

Energy magazine™

The Official Publication Of Healing Touch Program™



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Kimberly Gray's Instructor Profile
"May I Open My Eyes?"
and more...



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Energy Magazine™ would love to hear your comments!

Greetings from Cynthia Hutchison
Healing Touch Program Director



Dear Readers,

Having recently read this month's featured articles, **I am reminded of the power of our stories.** Dale's story about his dream and how it related to his Healing Touch session with a particular client,...Kimberly's story about how what appeared to be a tragic accident but was later recognized as an important chapter in her personal growth;...and Rita's story of how she learned to communicate intuitively with infants which led to the development of the Healing Touch for Babies class... these stories touch my heart and give me hope and inspiration. The hope is that of believing that if we would just "really listen" to each others stories with open hearts and open minds that we would learn all the important things we need to know about how to live our lives.

I recall innumerable intake interviews I have experienced with clients over the years of my practice. I can remember countless times where just the intake interview itself, without having yet used my hands in any HT assessment or technique, created sacred space for the client to tell me something important about who s/he was. Everyone in their heart of heart wants to be seen, known and loved for who they are without their masks and facades. Part of the healing that takes place with Healing Touch has to do with carving out a niche of time and space so that a piece of someone's precious story can be told... and listened to by another who holds unconditional love and intention for the highest good of the storyteller. There is subtle but tremendous power of this human volitional act. Once the telling of the story stops and the table work (HT techniques) begin, the flow of the telling and receiving of the story continue, but frequently in the silence of sacred space and with hands that emanate love and intention for healing.

I invite you to read Dale's, Kimberly's, Rita's, and the rest of the stories in this month's issue and connect their meanings to your own life.... I invite you to tell someone else your own story in the context of sacred space....and to intently listen to a personal story that someone is wanting to share with you... Expect magic! Through the stories that present themselves to us on a daily basis, discern the powerful, sweet, bittersweet and inspiring lessons of your life. Dig in and listen deeply! Let us all open the eyes and ears of our hearts...

With warmth of heart in this season of cold,

Cynthia



Kimberly Gray, (formerly Kimberly Garcia) RN, CHTP/I, is our Featured Healing Touch Instructor. She is currently the Healing Touch Coordinator at St. Joseph's Hospital in Tampa, Florida. Her article is filled with inspiration from her journey that led her to learn Healing Touch and compelled her to become a Certified Healing Touch Practitioner and Instructor.



Rita Kluny, RN, CHTP/I, has extensive experience in integrating Healing Touch in the area of critically ill infants and children, which led her to develop - Healing Touch for Babies Workshops. Her article is an introduction to the experience of taking a workshop, along with heartwarming stories from her experiences working with babies.



Dale Matthies, CHTP, shares with us a beautiful story from his days of volunteering at Queen's Medical Center while he was still a Healing Touch student. His experience in "May I Open My Eyes?" of treating a patient who had several broken bones, from being struck by a car, will warm your heart and strengthen your spirit.



Marilee Tolen, RN, HNC, CHTP/I, is the author of our monthly column, Money as Energy. In this month's column, *Tithing in 2007: Planting Your Seeds for Prosperity*, Marilee reminds us of the importance and benefits of giving back, the origins of tithing and the many different forms it can take.

The Journey **FROM** Where You Are **TO** Where You Want To Be

by Cheryl Vallejos, CPBA, CPVA

After the beginning of the New Year has come and gone, how do you keep the momentum going? Hopefully, you set your New Year's goals and now you're ready to see them begin to manifest. Your goals may include the areas of health, relationships, finances, business, family, and creative pursuits. You may want to build a thriving business and create a balanced life. But how do you get from where you are to where you want to be? So glad you asked. The quickest answer is: plan your work and work your plan. Every journey needs a strategy to get to where you want to go, whether it's a map, a marketing plan, or working with a coach or mentor.

There are proven methods used by highly successful people that help them achieve what they want in life. The most successful people—those who achieve the goals they set out to achieve and live fulfilling lives—demonstrate certain traits and actions. They are organized, disciplined, curious, open to learning and growing, fearless (or willing to act in

spite of fear), positive-minded, and persistent. They take action, measure their results, and change course when necessary. Here is a 7-step winning formula for YOU to have a successful journey this year.

