



Energy

magazine

Sharing Energy - Transforming the World

Nov/Dec 2015 - Issue Eighty-Two

Let us love winter,
for it is the spring
of genius. - Pietro Aretino





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Dear Readers,

Every year during the holiday season, I watch as the tension builds. It builds in the streets, shopping malls and the grocery store. I notice it in the people with whom I work, friends and those I know personally in retail or customer service. Every year as this begins to happen, I take a step back, a step deeper internally and I count my blessings. Yes, the tension effects me, but less and less.

I have a few things “going in my favor.” As a child, my family celebrated St. Nick’s day on December 6, an old German tradition from what I was told. On this day, we were given a very practical gift – a pair of socks, gloves, hat or a baseball – something simple and useful, along with gingerbread men cookies. I have carried on this tradition with my siblings and others in “my family.” So, as of December 6, my shopping is over, gift giving complete. I relax and enjoy the scents, colors and festivities.

I love my family, every one of them, and I love to be around them. We are close, tight and get along. We are each unique, independent and agree to disagree sometimes – we love each other. I have been told many times that my family is an anomaly. Maybe so, but I hope this is not the case. My partner’s family is

like my own. So when the holidays roll around and I have the opportunity to see family, I am overjoyed. Yes, I may stress out about what dish to take and if it will taste good, but it all goes to the background as soon as I arrive. For me it is all about family and being together. This brings me joy.

Becoming more gentle with myself, I allow myself a piece of pie that is not on my diet. I am able to forgive myself for the walk not taken because a good book was more enticing. I allow myself to sleep more, spend time just being and eat a few things I really like that “are not good for me.” My motto has become “moderation, even in moderation.” I allow peaks and valleys and ride them more freely. Maybe these are all signs of getting older – I choose to think of them as signs of increased sanity.

In this issue you will find much food for thought, sprinkled liberally with good intention, love and best wishes from the Energy Magazine staff.

As we approach this holiday season, I wish each of you peace, joy and much sanity.

Margaret



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Lauren Walker is the author of *Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice* (Sounds True, 2014) and *Energy Medicine Yoga: The Healing Manual* (Sounds True, 2016). Teaching since 1997, she created Energy Medicine Yoga while at Norwich University to help increase the resiliency of deploying soldiers. She has been featured in Yoga Journal, Mantra +, Yoga Digest, and The New York Times. You can find her complete schedule at www.EMYoga.net

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connecting the dots

From Ad Exec to
Energy Practitioner



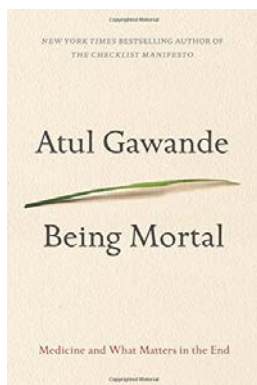
a memoir & guidebook

Heather McCutcheon

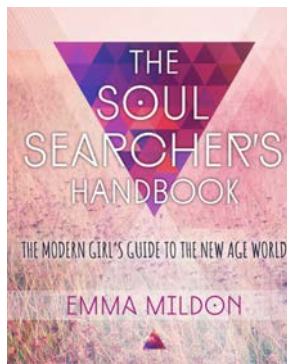
1 | So we have all these great healing modalities, now what?

In the voice of an easy-going road-trip companion, Heather McCutcheon shares her bumpy path and successful strategies for sharing energy healing with the world. The memoir begins with a skeptical, naive girl and ends with a confident woman challenging established social institutions by combining ancient healing modalities and modern communication technologies. You'll laugh. You'll cry. You'll learn practical ways to help shift the current paradigm.

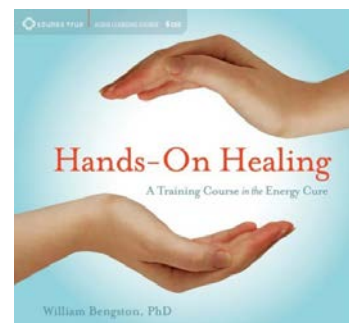
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2 | Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. A practicing surgeon, he argues that quality of life is the desired goal for patients and families. He offers examples of more socially fulfilling models for assisting the elderly and explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.



3 | *The Soul Searcher's Handbook* is a fun, soulful introduction to spirituality for the neo-New Age spiritual seeker. With something for every type of new age thinker, author Emma Mildon offers easy tips, tricks, and even a "woo-woo" scale for incorporating everything from aromatherapy to numerology to crystals into your modern life. Answering such questions as, "Should I Feng Shui my smart phone screen?" this handbook is your go-to guide for everyday spiritual discovery and living.



4 | After 35 years of extraordinary research, Dr. Bengston has demonstrated time and again that hands-on healing works. He brings you an in-depth training course in the method that produces reliable results in the laboratory—and can trigger profound transformation and healing for those who learn it. At the core of this hands-on healing method is a unique process called "image cycling." With detailed instruction, competency-building exercises, and playful strategies he guides you through each step toward mastery of this powerful technique.



Recently Published Research

Integrative Care Therapies and Physiological and Pain-related Outcomes in Hospitalized Infants

Hathway, Luberto, Bogenschutz, Geiss, Wasson & Cotton (2015), *Global Advances in Health and Medicine*, 4 (4), 32-37 doi:abs10.7453gahmj.2015.029.



Summary by Kathy Moreland, RN, MScN, HTCP/I
Chair Healing Touch Research and Science
Advisory Council, Healing Touch Program


Pain management in newborns is very challenging for the healthcare teams that work with these infants. A University of Cincinnati team recently published a study exploring the impact of massage (M) and Healing Touch (HT) on neonatal pain using four pre/post outcome measures associated with pain including therapist-rated pain, presentation of the infant (sleep to agitated), the infant's heart rate and oxygen saturation.

The study was done retrospectively and used paired sample t-tests to examine the association between pain ratings for infants who received M and HT. 186 infants were included in the study, which means there was a large database from which to pull information. Of those 186 infants, 62% received both M and HT. Significant changes were seen in the infant heart rate in both pre and post therapy; $p < .001$, oxygen saturation; $p < .001$, therapist reported pain; $p < .001$, and presentation $p < .001$. These changes were perceived as signs of improved pain in the infants.

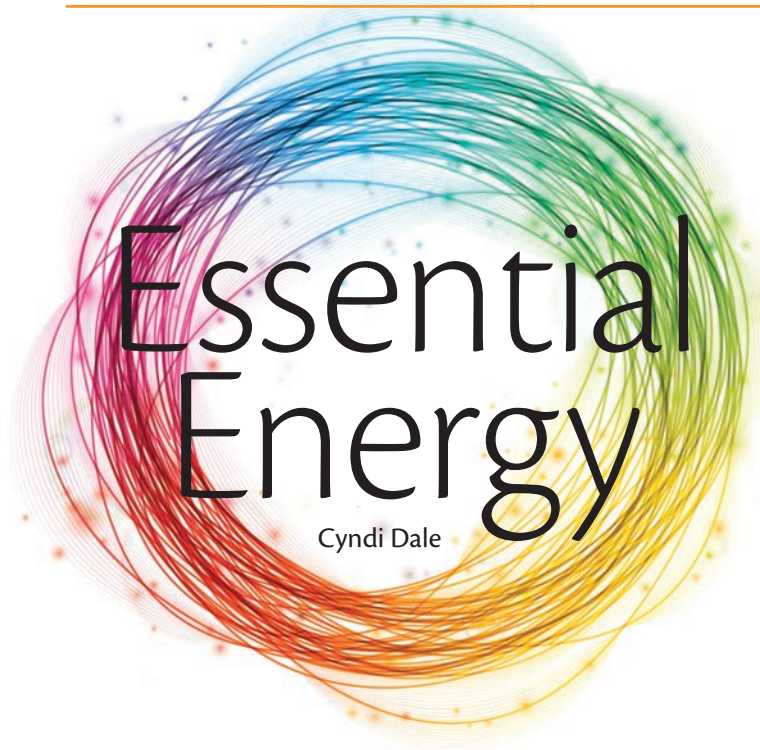
Observed improvements suggest that massage and HT used in combination may be useful therapies to improve comfort and reduce pain in neonates. No untoward effects were reported.

Important points about this type of study (as compared to a randomized clinical trial) include: there was no control group (infants acted as their own control) and there was no control of variables (time of day, pain medication, etc.)

or method of delivery of M or HT. In some ways, this makes the study more pragmatic as the practitioners delivered the therapies according to their actual energy-based assessment of need versus a "prescribed" dose or method of M or HT.

This study is worth sharing with decision makers to generate discussion about the inclusion of integrative therapies in neonatal environments. As always, more research is needed to support these conclusions. 

Read the entire study at www.gahmj.com/doi/full/10.7453/gahmj.2015.029



Essential Energy

Cyndi Dale

So, What Do You Do For a Living?

I was once sitting in a hot tub in Iceland, having just enjoyed an amazing massage. Sinking into the water, I barely noticed the man who slipped in next to me. We started visiting and after a while, he asked me “that question.”

“So, what do *you* do for a living?”

Back then, I responded honestly. After muttering something that included the words “intuition” and “energy” and “healing,” I found myself listening to his list of physical and emotional woes, a recanting that began with a fall at age two and continued throughout his many years of life. It ended with expletives about his latest divorce and a final question.

“Can you just heal me a little bit?”

I might have felt more willing to lend a hand if he were wearing more than a barely-there G-string.

Of course, there are many stopping places on the continuum. If one set of individuals is ready to parade their complaints, the other extreme heads to the hills. I will never forget the woman at my son’s football game who blanched when I said I did “energy healing.” She spilled both her popcorn and soda leaping off the bleachers, muttering Bible verses the entire way. It turned out okay, though. She left her blanket behind and I had forgotten one, a tactical error in

30-degree Minnesota fall weather.

Then there are the affects our work has on our loved ones. My oldest son once complained that he had nothing *reasonable* to say at school when the kids were inevitably asked what their parents did for a living. His father is a Ph.D. in animal swine management and as Michael put it...

“What am I supposed to say? My father is a *pig doctor* and my mother a *psychic*?”

In the end, he decided to simply tell everyone his parents were just a “dad” and a “mom.”

Good enough.

Just telling people that we work with energy, intuition or healing is frequently enough to bestow us with super powers or merit the sign of the cross. At a financial seminar, a woman begged me to ask the ghost of her deceased husband if he had hidden any money in the Bahamas. (Um, the answer was probably “no.”) Another man told me that only Jesus could do healing and I had better be careful, as he knew where I was headed. (I was actually on my way to the bathroom, at that moment, but I do not think that is what he meant.)

I slipped out before I was asked for the winning lottery numbers.

