



Lately I have been manifesting impatience; Impatience that things in my life are either moving much faster or much slower than I would like. Impatience that people in my life are not being the way I want them to be. Impatience when things change and I have no control over or in that change.

And how do we manifest things in our lives, you ask? Why through setting intention! The energy principle at work here is that energy follows thought and manifestation is the energy in motion.

So just what intentions/thoughts have I been setting that are manifesting into impatience? Now that is a perilous question to ask myself, because I will have to go inside to seek solutions and answers! I don't know about you, but when I am manifesting impatience, it is usually due to not wanting to appear incompetent, or wanting to control the outcome of whatever it is I am involved in. Where do I forget to set intention for Highest Good??? Easy to remember when I am in a session with a client or family or friend. Setting intention for highest good, releasing control of the outcome, moving into doing the work, and facilitating/allowing the person to move into their own healing process comes quite naturally in that setting.

Does something happen between the treatment session and everyday life? Is there a "forget it" button that gets pushed? That button may be related to all the changes that are taking place in our world, in the collective consciousness, in the energies around us, in

community, in daily life. Those changes that I perceive creates my impatience because I have no control over them.

Acknowledging life is change, and that growth is optional, I move into that space of exploring where I might manifest growth and patience in the face of change. I have no control over actions, thoughts, behaviors of others. I only have control over my actions, thoughts, and behaviors. Thus my inner work becomes that of setting intention to let go of the outcome – with people, with situations, in my work, and in the many organizations I am part of and allow patience with the process to manifest from that intention. Patience with intention that whatever is happening will turn out for the highest good for all concerned.

I am part of community and thus have the opportunity to create patience by projecting light or shadow onto those I perceive as 'other' in community. I can create hope or despair. I can set intention for wholeness and integration or fault and blame. I have the choice to create what I project into community and thus a choice about what I manifest.

This sounds a lot like Janet Mentgen's maxim that, *"Everywhere you put your foot down you have an opportunity to being light to that place."* It helps me remember to let go of control, let go of outcome, let light shine, and be in community. Bring on patience!!!



# Words of Wisdom

## *Bring in the New!*

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



Janet wrote this in 1985! The year 2015 makes her writing 30 years old. During this time Janet was just developing as a healer, there was no Healing Touch as that did not manifest for a few more years in 1989. She writes quite often in her journals about the changes she is experiencing from trying to eat better to visions that provide direction in her daily life.

In this period of “massive transition,” Janet writes about what it is like to let go and “. . . get rid of a lot of things. I want to fill the trash barrels every week. It is funny, the more I get rid of, the more I have to get rid of. I look forward to the time when I can do this and enjoy the process. It feels like I am doing this on the inside also. I am cleaning out old ideas, old habits, dead and burdensome weight that I’ve been carrying around. When I live in present time, I don’t seem to store a lot of weight. I feel more open, more fluid.”

How much do we carry around of the old with us? As we move into the new year what are we bringing forward that will nourish our souls and help us walk on the path without the burden we create for ourselves from old thoughts and patterns? What is it in our environment that we don’t need or reminds us of painful memories?

I remember that Janet, a few months before she passed on, threw out all her clothes and went shopping for new ones at a little upscale shop in the Denver area. Out went the sweatshirts that were mostly gifted to her in classes around the world and the pastel pants she was noted for in white, yellow and green. She laughed about it and said it was time to dress anew. The interesting thing was that it was really hard for me to see the difference as they were still pastels but now her pants (shorts) had matching tops! It made her happy and maybe she shed the expectations we (I for one) had for the “perfect” death I expected her to have.

Janet was clear on her path and chose to stay on this earth plane for conference in 2005 so she could say her goodbyes in person. I remember sitting with her after the luncheon in the tent outside in the high mountain air and just chatting about insignificant things. There didn’t seem to be more to say other than, “I love you”. She still is and will always remain my teacher. My memories serve to remind me of the importance of this work. Each of us has a responsibility to do the work of clearing, forgiveness, and honoring that keeps this work at a high vibrational level. Throw out the old, bring in the new!



