



The Advanced Practice Level 1 class that was held August 29, 2009 in Amsterdam, NY at St. Mary's Hospital

by Sr. Rita Jean DuBrey, CSJ, MSN, HTCP/I

Reflections on ADVANCED PRACTICE I

It was pure joy for me several months ago, when Cynthia Hutchison honored my request to become an Advanced Practice 1 and 2 Instructor. We held AP 1 and 2 classes August 29th and 30th in a spacious auditorium at St. Mary's Hospital, Amsterdam, NY. It is a privilege - through this article - to share my enthusiasm and some observations made during the AP 1 class.

One of the students shared in her evaluation: "I enjoyed the various techniques - their effectiveness and purpose. I felt so many of the techniques solidified my learning and my passion to do the work." This sentiment seemed to pervade the class and I noted the ease of the students as they practiced the **FULL BODY CONNECTION** (FBC) - the first method taught. This method, developed for Healing Touch Program by Janet Mentgen, is an expansion of the **Chakra Connection** (W. Brugh Joy). FBC incorporates the soles of the feet, the palms of the hands, as well as the major organs, with the chakras of the head, trunk and limbs. It indeed facilitates restoration of balance and relief of congestion in the energetic field. I observed that the students, already familiar with the **Chakra Connection**, were surprised at how easy FBC was to learn.

It was exciting to observe student responses to the **CENTRAL CORE BALANCE**, a technique I use often in my Healing Touch practice for clients with emotional or systemic problems. The

three step process includes (1) the FBC, (2) Connecting the major chakras to the chakra that is most compromised,

(3) Connecting the major chakras sequentially back to the heart.

In Step Two, the compromised chakra is identified and the other chakras are connected to this chakra one at a time. This process raises the vibrational nature of the compromised chakra by allowing the stronger center to flow, fill and stimulate the weaker one. Students identified with this, having been familiar with the concept of entrainment in Level 3 and noted it was a deepening of that experience. The third step - connecting the major chakras sequentially back to the heart - balances the chakras in an order that gradually brings them to the place of overall balance, love and healing. This is such beautiful work! One student through her evaluation noted: "This class took me to another level of healing and commitment to myself to expand and explore the process of energetic healing."

Excitement of the students appeared to escalate as they observed a demonstration of the **PYRAMID TECHNIQUE** which originated as an inspiration that came to Janet Mentgen one day while starting a **Chakra Connection** on a client. This technique was revealed to Janet as a healing method using sacred geometry with roots to the ancient Egyptian culture. (Hands-on-healing methods are known to have existed in the Egyptian era.)

Students seemed to easily grasp that working with the Etheric grid (Etheric Template, 5th level of the field) actually fortifies the grid work. It is so sacred and beautiful to visualize three dimensions of a triangle or pyramid as lines are drawn through hand placement. First, the root, sacral and solar plexus chakras

of the lower body are balanced to the hips, knees and ankles –forming a triangle with each hand placement. Then the throat, brow and crown chakras of the upper body are balanced to the shoulders, elbows and wrists. Finally both hands are placed over the heart chakra to blend the energetic pyramids at the heart -- the energy center that lies above the three lower chakras and below the three upper chakras -- therefore coming to a place of heart-centered balance -- the experience of a sacred moment. The triangle as a two dimensional figure and the pyramid as a three dimensional shape has so many sacred meanings. To quote Janet Mentgen “We each bring our spiritual selves to the table”, meaning that all spiritual traditions and beliefs are honored in Healing Touch. One of the students supported this reality per his evaluation: “As always, a beautiful and sacred experience. AP 1 will always be one of my favorites because the methods are so lovely and deeply powerful.”

The **DOUBLE HAND SPINAL BALANCE**, stemming from Janet Mentgen’s private practice, also has roots in the ancient Egyptian healing culture and works specifically on the central nervous system. The method involves first balancing the left and right legs simultaneously and then left and right arms simultaneously. Then the hands are placed above and below (anterior and posterior) each major chakra proceeding up the spine until the practitioner reaches the crown chakra. While much more could be written about this method, it was gratifying to hear a student’s response: “A technique for use with clients with nervous system challenges -- I am so grateful. I can use this with so many of my clients.” Since this class, students have shared with me how they have successfully used DHSB with clients.

The **SACRED CHAKRA SPREAD** is a variation and expansion of the **Chakra Spread** taught in Level 1 and follows the same pattern and principles. The hand gestures are full and circular going through all levels of the field to fully clear, as well as, to pass through the entire vortex of each chakra. The meaningful affirmations for the Sacred Chakra Spread by Cynthia, found in the Advanced Practice Notebook, are available for integration into the technique. A student so aptly noted in her evaluation: “This is a wonderful class to further inspire the HT spiritual journey. All of the

techniques have an added level of Divine Connection. I loved ending the class with the **Self Sacred Chakra Spread!**”

In conclusion, I use these techniques in my practice. I look forward with much enthusiasm to teaching AP 1 and 2 at St. Mary’s Hospital, Amsterdam, NY February 20 & 21, 2010. I continue to feel deeply grateful to our beloved Janet Mentgen for the gift of Healing Touch.

About the author:

Sr. Rita Jean, a Sister of St. Joseph of Carondelet, is Director of the Center for Complementary Therapies at St. Mary’s Hospital in Amsterdam, NY. She is a Clinical Nursing Specialist, a Credentialed Alcoholism & Substance Abuse Counselor, an accredited T’ai Chi Chih®Teacher and has been involved in the ministry of wellness for over 25 years. Sr. Rita Jean has authored numerous publications. Her most recent publication is in COUNSELOR, December, 2006, “The Role of Healing Touch in the Treatment of Persons in Recovery from Alcoholism.” Sr. Rita Jean, a Healing Touch Certified Practitioner and Instructor, is a charter member of the Healing Touch Professional Association. She maintains an active Healing Touch community-based practice at St. Mary’s Hospital, Amsterdam, NY.