I am sure you have also encountered the group that sees five heads instead of one, when you state your job title. It is these people that respond with a question, maybe one of these:

“Does that mean that you stick those sharp needles in people?”

“So then you never take an aspirin?”

“Is that a special form of orthodontia?”

I am all for spreading the truth about intuition, energy and healing, as well as being honest. But I am also partial to my privacy and like all of us, my down time. These days, when asked what I do for a living, I kind of, sort of, well, lie—just a little bit.

If I feel relatively safe, I might say that I am counselor (which I kind of am, just not licensed.) I might admit to doing holistic consulting, if I am feeling particularly brave, or that I teach health. My kids tell people their mom is a “spiritual therapist,” which is a great way to go. In a pinch, I imply that



I clean houses. The answer is pretty much true, given the prominence of kids and dogs in my life. If I have nothing else to say, I sip at my drink and choke. No one wants to stand around when you are spitting fluid all over the place.

Being a professional is about doing your job well—with all your body, mind, and soul. But nobody said you have to write your job description on a name badge, now did they? €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more

about Cyndi, her work, books and products please visit: www.cyndidale.com.

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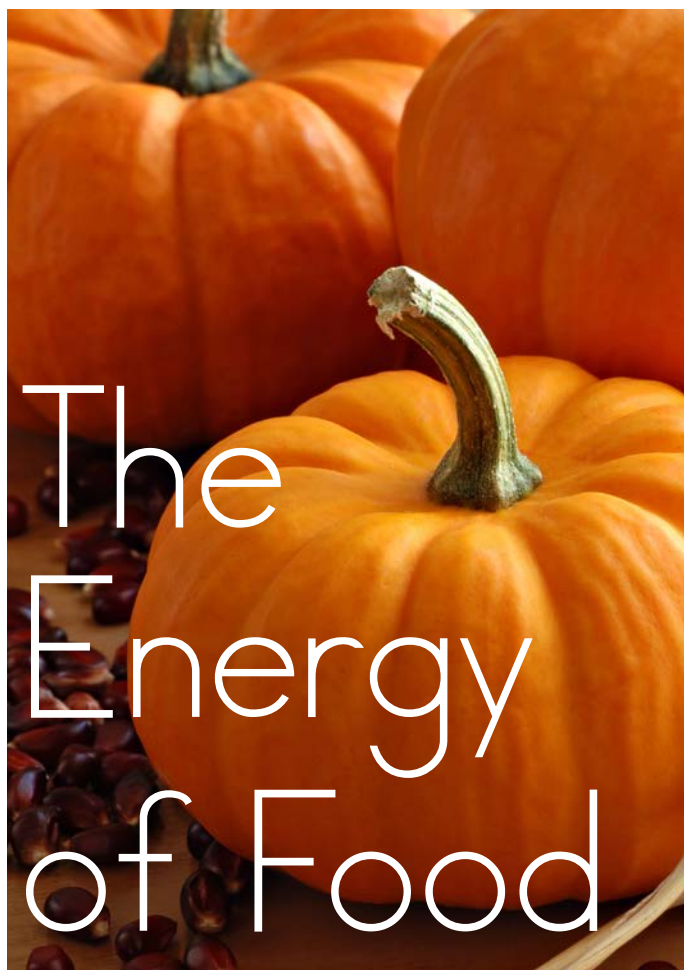
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Peaceful Eating at the Holidays

Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed

Holiday Gatherings...family, friends, food you “shouldn’t” eat, stress...this is the time of year when we often remember grudges and re-live ancient history. We invest energy worrying about seeing that person who hurt us years ago and set our expectations (often unknowingly) for having an unpleasant experience, again. We try to maintain eating healthfully and are sabotaged for one or more of these primary reasons: we are at a gathering and regard eating as being social, we are stressed out or it is someone’s famous dish and we feel obliged.

What if you could acknowledge the stressful situation and remain true to your eating goals?

Let’s say that your mother disapproves of the diet you eat. She asks, demandingly, “How can you come to Thanksgiving Dinner and not want turkey, gravy, potatoes with marshmallows, stuffing and, don’t forget, the apple pie a la

mode with whipped cream?”

You have become a vegetarian and are committed to eating healthier. You may feel proud of your choice. You do not want to start a fight. Do you swallow your pride or swallow turkey?

You start remembering all the times she told you what to do or questioned your behavior. You start to become angry. You feel guilty because you’re angry and you don’t want to fight with her yet you feel defensive, so start fighting with yourself.

Here is another way.

Practice this exercise NOW so that you’ll be prepared in the moment.

If you need to, make a list of the things your mother (or whoever is challenging you) might say to you. Be thorough.

Next, start listing things that you know to be absolutely, 100% true. To continue with the example of Mother at Thanksgiving, you might write:

- Mom wants to share traditions with me.
- Mom is hosting Thanksgiving dinner, which means she cleaned the house and spent several hours in the kitchen.
- I used to love potatoes with marshmallows.
- My tastes have changed.
- I still love apple pie a la mode, but I choose to not eat it because it rockets my blood sugar and exacerbates my candida.
- I am glad to be sharing time with my family.

As you write this list, be aware of your feelings. You might notice a slight shift from anger to something less intense. Notice where in your body you feel your feelings.

When you have exhausted the list of truths that you can write - try to write a few more! And then notice the resources you have just created for saying something which is truthful and not based in anger.

Using the above list, you might respond by saying:

- “I really value sharing time with my family and the food is less important.”
- “Mom, I so appreciate that you are hosting Thanksgiving dinner - I know you spent a lot of time cleaning the house and working in the kitchen.”
- “I love some of these foods, especially your apple pie,



but it exacerbates my candida and I would rather feel good so I can enjoy your company.”

These statements neutralize the situation and discontinue the argument. They probably feel good to everyone because they honor your truth and also acknowledge the other person in a positive way. (It is true that some people simply love to argue and are happiest when they are arguing. In that case, you still have the choice to not participate, to participate with the awareness that you are merely playing a game or role-playing.)

Practice saying your responses out loud. Notice how you feel as you say them. Notice where in your body you feel them. This can illuminate places where you might want to do some energy work before encountering these particular situations. Working on these areas ahead of time will not only fortify your body, it will ease your mind because you will know that you have addressed the situation emotionally, mindfully and energetically. Now you are fully prepared to enjoy the holidays! €



Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed is a Board Certified Health Practitioner who blends holistic nutrition, life coaching and energy medicine. She is a professional speaker, author and maintains a private practice. Her business, www.wildsuccess.us, specializes in preventing and changing chronic disease such as arthritis, overweightness, diabetes and heart

disease (she came into the work to clear her tumor and reverse debilitating depression). She has authored the *Eating Your Way To Health Workbook*, *105 Questions about the Raw Food Lifestyle*, *Wildly Successful Fermenting™* and several recipe books. Sharon is a Returned Peace Corps Volunteer and world traveler currently residing in Virginia Beach, VA with her soulmate, Todd.



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Changing the Linens

In the field of energy medicine, circumstances dictate what is appropriate in terms of hygiene and cleanliness. Unlike in the massage profession, there is no standardized hygiene policy in Energy Medicine. Although hygiene encompasses many things, we will discuss linen hygiene in this article. Because clients usually remain fully clothed during a session, many Energy Medicine modalities do not have or teach a specific policy about changing linens between sessions. When we refer to linens, we are referring to all treatment table linens: sheets, head cradle covers, pillowcases, bolster cases, blankets, etc. In most circumstances, common sense hopefully rules. But there are differing opinions on what is appropriate.

Most of us have personal hygiene criteria that effect how we address hygiene in our practice. Some people change bed linens after every houseguest and others feel that if they know the person, the person is family, or they only stayed one night, there is no need to change sheets. Many times blankets and pillows are in use for sometime before they are washed or replaced. Our personal preferences certainly influence our professional consideration and practices.

As Dawn Warnaca, Acting Director of HTPA, says, "I have placed a small bright post-it note on the headboard in the guest room. It says, 'Clean sheets are in the bottom drawer.' This note is intended as a helpful hint to my guests in the

hopes of making my life easier and having the room ready for the next wayfaring arrival. Imagine my surprise one morning, when an overnight guest said to me, 'I slept in clean pajamas, so I didn't change the sheets.' I wondered how my guest might have felt if I had replied with, 'Oh, that's ok, the last couple of people who stayed there felt the same way.'"

With a lack of clear guidelines, what is the most professional and conscientious approach to linens? Sweat and tears are the most common bodily fluids that Energy Medicine practitioners will encounter and they are not considered infectious. But still, there are health and safety concerns that are worth considering in terms of how often we change linens. Massage schools teach a standard of changing sheets for every client. One massage therapist may put on four fitted sheets at a time, only stripping one layer after each client. This saves precious moments in between each massage. Is this the same as changing sheets after each client? Another massage therapist changes the sheets and face cradle after each client, but not the blanket, pillowcase or bolster case. Is this appropriate? An acupuncturist may change the fitted sheet weekly on each treatment table, using fresh paper over the sheet for each client. A Healing Touch practitioner changes the linens that touch a client's head—pillow cases and face cradle covers—after each client, but the fitted sheet only at the end of the day. Is this acceptable? Another Energy Medicine practitioner changes all linens after every client.

If you are aware that your client has a cold, the flu or another transmittable disease, it may make sense to change the linens after their session regardless of whether or not they are fully clothed. If your client is fully clothed but you use a face cradle, it makes sense to use changeable paper protection or change the linen that covers it. In some circumstances changing the blankets after the client may be appropriate. Some practitioners use pillows to protect someone lying on their side and others use bolsters under ankles and knees depending upon the position. Again, common sense is in order for changing coverings for these pieces.

Linens also have a life span. They are usually washed numerous times in a short period. Your professionalism is telegraphed by how your office looks and feels, including the state of your linens.

The location of a session may also influence how we keep our treatment areas clean. A public event such as a health fair may require a different approach than in a private office. The lack of discussion around the health, hygiene or safety of sheets became a reality for Dawn as she began volunteer-



ing at various public events. “One event in particular stands out: a Stand Down for homeless veterans. It was truly a place for homeless men and women who at one time were young members of the military, dedicated to protecting our great nation. In their current circumstances, however, many were in dire need of a shower! Clothing, shoes, socks, hair and even skin showed various signs of neglect. Lice too were noted, and as practitioners, we do not want this pest transmitted from one client to another. It was my responsibility to protect those coming later to my table, as well as accept these men and women exactly as they showed up.”

Chair treatments don’t necessitate switching linens and may be useful for public events. Yet, if the chair has a face cradle, such as for chair massage, changing this linen is a good idea. If a table is used, skipping the sheets entirely and using an antibacterial wipe or spray to clean a table is another way to handle the high volume and quick turnover at public events. Just keep in mind that some people may object to or be allergic to scents or antibacterial wipes.

