

The logo for Energy magazine features the word "Energy" in a white, cursive script font, set against a circular orange background with a sunburst pattern of thin white lines radiating from the center.

Energy

magazine

Sharing Energy - Transforming the World

Sept/Oct 2016 - Issue Eighty-Seven



May you experience
each day as a sacred gift
woven around the heart
of wonder.

- John O'Donohue

Dear Readers,

This past month has been one of accelerated work, which includes the stress that comes with it. Even with understanding principles of self-care and having many tools at my fingertips, stress sometimes becomes “the norm.” It is essential that during these times we actually practice self-care and not just think about it, as is my tendency.

Many energy medicine practices stress the need for self-care and incorporate tools for this care into their teaching. Healing Touch, the modality that I am most familiar with, places self-care at the core of its teaching. With all of these tools, support and learning, one would think that self-care is easily and consistently incorporated into our lives. Yet, I find that the practice of self-care takes work and commitment. Healers are inherently care-givers. We are want to help others; we are trained to be in service to others. Even when we are trained to care for ourselves as well, we place that piece last on the list. Our work, practice, loved ones, families, patients and clients tend to come first.

Although I preach self-care, I am still learning to practice what I preach. It is an effort and I have to remind myself of my commitment to myself. Gradually I am learning. Gradually my life is coming more into

balance. Self-care comes in many forms. “Digging in the dirt” is my best therapy – my best form of self-care. A trowel, shovel, rake or any other gardening tool in my hand makes my heart sing. It helps me slow down, quiets my mind, changes my heart rate and soothes my emotions.

What is your “best therapy”? What makes your heart sing? Have you made a commitment to self-care? Does self-care come slowly for you like it has for me?

Energy Magazine publishes many articles, including some in this issue, that suggest tools for self-care. We also offer free downloads to further assist you in this endeavor. In our blog, Karin Ogren, Energy Mag’s assistant editor, posted a recent blog about this very subject. If you have not read it, I recommend that you do. Karin is far ahead of me in the practice of self-care.

As we enter this more contemplative time of year, I wish you a blessed time of slowing down, looking inward and caring for yourself.

Margaret





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John O'Donohue, author, philosopher, poet and mystic, vanished from among us on January 4, 2008 as physical presence. His work in the world continues though he has crossed the mysterious threshold into the invisible realm. John is buried in Creggagh Cemetary in his beloved west of Ireland. The well-spring of his creativity was lively and strong to the very last day and his legacy of as yet unpublished works is being carefully minded and nurtured towards emergence by his beloved family.
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Titanya Monique Dahlin created *Energy Medicine Dance*, a movement based on the work of holistic healer and mother, Donna Eden. She is also a teacher in the *Eden Energy Medicine Certification Program*. A Middle-Eastern dancer for over 30 years, Titanya incorporates the Chinese Five Elements into her dance workshops, empowering women at Omega Institute, annually. As a Waldorf teacher, Titanya is writing a book for families called, *Energy Medicine for Kids*, due in 2017.
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Lori Falk, an epigenetic healing artist, author and life coach, has been gifted with an artistic healing modality designed to clear your emotional DNA, helping to alleviate dis-ease. Her portraits have found homes in 25+ countries around the world, have graced the covers of numerous magazines, are a regular feature on both the DailyOm and Hay House Publishing's conferences. Her greeting cards are being test-marketed by Blue Mountain Arts.
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Donna Eden and David Feinstein, PhD, are pioneers and highly respected authorities in the fields of energy medicine and energy psychology. Coauthors of five award-winning books, they have been collaborators and life partners for nearly four decades. Together, they have built the world's largest and most vibrant organization teaching energy medicine. Their most recent book, *The Energies of Love*, achieved best-seller status on the *NY Times* Relationship List and was named the *U.S.A. Book News* Best Relationship Book of 2015. The case history in this article is adapted from that book. More.EnergiesofLove.com



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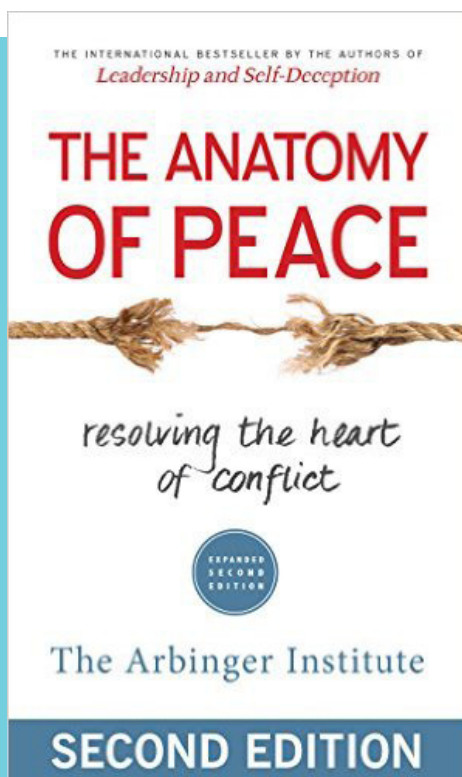


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Nancy has a passion for all things business, and it is contagious! For the last 12 years, she has helped hundreds of small businesses engage more clients, become more profitable and work smarter (not harder!). Before turning her talents to small businesses, she spent 25 years developing innovative marketing strategies for global brands including BMW, Benetton and the Olympics, as well as several nonprofit organizations. www.InertialCombustion.com

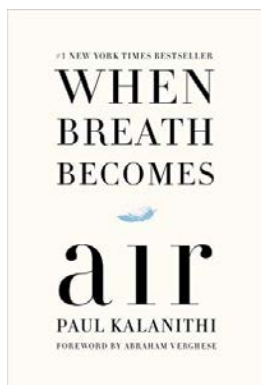




1 | What if conflicts at home, conflicts at work and conflicts in the world, stem from the same root cause?

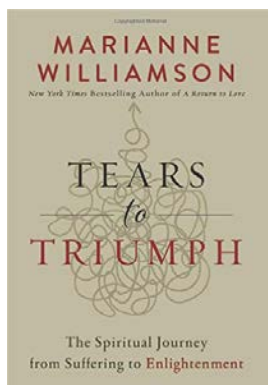
What if we systematically misunderstand that cause? And what if, as a result, we systematically perpetuate the very problems we think we are trying to solve? Every day.

From the authors of *Leadership and Self-Deception* comes an international bestseller that instills hope and inspires reconciliation. Through a moving story of parents who are struggling with their own children and with problems that have come to consume their lives, we learn from once-bitter enemies the way to transform personal, professional, and global conflicts, even when war is upon us.

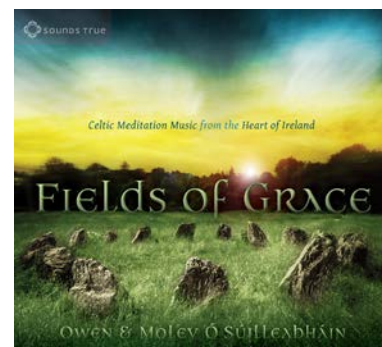


2 | This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question, What makes a life worth living?

At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated.



3 | Williamson argues that our desire to avoid pain is actually detrimental to our lives, disconnecting us from our deepest emotions and preventing true healing and spiritual transcendence. As a culture and as individuals, we have learned to avoid facing pain. By doing so, we are neglecting the spiritual work of healing. Instead of allowing ourselves to embrace our hurt, we numb it, medicate it, dismiss it, or otherwise divert our attention so that we never have to face it. Marianne offers us a powerful way forward through the pain, to a deeper awareness of our feelings, our lives, and our true selves.



4 | Fields of Grace spans three worlds of sacred expression in one rich soundscape: the old style of Irish Sean-nós, medieval Gregorian chant, and more recent songs from the English hymn tradition. Sharing the musical inheritance of their mother Níóirín Ní Riain, brothers Owen and Moley Ó Súilleabháin blend beautiful harmonies atop a bed of relaxing instrumentation to carry us into a timeless lineage shared by all.

For more information or to purchase these titles, click on the title's image above.

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A beautiful heart can bring things into your life that all the money in the world couldn't obtain. — Dau Voire

This calendar offers gentle reminders about centering our life within our heart. Our heart contains unfathomable wisdom that is available to us when we quiet our mind and allow it to lead us. The heart speaks to us without words, guiding us quietly and illuminating our life's path. With an open heart, we can discern the messages from Source, allowing our mind, heart and spirit to live in life's flow.

Leave the door to your heart open to the unexpected and unimaginable. Embrace life wholeheartedly and watch the mystery of your life unfold.

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2017

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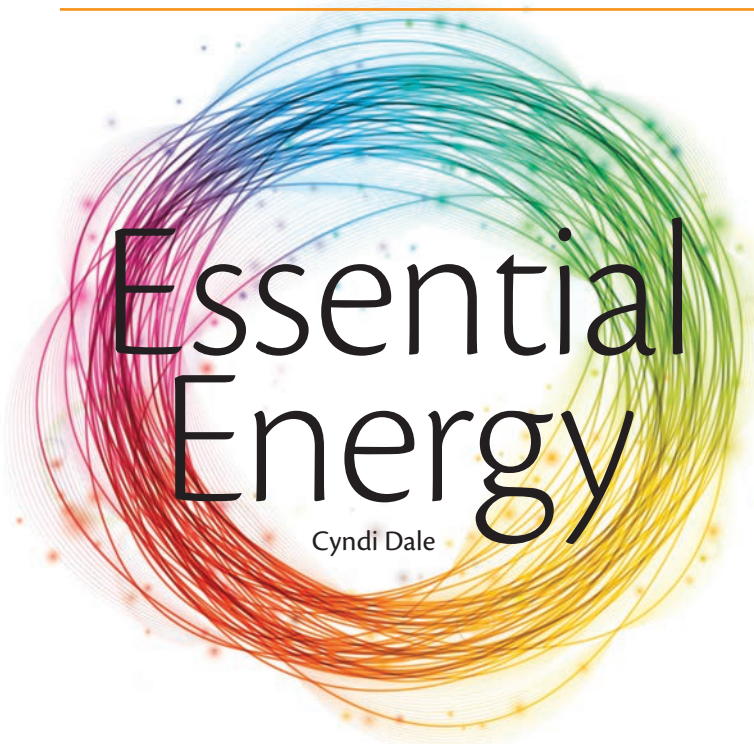
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Artwork by Dau Voire

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Essential Energy

Cyndi Dale

Picking Up the World's Issues

Life seems to get more and more stressful, doesn't it?

You know it is bad when your idea of fun is watching Beverly Hills Housewives reruns and not eating chips, simply because you are too tired to walk to the kitchen to get them. Energy workers have the unique advantage of being able to access subtle energy to defuse stress; then again, our natural sensitivities can be the very reason that we are totally stressed-out.