Let's start our journey together...

1. ATTITUDE – Develop a positive attitude and an attitude of gratitude every day. Your thoughts are powerful creators—what you think about most often manifests in the outer world. Learn to form habits of constructive thinking and supportive beliefs that will attract what you want. Successful people practice daily routines that keep their inner worlds pristine, such as meditation, affirmations, visualization, and empowering reading. Let your inner world work for you to bring you the results you so desire.

2. GOALS – Set your goals, write them down, read them every day, and visualize them as already accomplished.

3. PLAN – Write out a strategy, a plan of action for each goal. You need to get organized, learn how to manage your time to avoid getting stuck in overwhelm with too much to do, and stay on course to avoid being pulled away by distractions. It would serve you well to become disciplined, stay focused, and make a strong commitment to yourself that you will stick to your plan and do whatever is necessary to get to where you want to go.

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4. EDUCATION – All successful people immerse themselves in ongoing education. Whether you prefer to learn from books, seminars, teleclasses, or one on one, there are probably many skills you could improve upon and several you may want to learn. How about brushing up on your time management tools, your communication and leadership skills, and your computer abilities? Learn to solve problems, make decisions, inspire confidence, and communicate with power and ease.

5. SUPPORT – Few people get to where they want to go alone. We all need a team. Assemble a winning team and you're halfway there. Make a list of who you would like on your success team. You might want to start with a coach or someone you can count on for ongoing support, feedback, guidance, and accountability. You might also want to include mentors, teachers, and service professionals (accountant, lawyer, computer technician, copywriter, etc.) you can call on to help you reach your goals. You do what you do best, so learn to delegate to others what they do best, and let them help you succeed!

6. ASSESS – Measure your progress and results from time to time to see if what you are doing is working. If not, see where you need to make adjustments. You may decide to abandon one goal if it's no longer meaningful to you. Or you may need to develop an alternative strategy when you meet challenges that stop you cold. Look for ways to work smarter, and make the necessary changes not only in the actions you take, but in the attitudes you hold. All the work you do on the outside will not succeed if not supported by empowering beliefs on the inside. Eliminate any negative thought patterns or work habits that may be sabotaging you. Success is an inside/outside journey and you want to feel fulfilled in both aspects.

7. CELEBRATE – You might notice I include this step often. It's because many of us get so caught up in the doing, and the getting, and the achieving, that we forget about the being. We need to sit still after an accomplishment and savor the feelings of success. We need to reward ourselves in nurturing ways and celebrate not only our results but our efforts. Just in moving toward your goals you are ahead of many people who simply write them out and then do nothing. Remember the rewards are in the journey as well as in the results. Enjoy the process and celebrate often. 🍷

A great way to move from where you are to where you want to be is with the support and guidance of a professional coach. To find out how a business/ life coach can help you build a thriving business and live a balanced life, contact Cheryl Vallejos, CPBA, CPVA, Author, Motivational Speaker, Certified Business Coach and Consultant at Cheryl@PrimeLeaders.com and sign up for the free "Monthly Leadership Tips" e-zine and the bonus FREE 37-page leadership guide eBook at http://www.primeleaders.com/journal_signup.html.

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*Carol Komitor, HTA Founder, CMT, CHTP/I, CHBMT, ESMT,
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Healing Touch for *babies* workshops

by Rita Kluny, RN, CHTP/I

Many people have done a lot of "inner child" work in their own healing journey, but very few recognize the value of discovering their "inner infant". I have been working with babies for over 35 years, and have held hundreds, maybe thousands of these tiny beings in my hands. I have to admit that I was fairly "asleep" in the beginning about what they carry in their awareness. I saw that even the tiniest infant showed personality, no matter how young, and this fascinated me.

In the 80's, "Rebirthing" knocked at my door. I was intrigued by the fact that I could breathe in a certain fashion, and that I could remember events of my past. I dove into this practice for years, and eventually, I remembered my birth. Simply speaking, I woke up.