Good hygiene is important. It is apparent that our standards should be high. Having high standards protects you as well as your client. Awareness and consideration of the circumstances and who you are treating should be paid attention to and may dictate how frequently linens are changed. There is certainly room for discussion among practitioners and by those who teach individual Energy Medicine modalities. €

HTPA Insurance Initiative

Supporting Your Profession 

Healing Touch Survey

This past July, the HTPA Insurance Initiative Committee along with Healing Touch Program sent out a survey to Healing Touch practitioners. The collected data will be used to strengthen the application to the American Medical Association for a specific Healing Touch Current Procedural Terminology (CPT) code. Obtaining this code is one of the key pieces in allowing for the billing for Healing Touch to insurance companies.

While this survey asked specifically about the use of Healing Touch in healthcare facilities, it relates to Energy Medicine practitioners in general. Healing Touch Program is working to increase the use of Healing Touch in the healthcare setting. This exposure will make it easier for others in the field of Energy Medicine to follow suit. The survey statistics may be used to support and expand the use of Healing Touch and other Energy Medicine programs in the healthcare setting.

Over 400 practitioners responded, allowing for a significant amount of data to be collected. The data outlines what Healing Touch is being used for, how it is being used, how the request for a session is initiated and much more. According to the survey, the three main reasons people ask for Healing Touch are pain, anxiety and stress. Pain is one of the most common reasons a person seeks medical treatment and, according to insurance statistics, it is the largest cost in healthcare.

To view the survey, click here. http://htprofessionalassociation.com/content_assets/docs/current/SurveyStatistics.pdf



What is Guided Imagery?

Belleruth Naparstek

Guided imagery is a gentle but powerful technique that focuses and directs the imagination. It can be just as simple as an athlete's 10-second reverie, just before leaping off the diving board, imagining how a perfect dive feels when slicing through the water. Or it can be as complex as imagining the busy, focused buzz of thousands of loyal immune cells, scooting out of the thymus gland on a search and destroy mission to wipe out unsuspecting cancer cells.

Although it has been called "visualization" and "mental imagery," these terms are misleading. Guided imagery involves far more than just the visual sense and this is a good thing, given the fact that only about 55% of the population is strongly wired visually. Instead, imagery involves all of the senses and almost anyone can do this. Neither is it strictly a "mental" activity—it involves the whole body, the emotions and all the senses, and it is precisely this body-based focus that makes for its powerful impact.

When properly constructed, imagery has the built-in capacity to deliver multiple layers of complex, encoded messages by way of simple symbols and metaphors. You could say it acts like a depth charge dropped beneath the surface of the "bodymind," where it can reverberate again and again.

Over the past 25 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. We now know that in many instances even 10 minutes of imagery

can reduce blood pressure, lower cholesterol and glucose levels in the blood, and heighten short-term immune cell activity. It can considerably reduce blood loss during surgery and morphine use after it. It lessens headaches and pain. It can increase skill at skiing, skating, tennis, writing, acting and singing; it accelerates weight loss and reduces anxiety; and it has been shown, again and again, to reduce the aversive effects of chemotherapy, especially nausea, depression and fatigue.

Because it is a right-brained activity, engaging in it will often be accompanied by other functions that reside in that vicinity: emotion, laughter, sensitivity to music, openness to spirituality, intuition, abstract thinking and empathy.

And because it mobilizes unconscious and pre-conscious processes to assist with conscious goals, it can bring to bear much more of a person's strength and motivation to accomplish a desired end. So, subtle and gentle as this technique is, it can be very powerful, and more and more so over time.

One of the most appealing and forgiving features about imagery is that almost anyone can use it. Although children and women probably have a slight, natural advantage, imagery skips across the barriers of education, class, race, gender and age - a truly equal opportunity intervention.

Even though it can be considered a kind of meditation, it is easier for most westerners to use than traditional meditation, as it requires less time and disci-



What is Guided Imagery?

pline to develop a high level of skill. This is because it seduces the mind with appealing sensory images that have their own natural pull. And because it results in a kind of natural trance state, it can be considered a form of hypnosis as well.

People can invent their own imagery, or they can listen to imagery that's been created for them. Either way, their own imaginations will sooner or later take over, because, even when listening to imagery that's been created in advance, the mind will automatically edit, skip, change or substitute what's being offered for what is needed. So even a tape, CD or written script will become a kind of internal launching pad for the genius of each person's unique imagination.

through your body as you realize that you are about to triumph at something, that you are home free golden.

These sensory images are the true language of the body, the only language it understands, immediately and without question.

Second Principle: The Altered State

Secondly, *in the altered state, we're capable of more rapid and intense healing, growth, learning and performance.* We are even more intuitive and creative. In this ordinary but profound mind-state, our brainwave activity and our biochemistry shift. Our moods and cognition change. We can do things we couldn't in a normal, waking state like lift a tree that has fallen on a child; write an extraordinarily delicious poem; replace

...the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance.

Three Principles of Guided Imagery

Guided imagery works because of 3 very simple, common-sense principles. You already know them.

First Principle: The Mind-Body Connection

First of all, *to the body, images created in the mind can be almost as real as actual, external events.* The mind doesn't quite get the difference. That's why, when we read a recipe, we start to salivate. The mind is constructing images of the food—how it looks, tastes and smells; it might even be evoking the sounds of the food cooking or the feel of its texture as it's being chewed. And all the while, the body is thinking "dinner is served" and is responding by generating saliva and appetite.

The mind cues the body especially well if the images evoke sensory memory and fantasy sights, sounds, smells, feel and taste, and when there is a strong emotional element involved. So, for instance, a strongly evocative image might be remembering the sound and timbre of Daddy's smiling voice, telling you he's proud of you; or the internal bristling of energy all

our terror of a surgical procedure with a calming sense of safety and optimism; abate a life-threatening histamine response to a bee sting.

We wander in and out of altered states all through the day, as a matter of course. Sometimes it's not a conscious choice, and we drive past our exit on the highway. At best, the altered state is a state of relaxed focus, a kind of calm but energized alertness, a highly functional form of focused reverie. Attention is concentrated on one thing or on a very narrow band of things.

As this happens, we find we have a heightened sensitivity to the object of our attention and a decreased awareness of other things going on around us, things we would ordinarily notice. We are so engrossed, we lose track of time or don't hear people talking to us. Or we are so focused on our tennis, we don't realize we were playing on a broken ankle and the pain isn't perceived until the game is over.

The altered state is the power cell of guided imagery.

When we consciously apply it, we have an awesome ally, a prodigious source of internal strength and skill.

Third Principle: Locus of Control

The third principle is often referred to in the medical literature as the “locus of control” factor. *When we have a sense of being in control, that, in and of itself, can help us to feel better and do better.*

Feeling in control is associated with higher optimism, self-esteem and ability to tolerate pain, ambiguity and stress. Decades of research in ego psychology informs us that we feel better about ourselves and perform better when we have a sense of mastery over the environment. Conversely, a sense of helplessness lowers self-esteem, our ability to cope and our optimism about the future.

Because guided imagery is an entirely internally driven activity and the user can decide when, where, how and if it is applied, it has the salutary effect of helping us feel we have some control.

So, when you put all this together, you have a technique that generates an altered state in which the mind is directed toward multi-sensory images that the body perceives as real. This is done exactly when, where and how the user wishes. And that’s why it’s so effective.

Eight Kinds of Guided Imagery Content

There are many kinds of effective healing imagery and, because people respond differently to different kinds, it’s good to be aware of the range of possibilities. Here are eight different categories of guided imagery content that I describe in my book, *Staying Well with Guided Imagery*. There are others, I’m sure, but this is a good place to start.

Feeling State Imagery

This is simple imagery that changes mood, such as seeing yourself in your favorite place, or recalling a happy, peaceful time. Any imagery that can genuinely elicit feelings of love, care, safety and gratitude, will crowd out feelings of fear, anxiety, resentment and anger. All of this qualifies as feeling state imagery.





What is Guided Imagery?

End State Imagery

This is imagery that uses for its content any desired outcome or goal, in all its realistic particulars. So imagining a strong, cancer-free body; a perfectly played, confident, relaxed, focused game of tennis; or the sound of a perfectly registered high C just before singing it, would all be end state imagery, sometimes called “mental rehearsal” in hypnosis.

Energetic Imagery

This is imagery, taken from Ayurvedic and Chinese medicine, as well as quantum physics, that uses the notion of plentiful, coherent, free-flowing, unblocked energy as the underlying dynamic of good health. Illness, in this paradigm, would be seen as stuck energy, or energy that is withheld from the general flow. This can be imagined as moving dots, a kind of sound, or an internal feeling of motion.

Cellular Imagery

This imagery focuses on the healthy interaction of the cells, and requires accurate technical knowledge, so it isn't for everyone. For asthma, it would be imagining the mast cells being less reactive to neutral particles floating by; for diabetes, it would be insulin attaching to energy hungry cells, so they can take in glucose from the bloodstream; and so on.

Physiological Imagery

This is imagery that focuses on larger healing processes in the body, such as sensing the widening,

softening and clearing of the arteries for heart disease; imagining the feel of tumors shrinking in the body with cancer; and seeing the opening of swollen, constricted passageways in the lungs for asthma. This too requires accurate knowledge of how the body naturally operates to heal each condition.

Metaphoric Imagery

This is imagery that works with symbols instead of concrete reality, such as seeing a flower opening its petals as a metaphor for enhanced creativity blossoming again; or seeing a tumor as an enemy encampment, being decimated by a powerful supply of tanks, missiles and guns; or sensing insulin “keys” unlocking the “doors” to hungry cells for people with diabetes.

Psychological Imagery

This is imagery that specifically addresses a person's psychological issues by providing corrective emotional content. So, for instance, it might consist of imagining being surrounded by loving friends and allies to interrupt a sense of isolation and despair; or seeing oneself through kind and loving eyes, for someone who is relentlessly self-attacking; or perceiving the presence a beloved, recently lost parent to alleviate grief.

Spiritual Imagery

This imagery evokes the wider perspective and peaceful or transcendent feelings provided by mystical states of consciousness and prayer. This might involve sensing assistance from angels, guides, power animals, God or specific religious figures and symbols; or imagery that fosters a sense of oneness and connection with all things; or any imagery that deeply opens the heart.

Imagery & Intuition

We've all experienced, after all, moments of “knowing” that defy logic and reason. What is this business we call intuition and how does it work? Why do certain life experiences - falling in love, intense grief, near-death experience or meditation, for instance - seem to bring it on? And what can we do to coax it out of us even more?