Energy workers constantly deal with stresses beyond the everyday. We sense others' feelings, know their needs and relate to the paranormal as if it is normal. After all, we are energetically intuitive. That is what makes us good at what we do. But these days, the subtle energy stressors are sky high. I am finding that many energy specialists are struggling to cope with more than their client's issues; they are also picking up the world's challenges.

We really do live in revolutionary times. We are barraged by negative newscasts, electromagnetic pollution and emails that multiply like "Tribbles" did on Star Trek. (Who would have thought that those furry creatures that keep splitting would have predicted our e-mail in-box?) We flick on the television and we are parachuted into a refugee camp. We scribble a grocery list and instantly imagine the crying of starving children everywhere. We ask to be instruments of

peace and our vision is filled with the victims of war. It is not a good sign when our own politicians act like they are in the middle of a video game.

For the truly sensitive, everything out "there" is something that potentially registers in "here."

Most of us have learned how to set and hold energetic parameters. We leave our work behind at the end of the day and go about making dinner, caring for our family and bill paying, like everyone else. But let's be real. There are so many individuals, communities, animals and natural habitats in trauma, we cannot help but sometimes sense the worst of the waves of pain.

Most likely, you can tell when the world is getting to you, but sometimes it is hard to differentiate between everyday and worldly sensitivities. I think that we have personal symptoms of "world burn-out," signs indicating an over-responsiveness to the world's concerns. Before I share a short-list of generic symptoms, I will share my key indicator, although it is sort of embarrassing.

When over-influenced by the world's drama, I become mind-numbingly stupid.

I will share an example.

A few weeks ago, my son Gabe said this: "Mom, the clothes have been so soft for a few weeks. I really like them." He added, "They smell good, too."

Now, teenagers never, never, never comment on clothing texture or aroma. My teen hardly even grunts a "thank-you" after I have slaved for hours—or what has seemed like hours—getting the stains out of his baseball pants. Clearly something strange was happening in the laundry room.

I trudged into the utility room and searched for the anomaly. My eyes settled on the laundry detergent. That had been an amazing purchase. I had been recently hit with so many strange waves of stress that I had tried to clamp down on my daily responsibilities. How cool to order all my home products through a time-saving, all-natural, online service.

And there it was.

Fabric softener.

My son's clothes were filthy, but they sure felt and smelled so good.



As I researched my new products, I was not overly surprised to find out that I had made several erroneous purchases. The toothpaste, which thank goodness, we had not yet opened, was actually a denture bonding product. The dog vitamins were cat vitamins, which so would not go over, and the hand soap was recommended for psoriasis patients.

Besides my deep-dive into foolishness, I had also experienced some of the other signs of world energy overload. Based on self-examination, as well as what I have heard from other energetic practitioners, I have seen that some of these signs could indicate an over-absorption of worldly issues:

Dissociation. The sheer amount of negativity in the universe can easily cause an aspect of our inner child or soul to just plain “jump out.” After all, it is much nicer in the ethers. Consequently, we might feel unusually spacy, disorganized or “out of it.” Hence buying the wrong kind of detergent.

Anger/Exhaustion. My sense is that many people are intuitively feeling angry on behalf of the world’s victims and then dropping into the follow-on exhaustion.

Anxiety/Powerlessness. Anxiety is fear of the future. Waves of fear or terror followed by a bout of powerless can indicate that we are sharing these feelings with the traumatized on this planet.

Pre-terror. Some of us are future oriented. We might get struck with the sense that something bad is going to happen, but not know what. Time and time again, you find you have actually perceived a dark event elsewhere, right before it occurs.

I am sure there are dozens of other symptoms potentially affecting the energetically sensitive who are attuning to the world’s challenges. The question is, how can we remain caring world citizens yet safe and secure within our own energetic boundaries? These are a few ways that we can remain open-hearted and yet functional:

Separate. Ask Spirit or your higher self if what you are sensing or experiencing is all yours or relates to the world. Request separation from that which does not personally involve you.

Send love. Use prayer or your understanding of grace to send love, requesting that Spirit or your higher self brings love where needed.

Request an assignment. Ask Spirit or your higher self to

show you if there is a practical activity you can perform to help the world. You might not be called to the frontlines. The last time I did this, one of Gabe’s friends came over and I spent an hour helping him brainstorm a solution to an emotional problem.

Remain positive. A lot of people are calling this the era of “Armageddon,” or the beginning of the end. Cross-cultural predictions also infer that we might be entering a 1,000-year time of peace. I choose to be a force toward peace, not destruction.

Perhaps Desmond Tutu said it best: “Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

Self-forgiveness works, too. I mean, does it really matter if we wash with fabric softener for a few weeks? ☺



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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Energy Medicine Research: A Call to Action, Part 3

In the previous columns,^{1,2} Dr. Rolle-Berg and I outlined how to choose a research category that suits you and a research topic that is practical, personally intriguing and designed to both adhere to ethical guidelines and add to the current scientific knowledge base. In this installment, I will take you through an actual pilot study to highlight for you the logical, scientific approach you will follow when doing your own research. I will close with a few ideas about how to become involved in doing quality research.

For our example, I will make use of the scientific method (i.e., introduction, methods, results and discussion) to move through a study that reported the effects of Healing Touch (HT) on a client's symptoms of osteoarthritis (OA) of the knee joint(s).³

Introduction: Research on OA has indicated exercise has a small, positive effect on client behavior, pain and joint function. Though exercise is crucial for managing chronic conditions, OA pain prevents client mobility. Thus, interventions that reduce or prevent OA-associated pain and reduced mobility are seen as potential pathways to improved health and wellness for this population. Non-pharmacologic, noninvasive interventions have been used with OA clients to reduce pain and improve physical function and emotional outlook. Besides massage, exercise and rest, thermal applica-

tions, cognitive-behavior techniques, nutrition, herbs and natural products like glucosamine and chondroitin, along with various integrative medicine modalities such as Tai Chi, yoga and Therapeutic Touch (TT), have also been studied. Researchers found that elders with OA receiving TT twice weekly for eight weeks reported increased mobility,⁴ whereas once weekly for six weeks produced clinically significant changes in pain.^{5,6} Therefore, the purpose of Lu et. al's³ study was to determine the effects of HT, as opposed to TT, on the pain level, joint function, mobility and depression in persons with OA, specifically of the knee joint(s).

Methods (Participant Profile): Lu and colleagues³ used a study design that randomly assigned 19 cognitively intact OA participants over 65 years of age with knee joint pain into a treatment group receiving HT or a control group receiving a friendly visit (FV) from a nurse. The authors decided that due to the nature of the treatments, the participants would not be blinded as to which treatment they received.

Methods (Treatment Plan): HT (Pain Drain, Chakra Connection, Magnetic Clearing, Mind Clearing) was administered by two certified HT practitioners (CHTP) for 20 minutes, three times weekly for six weeks to 12 participants. The seven remaining participants received one weekly FV (general conversation with a nurse without any physical touch) lasting 20 minutes for six weeks. The length of the treatment sessions was determined from previous research, with a minimum of three sessions needed to produce clinical improvement.^{4,5,6} All participants continued with their standard care protocols, including any methods used to relieve joint pain.

Methods (Measurements): Several outcome variables were measured at the start of the study and at the end of the sixth and ninth week (flexibility, mobility, balance and depression). Subjects rated their pain level and stiffness immediately pre and post HT sessions. A statistically significant finding was indicative of a "p-value" of 5% or lower (i.e., the probability that the result or relationship was caused by chance would be 5% or less).


Results: The HT group showed significant improvements in 75% of the joint function variables measured while no significant improvements registered for the FV group. Each HT session significantly reduced participants' pre-treatment pain level. The HT group exhibited sustained effects three weeks post treatment in only three joint function variables.

Discussion: The authors suggested that their results were similar to previous OA studies using TT. They proposed that



FV might work to improve mood and thus affect pain. They theorized that sustained HT sessions over time might be required to affect change in long-standing biofield patterns in OA clients.

During my close read of this study, four issues caused me to pause critically. First, the study participants were not blinded to their intervention (HT vs. FV). This could have promoted a placebo wellness effect. Second, there was also no “sham” control group receiving a “sham” (i.e., mock) HT session. Third, the CHTPs were allowed to augment the techniques they applied when needed. (This makes direct comparisons tricky). Fourth, HT and FV participants did not receive the same number of sessions (18 for HT; 6 for FV).

Getting involved with research is easy. Start by reading current energy medicine research by accessing the databases I previously listed^{1,2} as well as scientific journals such as Evidence-Based Complementary and Alternative Medicine (<http://www.hindawi.com/journals/ecam/>). Go to conferences, ask questions and make contacts. When you are ready, volunteer for a study, take a research class or conduct a study of your own. Each step you take supports us all in our goal to move energy medicine into the forefront of self-care medicine modalities. 



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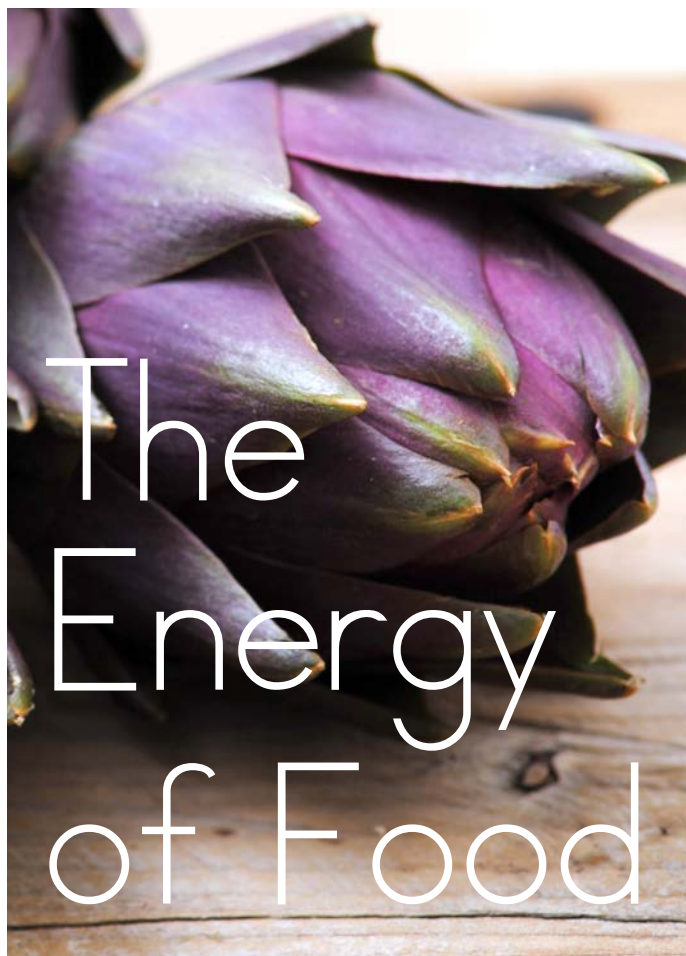


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Instinctual Eating: Listening to the Wisdom Within

Our bodies carry their inherent wisdom and truth at a deep, cellular level. The key is to access it, create a dialogue, and most importantly, to listen carefully.