I had rebirthing sessions during which I had memories in utero, right before my birth, and even remembered my conception. Some of these memories set precedence in my life that I had not known. I was living in Europe at the time, far

from the nursing world. I lived in a retreat center that created enough emotional safety for me to go deeply within to explore and heal old wounds, and my own vulnerabilities.

It was an amazing time that opened my consciousness to who we are as babies, and how much we are influenced by our mother's consciousness and environmental conditions. Our very beginnings set up a template that initiates deep-rooted patterns.

For example, I had one Rebirthing client who had been in an incubator for months as a preemie. During his sessions, he remembered being separate, alone, in a box. He also recalled his fear when people approached, because there was always the possibility that they may hurt him (drawing blood, starting IV's, etc.) These insights helped him to breakthrough, and understand why he isolated himself. Within the next year, he met a woman whom he eventually married. His whole being relaxed.

Time and again, the insights (whether it was me giving or receiving a session) amazed me about the delicate, yet very strong nature we bring in with us. After years of working in Neonatal Intensive Care, I realized how much I had in common with the babies in my care.

My professional life as a nurse was transformed. The day that I returned to the hospital world, I had an epiphany as I walked into the unit. I saw all these babies lying on warmers,

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in incubators...in all of their Light...struggling with the dense, tense environment that we create for them. The NICU staff observed their conditions, but no one really saw the baby as a sentient, very aware being. It was explained away by the comment: "They don't remember any of this."

At that time visiting hours were cruelly limited, so that we became their moms. And eventually, when it came time to go home, the babies went home to their estranged parents.

We have come a long way. There is more awareness of consciousness... of the value of natural birth...of the idea of creating safety for babies, but there is so much more to discover! Research is emerging everyday about how sophisticated babies are in their perceptions, their senses, their memories and their ability to communicate.

The trend in our society shows that children are anguished, and the solutions are not very obvious. The speed of activity in our lives actually rips away the organic process of

Below: Rita Kluny, RN, CHTP/I, demonstrating using a pendulum on an infant in her Healing Touch for Babies Workshop.



being, of connecting, of creating wholeness, or perhaps better stated...keeping ourselves intact.

This is where my passion lies. Studies show that even though our brains are not developed in utero, we have the capacity for memory. I had the experience, so I don't need proof. With that knowledge, there is potential for healing emotional wounds that are forming, well before they develop into patterns, and this is what I find very exciting about Healing Touch for Babies.

For those of you who don't know me, I was one of the fortunate who studied Healing Touch from Janet Mentgen from very beginning. Because little work had been done with babies, there seemed to be this idea of caution around energy treatments. For me though, having spent so many years interacting with infants, it seemed like the most natural thing in the world.

The energy of a baby is still so malleable. They don't have filters, and when you are in your heart, they have someone to relate to! For example, one day I was taking care of a little boy who was still on oxygen, whose condition was not improving. He was always distraught, restless, and fighting for air. He was a twin whose brother had gone home. While I was feeding him, I told him that his mother loved him as much as his brother, and that she didn't leave him behind. That the only reason he was still in the hospital was because his lungs still needed healing. Within hours, his oxygen needs went from 60% to 30%, and within a week, he went home. Was it just the Healing Touch, or the message? I think it is both!

After countless questions since the early 90's from my Healing Touch colleagues about using HT on babies, **Healing Touch for Babies** was quietly brought to life at the 2000 HTI conference in Hawaii. Six years later, it keeps evolving into something more than wonderful. For anyone who thinks that **HTB** is just an adaptation of techniques and applications, you are in for a big surprise, and a pleasant one at that. This workshop has developed as a transformative, heart-filled journey that explores the wondrous mystery of creation, birth, infancy, and the powers of healing and love.

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On Saturday, we spend time deepening our own spiritual alignment. Through a series of exercises, we develop a rich heart-opening so that our beings are akin to the being-ness that the baby carries. I spend a fair amount of time in review of some of the techniques from Level One, talk about how to apply them, and adapt them to the baby. Everyone is giving and receiving. This tune-up is a great preparation for Sunday.

Sunday the focus is on baby consciousness, and how babies communicate and develop. I review the research, share stories, and frequently there is a lot of introspection regarding the participants own life stories, be it their own birth or the birth of their children.