***Sometimes all we need is a fresh start!***

# Integrative Health

## Manifesting Integrative Care

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



### NCCAM Changes its Name

Josephine P. Briggs, M.D., Director, National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health issued the following announcement (December 16, 2015): NCCAM has a new, Congressionally-mandated name—the National Center for Complementary and Integrative Health, or NCCIH. President Obama signed an omnibus budget measure this week, which included a provision to change the name of the Center. The new name reflects the Center's continuing research commitment to studying promising health approaches that are already being used by the American public. For more information about the name change, read the press release at <http://nccam.nih.gov/news/press/12172014>. We will make the transition to our new name over a few months. In the future, our new Web site address will be <http://nccih.nih.gov>

### New Pain Management Guidelines to include Integrative/Complementary Care

The **Joint Commission on Accreditation of Healthcare Organizations (JCAHO)** will put a **new pain guideline into effect January 1, 2015**, in which non-pharmacologic approaches (e.g. acupuncture, chiropractic, massage, relaxation) are now presented equally as opioids and other pharmaceuticals, the latter being presented with a new warning sign. This is following publication of a **PAINS Project Brief**, entitled **NEVER ONLY OPIOIDS**: The imperative for early integration of non-pharmacological approaches and practitioners in the treatment of patients with pain, written by a 40 member coalition of mainstream pain-related organizations. For further information re: the PAINS Project Brief visit: <http://www.painsproject.org>.

### Academy of Integrative Health & Medicine

As previously noted in the 3<sup>rd</sup> quarter *Perspectives in Healing*, in October, the newly formed **Academy of Integrative Health and Medicine (AIHM)**, under the direction of Mimi Guarneri MD, FACC, ABIHM,

convened representatives from over 50 organizations (one being Healing Beyond Borders) to explore policy partnerships and future educational initiatives, with collaboration between multi-discipline health care professionals and integrative/complementary care professionals.

### Coalition formed to Promote Biofield Research and Clinical Practice

Representatives from Chopra Foundation, Miraglo Foundation (Dr. Mimi Guarneri and former Healing Beyond Borders Board Member Rauni King RN), Institute of Noetic Sciences and Samueli Institute convened 45 leading scientists in biofield therapy. The resultant paper will be published in *Global Advances in Health and Medicine* in 2015.

### Veterans' Health Pain Management Initiative

And lastly, in November, **USA Veteran's Health Administration (VHA) Office of Patient Centered Care and Cultural Transformation** convened over 40 integrative health leaders within the VHA to develop a strategic plan for integrative care for US veterans. This followed an April 2014 Senate Committee on Veterans' Affairs examination of alternatives to opioid use for pain management.

### References:

PAINS Project Policy Brief: Never Only Opioids: The Imperative for Early Integration of Non-Pharmacological Approaches and Practitioners in the Treatment of Patients with Pain. Fall 2014 – Issue 5. [www.Painsproject.org](http://www.Painsproject.org)

<http://www.veterans.senate.gov/newsroom/majority-news/senate-panel-examines-alternatives-to-pain-drugs>

[http://www.huffingtonpost.com/john-weeks/top-10-for-policy-and-act\\_b\\_6355832.html](http://www.huffingtonpost.com/john-weeks/top-10-for-policy-and-act_b_6355832.html)

# Healing Beyond Borders Professional Development Series and Advanced Practice Offerings

Healing Beyond Borders 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 Beyond Borders Certification and Renewal. These classes are open to any individuals interested in an in-depth understanding of healing-related work. Some pre-requisites apply. Please watch the Healing Beyond Borders Website for dates and class coordinator contact information. **For more information about these classes:** Visit [www.healingbeyondborders.org](http://www.healingbeyondborders.org), Select "Education", then "Professional Development Classes". **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.