One of the most common “maladies” I see in the nutrition field is what I refer to as “analysis paralysis.” We take in as much as we can, trying to intellectualize eating, and, ultimately, we become overwhelmed, confused and upset with figuring out what to have at our next meal. We vacillate from diet to diet, hoping that our intellect will find us the “perfect” diet. However, it can be an unending, insatiable quest.

Can one ever truly have too much information about food and eating? Of course, it is important to stay educated on topics like genetically-modified foods, organically-grown produce and label reading, but how much is too much? When does the information control us rather than us harnessing it?

I must admit that I am probably most guilty of being a ravenous nutrition information scavenger. In fact, I have been in a lifelong state of “information hunger.” After all, I spent more than half my existence being entrenched in stacks of published studies and hundreds of books on nutrition and health. I have tried virtually all diets because I thought each of them was the one for me.

However, at a certain point, I became saturated. Enough was enough. I put down the papers, books and tried to quiet the mind. I found it fascinating that the spiritual world was not about information or doing something. It was about “being”—a practice that sounds so simple, yet can take decades to master. I learned that when we are in the state of being, the body can be heard. Rather than us talking away in our head, we allow a space for the body to share its feeling, pain and knowing.

We all know of the power of the mind and its influence, but research by Dr. Amy Cuddy at Columbia University has indicated that our body poses may define our physiology (see her Ted talk at www.youtube.com/watch?v=Ks-_Mh1QhMc).

It is well known that the majority of communication—about 60% or greater—that takes place between people is through body language. Dr. Cuddy and colleagues found that changing our posture by assuming what she refers to as the “power pose”—keeping our shoulders back and our legs slightly separated with feet on the floor—for a mere two minutes can change our hormone levels. We can increase our testosterone (leading to feelings of assertiveness) and decrease our cortisol (stress hormone). Additionally, we *feel* powerful and less averse to risk.

What if...

- ... we felt more powerful about our food choices?
- ... we had confidence every time we sat down to eat?
- ... we felt less stress about our lifestyle?

Perhaps the answers to these questions are in the body itself.

You may want to reflect on what poses your body is in when you are making a food selection from a restaurant menu, standing in your kitchen with the refrigerator door open or even sitting down after a long day at the office to your evening meal. Do you cross your legs? Do you hover over your plate? There may be some real “information” coming through that we do not even realize. We could be changing our physiology through our posture, stance and connection to the earth.



Try grounding by having your feet firmly planted on the floor, dancing wildly for four minutes every day or even sitting cross-legged on a grassy patch while meditating on a body organ. When we are “in touch” with our body, we may be more apt to connect to the body’s wisdom of instinct. Instinct, or the inherent inclination of our body to act without prior experience, is how the physical body communicates to us. What if we gave our intellect a bit of a break and balanced it by linking it to our instinct? We may be more informed of better food choices for ourselves without overthinking them too much.

I believe we have to start with the body if we are going to create a loving, healing relationship with food. All of our relationships, with others, food, our lives, will be determined to some degree by how we treat ourselves. We even hear of the sacredness of the body in religious traditions (“body as temple”). It would be fulfilling to see how we can find our way back to the sacredness of the body. And, in so doing, we might find that our food choices shift, our energy might be rekindled and our passions may surface. We might even *think* better! ☺



Dr. Deanna Minich is an internationally recognized, cutting-edge wellness and lifestyle medicine expert who has mastered the art of integrating ancient healing traditions with modern science. Her unique “whole self” approach to nutrition looks at physiology, psychology, eating and living within what she calls the “7 Systems of Health.” A five-time book author and founder of Food & Spirit, she continues to do detox programs with individuals to help them achieve better health. Her new book is *Whole Detox*, published by HarperCollins in March 2016. For more information, visit www.DrDeannaMinich.com.

In Remembrance

Sharon Robbins and I had worked together for several years. Early on she gifted me with a Story People print. I distinctly remember opening the package and reading the text with her eyes on me. It said *You're the strangest person I ever met, she said & I said you too & we decided we'd know each other a long time.* . . There it was wrapped in the most perfect turquoise metal frame, the words that we hadn't yet said but felt. I laughed.

It takes courage to be exactly who you are with all the trappings, faults, frailties, blessings and gifts. Sharon had that kind of courage. I was honored to have to have known her and blessed that her life touched mine.

This past August was the two-year anniversary of Sharon's death. I lifted a toast to her, sending a kiss in her direction, smiled with remembrance and thanked her for being who she was.

Margaret Nies



How much
is
my time
really
worth?



What Are You Worth? Pricing Your Services

Nancy Murphy

Pricing a service is a real puzzle for most people. Because there are few hard costs associated with services, it is hard to determine a price. So most people just go with the market rate.

If you are like others, you just throw a number out and hope it meets your client's expectation. As a result, you either desperately undervalue your service or wildly overprice it. Or maybe you completely cop out by saying, "I just want to give it away." (If you prefer to give away your service, please consider reading "The Money Side of Your Practice: It's All Energy" in the May/June issue of *Energy Magazine*.)

I recently got a call from a client who formerly held the top position at a prestigious European automobile manufacturer. Because of her expertise and knowledge, a group wanted to hire her as a consultant. She had no idea how to set her rate.

So how do you determine what you are really worth?

Determining your value is an incredibly scary proposition for oh, so many people—especially for women (who often tend to undervalue their work), for people who have deep compassion for the human condition and those in nonprofit organizations where salaries do not reflect true market value. Such scenarios can set off the internal dialogue of worthiness, "enoughness"

and relevant experience. To charge a livable rate, we tend to believe we need to know more, take another class, get a certification, have a degree and so on.

Pricing can become especially puzzling when we switch from one profession to another. Sometimes we feel like we need to start at the bottom of the pay scale when we begin a new venture until we gain the experience to charge the going rate for our service.

For example, I remember when I completed my coaching certification. The coaching technique I had learned was new and still somewhat unfamiliar to me. During the certification process, I felt like I bumbled through practice coaching sessions with test clients, trying to implement the framework. It felt messy, and I felt completely unskilled. My confidence was shaky. So how could I possibly charge for my new service?

To start, I decided to charge \$35 a session. I did not get any takers. I mean really, would you go to a coach who charged \$35 per session? It is important to remember that price signals quality, experience and expertise. So my \$35 price point did not give potential clients much confidence in my ability to deliver the results they expected to receive.

Then a friend recommended that I double my rate. That seemed really scary to me. But when I did, I



got some clients. As I got more clients and gained more coaching experience, I realized that everything I had done in my career had led me to that point and contributed to the knowledge base that I used with my clients. Every client session seemed to draw from my many years of experience and not just the one year I spent in the coaching certification process. So I doubled my rates again. And as I got even more clients, I increased my rate again.

The point is that while you may be gaining experience in a new field, chances are that every twist and turn on the Road of Life has led you to this moment

Determining your value is an incredibly scary proposition for, oh so many people.

of doing what you are now doing. And while doing this new thing may feel messy and awkward, you are providing a great benefit to the clients you serve.

Could it be true that some people who choose to give away their services have never come to terms with their worthiness, “enoughness” and the real benefit they provide clients? It may just be easier to give themselves away rather than attach a price to their service. Is that you? Is it time to rethink your value?

Pricing Your Service

There are five important things to consider when setting your rate:

1. **Annual salary**—How much money do you need to make? If you played along with the May/June article about cash flow, then you have a good idea of how much it costs to maintain your lifestyle and how much it takes to operate your business. Those two numbers are essential in determining your base rate.
2. **Hours per week**—How many hours per week do you want to work? Is your practice the kind that allows you to work 40 hours a week? Do

you want to work 40 hours a week? Or is your practice more physically demanding and 24 hours a week is your limit? Maybe you are trying to schedule around your children’s school routine and you can only work 16 hours a week. Maybe you want a lighter schedule when your kids are off during the summer.

3. **Weeks per year**—How many weeks per year do you want to work? How much time off do you want to take? Do you need a week off each quarter to rejuvenate?

4. **Target client**—What type of client do you want to serve? Determining your perfect client helps you determine your rate. If you choose to serve clients with more disposable income, you can charge higher prices and make a higher profit margin. If you choose to work with under-served people, you will want to price closer to your base price.

5. **Market rate**—What is the market rate? What do other people who do what you do charge? Are your prices in line with those rates? If your rates are too low or too high for your target customer, you may not get any takers. Remember to price within the range of your competition to engage your target client.

Plug your numbers into this equation to determine your hourly rate:

$$\text{Annual salary} / (\text{hours per week} \times \text{number of weeks per year})$$

Example:

Let’s say you know you need to make \$50,000 a year to cover your living and business expenses, you want



to work five hours a day/five days a week (25 hours) and you want to take four weeks off during the year (working 48 weeks during the year).

$$\begin{aligned} & \$50,000 / (25 \times 48) = \\ & \$50,000 / 1200 = \$41.67 \text{ per hour} \end{aligned}$$

It looks like \$41.67 is your base hourly rate. How does that number work for the target client you want to serve? Too high? Too low? Do you need to adjust that price to fall within the range of the market price for your service? If you need to adjust your rate down, I would suggest having a tiered pricing system that will cover the rate that dips below \$41.67. For example: \$35 and \$50. Whatever two or three prices you choose, the average needs to come to \$41.67 or above. And then, of course, you want to make sure you only schedule a limited number of sessions at the lowest price point.

When to Increase Prices

There are two opportunities to raise your prices substantially:

1. When you are starting out and testing your pricing and target market acceptance (e.g. my coaching example above). As you test and refine your offering, you can play with pricing. The key, however, is never change horses in the middle of a stream! If you offer packages for your service, never ever change prices on a client in the middle of a package.
2. As your practice fills, you can raise your prices. For example, if your schedule is 85-90 percent booked on a continuous basis, you can think about a price increase for all new clients. That is for all new clients, not existing clients.

Finally, as you settle into a rate that is comfortable for you and your target client, remember to increase your prices regularly. You want to keep up with inflation and “train” your client to expect incremental increases. It is best to raise your prices incrementally every one to two years. Many people do not bother to raise

their prices for years and then their long time clients experience “sticker shock” when the increase is substantial. If you choose to increase your prices each year, two to three percent is a fair rate. If you raise prices every two years, four to six percent is reasonable. A good time to raise prices is at the beginning of the calendar year (January 1).