Guided imagery is one near-perfect vehicle for replicating both the biophysical and the subjective conditions that configure to produce a “psychic pop” of sixth sense knowing.

Guided imagery that opens the heart and deliberately evokes feelings of love, gratitude and compassion is a particularly safe and powerful way to do this.

Further unlocking the sixth sense through opening the heart is a good idea. It helps us stay safe, perform well and create beauty. (The intuitive process and the creative process are the same process.) But that's not the only reason: opening the heart is something the world badly needs. €



General Info & Practical Tips

Here are some general facts and user-friendly tips about how to best use guided imagery and what to expect from it.

Your skill and efficiency will increase with practice. You will improve from whatever skill level you start with. Guided imagery functions in a way that is the opposite of addictive substances: the more you use it, the less and less it will take for it to work.

Imagery works best in a permissive, relaxed, unforced atmosphere. So try not to get too intense about “doing it right.” There are many ways to do it right.

Your choice of imagery content needs to be congruent with your values, so don’t try to impose imagery on yourself that doesn’t sit right. Let your own images come up and work for you. Don’t get stuck in somebody else’s way.

It’s best to engage all the senses, especially your kinesthetic or feeling sense. Remember, only a little over half of the population is strongly visual.

Imagery is generally more powerful in a group setting, mainly due to the contagious nature of the altered state. So a support group, special study group or healing group is a nice place to work with it (and try to sit next to a yoga instructor or some other heavy-hitter meditator!).

Music, when properly chosen, will increase the effects of imagery. You will intuitively know what music is right for what you need. A small percentage of people prefer no music at all.

Imagery that elicits emotion is generally more effective than imagery that doesn’t. Responding with emotion is a good sign that the imagery is working for you in a deep way.

If you’re using self-talk with your imagery, try to avoid the imperative verb form on yourself, so that inadvertently “bossy” language doesn’t get your back up and marshal unnecessary resistance.

You do not have to be a “believer” in order for imagery

to help. Positive expectancy helps, but even a skeptical willingness to give it a try can be quite sufficient.

Touch may be the most powerful accompaniment to imagery you can employ, both to help with relaxation and to increase the kinesthetic power of the images. Imagery combined with therapeutic massage, energy work or other kinesthetic modalities is very potent, and more than the sum of its parts.

Using the same posture cues, gestures or hand-positioning with each imaging session creates an “anchor” that conditions you to respond immediately to the posture. You can then adopt the posture in a meeting or while waiting in traffic or while resting, and your body will respond the way it did during the imagery.

If you aren’t used to being both relaxed and awake at the same time, you will routinely fall asleep during an imagery session, especially if you’re listening to a tape. If you want to stay awake, you might try sitting up, standing, walking or listening with your eyes half-open.

Even asleep, though, you’ll benefit from repeated listening, as demonstrated in test results with sleeping diabetics and unconscious surgery patients.

Don’t worry if you keep “spacing out” or losing track of a guided imagery narrative. This is not an indicator that you’re listening wrong. On the contrary, a wandering mind often comes with the territory.

You may tear up, get a runny nose, cough, yawn, feel heaviness in your limbs, get tingling along the top of your scalp or in your hands and feet, or experience minor, involuntary muscle-movements. These are entirely normal responses.

Other indicators of a strong response to imagery are unusual stillness, increased coloring in the face and an ironing out of lines and wrinkles. After some imagery, your voice will be deeper and lower, slower and more relaxed.

Usually an imaging exercise, regardless of what it’s for, will clear a headache, relieve stress, lift mood and reduce chronic pain.



When What You Are Doing is No Longer Working

Carol Putnam, Ph.D.

Does it seem like your life is not working the way it did? Perhaps your life was not working before and that led you to the healing profession you now practice. You love working with your clients. However, things are not quite like you imagined or you were in the flow earlier, but now something has changed.

When life is not working, it could be a signal that you are slightly off-track. We each have our own life path and do our best to move in alignment with that path. If we do not pay attention, however, we could trip, bump into an obstacle or step off the path.

If you feel like things are not working like they used to, it could be your signal to make a slight shift. Review all aspects of your work and your life. Did you decide that you wanted to focus on a certain type of client group, but find that working with them does not bring you joy? Perhaps there are a few clients who seem to exhaust you, but you believe you should help everyone who comes to you. What if you really want to spend more time with your family, but you feel obligated to work full time because you have a lot of clients in need? When what you are doing is no longer working, it is time to take a step back, examine what is really going on and make a course correction.

Most likely you are caught in a mindset that is driving

your behavior. Perhaps this behavior was helpful in the beginning, but it can become limiting as our lives change. However, if we are not mindful, we can get stuck and wonder why we are not happy. It helps to know a little about how our brains work, because when we are stuck in a specific mindset, it takes some effort to change to a new, more enlivening one.

When we are born, we are wired to pay attention to our senses — the light we see, the sounds we hear, the smells, etc. As we grow, we develop beliefs based upon our experiences and what we observe — do not touch the stove, warm baths feel good, blue is the best color in the world and mashed beets are not food. Our brains learn what we pay attention to and create neural pathways. These neural pathways are awash with emotion and shape how the mind perceives information and data. You might think of them as shortcuts to information.

Unfortunately, our brains are like Velcro regarding negative input. Scanning for threats at all times, our brain is looking for anything negative — whether the threat is real or a mindset. Even neutral information is considered negative. This brain pattern ensured that we were on guard against lions, tigers and bears. It was and remains a survival mechanism. As you probably know, this constant search for threats contributes to modern day stress levels. Because of this



When What You Are Doing is No Longer Working

propensity we can easily get stuck in certain mindsets and not aware that we are in a neural rut.

Perhaps you have a value that you want to be as involved as possible in your child's life. Also, you have a mindset that you should meet all the requests of your clients. Today you may have planned to leave work at 5:30 pm so you can take your daughter to soccer practice. One of your regular clients calls at 1:00 pm begging to see you today and he can only come at 5:00.

This is where it is helpful to know how your brain works. The phone call from your client triggers a stress response. Your amygdala fires and sends a message to your limbic system to release hormones which send more blood to your large muscle groups, stops your digestive system and shortens your breath. This happens before your pre-frontal cortex (the part of your brain that is designed to make decisions and over-ride the amygdala) can respond. Unfortunately, as you try to sort out how to respond to this request and your desire to take your daughter to soccer practice, your amygdala continues to fire, sending more cortisol through your system. It is reinforcing a stress loop that slows down an already slower processing pre-frontal cortex. You have been emotionally hijacked by your mindset.

This situation would not be a challenge if you had a different mindset. Perhaps you were not able to accommodate a request from a client in the past - who then went to another business and never returned. You felt horrible about the situation and the resulting loss of the client. Most likely you had a negative emotional reaction and thought that in the future you would not turn down client requests because you would lose business. Within seconds you created a strong neural pathway. Every time you receive a special request, your brain remembers the loss of the client (without your conscious awareness) and your neural pathway becomes even stronger.

"Whatever we repeatedly sense and feel and want and think is slowly but surely sculpting neural structure." (Rick Hanson, *Hardwiring Happiness*, 2013)

The above situation is an example of how mindsets can be created. But what if you have mindsets that were developed long ago that are now creating unhappiness and suffering for you? Check the list below to see if any of these mindsets seem familiar:

- I am not as successful as _____.
- If it were not for me, nothing would get done.
- I cannot ask for help or support unless I am in total crisis.
- If I say no, people will not like me.
- If I keep racing, I will finally catch up with everything I need to do/complete.
- The only way to get ahead is through hard work.
- I am not sure my services are worth what I am charging.
- I like things to be done right and I am the only one who can do things right.
- It helps me to think about all the things that can possibly go wrong so I can be prepared.

If any of the above look, sound or feel familiar to you, you have a mindset that is limiting your ability to be flexible. That mindset is getting in the way of you being happy as well as limiting your ability to change. When life is no longer working the way it did in the past, it is time to review our mindsets and make changes.

Okay, but given all that information about how the brain works, how it scans for the negative, how we create strong neural pathways unconsciously, etc., how do you create a new mindset? How do you give up what is not working? First, determine what your underlying belief is that is getting in the way. Second, make a list of all the different situations in which this mindset is inhibiting you. Third, create a new mindset that allows more freedom and flexibility for you. Lastly, and this is the tricky part, when you craft that mindset, you need to infuse it with positive emotions.

Here is a process I have used myself and recommended to my clients. It helps if you have a journal writing practice. If you do not journal regularly, that is fine,



but you will want to use a pen/pencil and paper for this process.

Step 1: Set a timer for five minutes, finish the sentence below. Write as quickly as possible without self-editing. The objective is to get your innate creativity involved in the process, not your critical self. Believing _____ (fill in your mindset) _____, blocks my ability to _____.

When you have finished, read what you have written. Is there anything else that comes to mind? If so, add it now.

Step 2: Craft the language of your new mindset. It is important to use positive language. If your limiting mindset is, "If I say no, people will not like me," a few possibilities to create a new mindset are: "I make good choices about where and how I spend my time and energy." "I am thoughtful regarding the choices I make." "I feel positive about making conscious choices for how I spend my time." Make sure you write your new mindset in language that fits you.

Step 3: Attach positive emotions and sensations to the new mindset. You are building new neural pathways (basically re-wiring your brain) and washing them with emotion helps to fully engage the brain.

- A. As in Step 1, set a timer for five minutes and, as quickly as possible - write all the new opportunities that are available to you with this new mindset.
- B. Now make a list of your favorite smells, sounds, tastes, views/pictures, body sensations and positive emotions.

For example:

Smells: lavender, sheets dried in the sun, freshly cut grass, a pine forest.

Sounds: birds singing in the morning, waves crashing on the shoreline, the sound of children laughing.

Tastes: the taste of your favorite food, cool water on a hot day, the taste of a juicy, ripe apple.

Views: a soft sunrise full of pinks and blues, a brilliant sunset, light sifting through trees, the face of someone you love.

Sensations/emotions: the feel of a warm, soft blanket or of your favorite piece of clothing, the emotions you felt the last time you laughed until you cried, how you feel when you walk in nature. Add the memory of a positive experience and the wonderful emotions that go with that memory.

Step 4: As you read your new mindset statement, focus on it and engage your senses, imagine the smells, sounds, tastes, views, sensations and emotions that relate to your new positive mindset. The more richly you can engage your senses the more it helps create a strong neural pathway. If you are struggling to identify a sense that supports the new mindset, for example a taste, select one of your favorites. When you have read it a few times, say it out loud. Again, engage all your senses.

Step 5: Go through this exercise of engaging your senses while you read or say your new mindset three times a day. Pay attention to how you feel each time you do so. How does your body feel? Do you get a slight surge of energy? Do you feel a small tingling in your hands? Perhaps your breath deepens and slows down - or - you may feel a deep sense of peace.