## 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](mailto:davidmyra7@msn.com)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.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](mailto:anneday7@gmail.com)  
Rauni Prittinen King at [rking487@aol.com](mailto:rking487@aol.com)  
Judy Turner at [judithturner38@gmail.com](mailto:judithturner38@gmail.com)  
Diane Wardell at [diane.wardell@uth.tmc.edu](mailto:diane.wardell@uth.tmc.edu)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.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](mailto:anneday7@gmail.com)  
Rauni Prittinen King at [rking487@aol.com](mailto:rking487@aol.com)  
Judy Turner at [judithturner38@gmail.com](mailto:judithturner38@gmail.com)  
Diane Wardell at [diane.wardell@uth.tmc.edu](mailto:diane.wardell@uth.tmc.edu)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.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](mailto:brianlukes@cs.com)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.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 [judyray333@gmail.com](mailto:judyray333@gmail.com)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.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. These tools can be helpful whether you are facilitating others in their 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](mailto:AnneDay7@gmail.com)

**Check our website for scheduled classes**  
[www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org)

## Current list of HTI Healing Touch Classes

Please visit our [Healing Beyond Borders](http://www.Healing Beyond Borders.org) website for details and updates

[www.Healing Beyond Borders.org](http://www.Healing Beyond Borders.org)

<b>LEVEL 1</b>	<b>LOCATION</b>	<b>DATES</b>		
	Burlington, VT	3-Jan		Bemidji, MN
	Greensboro, NC	9-Jan		7-Mar
	Kansas City, MO	10-Jan		Sioux Falls, SD
	Harrisonburg, VA	10-Jan		13-Mar
	La Jolla,, CA	10-Jan		Carmel,IN
	Omaha, NE	10-Jan		14-Mar
	Vancouver, BC, Canada	17-Jan		Paynesville, MN
	Tulsa, OK	17-Jan		14-Mar
	Burlington, VT,	17-Jan		St Louis, MO
	La Jolla, CA	17-Jan		21-Mar
	Abita Springs, LA	17-Jan		Osage, MN
	St. Louis, MO (Closed)	20-Jan		21-Mar
	Vancouver, BC, Canada	24-Jan		Harrisonburg, VA
	Tampa, FL	24-Jan		21-Mar
	Burlington, VT	24-Jan		Charleston, SC
	Paynesville, MN	24-Jan		21-Mar
	Red Wing, MN (closed)	29-Jan		Ann Arbor, MI
	Victoria, BC, Canada	31-Jan		28-Mar
	Stanford, CA	7-Feb		Duluth, MN
	Hyde Park, VT	7-Feb		11-Apr
	Morristown, NJ	7-Feb		Norwich, CT
	Farmington Hills, MI	7-Feb		11-Apr
	FRENCH , Dieppe, NB, Canada	7-Feb		Nashville, TN
	Pontiac, MI	7-Feb		11-Apr
	Nashville, TN	18-Feb		Collingwood, ON, Canada
	Bloomington, MN	20-Feb		11-Apr
	Winston-Salem, NC	20-Feb		St. Joseph, MN
	Omaha, NE	21-Feb		17-Apr
	Arvada, CO	27-Feb		Hyde Park, VT
	Virginia, MN	27-Feb		18-Apr
	St. Joseph, MN	27-Feb		Parksville, BC, Canada
	Minneapolis, MN	28-Feb		2-May
	St. Charles, IL	28-Feb		Minneapolis, MN
	Grass Valley, CA	28-Feb		2-May
	San Diego, CA	28-Feb		Carmel, IN
				30-May
				Burlington, VT
				30-May
				Tampa, FL
				6-Jun
				Harrisonburg, VA
				13-Jun
				Nashville, TN
				18-Jul
				Kansas City, MO
				1-Aug
				Paynesville, MN
				29-Aug
				Harrisonburg, VA
				5-Sep
				Tampa, FL
				19-Sep
				Dieppe, NB, Canada
				26-Sep
				St. Joseph, MN
				9-Oct
				Charleston, SC
				24-Oct
				Carmel, IN
				14-Nov
				Kansas City, MO
				14-Nov
				Norwich, CT
				14-Nov