While your true worth in this lifetime is far beyond any amount of earthly money, here’s to bringing your gift forward into the world and knowing your value! €



Author Nancy Murphy can be found at www.InertialCombustion.com



The Gift of the Mother-Baby Connection

Rita Kluny, RN, BSN, MTh, CHTI, HTCP, BC-HN

To say that pregnancy is a powerful time is an understatement. So many levels of energy are coming together to create another life, and both beings—mother and child—are interdependent in the process. All systems are alive as nature itself unfolds. The mother is allowing herself to be transformed, and it does not seem that she has to consciously do much to see her baby take form.

Or does she? In the October 4, 2010 issue of *Time* magazine, the cover article featured the new field of science called Fetal Origins. Scientists are now studying how infants in utero are affected by their environment, which first and foremost is that of their mother. Our toxic world is wreaking havoc with the health of the unborn. Levels of chemicals are harmful to us in general, and more harmful to newborns, considering their size and weight. One baby whose mom was an oncology nurse was found to have traces of chemotherapy drugs in her blood stream.

In her book, *Origins: How the Nine Months Before Birth Shape the Rest of Our Lives*, Annie Murphy Pau presents study after study of how our health templates are well established by the time we are born. In a perfect world, we could invite our pregnant moms to rest, decompress from stress, be taken care of, eat well and emit great biochemistry to their offspring. Since we live in a world that does not give much credence

to the power of creation, we have a dilemma. Most women leave themselves until last as far as self-care is concerned and usually push themselves to their limit. How can we support women to change their perspective, to see that they are investing in the health of their babies by de-stressing, relaxing and practicing “prenatal bonding,” which I explain in the following paragraph. It is evident that aside from genetics, we inherit familial patterns. Babies inherit maternal stress patterns. If the stress is constant, relentless without rest, the baby is infused with too much cortisol, and it can actually adversely affect their IQ.

Pregnant women need more support than ever!

An obstetrician in Hungary offered prenatal bonding sessions to 1200 pregnant women during his career in the 20th century. Dr. Jenó Raffai empowered his patients during their pregnancies to tune into their babies. He held weekly guided meditations where they blessed their wombs, they talked to their babies and then invited communication back from the babies. He infused them with confidence. Towards the end of the pregnancy, moms were invited to prepare their babies for labor, describing what would happen—most importantly, that they would separate, and the baby would individuate. Dr. Raffai treated both moms and babies as a part of the birthing team, and they had active participation during labor, as opposed to



being a passive object during a medical procedure. It makes a big difference when women are recognized as capable of birthing, and there is huge benefit for both the mom and baby to be empowered in the process of actively participating in that journey.

The results of his work are stunning: of the 1200 women, he delivered only three premature babies and had to do only three C-sections. Plus, none of the mothers experienced postpartum depression. None. It reveals that the bonding was *healing medicine* for both mother and child.

I mention this because working with a mother by offering Healing Touch treatments has great rewards. It is an honor and a privilege to help them deepen their connection to their baby, to *remember* who they are. It clarifies the highest order of their life right now. Once they connect to themselves, they realize that self-care is an investment that will give their baby the best start in life.

One question that I get asked so often by practitioners is, "What do I *do* with the baby during the treatment?" The answer is, "Who are you going to be during the healing session?" I remember when I assisted at a Healing Touch Level 4 class and I was looking forward to a treatment. My partner however, was having a mild panic attack because she was afraid of working on an instructor. I can tell you that did not feel good and I finally said something. I told her that I did not care what she thought she did not know. But that I did care that she was not centered and focused. Her anxiety was totally inappropriate at a time when she was supposed to be helping me.

Well, babies are the same way. They thrive on connectivity, especially energetically. If you are worried that you might hurt them, do not offer them Healing Touch. Work on your alignment first. Nonverbally or verbally introduce yourself to the baby and talk about what you are going to do.

As far as techniques go, I use the same ones I use when I am working on anyone. No technique is

contraindicated. I usually use Chakra Connection or Full Body Connection (Healing Touch techniques) to help the mother relax. I also check in with the babies, letting them know, on a heart level, that they are safe. I always invite the moms to communicate with their baby during the session.

As far as what techniques to do when. . . I am not big on handing out recipes. When following a recipe, there is a tendency to change your focus to mental processes, rather than trust the intuitive. There is so much more healing available when we *allow*, rather than falling into the trap of trying to fix someone, a condition or a symptom. Let go.

I had one mom who was having kidney issues and high blood pressure. Her doctor wanted to induce her to deliver at 28 weeks gestation. Luckily, her mother-in-law was a holistic nurse, and she knew the wisdom of healing and invested in Healing Touch weekly sessions. After each session, her creatinine level and blood pressure lowered to the point where they would postpone hospitalization. Each time, we both talked to the baby, out loud, to explain the situation and that they were both fine. Mom carried her sweet baby through 37 weeks and no one had to stay in the hospital after the birth. She learned to honor her body, to see that self-care was truly the ultimate investment in her infant's well-being.

I invite you to broaden your scope of what you think is possible in that mother-baby connection. It is absolutely the most amazing gift that helps to preserve humanity. €



Author Rita Kluny can be found at www.HealingTouchForBabies.com



The Question Holds the Lantern

John O'Donohue © All rights reserved

Humans have an uncanny ability to domesticate everything they touch. Eventually, even the strangest things become absorbed into the routine of the daily mind with its steady geographies of endurance, anxiety and contentment. Only seldom does the haze lift, and we glimpse for a second, the amazing plenitude of being here. Sometimes, unfortunately, it is suffering or threat that awakens us. It could happen that one evening, you are busy with many things, netted into your role and the phone rings. Someone you love is suddenly in the grip of an illness that could end their life within hours. It only takes a few seconds to receive that news. Yet, when you put the phone down, you are already standing in a different world. All you know has just been rendered unsure and dangerous. You realise that the ground has turned into quicksand. Now it seems to you that even mountains are suspended on strings.

If you could imagine the most incredible story ever, it would be less incredible than the story of being here. And the ironic thing is that story is not a story, it is true. It takes us so long to see where we are. It takes us even longer to see who we are. This is why the greatest gift you could ever dream is a gift that you can only receive from one person. And that person is you yourself. Therefore, the most subversive invitation you could ever accept is the invitation to awaken to who you are and where you have landed. Plato said in

The Symposium that one of the greatest privileges of a human life is to become midwife to the birth of the soul in another. When your soul awakens, you begin to truly inherit your life. You leave the kingdom of fake surfaces, repetitive talk and weary roles and slip deeper into the true adventure of who you are and who you are called to become. The greatest friend of the soul is the unknown. Yet we are afraid of the unknown because it lies outside our vision and our control. We avoid it or quell it by filtering it through our protective barriers of domestication and control. The normal way never leads home.


Once you start to awaken, no one can ever claim you again for the old patterns. Now you realise how precious your time here is. You are no longer willing to squander your essence on undertakings that do not nourish your true self; your patience grows thin with tired talk and dead language. You see through the rosters of expectation which promise you safety and the confirmation of your outer identity. Now you are impatient for growth, willing to put yourself in the way of change. You want your work to become an expression of your gift. You want your relationship to voyage beyond the pallid frontiers to where the danger of transformation dwells. You want your God to be wild and to call you to where your destiny awaits.

You have come out of Plato's Cave of Images into the



sunlight and the mystery of colour and imagination. When you begin to sense that your imagination is the place where you are most divine, you feel called to clean out of your mind all the worn and shabby furniture of thought. You wish to refurbish yourself with living thought so that you can begin to see. As Meister Eckhart says: Thoughts are our inner senses. When the inner senses are dull and blurred, you can see nothing in or of yourself; you become a respectable prisoner of received images. Now you realise that 'eternal vigilance is the price of liberty' and you undertake the difficult but beautiful path to freedom. On this journey, you begin to see how the sides of your heart that seemed awkward, contradictory and uneven are the places where the treasure lies hidden. You begin to become true to yourself. And as Shakespeare says in Hamlet: To thine own self be true, then as surely as night follows day, thou canst to no man be false.

The journey shows you that from this inner dedication you can reconstruct your own values and action. You develop from your own self-compassion a great compassion for others. You are no longer caught in the false game of judgement, comparison and assumption. More naked now than ever, you begin to feel truly alive. You begin to trust the music of your own soul; you have inherited treasure that no one will ever be able to take from you. At the deepest level, this adventure of growth is in fact a transfigurative conversation with your own death. And when the time comes for you to leave, the view from your death bed will show a life of growth that gladdens the heart and takes away all fear. €

 John O'Donohue's work can be found at www.JohnODonohue.com

New – Blessing and Chakra Flags

Strings of colorful Tibetan prayer flags fluttering in the wind are not just beautiful decoration, but serve a higher purpose. They are an ancient tool used for spreading peace, prosperity, compassion, wisdom and joy to all life in the vicinity. The prayers written on the flags are meant to raise spiritual vibrations, which are then carried on the wind. These blessings purify the space around them and elevate everyone in that locale.

The blessing and chakra flags were created in this tradition, with the intention to add harmony, peace and richness to everyone who views them. Through blessings or a gentle reminder of the seven primary energy centers these flags are intended to enrich your home or work space.

Each flag set has two sides. A ribbon is included for stringing through the slots in each corner. Once strung, hang the flags with a tack or other hanger (not included).

We invite you to set an intention for these flags as you hang them according to your divine calling or healing work.

Find more details or purchase at www.HealingTouchProgram.com/store





Moving Through the Seasons of Life

Titanya Monique Dahlin

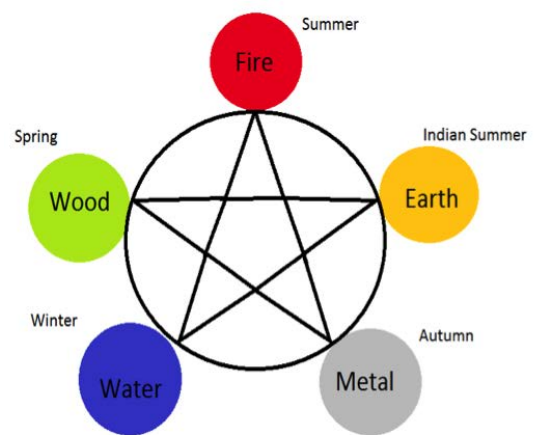
In every culture and in every medical tradition before ours, healing was accomplished by moving energy.
– Albert Szent-Gyorgyi, Biochemist and Nobel Prize Winner

I believe movement to be one of the greatest forms of healing. Memories of trauma can be trapped within our cells for years until they are released by some freeing cure. Yet, at other times, they may stay there forever, never inspiring us to learn our lessons, possibly leading to debilitating illness and perhaps even death. Pioneer dancer, Martha Graham said that the body never lies. Our bodies hold secrets to everything we need to know—they house our lessons and challenges in life. If we learn to listen to this sacred vessel and meet its messages, life can take on greater depth and fullness. We can be freed from our own limitations and evolve in life, flowing with more happiness and joy.

