



A Blessing Through the Chakras

by Barbara Ann Starke, RN, MSN, FNP, AHN-BC, CHTP/I, NADA Trainer

As the energy of the Divine moves down to greet you—may you be open to inspiration and the unknown...may you celebrate the Great Mystery and your place in it.

May you continue to Trust your intuition...and may your Vision for healthcare and for your own precious life ever find you discovering the “Good True and Beautiful” in people and the planet.

May you speak your Truth clearly and gently...and since Life is Breath...may you remember to breathe fully and with great enthusiasm...moment to moment, day to day, through pleasures and crises; through the Dark Days and into the Lighter ones.

May your practice be a Heart-centered one—so that you are a facilitator of Presence and compassion, for yourself and others.

May your confidence and competence continue to grow; may your mind be discerning and clear. May you honor the role you play in facilitating well-being and healing in others. May you remember to laugh freely and in ways that bring Light to those for whom you care.

May you continue to create a better world for healthcare. May you have more time to play and to develop deep passions for whatever keeps your heart open and full.

May you continue to be encouraged to do your best...let those who came before you mentor you and let their wisdom move through you to improve you and make you stronger.

May you stay grounded in your roots and remember that Heaven has gravity as well.

Amen. **E**

Barbara's Bio:

Barbara Ann Starke, RN, MSN, FNP, AHN-BC, CHTP/I, NADA Trainer, has over 20 years of experience as a holistic nurse. Currently, she is in private practice, where she specializes in energy-based therapies as well as nutritional interventions for the treatment of chronic diseases. Barbara holds certifications as a family nurse practitioner, an advanced practice holistic nurse, a Healing Touch practitioner and instructor, and a NADA trainer and Acupuncture Detoxification Specialist. Barbara is currently pursuing her doctorate in Naturopathy from Clayton College of Natural Health. She has served on the Boards of Healing Touch International and the American Holistic Nurses Association. Barbara has taught holistic nursing interventions both nationally and internationally.