<b>LEVEL 2</b>	<b>LOCATION</b>	<b>DATES</b>	<b>LEVEL 3</b>	<b>LOCATION</b>	<b>DATES</b>
	Minneapolis, MN	17-Jan		Winston-Salem, NC	16-Jan
	Eau Claire, WI	17-Jan		Tucson, AZ	17-Jan
	Kansas City, MO	24-Jan		Denville, NJ	17-Jan
	St. Cloud, MN	30-Jan		San Diego, CA	31-Jan
	St. Joseph, MN	27-Feb		Redding, CA	21-Feb
	Minneapolis, MN	28-Feb		Minneapolis, MN	28-Feb
	North Vancouver, BC, Canada	28-Feb		Norwich, CT	7-Mar
	Victoria, BC, Canada	28-Feb		Tampa, FL	7-Mar
	Bainbridge, IN	7-Mar		Lakewood, CO	13-Mar
	Hyde Park, VT	7-Mar		St. Cloud, MN	27-Mar
	UVM, Burlington, VT	14-Mar		Kansas City, MO	28-Mar
	Farmington Hills, MI	14-Mar		Burlington, VT	4-Apr
	Winston-Salem, NC	20-Mar		Toronto, ON, Canada	18-Apr
	Stanford, CA	28-Mar		Stanford, CA	25-Apr
	Vancouver, BC, Canada	28-Mar		Dieppe, NB, Canada	1-May
	French; Dieppe, NB, Canada	28-Mar		Minneapolis, MN	2-May
	Arvada, CO	8-Apr		Arvada, CO	6-May
	Tampa, FL	11-Apr		Vancouver, BC, Canada	30-May
	Paynesville, MN	11-Apr		Denville, NJ	6-Jun
	St. Joseph, MN	17-Apr		Norwich, CT	11-Jul
	Omaha, NE	18-Apr		Harrisonburg, VA	25-Jul
	Denville, NJ	18-Apr		Nashville, TN	15-Aug
	Denville, NJ	18-Apr		St. Joseph, MN	11-Sep
	Nashville, TN	25-Apr		Carmel, IN	12-Sep
	Harrisonburg, VA	1-May		Kansas City, MD	17-Oct
	Minneapolis, MN	2-May		French; Dieppe, NB, Canada	20-Nov
	Bloomington, MN	8-May			
	Bemidji, MN	16-May			
	Norwich, CT	30-May			
	Burlington, VT	18-Jul			
	Kansas City, MO	12-Sep			
	St. Joseph, MN	9-Oct			
	Nashville, TN	7-Nov			
	Paynesville, MN	7-Nov			
	Dieppe, NB, Canada	7-Nov			
	Carmel, IN	14-Nov			
	Harrisonburg, VA	14-Nov			
	Tampa, FL	21-Nov			

LEVEL 4 LOCATION		DATES	LEVEL 5 LOCATION		DATES
Stoneville, NC		8-Jan	Waveland, MS		30-Jan
Denville, NJ		13-Mar	Tampa		6-Feb
Stillwater, MN		9-Apr	Norwich, CT		19-Mar
Selma, IN		23-Apr	Houston, TX		21-Mar
Norwich, CT		23-Apr	Hamptonville, NC		26-Mar
Oceanside, CA		7-May	Stillwater, MN		9-Apr
Burlington, VT		8-May	Cobourg, ON, Canada		11-Jun
Alma, NB, Canada		28-May	Kansas City, KS		25-Jun
Kansas City, KS		25-Jun	Selma, IN		25-Jun
Stoneville, NC		6-Aug	Columbia, IL		20-Aug
Columbia, IL		20-Aug	Norwich, CT		24-Sep
Norwich, CT		15-Oct	St. Paul, MN		12-Nov
St. Paul, MN		23-Oct			

Healing Beyond Borders  
445 Union Blvd., Suite 105  
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**Healing Beyond Borders**  
Educating and Certifying the Healing Touch <sup>TM</sup>

## **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 Beyond Borders 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