Whatever you feel, notice it and pay attention to the difference. Practice this process until you can feel the richness and power of the new mindset when you say it out loud.

Congratulations, you have created a new mindset that opens new possibilities and opportunities for you! We do not need to feel stuck or unhappy; we have the ability to create new mindsets at any time.

As Henri Bergson, a French Philosopher said, "*To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.*" €



Energy Medicine Yoga

Lauren Walker

Every yoga book will tell you that the word yoga means “union”—literally “to yoke,” to bring two disparate things together. In the yoga context, this initially means bringing together movements of the breath and the body. Later, as you go deeper in the yoga practices, it means bringing together the body and the mind.

However, yoga, in its ultimate context, means to merge with that part of us that is unchanging, universal and omniscient. Yoga is a science both of being and of becoming and how you, as the practitioner, can influence the direction of change. It helps you to answer the constant question, what next?

That understanding of yoga is at the heart of Energy Medicine Yoga. It is the practice of influencing the direction of our body’s energy patterns in order to create positive change.

We have very few ways of describing energy in our world. We either have lots of energy or we are tired and feel lacking in energy. The truth is that energy is all there is. It is both the matter and the movement of matter in the universe. The way we use it in EMYoga is by learning its rules and seeing its outcomes.

Here are some basic rules of energy — energy needs to move. Energy needs space to move which is why yoga is such a perfect energetic practice. During the asana (posture) part of the yoga practice, we are literally creating more space in the body, opening up

energy channels by stretching, moving, and directing breath. As well, energy moves in predictable patterns and those patterns are learnable and universal.

The two most important ways energy needs to move in our body for our optimal health is forward and crossing over. This is achieved very simply in EMYoga. We start each class with a Wake-Up routine that consists of thumping all over the chest, Tarzan style (to wake the energy and get it moving forward). Then we cross it over by either marching in place and crossing opposite hand to opposite leg - or - by literally drawing an X across the body. We then go on to the rest of the EMYoga practice and learn how to optimize the many energetic pathways of the body. (Some of these are the meridian lines, some are chakras, and some are radiant circuits. All of them are easily used within our practice.) In the Energy Medicine tradition as learned from my teacher, Donna Eden, every pathology can be traced back to these two principle actions of energies — they must be moving forward and crossing over.

Energy Medicine is prevalent in our world and encompasses many different paradigms. Acupuncture, tai chi, ultrasound, Reiki, magnetic resonance imaging (MRI), laser surgery and radiation therapy are all forms of energy medicine. But the model of Energy Medicine that we will follow in this article comes from Donna Eden:

“Energy Medicine is the art and science of fostering physical, psychological and spiritual health and



well-being. It combines a rational knowledge and intuitive understanding of the energies in the body and in the environment. By focusing on your body as a living system of energy, you begin to realize that powerful energy technologies are already inherent in your hands and in your being.” (p. 2, Energy Medicine by Donna Eden, Tarcher/Putnam 1998)

Energy, for our purpose, is both the capacity to perform work and an internal power used to produce an effect. In EMYoga, we use the power of energy, aligned with its healing principles, to harness our own life force and both transform ourselves to our highest good and accept ourselves in our innate perfection.

release toxins by massaging certain trigger points for the lymph; we build upward moving energy (udana) and increase our immune system strength by working with the spleen. There are targeted practices to help body, mind and spirit thrive.

Part of the development of EMYoga came from my time teaching at Norwich University, the oldest private military college in the country. As I saw the effects this practice had on the men and women preparing to serve our country, I determined that I wanted to offer it to as many deploying soldiers as possible. I designed a program to give these EMYoga tools to people about to face some of the most intensely stressful situations possible.

Yoga is a science both of being and of becoming and how you, as the practitioner, can influence the direction of change.

EMYoga is designed to teach you to communicate with your body in a way your body can understand. This is a two-way street. Our bodies and souls talk to us in numerous ways. Messages come to us through our dreams, intuitions and feelings, as well as through physical sensations like pleasure and pain. We need to learn to speak to our bodies on a deeper level in the same language that the body itself speaks. We do this in a variety of ways— through imagination, visualization, meditation and through physical means such as touching, tapping, holding specific points, stretching and massage.

During a typical EMYoga class, we incorporate Energy Medicine practices with virtually every ‘traditional’ yoga posture, activating specific energies to help our practice. There are practices that work specifically with the emotions, helping to release and process those emotions through poses that stimulate the organs and meridians that those emotions rule. The emotional release works with the Five Elements theory of Traditional Chinese Medicine, in which each organ is governed by an emotion. We work to

Total beginners to advanced students and yoga teachers were able to greatly increase the power of their existing practice by incorporating EMYoga techniques into it.

Once you learn what energy means in the body and how to work with it, you will see how so much of your time is spent fighting against yourself. Like rowing a boat upstream, you often work harder than necessary, to get to where you want to go. The goal with EMYoga is to turn the boat around, so you are flowing easily with the currents of energy that are already working in your body. When you do this, you will also be able to harness that energy to use how you need it, like the power of a well-placed, power-generating dam.

EMYoga is a modern tantra, or weaving, of ancient wisdom to help us heal and thrive. The techniques are easy to learn, easy to apply and will powerfully help you to change your life for the better. €

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Journeys can take us anywhere—on winding paths where what lies ahead is hidden around the next bend, or on straight roads with open vistas spreading for miles in all directions. They push us to engage with the external world or call us deep into our own internal world. Wherever they lead, adventure, opportunity and growth await, if we allow it. We can choose to stay home where it is safe. But the invitation is to risk, to trust and to take the first step.

The beautiful journey of today can only begin when we learn to let go of yesterday. - Steve Maraboli



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Releasing Trauma from the Brain and Body

Sue Hovland, BSN, (Retired RN), CMT, HTCP/I

Traumatic experiences are often a part of life and who we are, and all of us see clients who are affected by them. Several major structures of the brain are usually involved in these traumatic experiences. By working energetically with certain areas of the brain, we can help our clients release much of the emotional stress connected with the trauma. I will share a shorter version of a treatment that I use in my practice and teach in my workshop Anatomy for Healers™ Level 3: The Brain and Nervous System. This is an advanced energy technique directed toward energy healers with more experience in feeling tissues, sensing energy blocks, and in projecting specific energies, such as practitioners who have completed Healing Touch Level 3 or similar energy studies.

I was able to create this treatment by first understanding the anatomy and function of involved areas, then seeing how energy therapy would be effective. It is my hope that more people can benefit from this treatment.

I will first describe the physical structures used, and then describe the procedure.

Major Emotional Structures of the Brain

(Please reference them in the accompanying drawings)

The Amygdalae (pl.) are two walnut size collections of

nerve nuclei deep in each temporal lobe on either side of the brain stem and two inches in from each eyeball. You can energetically access them from the side using a small indentation in front of the ears, at the level of the eyes. They are considered the emotional centers of the brain and coordinate behavioral, immunological, neural and hormonal reactions to environmental threats. The amygdalae are storehouses of emotional memory that are “hardwired” to detect a variety of emotions and help with intuition and decisions, as well as highlighting memories that could be useful to avoid danger in the future. The greater the emotion, the more vivid is the memory. Therefore, they are involved with conditioned fear responses or Post Traumatic Stress Disorder (PTSD). They have neural connections to many other parts of the brain concerned with emotion – the hypothalamus, thalamus, hippocampus, reticular alarm system and the frontal cortex.

Hippocampi (pl) are two longer (finger length) structures in the temporal lobes just posterior to the amygdalae that store short-term memory and decide what becomes long-term memory. They can be energetically accessed by laying a finger on the surface of the top part of the external ear and dropping into the temporal lobes. They associate smell with memory. Stress (cortisol) causes atrophy of neurons affecting factual memories, but not emotional ones. They are one of the areas that create anxiety and are quieted by



alcohol and opiates. They work with the amygdalae.

The Hypothalamus is a collection of nerve nuclei in the center of the head behind the third eye. It can be energetically found from the third eye area or from the sides of the head with the forefingers above the front of the ear. It is truly a master gland with many functions, including coordinating with the amygdalae. Fear responses in the amygdalae stimulate the production of corticotrophin, a releasing hormone, in the hypothalamus that goes to the adrenal medullas to activate the fight, flight, and freeze sympathetic system.

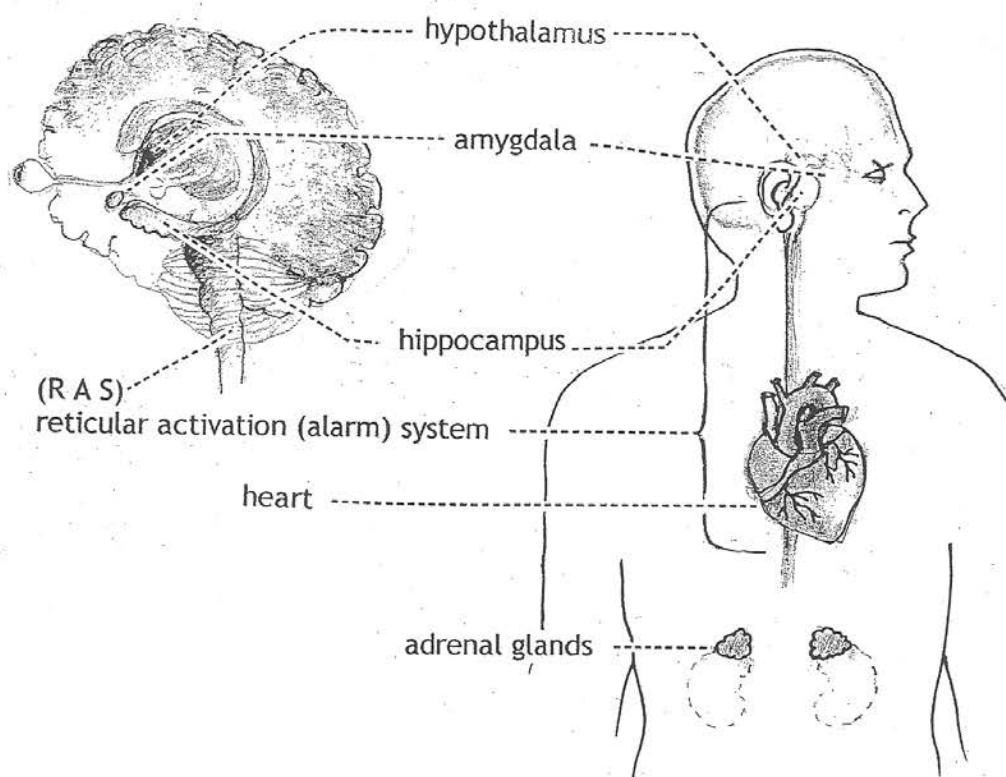
The RAS—Reticular Alarm System is a network of cells extending down from the top of the brain stem through the spinal cord to the level of the heart. It can be accessed at the back of the neck in the sub-occipital area. It is a triage center for pain and emotions, normally letting only one in a billion nerve impulses through from below. It connects with the entire nervous and endocrine systems. It is very eager to protect its person and has psychic abilities, intuiting danger

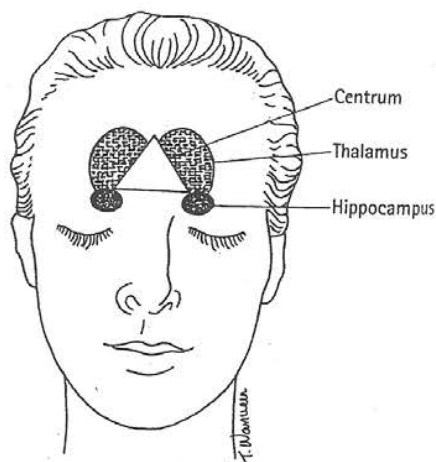
and sending out warnings. Sometimes however, it gets stuck in a hyperactive, hyper vigilant mode such as in PTSD, which is not helpful.