Our ancient ancestors knew that movement was a form of natural healing. As a community, they danced through birth, death and every emotional storm in their lives. They would embody and mimic the illness of the sick person within the tribe and then, shake and shimmy it out, releasing the demons of the disorder. Through every passing season, primitive people moved with the rhythms of nature, and in dancing prayer, they reached ecstasy to connect with their own Divine Source.

More than 5,000 years ago, the ancient Chinese knew this secret, too. They were so connected to nature that they began to acknowledge that there were five major rhythms, or elements, that we cycle through in life. When they followed the messages of these rhythms, they were able to

stay in healthy balance within their lives. The five rhythms they observed in nature were Water, Wood, Fire, Earth and Metal. They created a wheel, symbolizing the cycle of the seasons, as well as the cycles of life through death. Within the wheel, nature's rhythms flow from Winter, Spring, Summer, Indian Summer and Autumn and then continue all over again the following year. From this wheel, they began to establish the structure of the Five Elements used today in Traditional Chinese Medicine.



Looking at the Elemental wheel as a compass for our lives, we can easily move through these rhythms creating a flowing dance through life's cycles. Energy is always shifting



and moving; it is the way of life. If we get stuck at any stage on the wheel, we create blockages in our life, sometimes resulting in health issues. When we dance and move, we tap into the divine mystery that is connected to our own Divine Source. Using movement as a medicinal tool, moving through the Five Elements can be a therapy for staying healthy within our physical, emotional and spiritual being.

It was said that Socrates learned to dance when he was seventy, because he felt that an essential part of himself had been neglected. – Source Unknown

As a dancer, I have been teaching the Five Elements for over 17 years through the power of movement within the

to be reached. They go silent and feel alone and may have a hard time finding their words. Fear begins to rule their world and then they do not move forward, but freeze in their tracks. Working with the emotion of courage through organic movements like super hero poses, grounded stomping and stepping forward can counter-balance this opposing emotion for fear.

The natural movement for people who resonate with the Water element is inward-type motions, as they dive into their own expressive dancing prayer. They flow slowly and follow their own energy. The natural fluid movements for a Water Element are Tai Chi, lyrical and modern dance. Waters also gravitate towards the water as a physical element,

Our bodies hold secrets to everything we need to know.

international workshops and certification program of my mother, holistic health pioneer Donna Eden. Within this article, I would like to share with you the descriptions of the rhythms through their archetypal movements and how we can dance within our element in order to evolve and flow through the cycles in life.

We all have each of the Five Elements within us, yet one or two elements show up stronger within our own personality and reflect who we are to the world. Naturally, we may find ourselves gravitating to a type of movement that resonates with our own body type and rhythm. Sometimes, the challenge will be to dive into a rhythm that is unfamiliar to us or difficult, but if we do, we shift our consciousness and stay more balanced in health.

Water Element

Let's begin with the first element of Water. This is the beginning of life, where we all start as babies needing to be taken care of and supported. This is also the exciting place of beginning new projects. Like a toddler, we are learning to walk and move forward despite our fears. Fear is the ruling emotion for Waters—people who resonate most with the Water element—and can freeze them in their tracks so they do not move forward on their life's path. Like the season of winter, Water element people hold an inward nature to their personality; they are quiet. Everything may look still above the surface, yet so much more is alive beneath it. Being inward, they have incredible imaginations and can think creatively out of the box. However, many times they get so stuck in the depths of their souls, they cannot seem

as well. Swimming, boating, canoeing, water aerobics—any movement in the water is healthy for their well-being and can move their energy forward from a still place. Waters usually have a slow walk, as if floating down a river on a lazy day. In my dance workshops, we improvise and dance our emotions of life's experiences. With colorful veils, my Water students find this type of kinesthetic dance releasing for them as they find a form of moving expression to break free from their trapped depths. The organs/meridians that rule Waters are the bladder and kidneys. Waters usually hold water (edema) within their bodies and movement can help free their circulation.

Wood Element

Looking at the next place on our wheel, we come to the element of Wood. This is the stage in life that symbolizes the rebellious adolescent, when children are establishing their ego of who they are. This is also the season of Spring when nature's flowers burst forward from the earth with gusto. People who resonate with the Wood element are great at setting boundaries and can take care of themselves. Anger and frustration are the controlling emotions for Woods and the ruling organs/meridians are the gall bladder and liver. Woods tend to address issues quicker than most so anger does not stick with them, yet they can also hold grudges for a very long time which brings toxicity to the body. Forgiveness is a great lesson for Woods and can be an intention for channeling their expressive movements to counter-balance the emotion of anger. Martial arts can be a natural movement for them and is great for releasing inner frustration issues. This ancient art form also requires mas-



tery, discipline and a little competition, which Woods love.

Within my dance classes, I bring in strong world drum rhythms. To move with the clear drum beats, one needs to accent the beats with the body. This is not about flow and glide, like the Water rhythm—it is about setting boundaries with controlled movements. Woods like to have control in their world and move forward in their life, conquering their goals. Mimicking this, students move with strong hip movements, kicking obstacles out of their way, clearing a path before them. Wood bodies tend to have no curvature, but square forms and shorter legs. They make muscle easily but can also get tight and rigid in their body, especially in their joints. When they hold onto anger and frustration for too long and do not bend, flow and let go, they could develop arthritis later on in life. Woods need to move to release these emotions.

Fire Element

Coming to the Fire Element on the wheel is the place of high summer where everyone wants to be outside at summer parties and celebrations. Fires are like puppy dogs at a party, who flit from one person to another, joyously loving everyone. They really are the life of the party! Fire people love to move, dance, fly and jump. With energetic music or passionate Latin beats, Fires will laugh, smile and dance freely with wild abandon to salsa, African or energetic aerobic dance. This place on the cycle of the wheel is also the place of the teenager, who is a flux of mixed emotions. Fires are addicted to drama and when drama runs high, stress sets in and too much panic (their ruling emotion) can take energy away from the adrenal glands. Fires are the ones who juggle many things in their life. Like an octopus with many arms, their energy goes everywhere and they need to be aware of “adrenal burn-out” more than other elements. Joy is the counter-balance to this emotion and dancing is a natural joy and release for them. Rather than exploding with fiery dramatic outbursts, expressive movements help Fires free trapped emotions from their body. Fires’ bodies usually run high with heat naturally and they can get very hot when dancing. Triple Heater and Circulation Sex are the meridians (energy pathways) that the Fire element governs to regulate body temperature and hormones. Fires’ energy also governs the organs/meridians of heart and small intestine.

Earth Element

Let’s now talk about the Earth rhythm which arrives in Indian Summer, towards the end of summer. Imagine a

pregnant woman swaying with ease and groundedness as she walks. This is the energy of the Earth herself and the rhythm of the archetypal Mother. Earths take their time and like to hold a balance in their life. Like a good mama, they make sure everyone has what they need. Earths love medium-paced music and movements that are not too jarring. A nice reggae 4/4 beat makes them feel at home, where they can just sway to the music. Being barefoot and connecting to nature through movement is natural to them and makes them feel alive. Earths also like to connect to community through gatherings. Earths love world dances that include tribal connections that come from the everyday activities of people in nature, celebrating transitions in life. Cultural earth and folk dances, such as belly dance, contra dance, Hawaiian and even some easy African or Brazilian 4/4 beats, are perfect for them.

One of the governing emotions for Earths is worry. They worry for everyone and everything in their life and end up giving too much of themselves, forgetting to give back unto themselves. The mirroring emotion of worry is compassion for themselves. Signing up for a movement or dance class would be a great place to start, when they can take time away from their husband or families for some loving time for themselves. Earths, who have a little more curve in their body, also need to learn how to really love and feel good within their skin. Belly dance, African and Polynesian dance all are great dance classes for curvier Earth women. As I always say in my own belly dance classes, the more you have, the better you will move!

Metal Element

The final element we come to on our wheel is Metal, which arrives with the season of Fall when the leaves fall from the trees. Metal’s energy is about coming to the end of a project, letting go of a relationship and surrendering aspects of our life that are no longer needed. The Metal

When we dance and move, we tap into the divine mystery that is connected to our own Divine Source.



Element person gravitates towards movements that stretch their lean and thin bodies, such as yoga, ballet or meditation. Metals like to be still, organized and contemplate their inner thoughts, so yoga is perfect as it follows a series of set movements in stillness and breath work. The yogic connection to breath work consciously exhales anything that is not needed for them and deeply inhales clean, good oxygen to help detoxify the lungs. This is a perfect movement as lungs are the organs/meridians governed by the Metal Element.

The ruling emotion for Metals is grief and they can sometimes hold onto unexplained grief for the world, never finding joy in life. The mirroring emotion for grief is trust and to have faith on their life's spiritual path. Metals are perfectionists and it is very hard for them to let go of control; therefore, they can hold onto old patterns and beliefs. Movement can really help move this stuck energy out of their body. Metal also governs the large intestines, which is about release and holding on too tight. The movement and metaphor of stretching with yoga is perfect.

The ending stage of Metal, where we rebuild ourselves back up only to begin again in the new stage of Water, is one of the most difficult places in life to be. Many people struggle with this transition and cannot get back into the flow of new beginnings, only to stay in their old lifestyles, never moving forward in life, for years.


*Come dancing to divine knowledge. . .
and come, return to the root
of the root of your own self.
– Jellaludin Rumi*

Donna Eden tells us that movement creates more oxygen in our body and then our brain begins to create new synapses of new thought. Movement and dance used as a spiritual practice can help move our energy forward with consciousness. Dancing organically through the stages of life can connect us with our own essence of who we really are.

Within this article, we have observed, learned and danced around our Five Elements wheel. Now, you may have a feeling of the rhythm you are and may want to experiment with these tools of movement to help shift you in your daily practices.

Energy never stops—it is always flowing and changing

through the cycles of life. A moving practice can be used as a sacred tool for coming to know yourself and supporting where you are in the cycle of life. When we learn to move and flow, let go and begin again, dancing through the wheel of life without holding on and resisting, our lives become easier and we begin to know what it truly means to be alive.

Within this first article, we have explored each of the elements and their natural movements in the flow of the Five Elements cycle. In the next article, I will suggest exercises that will help balance your body rhythms. I will also talk about moving into rhythms that may be challenging to you but if practiced, will be very good for bringing balance to your physical, mental and emotional growth. As we learn to shift and stretch, we evolve and grow on our life's path. 



Author Titanya Monique Dahlin can be found at www.EnergyMedicineWoman.com

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Self-Care

Engaging the Back Side of the Human Chakra System

Franny Harcey, HTCP, QM

I would like to invite you to make contact with the back side of your chakras as another self-care tool.