After lunch on Sunday, I do a demo with mom and baby. Then we have a few hours of “Babyland”, where parents bring their babies in for practice sessions. This is such a beautiful event to witness. Small pods around the room, where both baby and parent are receiving healings. In addition, it is a holy time where the wisdom of elder women gets poured into new parents, who still need to be nurtured by way of validation, regarding whether they are doing a good job. They also learn an easy technique, or a way of being with their baby; something that they can take home with them. The parents never want to leave!

Even if you are experienced in Healing Touch, I recommend coming for the whole weekend. Although some of it is a review, there is also new information on the differences in the energy fields. In addition, it gives you the opportunity to receive healing, learn new spiritual alignment practices, and share in the sacred space we create. Anyone can attend. Whether you are a nurse, physician, midwife, doula, caregiver, mom, or grandmother, this experience will not only teach you how to give healing treatments with love and safety but also inspire you to communicate with infants on a deeper level, and understand their cues as well. They really do come in as healing catalysts, and WE have a lot to LEARN from THEM. Or maybe a lot to REMEMBER.

I am so blessed to be working with them. They keep me grounded. Their reflection of purity is so holy. They really

remind me of where I came from, and who I really am.

If you can't make it to any of the scheduled workshops, and would like to bring HTB to your area, you can contact me via my website www.healingtouchforbabies.com.

I am excited about this frontier in healing, and welcome you to join me. 📧

Rita's Bio:

Rita Kluny, RN, CHTP/I, lives in Austin, TX and has been enthusiastically “spreading Healing Light throughout the World” since 1990. A nurse since 1970, Rita Kluny became a member of the American Holistic Nurses Association in 1985. In 1988, Rita met Janet Mentgen, founder of the Healing Touch Program. In 1994, Rita was named Holistic Nurse of the Year. Rita has been teaching Healing Touch since 1994. She has extensive experience in integrating Healing Touch in the area of critically ill infants and children. She consulted on a NIH-funded project that researched the effects of Healing Touch on infants in neonatal intensive care. Rita can be contacted by phone at 512-350-4513, e-mail at healingbabies@yahoo.com and by her web site at www.healingtouchforbabies.com.

Below: (cover photo) Rita Kluny with a graduate of her Healing Touch for Babies Workshop.





"Just do the work!"

The Healing Touch Association of Canada is excited to be welcoming **Dr. Jean Watson** as a full day keynote and presenter at our *"Just Do The Work"* 2007 National Conference & Canadian Healing Touch Instructors Meeting!



Dr. Jean Watson, PhD, RN, AHA-BC, FAAN, is Distinguished Professor of Nursing and holds an endowed Chair in Caring Science at the University of Colorado Denver and Health Sciences Center. She is founder of the original Center for Human Caring in Colorado and is a Fellow of the American Academy of Nursing. She holds six (6) Honorary Doctoral Degrees.

Dr. Watson has been Distinguished Lecturer and Endowed Lecturer at universities throughout the United States and been around the world several times. Clinical nurses and academic programs throughout the world use her pub-

lished works on the philosophy and theory of human caring and the art and science of caring in nursing. Dr. Watson's caring philosophy is used to guide transformative models of caring and healing practices for nurses and patients alike, in diverse settings worldwide.

As author/co-author of over 12 books on caring, her latest books range from empirical measurements of caring, to new postmodern philosophies of caring and healing. Her most recent book is Caring Science as Sacred Science (2005) Philadelphia: FA Davis. These latest works, both AJN books of the year awards, seek to bridge paradigms as well as point toward transformative models for the 21st century. A new revised edition of her first book, Nursing: The Philosophy and Science of Caring will be published in 2007. (jwFeb2006).

Dr. Jean Watson will be speaking of "being/becoming "the field" for caring – healing practices". She will explore this "Caritas Field". Her presentation will serve as an invitation to return to the sacred heart and soul of Nursing (caring) and our deep humanity. Healing Touch will be revealed as a living Exemplar of Being/Becoming the Caritas Field in action. Caritas Healing Touch Practitioners become "The Field" – the magnetic attraction for others; offering a new field of compassion, calm, soothing, loving presence – to "literally put patient in best condition for nature's healing.