The Frontal Cortex is the area underneath the forehead connected with rational thought and intellect. The irrational fear response can be calmed when connected to this area.

Sue Hovland's Trauma Release Technique

Before starting, do a whole body balancing and relaxing treatment. The Healing Touch Program teaches **Chakra Connection** or **Opening Spiral Meditation** for this purpose. Other Energy Medicine modalities have similar full-body techniques. Then, while the client holds an awareness of the trauma (NOT reliving the event), turn the client on his/her stomach and do a firm thumb massage (to tolerance) down the back on either side of the spine three times (using the bladder meridian). This starts





clearing the trauma out of all aspects of the energy system—meridians, chakras, Hara, field, etc.

Turn the client over and hold one hand on the forehead and the other on the occipital area at the back of the head, sending energy generally throughout the limbic or emotional brain between the hands. (Note: This is step 2 of the Healing Touch **Mind Clearing** technique.) Then proceed as follows, holding the awareness of the trauma, and *talking to the structures telepathically and intuitively*.

Find the two amygdalae from the side of the head with your forefingers 1/2" in front of the top of the ears in a small indentation at the level of the eyes. Drop your etheric energy fingers in until they are two inches behind each eye. Assess to see if the amygdalae feel "nervous." If so, suggest that they relax. Visualize a gauge of 1 to 100 – see it go down as you talk to the amygdalae and reassure them. 15 to 30 is a nice relaxed level. Each amygdala can react individually and they are main emotional centers in the brain. Balance and connect the hypothalamus and amygdalae by keeping your forefingers on the amygdalae and placing your middle fingers above the external ears near the front part, where you can energetically access the hypothalamus in the middle of the head. The hypothalamus controls the fight and flight stress response by sending corticotrophin to the adrenals.

Balance and connect the two hippocampi with the

two amygdalae by laying the full length of both middle fingers across the upper ears and dropping into the temporal lobes. The hippocampi control the memory of the trauma.

Cup the client's head in your hands with your fingers along the back of the neck in the suboccipital area next to the skull. Connect with the RAS in the brain stem and down the spinal cord to the heart level. The RAS is the psychic and protective center. Visualize its activity level on a gauge from 1 to 100, with 15-25 being a relaxed ready alert like a fireman in the station or a pilot light. Point out the safety of the current situation and the benefits of more relaxation to its person. The RAS is always trying to help its person, but sometimes gets stuck in a high alert. Feel the body relax as the alertness numbers go down to a more relaxed level. (Note - This can be a short stand-alone treatment for clients and yourself.)

Integrate the amygdalae and RAS with the rational energy of the frontal cortex. Put one hand at the back of the neck, the RAS and amygdalae, and connect to them with intention. Place the other palm on the forehead. Calm the RAS and amygdalae with wisdom from the frontal cortex.

Disconnect the amygdalae and RAS from the fight and flight response in the adrenals. Keep one hand at the back of the neck and put the other on the adrenals from the top of the body (solar plexus area). Talk to the adrenals about relaxation and safety. Connect with the root chakra.

Integrate and calm the amygdalae and RAS with wisdom of coherent heart energy. Keep one hand at the back of the neck and put the other on the client's heart. Hold until it feels complete.

There it is! I hope you are not confused and in "brain spasm" by now. It really flows quite logically, easily and quickly once you try it a time or two. Get a friend and read it through as you practice. I have found this technique very helpful with clients and hope you do, too.



Releasing Trauma from the Brain and Body

Clients become profoundly relaxed with this technique and get much benefit from one treatment. When they come back, you can check the alertness of the amygdalae and RAS again by using the numbers gauge technique explained in Step One above to see how they are holding the relaxation. You can then repeat the treatment as seems appropriate. Sometimes, certain clients will be able to tune into their own amygdalae and RAS and relax them.

You may want to add releasing the trauma from the energy field, especially the outer layers, with a body clearing technique. Healing Touch practitioners might consider using the **Magnetic Clearing** or **Etheric Template Clearing** techniques. Sometimes, an earlier source of the trauma will surface to be cleared. People who have PTSD often have had earlier traumas.

One client of mine had severe pain (7-8 on a scale of 1-10) in her shoulder for five years in spite of several surgeries and physical therapy. It was caused by physical abuse from her ex-husband. I felt that little physical progress could be made unless we released the emotional disturbance from the past event, which was creating chaos in her energy field. I had her think of being with her abusive husband while I cleared her energy

system with the spinal thumb massage (see above). Then I did the **Trauma Release Technique**. Once her energy was cleared in relationship to the trauma, I did direct massage, cranial-sacral, and energy work on her shoulder. After three sessions, her pain was down to a 2-3, and she was much happier. She then left town so further follow up was not possible.

This technique combines well with other Energy Medicine techniques. Of course, you can modify it (cut and paste!) to help the specific needs of a client. I hope you are able to use this technique successfully with your clients.

There is an important cautionary note: Do not do this whole treatment on someone who is still severely traumatized with Post Traumatic Stress Disorder (PTSD) such as a returning soldier. They may not even be comfortable lying on a massage table with eyes closed and may need to be in a recliner or chair. You may need to start by just holding their adrenals in the flank area or brain stem at the neck as the whole treatment, or do off the body clearing of the energy field and add other treatments as indicated and tolerated in follow-up treatments. Please be mindful of what is happening energetically with your client. €



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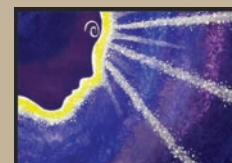
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Prayer

Jan Engels-Smith

Prayer is focused energy with strong intent. Developing a healthy prayer life is part of the dedication that is required for the journey on the spiritual path. Prayer can take many forms—formal, informal, casual, elegant, spoken, silent. All are acceptable and all are heard. There is no right way to pray, however, some prayers can be extremely powerful. If it comes from the heart, and you understand the laws of energy, prayer can be truly miraculous.

Prayer is a powerful energy. It not only connects you to the Force-greater-than-self, but it stimulates the power of creative energy within you and puts into action your ability to create. You literally merge energies with Source. You step beyond limitations and into the realm of possibilities. It is a powerful means of adding energy to one's desires. Each time you pray, you add layers of energy to your desires, energy will actually accumulate in volume, mass and density. Thought forms emerge from this accumulation and energy multiplies. I believe the more faith and trust you have, the more you stay in joy or peace with your feelings and the faster thought/prayer manifests into physical reality.

Prayer is an expression of gratitude, of love, and of relationship. It helps you to center yourself and gives nourishment to the soul. It recognizes your divine connection, reconnects you with your own holiness, and nurtures your relationship with Spirit. Your soul

is held in the body, a fragile and limiting vessel. Prayer literally transcends the limitations of the body and the linear mind controlling it, into the non-linear space of Spirit. It allows you to open up and to expect that things can be created which do not yet exist, even things beyond your current grasp. Your soul knows this. Prayer serves as a passageway out of the concrete mind and into the realm of possibilities.

Prayer also serves as a medium for building trust and faith. It is a communication between the universe and yourself, which recognizes the divinity in both. It helps you to prioritize, to re-evaluate, to self-reflect, and to discern your needs and desires. The act of prayer is an expression of your confidence in a larger divine order, and in the significance of your own existence. It expresses a faith in life and life's experiences. As you walk the spiritual path, you develop a respect for a Force-greater-than-self. You learn to love life in all of its forms and to treat life with respect and reverence. Prayer becomes an overt way to express this growing awareness to yourself and to the universe.

The longing of the soul for connection is answered in prayer. It is the foundation for spiritual connection. If you desire connection, prayer must be built into your life in a way that will withstand the daily pressures and interruptions of life. The quantity of time is not important, but the priority is.



How to maximize your experience of prayer:

1. Commit yourself to a daily communication with Spirit through prayer. Your relationship will be enhanced immeasurably.
2. Set realistic goals for yourself. Don't try to set up a monk-like routine if you've not previously incorporated prayer into your life. According to the teachings of hypnosis, it takes 21 days to create a new habit. Can you pray ten minutes a day for 21 days? If so, you can establish the habit of prayer.

- of your energy will make the job more and more difficult. Alter the energy by reframing the prayer to say, "Thank you Great Spirit for the divine job. Thank you for open doors of new opportunities."
- Requests for the future stay in the future. Claim your desires in the now. Time doesn't exist in the spiritual realm. If you are always asking for a wish to be fulfilled someday in the future, then your wish will continue to reside in the future. Your prayer should say, "Thank you for the divine job now." NOW carries much power.
 - Doubts negate prayers. If you are praying with a positive attitude but are thinking, "This is ridiculous. I don't have my divine job and never will,"

Prayer is a powerful energy. It not only connects you to the Force-greater-than-self, but it stimulates the power of creative energy within you and puts into action your ability to create.

3. Find a quiet time for prayer. It may mean you have to get up earlier or stay up later to find a time that will work for you. Once you've established the time, stick to it. Don't let other "busyness" get in the way of your special time.
4. Give thanks for all things, especially for those things which have not yet been manifested. You will discover that prayers are often answered before they are even asked.
5. Remember that prayer is energy and follows Universal laws such as the Laws of Attraction.
 - Negative energy begets negative energy. Always state desires positively. If you say to Spirit, "I want a new job. I hate this one, it is terrible", the resultant energy is about wanting, hating, and sadness or anger. Energy doesn't evaluate; it merely multiplies and manifests. Eventually, the negativity

- your energy of doubt and fear will counteract the positive energy you generated in your prayer. If you pray for ten minutes, giving it all your heart, and then spend the rest of the day thinking about how undeserving you are, how things never really work out for you, and doubting that your prayer could ever be answered, which outcome receives the most energy? A ten-minute prayer cannot compensate for a day of negative thoughts.
- The faith and beliefs behind your prayers will manifest. What you manifest will be in direct proportion to the amount of faith you possess and the peace that you hold in that faith. Jesus, Buddha, the holy ones, healed by faith. They never questioned their power of manifestation. Their faith was/is pure. No doubts filled their minds.