The back side of the chakras generally speak to us in symbols, colors, shapes and words. When working with the back side, we are asked to engage non-cognitively through “feeling,” “sensing” and “seeing” what presents in the back side of the chakra itself. Many times the back side speaks to us in pictures, not always making sense to the cognitive mind. When we try to analyze it, we can hinder the process of allowing the back aspect to open and communicate with the front aspect. The cognitive mind wants to determine what is happening, what we are experiencing, what we are “sensing/seeing.” This may be what is needed in the front side of the chakras, as this mental processing may assist in shifting the energy of the front. However, the back side is less linear and we do not need to analyze or go on a processing journey. The back side is more about discovery and the unveiling of a “vision.” By making contact with this information, we are able to open ourselves to the highest potential of our human experience.

In developing the Back Chakra Activation Workshop, I determined that there is much we can do to support ourselves with this self-care technique.

First, I will invite you to find your quiet place, away from the hustle and bustle of daily life. Allow yourself

to sit for 20-30 minutes as we begin to dialogue with the back aspect/side of the chakras. As I stated, the back chakras speak to us differently than the front side of the chakras. The front aspect is about “doing” and information is revealed about this life (the conscious aspect of self). The back aspect is about “being,” information about past and future lives (the unconscious aspect of self), and opening ourselves to our highest potential.

As you sit with no interruptions, bring all of your awareness to the back side of each of the seven major chakras. We will begin with the first (root) and make our way to the seventh (crown). As you tune into each chakra, it may present to you a shape, a symbol, a picture or possibly a color. Not all of the mentioned will appear—maybe only one, sometimes two and sometimes nothing will present. This is ok as well. Trust that the energy is supporting you. As you continue to work with the back aspect of the chakras and become more familiar with them, you may begin to experience images. Do not allow the mind to “tell” you, but let the chakra “speak.” Do not “think,” just allow whatever is ready to present be there. As you tune in, the picture of what you are “seeing/sensing/imagining” may change rapidly or it may stay as is.

The key with the back aspect is not to figure out the image there, but rather to bring awareness to that image and allow for the back side to begin to open



because you are holding sacred space for yourself. Holding sacred space invites the back aspect to begin to move energetically and begin to communicate at a deeper level with the front aspect. This allows the energy to begin to flow between the front and the back aspect more fluidly, supporting deeper opening and transformation. The unconscious aspect, which is held in the back side of the chakra, can then come to the conscious level of the front side and release energy that is ready to move without having to dig into the story of whatever is held in the back aspect.

Begin at the root chakra. The back side of the root is located in a deeper vibration beyond the physical. At the root chakra, you are welcome to place your palms facing the floor or away from the body at about the knees to support deeper contact. Travel up the body and make contact with the back aspect of each chakra. If your hand reaches your back, you may place it there. If not, remember, energy follows intention. By bringing all your awareness to the back side of a particular chakra through intention, you will be in contact.

Ask yourself (the back aspect of the chakra) what might be here—a color, a symbol, a shape or possibly a word? Remember, do not allow the mind to override, just allow the chakra to speak. Notice if you feel any energy moving in your hand—is it changing as you bring your awareness to the image that presents? When the energy feels as if it has shifted or you sense it is time to move on, do so. Many times it can take three to five minutes at each back side chakra as you deeply connect with that aspect to allow for the shifting of the energy. Use this time to be totally present to yourself.


Revisit each of the above questions at the remaining back side chakras. Tune into what presents at each—again, not trying to “figure out” anything, but being deeply present to self.

From the back of the root chakra, we move to the back of the sacral, then to the back of the solar plexus, next the back of the heart chakra, on to the back of the throat chakra and upward to the back of the brow chakra. Finally, end at the back aspect of

the crown chakra which is located in the higher mind where we can access various dimensional realms. Placing your palm facing upward with the intention of making contact can support this back aspect.

Once you have moved through all seven chakras, notice if you feel different. Are things brighter, more harmonious? Do you feel more calm and grounded? Notice, you might have even had a physical release. Trust that the healing occurred, allow all aspects of the chakra system to continue to flow, and the energy to reset and update the chakra templates as needed.

When you have a sense that it is time to conclude this self-care of the back side of the chakras, allow yourself to reground to the earth plane, honoring yourself for the time you engaged in care of the self. Take a few deep breaths and when it feels right, continue with your day. ☺

 Author Franny Harcey can be found at www.GoldenShadowHealingCenter.com

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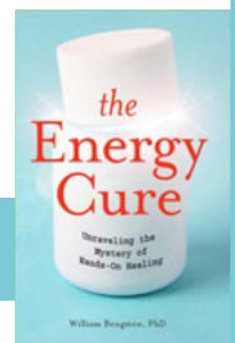
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Ketut Jaya— Balinese Healing Massage-Shaman

Kat Dancer

The unique embodiment of energy and compassion draws me deeper into Thai massage. As my own practice deepened and the energetic connections with my clients developed, I started visiting Thailand to learn from the great teachers still working in the north. I meet many body-workers in my travels and am always open to new experiences of profound healing and compassion. During a trip to Bali, I spoke with a Chinese doctor and acupuncturist, whose expertise indicated that she would have a more informed assessment of a local practitioner's touch than a layman's. As she spoke about Ketut, I felt an instant conviction that I should visit him.

I followed Ketut's directions to find his place—riding my bike down a busy road, I saw a Balinese man at the side of the road in front of a temple-type frontage, a few hand-painted signs behind him. He wore the white turban of the Balinese, a striped brown shirt and classical Balinese sarong. I slowed and he smiled at me, something in the meeting of our eyes told me this was the man I was to see. Pulling up to the curb, lifting my visor and pulling down my face-mask, I stretched out a hand which he shook. "Amazing," I exclaimed. He mounted his bike, which was parked behind him, and I followed him down the narrow stone-cobbled alleyway. We rode between red stone walls interspersed with carved gateways and orna-

ments before turning into a nondescript dirt track bordered on the right by a wall and on the left by tall bushes and plants. Later he introduced me to those plants, all medicinal and used in his treatments.

We parked our bikes on a concrete bridge over a stream and walked into his family compound. A middle-aged Balinese man, squatting on a step, said hello in unaccented English as we passed by. An old Balinese lady and a middle-aged, too-thin European woman juggled a toddler between them. We walked narrow paths between stone and brick structures to a building at the back of the compound. A large, contentedly dusty, black pig lay in the shadow of a sparse bush, softly grunting and hooting in unusually high-pitched tones for such a large animal. Narrow-bodied chickens scratched the dirt and a bamboo cage housed a couple of fluffy white puppies happily tumbling over each other in mock fight.

Slipping off our shoes, we stepped across the stone platform and bristled mat between the heavy carved doors into Ketut's treatment room — into a new world. A series of shelves were filled and topped with random glass containers containing an amalgam of kombucha (a beverage produced by fermenting sweet tea with a culture of yeast and bacteria) in various stages of ageing. Carved wooden lintels topped the windows and doors, a woven bamboo-leaf



ceiling swept up and down at odd angles, and a heavy wooden table almost black with age, most likely teak, stood to my right. The centre of the table was padded with vinyl and covered with batik cotton. An assortment of sticks, bowls and other implements occupied the foot of the table. Barely five feet away, from floor to ceiling, the far corner of the room was filled with crystals, bells, bowls, bottles of oil, herbs, unguents, statues, carvings, swatches of cockerel tail feathers and fat, fat, fat sticks of incense.

Ketut lit incense and made preparations. He laid a towel across the head of the table and in engagingly

swathed in flavours like a lettuce dressed for salad. It was delicious.

Ketut rattled my limbs back and forth, alternating between great sweeping motions and unutterably pertinent pressure on specific points. He used his hands with strong and deft movements to push the muscle and skin in directions that Western or Thai massage rarely do. He interlaced his fingers in mine, lifting my hand behind my back and with the other arm slid deeply down along the inside edge of my shoulder blade, vibrating his whole arm as he did so—a smooth and effective technique. I drifted in

My internal narrator instructed me to let go and accept whatever was coming.

accented, but good English, asked me to take off my dress and lay face-down. I was wearing a shirt and short skirt so I doffed the shirt and lay on the padded table. He took up a bamboo stick thick with black tail-feathers and used this to waft back and forth across my back. He then doused me with oil and vinegar. I realized that this was going to be an exceedingly soggy affair and said I should no doubt take off the skirt, too. I tried to remove my slippery limbs from clothing without transferring too much oil and vinegar to the cloth.

Ahhh... the feeling of those liquids being poured along my limbs and across and down my back in obviously intentional patterns was fabulous. My internal narrator instructed me to let go and accept whatever was coming, so I allowed the sensuous nature of invisible touch to take over and revelled in the experience. As Ketut started to lay hands on my skin and make swift and dramatic sweeps across my back, arms and legs, I was startled by the grainy roughness of his hands. Only much later did I realize it was actually salt that he scattered across me, creating a subtle scrub. The oil smelled of unfamiliar herbs, and the vinegar, it came to me shortly after, was kombucha. I was bathed and

and out of consciousness. Soon he told me to turn over. I lifted one foot feebly and he laughed and said I could stay, returning to work on my shoulders and neck for another minute before it really was time to turn over.

Face up, I observed the sprinkling of salt along the centre-line of my body and limbs, the smoking incense burning in some ancient-looking blackened copper receptacle, the feathering... my eyelids dropped and I retreated into tactile sensations, eschewing visual interference. Oil and kombucha soaked my skin again and the sensations of being scrubbed, rubbed, kneaded and massaged returned. He did something outrageous to the outside edge of my kneecap that made me breath deeply to maintain equilibrium. He then worked on my feet—the reflexology I had been told about with strong similarities to Thai Foot Reflexology—using a rounded stick. It is bloody painful. I breathed through it, listening to that internal narrator advising me that love is sometimes painful. I knew what was going on, recognizing the techniques and points and also that it does not last long. My feet were humming.



Soon I was humming, too—first deep and fast breathing, then chanting, invoking healing, bringing in the power of nature and the self. I saw fire beyond my eyelids and another recognition struck me—he was moving flames back and forth above me, an incense stick that soon let go of its flame and released its scent instead. I felt things being placed upon my body, upon my forehead. Soon I slid again, travelled far, finally returned. Ketut brought me back to opening my eyes and I spent several minutes returning to my body. There were flowers and herbs scattered all across my torso and arms. It took a while to come to a state of movement and when finally I sat up, he worked more on my shoulders, neck and head, then ended the session by offering me a small cup of... herb-infused whisky. “I don’t drink alcohol,” I told him. He explained it is aged and infused with an assortment of special herbs he puts together, a medicine. It warmed its way through my body and then I was led through the narrow pathways to a small shower with herbal soap where I washed off all the solutions he had used.

