

What is the Nature of Your Emergency?

By Tammy Letherer

It is a phone number universally known. It is the first one we teach our children; the one we hope we never have to call.

The Emergency Services Number, or 911 in the US, serves as a life-line, connecting us to rescue personnel. If you have ever had to use it, you probably have not given much thought to the person who answered the call. But what if the dispatcher on the other end answered with a heart-centered intention to stay calm, grounded, and centered? What if she visualized that same energy flowing through the phone line to you? Could it make a difference?

Maria Rangle thinks it does. For the past 10 years, Maria has worked as an emergency dispatcher for the Outagamie County Sheriff's Department in Appleton, Wisconsin. She is also a Healing Touch Practitioner. In July when she took Level 5 in Chicago, she talked about the stress of her job and how her apprenticeship year has changed her.

"I now have an underlying confidence that I am not alone when I do the job, that Spirit is there with me," she says. "I am being guided to do the right thing. It is a different vibration, especially during the last year."

She has come a long way since her first months on the job, when, she says, "I cried every day." She distinctly remembers two calls from that time as being her hardest. In one, she talked to a wife whose husband had fallen down the stairs and was not breathing. The man died and since the couple were the same age as Maria's parents, it really affected her. In the other, a new mother passed away from childbirth complications, leaving her husband, newborn, and two other children behind.

With tragedy frequently a part of a day's work, Maria has

learned to make self-care a priority. She starts her day with her journal, where she sets her daily goal. She thanks Spirit for watching over her and asks to be guided to be the person Spirit intends. After her shift, she decompresses by brushing off negative energy, walking her dogs, and meditating before bed. She receives body work once or twice a month, and enjoys listening to Cynthia Hutchison's meditations on her Ipod. She credits her Healing Touch journey for deepening her spirituality.

"I can take a step back now and I can breath," she says. "I have more serenity. I can find that sacred place, even if it is in my mind."

Maria says she has never been thanked by callers for her service. In fact, callers "are at such a heightened level of excitement that they feel entitled to treat us poorly." Still, "I send them love, especially difficult callers. I am more patient, and less judgmental, and I know it is because of my HT apprenticeship."

Her Healing Touch training began in 2007 when she received a hospital flyer in her mailbox announcing an introductory course. She had previously received energy healing from a student of Barbara Brennan and was interested in Reiki, as well. But it was during her Healing Touch training that she felt her heart grow warm.

"Healing Touch changed me," Maria says. "I'm happier. I have found my purpose."

Now she hopes to change others. Or at least spread the word about Healing Touch - especially on the job.

The dispatcher work environment is less than supportive, she says, and her coworkers are the best and worst part of the job. They share a bond, but those who have been on the job the longest tend toward bitterness and unfortunately management does not offer much in the way of emotional care. The department has a therapist available for "debriefing" after rough calls, but Maria says she gets few breaks and eats lunch at her desk.

“As dispatchers we are kind of forgotten,” she says.

So she talks about Healing Touch a lot, and finds that the dispatchers, mostly women, are curious and supportive, while the police officers, mostly men, are not as open.

“They really need it because of what they put their bodies, minds, and souls through. They put their lives on the line.”

But, she says, her community is traditional and the “macho” culture of rescue personnel does not foster many requests for healing.

“I am not giving up on it but it is a challenge,” she says. “I am not sure what will break through the barriers.”

Her nine year-old cocker spaniel named Allie helps. Maria regularly takes Allie, who is trained as a therapy dog, to an assisted living facility and to local elementary schools, where a reading program lets children, who are learning English as a second language, practice reading to the dog. She has also started her own business, **Abundant Blessings Health and Wellness**, to bring healing to her community. She blends essential oils in handmade lotions, body washes, shampoos and conditioners, which she sells at local farmer’s markets.

Hospice work is next on her list of service projects. In July, Maria lost an uncle to lung cancer. She was able to do Healing Touch for him throughout his illness, with daily sessions before he passed, and was gratified to see how the treatments relaxed him. She has also worked on her stepfather, who is a Vietnam veteran suffering from Agent Orange poisoning. He has back pain that he typically rates as a 10 on the pain scale before her treatments, and as low as a 5 after a session. Now, not only does he request Healing Touch, but his doctors have also encouraged him to continue with Maria.

Healing Touch has become, Maria says, more about who she is, rather than what she does. Her vision is that, as more people learn about Healing Touch, they will allow healing to take place in their own hearts - making the world a more beautiful place. So she intends to keep spreading the word and, of course, she will continue to be a lifeline to her community, believing in the power of intention with every emergency call she answers.

“I always remember it could be my brother, my parent, or someone I care about on the other end of the line. I would want them to hear someone who is nurturing, kind and compassionate. I want my best self to come forward.”

To contact Maria Rangle or learn more about her business and essential oils product line, go to: mrangle2002@yahoo.com or www.Abundant-Blessingsllc.com

About the author:

Tammy Letherer is a writer and Healing Touch Practitioner living in Chicago. Her novel Hello Loved Ones will be available this fall online. She is currently working on a nonfiction book and is looking forward to bringing Healing Touch to children.