6. Faith and your level of trust will determine your relationship with Spirit. Prayer requires faith, a belief in the unseen, that which cannot be proven. It is "knowing" with an assurance that defies the ratio-



nal mind. Faith with trust can only be established through having an intimate relationship with Spirit. All relationships are as strong as the trust embodied in them, and a relationship with Source is no different.

7. Establish a ritual space for your prayer. Creating a sacred space for prayer supports your prayer and enhances your state of awareness. It brings honor and reverence to the process of praying and declares that you are taking the time and energy to connect with Spirit. You create this sacred space through intention. Although there is no defined protocol for the appearance of sacred space, some of these hints might help you create a space of your own:

- The space is personal and will reflect you and what you believe. It can be a single Buddhist pillow in an empty room or a fancy decorated altar. Keep it holy by respecting it.
- Choose objects that have meaning to you. Choose wisely and remember your objects will carry energy. The energy is real and it will have an impact on the energy of your prayers. Take care of your sacred items, clean them and honor them for it is through them that you are connecting.
- Ask the place if it would like to honor you and your prayers. In the process of choosing your place, always ask. Asking is a major component of respect for all things, including places. The answer will become clear to you.
- Dedicate the space with a ritual of some sort. You might sing, pray, chant, rattle, drum, meditate, or bless the space with water. Use your imagination. Whatever works to make the place feel special and cleansed will be appropriate. Be still and notice what you feel, hear, and see, and what your intuition is saying to do. Draw energy down from above and up from the earth; fill your spot with divine light.
- After the ordination of your sacred space, it will become your holy place of prayer. With love, respect, and honoring of the space, it literally becomes sacred. When you enter, it will be for prayer and meditation, a time when you and Creator share in building your relationship.

When people walk in to my healing space where I do my prayers, most say, "It feels wonderful in here." They are responding to my intention, to the love, energy, and relationship I have built with Spirit in my room. My space reflects my extremely eclectic belief system. I have everything from angels to animal bones in my sacred space. I also like to honor Spirit with fresh flowers on my altar, usually roses, as a gift from my heart. My particular spirit allies love roses and I can feel the energy of delight when I place them on my altar. When the roses open wide, I gather the petals and sprinkle them under my favorite Douglas Fir tree as a gift to the forest, always thankful and grateful for what Spirit brings to my life. My intent is to be conscious of my interconnection with all things. Everything is done from genuine love and respect. I believe that all acts of respect help to build my relationship with Spirit and enhance the energy of my prayers.

As you sit at the same place each day to pray, you will find that your space will begin to accumulate a tremendous amount of energy. This energy stays and lingers in your sacred place. The thought form created by your daily prayers will reinforce stilling the mind, settling into prayer, and connecting with Spirit. You energetically react, so your entire being prepares for prayer as soon as you enter this space. Each day this thought form builds energy and multiplies. It quickens your state of awareness and opens your nonlinear mind. With time you will discover that the moment you enter your sacred space, you fill with the sacred energy of prayer and meditation.

You have probably noticed thought forms of sacred energy in places you have visited. Have you ever walked into a sacred temple, a church, a beautiful setting in nature, a Sundance arbor, or other holy setting, where you could feel the power of the place? Innately you knew that something sacred or holy took place in this space. This energy affected you in some way. This is because the energy of prayer or holy intention lingers in such sacred spots. I remember a hike that I took in Hawaii. At a certain location, I suddenly became keenly aware of sacred energy all around me. I could feel the presence of love, sexuality, and intimacy.



Upon inquiring about the area, I learned it was the site of holy ceremony, usually weddings, which the native Hawaiians of the island still performed there.

Pray mindfully, and with an open heart. Respect all things. Be thankful. Create a sacred space with honor, intention, and love. In these ways, you will add energy to the universe that will change your life and the lives of countless others.

Questions to ponder:

What does your prayer life look like? What kind of relationship do you have with Source? Are you satisfied with your relationship with Spirit, with the universe?

How much effort do you put into this relationship? In comparison to other relationships that you have, how much time does Source get? Prayer establishes this relationship. If you are unhappy with your prayer life, then the next question would be, how can you change it? What do you want it to look like? You need to decide how it will work in your life. How much time and effort are you willing to invest in prayer? Do you want a relationship with Spirit or do you want to just request from Spirit? You always have these choices. If prayers can be sent to Spirit by thoughts, then thoughts are prayers. If thoughts are prayers, then what have you been praying all day? €

poet-novelist, painter, peacemaker — D. Ellis Phelps



"beyond boundaries: shaman's breath" 60X36" acrylic on canvas @d.ellis phelps, 2000

I allow divine interplay in my art, in my life. Not only do I allow this interplay, but I invite it and welcome all of its surprising.

My work comes to me in a sort of visual dictation. Often, paintings begin as a result of a meditative journaling practice from which a sketch may evolve. I then transfer the sketch onto canvas, blocking in the central image free-handedly. In a further form of meditative painting, I engage the work, dialoguing with the canvas, finding and following emergent form.

I am both inspired and informed by the images that desire to be expressed through this medium and practice, as though the work exists on another plane and waits for the listener to make it known.

View artwork at www.dellisphelps.com

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This is How it Goes: Care of the Self and the Creative Process

D. Ellis Phelps

This morning I wake - sinuses congested, bags under my eyes, headache - even though I have slept quite well. No dreams are present in consciousness. I drink strong, black coffee, sitting in easy pose on the floor of my studio in front of my altar, thinking about how to spend my day. *Should I paint? I need to pay bills. Look at the dust on this floor—my mind, wandering. I feel tired, low.*

Yesterday, I saw clients at Haven for Hope, a local transformational center that helps people experiencing homelessness recreate their lives and where I volunteer once a month, doing Healing Touch with staff and members. It seems a full day's rest is essential after this day's work. A few settling breaths later, I receive this thought: *Spend time with us first!*—my guides prompting. That's fun! Realization: *Spirit is a WE!*—this is a delightful affirmation of my theology. And so my day begins—me attuning to and then following these kinds of ever so exquisitely subtle, intuitive messages — absolute, right-on, pure, directives from my Higher Self and Guides.

I drop into a meditative state, breathing, using the "The Hara Alignment Meditation—a technique that connects all four dimensions of your energetic being to the higher source of healing energy." (Hutchison, Cynthia. Sounds True, 2011).

I notice my breath. It does not come easily. There seems to be congestion around my high-heart chakra. I have been working to clear this symptom for many years, alone and with help from other practitioners. I understand it to be a symptom of deep-seated, unresolved grief and a result of environmental allergies. (*Note to self - follow through with receiving Nambudripad's Allergy Elimination Techniques SOON!*)

I cough, expelling mucous in my throat. More struggling breath. Gagging. Opening. Holding my heart and high-heart chakras.

Finally, I release a huge pocket of air from my gut. I think I might vomit. I go to the bathroom and sit on the edge of the bathtub until my body-mind settles and agrees to return to balance, my breath, coming more easily now, and shed tears.

These are adjustments I recognize as clearing, not only my own systems, but also residual energies from the energy fields within which I have been working and therefore must consciously clear from my own systems. Though I do clear as I work with each individual, I find that I must further clear after a full day's practice. After all, radical self-care is a requirement of those who do this work.

This thought comes - Neti Pot. This is the second



prompt of the morning to perform this cleansing. So I get up and run the warm sea-salted water through each nostril. There are so many mold spores due to the recent rains in Texas to which I apparently experience systemic resistance. Until I can eliminate this apparent resistance energetically, the Neti Pot will physically rinse unwanted pollens and spores from my nostrils and sinuses.

Intent now to do some yogic inversion postures (a good idea after using the Neti Pot), I am led to search my library shelves to find my yoga book, *Reaching Me in Me: Kundalini Yoga As Taught by Yogi Bajan*

hand will write. Here is the dream: *I am in a group—some healing class with mostly men healers. I am receiving. The healer, a male, places his finger (either air or fire, I am not sure which) on my left buttock. As he works, he increases the depth of pressure to penetrate my body at that point, directly adjacent to the ischial tuberosity. I judge this technique might be an inappropriate, invasive touch, but I have come for healing, so I watch his actions carefully, ready to withdraw my participation. I sense no sexuality or inappropriateness. On the contrary, I begin going under completely, barely aware he is there. Others are watching his techniques. He holds the point for a long time. I know he is healing*

I allow divine interplay in my art, in my life. Not only do I allow this interplay, but I invite it and welcome all of its surprising.

(Khalsa, K.H., 2002). This book contains instructions for certain Kriyas or practices that address specific states of experience. Looking at the index, running my finger down its list, discerning which practice might serve me well today, I receive a nudge at “Releasing Childhood Anger.” Hmm. Considering my recent visits with a Jungian trained psychotherapist, working to heal pre-birth trauma, this guidance is right on. Of course!

Notes are tucked within the pages of the book. I pull them out. The first page: “Chakra Awareness Guide.” I have read this document and many other books and articles about the chakras many times, but I am guided to read again. My fingers rest on the section explaining the root chakra. I read:

Coccyx, red or black [these two colors have frequented my recent dreams], *earth, vitality, life force, survival, self-preservation* - and - BOOM! Last night’s dream becomes fully conscious.

I record the dream in my journal, writing as fast as my

me. When he releases from my field, he is sweating. He comments about how much energy this healing required from him. As I come back to full consciousness, I am aware of shame. He says, “No little girl should ever have to experience what you have been through.” I can barely bring myself to look at these men.

Wow! Wow! I am in awe. Four ideas come to mind:

- In 2007 I became aware of and had surgical intervention to remove a Stage Four Pre-cancerous lesion from my perineum (root chakra!). It has been further healed in this dream by this Shaman.
- In my conscious, very recent self-healing day-work, I am working with sleeping-dreams and with a psychotherapist and hypnotist to help heal pre-birth, past-life, and childhood trauma from this incarnation (root chakra) and to integrate and unite my animus and feminine energies. Additionally, for the past few weeks, I have been attending a dream group and have also participated in an Integrative Breath Workshop. (Awesome! Powerful! Do this if you have



the opportunity - but be ready to heal!) In this dream, the Shaman has come to help me heal the wounded unconscious I am ready to heal.