We sat together with tall glasses of his kombucha, easing into this new part of the day, talking softly, discovering each other’s teachings and practices, allowing my body to acknowledge the array of energy, both

physical and spiritual, with which it had just been infused. Before I left, he gave me directions on how to return to Ubud on quiet roads, stopping at a vegetarian restaurant. I made my way there through the rice fields, slightly dazed, appreciating the carved stone buildings and statues I saw along the way. I found the restaurant, walked in and was gently amazed—a self-serve place. You leave money in a jar on the table with an option to donate and pin up free meal vouchers for others who have no money and are hungry. It is a serene place. I ate a small plate of tasty and simple food, left a donation and a voucher for someone else and took a bowl home to my partner. Lovely. . .

The afterglow of this session continues to resonate through me months later. Some of the energy we shared subtly infused my way of thinking. There is an aspect of Ketut’s work that connects—should we allow it—on a fundamental level, inspiring self-assessment and study, a gentler handling of self. On a physical level, the work he did relieved some chronic pain for a considerable time, but the overall sense of well-being continues to shimmer each time I recall this adventure. €

If you are fortunate enough to go to Bali, you can contact Ketut at +62 878 624 919 27 or ketutjaya1967@gmail.com.



Author Kat Dancer can be found at www.Kat-Dancer.com



What is the Meaning of Life? To Experience Joy!

Marie Manuchehri, RN

One of the most frequent questions I am asked during private sessions, workshops or while on the radio is “what is my life purpose?” I often feel that this question and the one I am answering here are divinely linked, creating a web of immeasurable possibilities. Typically, the energy behind either question, vibrating from the seeker, is an awkward fact-finding mission defined by worry and doubt.

Even though we as humans collectively try our hardest to make things difficult, finding the answers to these questions is usually simple. I believe with all my energy system that the meaning of life is to feel joy, and that learning to feel and follow your joy is a necessary life skill.

When we can perceive a joyful sensation and then choose to follow it, we will automatically discover meaning and purpose. The richness of any existence is through the infusion of normal earthly moments and multi-sensory experiences. When these unique landscapes merge, they can only birth joy.

Thirty years ago, pregnant with my first child, I experienced a surprising wave of joy for no apparent reason. I was fairly present that day, walking into a teaching hospital in a small town in Oregon for a routine blood draw. My childhood had been deeply rooted in holis-

tic medicine, so my senses were keenly aware. Instead of feeling the expected pang of anxiety as I cleared the revolving doors, I perceived joy. This spontaneous rush of bliss startled me at first, until I gave way to its curious nature and allowed my being to be enveloped by its warmth. As I did, a multi-sensory story unveiled itself to me, reminding me of a love for modern medicine—something to which I had little exposure.

As I followed my joy to nursing school, eventually specializing in oncology and ultimately leaving conventional medicine for the world of energy healing, I realized that joy is the constant messenger. Joy alerts all to the coming attractions of magic and meaning. To follow joy, you must remain present, open all senses and breathe in the magnificence of you.

Observing joy may not appear easy or for some, even possible. However, learning to recognize the ecstasy of energy moving through your body is similar to learning a new skill set. At first impression, the task at hand may seem awkward.

I clearly remember one of my first assignments in nursing school that sent my senses whirling in uncomfortable excitement—giving my first injection. Each student was to practice inserting needles into oranges at home over the weekend as the opportunity to give an injection into the deltoid muscle of a

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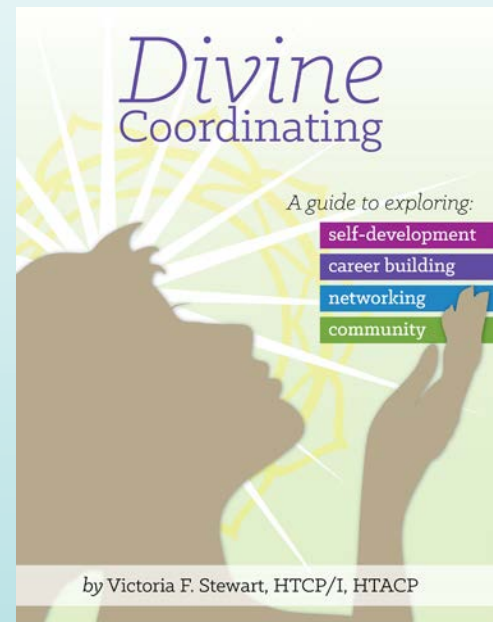
hospitalized patient was probably going to begin the following Monday. In class, we had gone over muscle location of the deltoid in the upper arm, the length of needle required for this particular injection site, drawing medication into the syringe and so on. But it was the actual technique of inserting the needle quickly into the arm to reduce pain and end the treatment that seemed most challenging. Of course, I am talking about a skill. A skill that today I would have to practice a few times if I were to re-enter my first love in the world of healing. With a few practices, my cellular memory would instantaneously send messages to my muscles telling my body how to insert the syringe.

Once a skill is received into your cellular memory, it harnesses a permanent foundation of vibration. The vibrational pattern connects to the second chakra where the emotion of joy lives. The second chakra is also the entry point for Kundalini energy. Kundalini is a magnificent fountain of divine genius to which each person has access. The main requirement to experience its power is to identify and hold the feeling of joy in one's body.

By practicing this valuable life skill of feeling joy, you will be able to clearly know what steps are in your best interest and which ones are not. Life choices that are empty of joy are to be avoided. Alternative choices that feel joyful are to be followed. Typically the intellectual mind will argue with joy, ranting about the limited perception we all hold regarding destiny and the true meaning of happiness. But again, do those thoughts bring you joy, or misery? €



Author Marie Manuchehri can be found at www.EnergyIntuitive.com



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How Tapping on Acupuncture Points Can Help Couples

Donna Eden and David Feinstein

The organs of emotion—such as the heart, lungs, spleen, kidneys and liver—are energetically connected to acupuncture points (acupoints) that are on the surface of the skin. Simplistic as it may seem, tapping on selected acupoints while focusing on a problem or goal has been shown, in more than 40 clinical trials, to be effective in helping to rapidly overcome PTSD, anxiety and depression.

Can this technique be used with couples? In our experience, acupoint tapping protocols can be a powerful tool in helping couples not only calm themselves and re-engage when things heat up, they also can be used to change deep emotional patterns that trace to childhood and are interfering with the current relationship.

Jeremy and Melissa

Jeremy was thirty-six when he married Melissa. He was eager to help raise her sons, ages seven and nine. He had gotten to know them quite well during the year prior to the marriage. He had brought them to baseball games, zoos, parks and other local attractions, and had participated in their hobbies. The boys liked their stepdad and the attention he was giving them, and the new family was blossoming within an atmosphere of affection and promise. Melissa's ex-husband, Steve, the boys' biological father, had not been particularly eager to spend time with his sons

during the marriage, but he also loved them. After the divorce he had moved to another town several hours away but had reliably taken the boys for the afternoon every other Sunday.

Shadows from the Past Enter a Happy Home

During his courtship with Melissa, Jeremy had never met Steve. But now that Jeremy had moved in with the family, the twice-monthly visits became a fixture in his life. He was civil enough toward his new wife's ex, but he avoided having much contact with him when the boys were being picked up or dropped off. During the first Christmas vacation after the marriage, Steve arranged to take the boys for a week to Orlando for a Disney marathon. The boys were so excited about it that they seemed to talk of little else for the week before and the week after the trip. When Steve came for the next Sunday visitation, Jeremy could hardly look at him. He began to criticize Steve's parenting style to Melissa, point out his culpability in the divorce and generally paint an ugly picture of the man who had fathered her children. At first Melissa acknowledged the truth in some of the observations, but over time Jeremy became increasingly vehement in his criticisms. Their interactions on the weekends that Steve arrived became increasingly problematic and Jeremy began questioning the boys about their visits with their father, as if looking for more fodder for his rants. Eventually, he was unable to hide his



disdain toward their father from the boys.

Jeremy's jealousy toward Steve continued to escalate and the acrimony was seeping into other areas of the family. As Steve's visits approached, tension would descend on the household. The boys were confused. Melissa began to judge Jeremy harshly. She had more than once called him a "spoiled brat." This was the state of things when they scheduled a couple's counseling session with David. Jeremy knew at some level that his reactions were not rational, but this knowledge could not compete with the strength of his emotions. When Jeremy was triggered, Steve was an evil man sabotaging all of Jeremy's fine efforts with

David asked, "How do you know it is a seven?" Jeremy said that he felt pressure in his chest and tightness in his throat. David asked him to explore the feelings in his throat. Jeremy said it was almost as if he were trying to hold back tears. David asked if he could recall one of the first times he had that feeling. (Frequently when acupoint tapping is used to reduce the emotional charge of an issue, new insights about the situation become available.) Jeremy immediately recalled being ten when his parents brought a foster boy into the family. It was to be a temporary arrangement until a permanent placement could be found, a favor for a relative of the boy, but it changed everything for Jeremy.

Each round of tapping takes only a few minutes.

the boys and the family and there was no other reality to consider. After hearing both of their renditions of the problem, David spoke to the part of Jeremy that knew his reactions to Steve were extreme. David explained that when intense emotions are triggered, they are very real, whether rational or irrational. He suggested tapping to take the edge off the intensity of Jeremy's responses to Steve.

Neither Jeremy nor Melissa had any experience with energy psychology techniques such as acupoint tapping. But the couple who referred them had worked with David and described the method, so they were open to anything that could help, however strange it might look. While Jeremy was not open to considering that his assessment of Steve might be wrong, he was interested in feeling less consumed by his reactions.

They proceeded. The scene that Jeremy chose for what is called a "subjective units of distress" (SUD) rating was from the previous Sunday, watching as Steve's car pulled into the driveway. It was a ten on a 0-to-10 scale. After four rounds of tapping, it had gone down to a seven, but even after further tapping, it seemed to be stuck there.

Healing Old Wounds

As an only child, Jeremy had enjoyed his parents' full attention and affection. Suddenly that was history. The foster boy had many problems, both of Jeremy's parents held full-time jobs and the limited time and resources they had available shifted from Jeremy to the new boy. Jeremy, at ten, did not have words or concepts that could help him come to grips with the loss. He felt emotionally abandoned by both of his parents, he could not fathom why they had brought this troublesome person into their home and he hated the foster boy. He began starting fights and creating acrimony wherever he could. This strategy seemed to eventually work. After about a year, the agency found a permanent placement for the boy and Jeremy never saw him again. All of this was buried in the recesses of Jeremy's psyche. He had not thought about it for years and no other circumstance in his adult life had triggered his unprocessed feelings around that chapter from his childhood. He had never thought to mention it to Melissa, but the parallels between the foster boy and the situation with Steve became immediately obvious to everyone.

