



Statement on Equity and Inclusion

Since its founding in 1996, the vision of our organization has been to “spread healing, light and love, creating wholeness on Earth.” This can only be accomplished through the creation and maintenance of safe and inclusive energetic healing spaces, especially for those who have historically been marginalized in society. This is best exemplified by Standards 4, 8, and 9 of our [Code of Ethics and Standards of Practice](#):

Code 4: Equality and Acceptance—The practitioner and patient are equal partners in the process of healing. Honoring individual autonomy, growth, and self-empowerment, patients will be respected and valued at all times regardless of race, creed, age, gender expression, ability, sexual orientation, or health condition, honoring individual autonomy, growth, and self-empowerment in keeping with the United Nations Universal Declaration of Human Rights. The Healing Touch practitioner respects the individual spiritual beliefs and practices of the patient. Healing Touch does not promote a particular spiritual practice.

Code 8: Creating a Safe Healing Environment—Healing Touch practitioners provide a safe, welcoming, supportive and comfortable environment that is conducive to healing.

Code 9: Principle of Healing—Healing Touch practitioners recognize and honor the patient’s unique self-healing process. The individual is acknowledged as a complex being, who is part of a social system, and is interactive with and is acted upon by their internal and external environments.

We believe diversity, equity, and inclusion are critical to fulfill our mission to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. We recognize individuals have multiple identities that affect their experiences. We value the intersectionality of these identities, which may include race, ethnicity, gender, age, religion, nationality, culture, perspective, ability, sexual orientation, and socioeconomic status, among others. Including and engaging a community of students, practitioners, and instructors that reflects the diversity of our global society is essential to the success of the mission of Healing Beyond Borders.

Our commitment requires us to examine both individual and systemic factors affecting inclusion in the learning and healing environment, as well as the broader community. As catalysts for the transformation of human consciousness, we seek to cultivate and empower a diverse body of students, practitioners, and instructors who have the tools needed to build a more equitable and healthier society. We seek and nurture partnerships with individuals and organizations that promote diversity, equity, and inclusion globally.

Inclusion is not about following a trend. Rather, it is about actively working in collaboration to dismantle systems of exclusion, bias, and harm. We commit to listening to, learning from, and collaborating with marginalized communities in an ongoing journey of active learning and personal and professional growth.

We created the following action plan for Healing Beyond Borders to ensure our ongoing operations align with our mission of creating inclusive and affirming energetic healing spaces, as well as our [Core Values](#).

This is a living document, which means we will make changes, add ideas, and track progress over time. This initial document is meant to be a foundation for our ongoing efforts regarding equity and inclusion.

Our Continuing Commitment

We will continue the following programs, endeavors, and investments:

- Regularly assess and reflect on implicit bias in office space, advertising, and interactions.
- Be diligent in promoting Healing Touch in ways that reach marginalized communities.
- Continue to educate ourselves and community through workshops, readings, and conversations and to listen deeply to marginalized communities.
- Continue to facilitate education by highlighting marginalized healers and holistic educators and authors.
- Continue to foster safe and inclusive environmental and energetic spaces.
- Encourage our students, practitioners, and instructors to engage in the personal work of recognizing implicit bias.
- Invest in partnerships with organizations that demonstrate a commitment to equity and inclusion.
- Use our platform and influence within the healing community to amplify the voices of, advocate for, and increase representation of marginalized groups.

Resources

Partial Reading List

- *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz
- *So You Want to Talk about Race* by Ijeoma Oluo
- *Thick and Other Essays* by Tressie McMillan Cottom
- *Bad Feminist* by Roxane Gay
- *Stony the Road* by Henry Louis Gates, Jr.
- *As Long as Grass Grows* by Dina Gilio-Whitaker
- *The Source of Self-Regard* by Toni Morrison
- *Silver Like Dust* by Kimi Cunningham Grant
- *Braiding Sweetgrass* by Robin Wall Kimmerer
- *Waking Up White* by Debby Irving
- *Caste: The Origins of Our Discontent* by Isabel Wilkerson
- *My Grandmother's Hands* by Resmaa Menakem
- *The Dark Side of the Light Chasers* by Debbie Ford
- *White Fragility* by Robin DiAngelo
- *Tomorrow Will Be Different* by Sarah McBride
- *Standing at the Edge* by Joan Halifax
- *How to Be a Good Creature* by Sy Montgomery
- *Behave: The Biology of Humans at Our Best and Worst* by Robert Sapolsky

The [Chicago Public Library](#) and the [Baltimore County Public Library](#) have published reading lists. The National Museum of African American History and Culture has developed a resource for [talking about race](#).

The [Chicago Review of Books](#) and [Electric Lit](#) offer two booklists focused on Indigenous writers.

[Project Implicit](#), in affiliation with Harvard University, has the mission to educate the public about bias and provide a virtual laboratory for producing high-impact research that forms the basis for scientific knowledge about bias and disparities. It offers a [self-test](#) to discover implicit bias, which is data secure.

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Healing Touch International, Inc., (dba Healing Beyond Borders) Board of Directors

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