- In my conscious discernment process which is integral to the retreat I created and facilitate - "Care of the Self", and symbiotic as and synonymous to the creative process, listening to Guides has brought me to recall this dream and to this very specific Kriya: "Healing Childhood Trauma." (Yogic Kriyas are cleansing techniques used to purify the body and mind.)
- My masculine energies are working within to help me heal.

Carrying on. Following through. I practice the prescribed 11 minutes of the "Healing Childhood Trauma" Kriya. It is strenuous work involving specific breath patterns, sounds, and postures, but I am determined.

After the practice, I sit, inviting ego to rest - rest (please, rest!) and massage my right, great toe. I work at the point (in reflexology) that reflexes to the heart and to the brain, especially the area of the brain that regulates extreme feelings and behaviors associated with them. This is the joint in my body where I have experienced the most sensation of pain due to (according to medical diagnosis) osteoarthritis. Energetically, I know it may also point to unresolved childhood emotional pain, lodged in the heart and high heart chakras. Suddenly and after several passes, I am blown away as I remember - the healer in the dream called me by my childhood name - Debbie!!

As an artist in the creative-process, *this is how it goes*. This is the way I come to the canvas, to my paper and pen. These days are the bedrock of my Care of the Self. They are essential to the harmonious rhythm of my being, essential to my connectedness to Spirit which is the core-Self.

Most often, a poem or painting manifests as a fluid component of a day like this. The words or urge to be with color comes through circuitous, non-linear routes that I can only describe as floating within the

eternal ooze of being. These creations are fully present and waiting for attention and expression, ideas and teachings waiting to become manifest in form, waiting for a listener.

I am moved to create by my life-experiences, as a way of processing and integrating my inner and outer worlds. To me, there is no duality of experiences. Whether I am working with clients, being with my family or engaged in my studio - I am healing. No matter what the tenor of each life experience - be it conflictual or blissful - I am healing. As the Healing Touch Program teaches us, "all healing is self-healing." In addition, I say - all experiences heal as long as I am willing to bring each and every moment to the Light in the act of radical self-care (paraphrased concept from *A Course in Miracles*).

As long as I am willing to care for my Highest-Self, my Highest-Self will take care of me. €



"beyond boundaries: this is how it goes" acrylic on canvas painting, 60X60" © d. ellis phelps, 2000.



"beyond boundaries: message one" acrylic on canvas painting, 60X36" © d. ellis phelps, 2000.

View art and artist statements at www.DEllisPhelps.com The "beyond boundaries" series of paintings with artist's statements and commentary by the editor is published in its entirety at www.jesusjazzbuddhism.org/d-ellis-phelps.html.



Creating and Maintaining Healthy Energetic Boundaries

Emily Downward

As a highly sensitive person (HSP), I have learned through trial and error the importance of energetic boundaries. Highly sensitive people – about 20% of the population – are those who innately have high sensory processing sensitivity. This may show up as someone who likes to process experiences deeply, who thinks about things more than others or who is easily overwhelmed by sensory stimuli (sound, odor, tastes, etc.) and needs down time to recuperate. (You can read more about HSPs and research at www.hsperson.com.)

I once heard Mona Lisa Schultz, MD, brain researcher and medical intuitive, speak about HSPs. She shared how children who are raised in a family that yells frequently do not develop the normal myelin coating on their nerve cells. The inadequate coating makes these children develop more sensitivity to stimuli – which is often an important defensive and protective skill needed to survive in such a family.

There was a lot of yelling in my childhood household, most often in the form of alcoholic rages and emotional abuse. Weathermen learn the warning signs and conditions that can lead to a tornado because they know the importance of taking shelter. Similarly, I learned how to read the signs and energy around me to avoid being the target of an attack. I did not real-

ize at the time that I was doing this – it just was my “normal.” As is common in an alcoholic family, I had no boundaries.

Moving out into the world as a young adult, my lack of boundaries and my ignorance of my sensitivities proved to be nearly overwhelming to me. It was not until years later that I learned I am clairsentient – I feel what other people are feeling, often physical ailments but more often their emotions. Because of my upbringing and the survival bias, I am more attuned to people's pain than their joy. For years, I picked up on others' pain and frustrations and did not realize that it was not all mine. It is little wonder that I was drawn towards and found relief for many years in antidepressants.

After learning about clairsentience and recognizing myself in the descriptions, my first desire was to shut it off. After years of being pummeled with energetic information, I wanted to turn it all off and close it down. So I began to experiment with boundaries.

Mental health professionals talk about boundaries in regards to how we let others treat us and how important it is to communicate what is acceptable and what is not. While those boundaries are critical to healthy relationships, the boundaries I am referring to are energetic.



We are energetic beings. At the most basic level, all of the atoms that make up our bodies are energy. Whether you are conscious of it or not, your energetic field is affected by your environment, including those with whom you interact. For HSPs – and I have a hunch that most healers are HSPs – learning how to set and regularly establish energetic boundaries is critical for their health and well-being.

I have learned to set my energetic boundary each day, before I even get out of bed, before I check email,

occurs, I take a few seconds to ground myself (I do this by focusing on my breath and imagining roots growing from my feet into the earth, releasing any energy I have picked up that is not serving me) and set my boundary around me again.

With healthy energetic boundaries, I have learned what is mine and what is not mine. Before, without boundaries, I assumed everything I felt was mine. I needed to establish boundaries to more clearly distinguish what I was feeling and wanting, separate from

We are energetic beings. At the most basic level, all of the atoms that make up our bodies are energy.

before I interact with anyone. As soon as I wake, I begin setting my boundary. This way, I am protected and ready for the day - and whoever or whatever I may encounter.

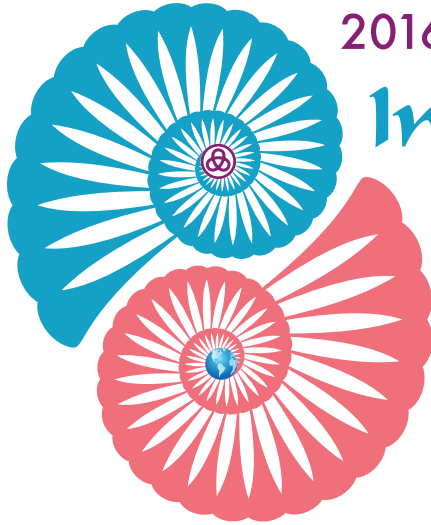
Most people are naturally drawn to those who raise our energy and avoid those who “bring us down.” But children who are raised in abusive, unstable or inconsistent environments become so familiar with an unhealthy energy that they often choose relationships and situations which recreate that energetic feeling because it is “normal” to them, even if it is not healthy. Boundaries are important not only to help us choose what we allow in, but also to fully explore what constitutes You. We must first separate ourselves from destructive environments to be able to discover who we truly are.

Learning how to set boundaries, and making it a regular part of my daily routine, has been essential on my journey of self-discovery. On the rare day that I awake suddenly and forget to set my boundary, I notice it pretty quickly. For me, when I am without a boundary and around highly emotionally charged individuals or in a crowded area such as a grocery store or shopping center, I immediately feel the weight of others’ energy and realize my boundary shield is missing. When this

others. I now have the ability to choose what I want to let in, such as when I am using my sensitivities with clients I am helping. As you might imagine, having that filter enables me to have much more peace and contentment. I have also been able to maintain my sense of self and peace much more effectively in stressful situations, and I find that I am less susceptible to manipulation and escalation. €

Setting an Energetic Boundary

Imagine there is a bubble or shell all around you. See the bubble in your mind’s eye as it encompasses you 360° – above your head, below your feet, around your left side and your right, in front of you and behind you. You may choose to visualize this bubble with a color or you can fill the bubble with white light or a colored light. You are safe in this bubble. The membrane of the bubble is semi-permeable – only love can pass through. Everything else bounces off. Your emotions stay within it, except love, which passes outward, too.



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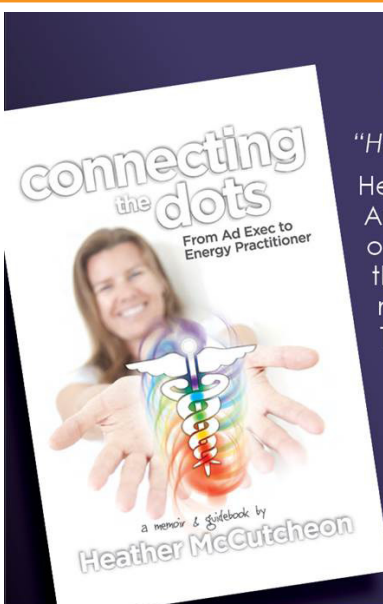
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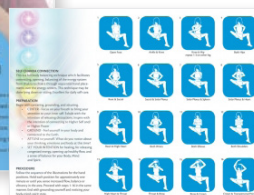
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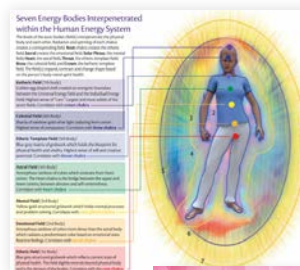
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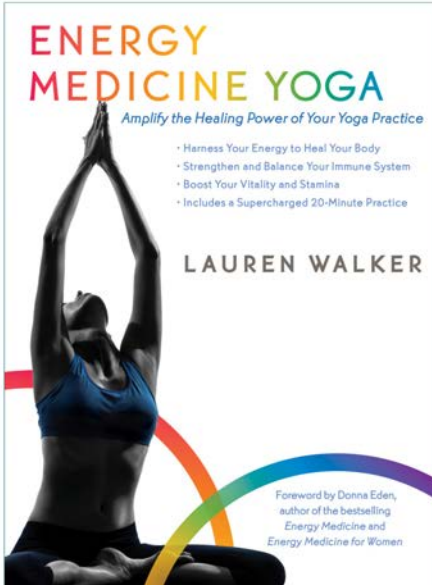
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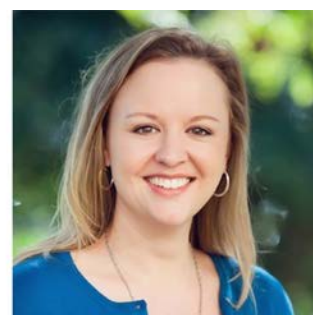
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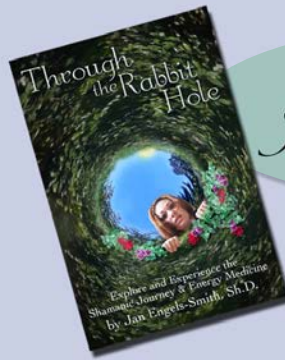
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