MARK YOUR CALENDARS FOR APRIL 27-29, 2007!

Come be affirmed and deepen your Healing Touch caring presence and practice with the wisdom of Dr. Jean Watson.

Join Bill and Tanya Mentgen, Cynthia Hutchison, Healing Touch Program Director, Savitri Kumaran, President HTI Board of Directors, Rochelle Graham, one of the first Canadian CHTIs and subtly powerful change agent, Jeanette McCullough, teacher of the "old ways", Micheal Moon, sound healer, Maureen Kelly and Michelle Miwa, self employment planners, Jeanne Balcom, experience

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Healing Touch Practitioners become “The Field” – the magnetic attraction for others; offering a new field of compassion, calm, soothing, loving presence – to “literally put patient in best condition for nature’s healing.

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Come for wisdom, affirmation, fun, laughter, song, deep appreciation of Janet and the joy of being with like-minded, like-hearted people impassioned by Healing Touch!

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MONEY AS Energy

by Marilee Tolen, RN, HNC, CHTP/I

Tithing in 2007

“Planting Your Seeds for Prosperity”

Tithing is a way to give back to a source that has given to you. It is an act based on the Spiritual Laws of Giving.

Tithes can be given in a variety of ways and to anyone or any place. However, tithing is traditionally offered as money given to one's spiritual or religious institution. Usually it is one tenth of one's income. The word tithe means one-tenth.

Tithing has its origins in biblical times. It was said to originate when the prophet Abraham was traveling home with the riches of battle after a war. He was met by Melchizedek, a high priest in the order of God. Abraham saw the God-connection in Melchizedek and instantly knew in his heart that he was to give 10% of all that he had to this representative of God.

This started a spiritual covenant for humankind to give back one-tenth of one's increase. In biblical times, people who tithed often received one hundredfold more than what they had given. That principle is still in place but not practiced with as much faith as in the past.

Tithing can bring great gains, even riches to those that tithe. It is said that what is given in a tithe it will be returned to the tither one hundredfold. Therefore, if someone tithes a skill, they will get back a richness of their skill. If someone tithes money, they will receive a return of an increase of money. This is an energetic principle based on Universal and Spiritual Laws.

Here are ways you can tithe other than with money:

- Time
- Information
- Talents
- Acknowledgement
- Encouragement
- Touch (Healing)

As we enter this new year of 2007, consider bringing into your life the spiritual practice of tithing.

“Tithing and seeding--done with the right attitude of giving--can open your Spirit and bring you to an inner peace inside, by balancing some of the karmic blocks that have stood in your way. And if, on top of that, you get the material things, you're getting your cake and eating it, too.”

- John-Roger 

Marilee's Bio:

Marilee Tolen is board certified in Holistic Nursing, a Certified Healing Touch Practitioner and Instructor (10 years), and a former board member of Healing Touch International. She is a graduate of the Barbara Brennan School of Healing Science and completed Intuition Training with Caroline Myss. Marilee has integrated abundance and prosperity principles into her professional life for over twenty years. Her studies of the energy of money became her specialty at the Brennan School in 1996 as demonstrated in her thesis "Currency As Consciousness" ©. She is a contributing author to the recently acclaimed award winning book *Invitation to Holistic Health: A Guide to Living a Balanced Life* (Bartlett and Jones) writing the chapter on "Financial Health". Marilee is currently packaging her years of experience and knowledge as a Nurse Healer to teach the people about self care and natural ways to heal which includes Healing Touch. She is marketing this information through the internet as "Home Spa Lady" and is having a "prosperous blast". She loves to teach people how to do this and much more. To learn about what she offers sign up for her Free Tips of the Week at www.HomeSpaLady.com.