Jeremy tapped on every aspect of the memory he could identify, staying with each until it was down



to a zero: Jeremy's loss of his parents' attention; his many times having held back his tears when he felt lonely and abandoned; his confusion and puzzlement about what he had done wrong to deserve having all the attention withdrawn from him; the invasion into his family; his hatred for the new boy; the fights they had; his being punished for starting them and feeling like a bad boy after ten years of being a good boy; and even his confusion when the new boy suddenly disappeared.

From Healing the Past to Changing the Present

Fortunately, each round of tapping takes only a few minutes, so all of this was accomplished within that first session. (We generally schedule two hours for initial sessions with couples). Jeremy was by then able to talk lucidly and calmly about the foster boy and the boy's invasion into his young life. In addition, he could reflect on how Steve's visits with the boys were bringing up feelings that could be traced to his experiences with the foster boy. He was entertaining the possibility that his sense of Steve purposefully trying to destroy the family Jeremy was building had something to do with this earlier scenario. Focusing again on watching Steve's car pull into the driveway, Jeremy gave it a SUD rating of three. A couple more rounds of tapping and it was down to a zero.

We then briefly focused on Melissa's horror and sense of betrayal about Jeremy's shift over the recent months from an apparently ideal stepfather to an angry, jealous, irrational force in her home. Witnessing Jeremy's work had already put all of this into a welcome new light, and by the end of the session, she was able to review the strange course of their young marriage with no emotional charge.

On a follow-up session two weeks later, the issue had vanished. Jeremy was not triggered by Steve's next visit, the strong relationship Jeremy had established with the boys and with Melissa was back on track, and David was able to discharge clients who could have easily spent a year or two in counseling. Such are the risks a therapist takes when bringing an energy approach into the consulting room.

Nature's Trick

As people develop into adulthood, an uncanny tendency can be seen for choosing partners and situations that correspond with and reinforce early psychological patterns. You have probably witnessed this in your own life or with others you know. Jeremy was not consciously looking for a situation that would bring up his childhood wounds, but there was enough emotional similarity between his boyhood experience and Steve's intrusion into his happy family that his psyche glued itself to the scenario. It is as if nature insists that we heal what is unhealed or be periodically and painfully reminded that something is deeply amiss. In this sense, the past predicts the future. What people receive in childhood sets into motion deep patterns they often bring to their marriages. Fortunately for Jeremy, Melissa and the boys, Jeremy was able to heal the roots of the pattern rather than being doomed to endlessly repeat it.

What was nature up to in arranging things so those we love most bring out the parts of us that are most difficult to love? The impulse is strong for our emotional wounds to be played out again and again in our deepest relationships. Perhaps this strange twist of nature's plan is designed to make us catalysts for one another's growth and healing? Old patterns repeat themselves—again and again—until they are brought to a new resolution.

While this new resolution is not automatic or guaranteed, healing old wounds that are at the basis of ongoing difficulties opens new vistas. Painful as it may be to enter this territory—even when you are mindful and armed with tools for healing—the outcome can transform you as well as your relationship in many-splendored ways. Your partnership provides not only the context in which old wounds are revealed—but also can be a container for healing them.

What Can Tapping Protocols Do for a Couple?

The hopeful and encouraging news about acupoint tapping protocols is that the possibility of repairing wounds and compensating for damages relating



How Tapping on Acupuncture Points Can Help Couples

to fallible parenting and unfavorable circumstances are now open to anyone willing to invest the time and effort. Childhood experiences are coded in your body's energies and these energies act as a template that imposes the same essential pattern—again and again—on the unfolding panorama of your life, even as the characters and circumstances change.


Acupoint tapping addresses problems at this level, impacting the energy fields that maintain outdated psychological habits. When you bring to mind an emotional problem—such as a situation with your partner that triggers irrational hurt or anger—you activate the energy field involved with that problem. Simultaneously, tapping on selected acupoints which produce a sense of calm shifts the internal landscape around the problem.


Acupoints are gateways into the body's energy system, acting like switches that can increase or decrease the flow of energy to specific areas of the body. The traditional use of acupuncture needles is not necessary. Energy psychology teaches you how to tap on or massage about a dozen points that influence your emotions while you think about specific scenes that are associated with a problem or a goal. The process shifts the psychological atmosphere that surrounds the situation being focused upon. It reduces anxiety, increases confidence, heals old wounds and generally enhances your freedom to move through the situation more effectively and more joyfully. It also changes your brain chemistry. With acupoint tapping, you can quickly shift outdated emotional patterns by altering the neural pathways that maintain them.

Acupoint tapping protocols are the most direct and potent route we know for involving the body in the psychotherapeutic process. They initiate a reprocessing of unresolved emotional experiences, allowing current patterns to rapidly shift. Here are seven ways acupoint tapping protocols can help improve a relationship:

1. Navigate through emotional intensity without escalating.

2. Change how the partners respond to triggers that evoked anger, hurt or resentment.
3. Trace emotional challenges to formative childhood experiences.
4. Heal emotional wounds that can be traced to those experiences.
5. Transform the patterns that grew out of those wounds.
6. Complete any other “unfinished business,” including “baggage” from earlier relationships or from an earlier time in the current relationship.
7. Establish a strong mental vision of how the partners want the relationship to change and establish neural pathways which support that vision.

Extraordinary promises? Yes! But we can say that over the course of our long careers, acupoint tapping is the most powerful single tool we have found for helping couples change unwanted patterns in their interactions. We invite you to set aside your probable disbelief if you have never seen it in action and give it a try. We are making a brief, amusing 5-minute video on “How to Stop an Argument from Escalating” available to Energy Magazine readers at More.EnergiesofLove.com. 

 Authors Donna Eden and David Feinstein can be found at EnergiesofLove.com.

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Art's Epigenetic Impact

A Healing Tool We Can No Longer Ignore

Lori Daniel Falk

The impact of the arts in the process of healing was recognized early on by Hippocrates, who understood the importance of uplifting his patients' spirits. Over the past 15 years, there has been a dramatic growth in the use of the arts in medicine. In fact, renowned institutions such as Duke University Medical Center and Dartmouth Medical School are doing research on the subject of art as a healing tool. These recent scientific studies show us that art heals by changing both a person's physiology and emotional attitude.¹

The question that begs asking is, how? It could be as simple as one word. . . epigenetics. One of the leading experts in this burgeoning field is Dr. Bruce Lipton. His research tells us that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, in the environment surrounding it, including energetic messages emanating from our positive and negative thoughts, emotions and beliefs.


According to the Art As A Healing Force organization, when a person experiences art, "The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration. Art and music put a person in a different brain wave pattern; art and music affect a person's autonomic nervous system, their hormonal balance, and their brain neurotransmitters."²


Further, the research tells us this: "Neurophysiologists have shown that art, prayer and healing all come from the same source in the body, they all are associated with similar brain-wave patterns, mind-body changes and they all are deeply connected in feeling and meaning. Art, prayer, and healing all take us into our inner world, the world of imagery and emotion, of visions and feelings."³

The whole idea behind the infusion of art/music into one's world is that it brings the observer into the present moment. There is nothing else that matters except the joy of this experience. It takes our cares away. . . it puts our fears on hold. . . and for that moment in time, nothing else matters. Those feelings take us out of the limiting beliefs of the subconscious and into our conscious mind of pure potentiality, where anything is possible. This is the emotional state from which healing can begin.

Hospitals all over the world are incorporating music and art into patient care. Doctors, nurses and therapists are now working with artists and musicians to heal people of all ages with many conditions including cancer and AIDS.⁴ "Now everybody understands that cancer is as much, if not more, epigenetic than genetic," states Jean-Pierre Issa, a researcher from Temple University.⁵



“Medicine can do extraordinary things today. With the arts, it can do more,” stated Jill Sonke, director of University of Florida Center for Arts in Medicine, when she spoke at a recent TEDxUF event. Put simply, “Art changes us.”⁶ As art and healing merge, the field of art will be changed and the field of medicine will be changed forevermore. 

 Author Lori Daniel Falk can be found at www.WisdomOfTheAngels.com

Health Disclaimer: The author, Lori Daniel Falk, is a Health & Wellness Coach only, not a licensed health care practitioner. Although Lori has compiled research findings on alternative healthcare treatments included in this article, she does not claim to be an expert in these fields or to have medical or professional expertise in these fields. She in turn encourages each person reading the information contained herein to draw their own conclusions as to the potential benefits of each complementary and alternative medical treatment listed and to seek medical advice from their medical doctor before undertaking any such therapy.

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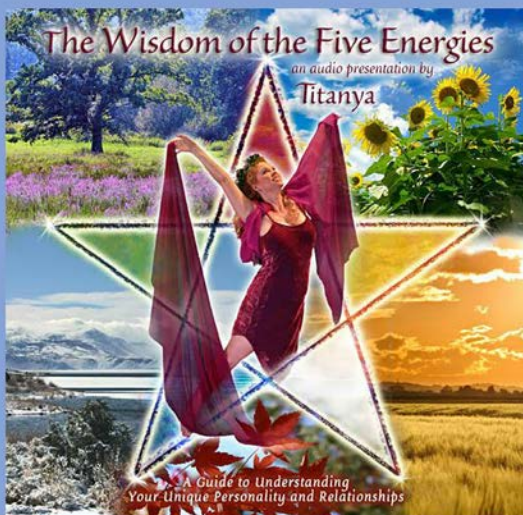


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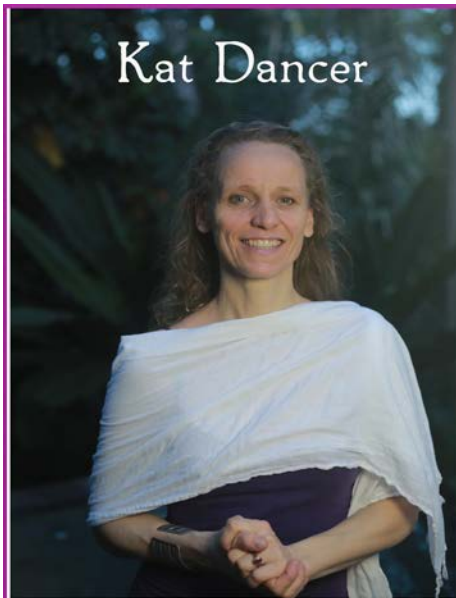
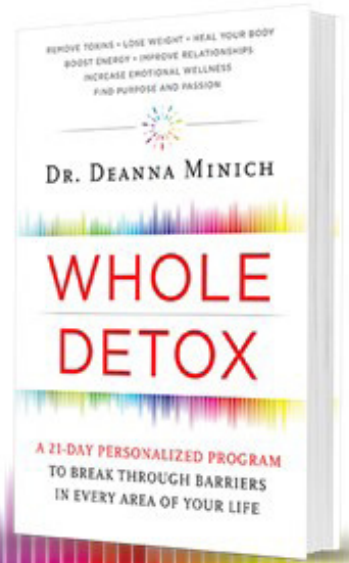


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