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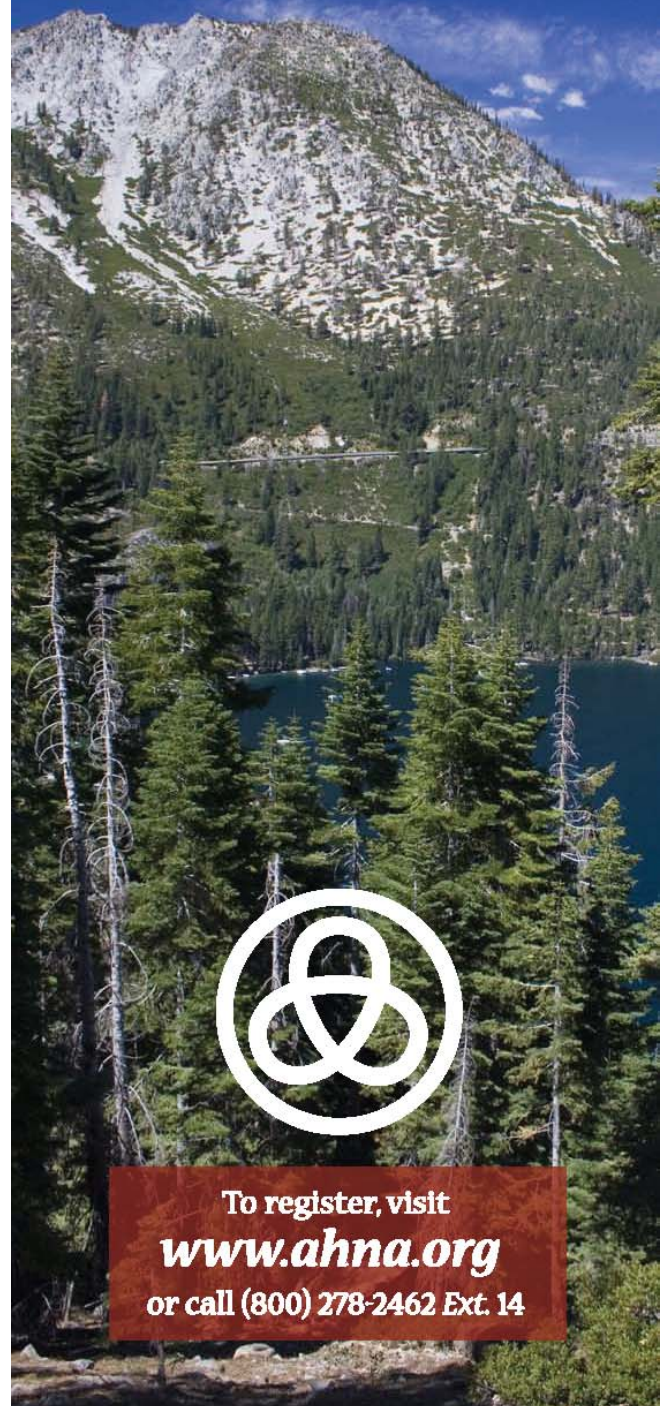
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Featured Healing Touch Instructor:

Kimberly Gray RN, CHTP/I

(Formerly Kimberly Garcia)

Each of us has a special story to tell, and I feel blessed to have the opportunity to share how my journey to Healing Touch evolved. My story echoes what others have found...that the “path” to becoming a facilitator of healing is achieved through our own healing experiences.

My journey began with spinal surgery for a neck injury I sustained during an exercise workout. This was followed by three automobile accidents, which in 1997 catapulted me into a deeply entrenched allopathic world of chronic pain management. I was deemed “disabled” and told I would “probably never work as a nurse again.”

Then a miracle occurred...I met an Acupuncture Physician/Oriental Medical Doctor, Dr. Eric Jarman, who began treatments to balance the “chi” or energy in my body. Through acupuncture I had an incredible transformation...physically, emotionally, mentally and spiritually. I thought, “Wait a minute, they didn’t teach me about energy or chi in Anatomy and Physiology, Health or Science class.” I had a great thirst for more knowledge and my enthusiastic research began. I read everything I could about Eastern Medicine, energy and healing, and Dr. Jarman became my mentor and best friend.

In 1998 I left Florida and returned to my home in Indiana to continue my healing journey. I kept thinking, “I am sup-



Above: Kimberly Gray, RN, CHTP/I

posed to return home and reconnect with my roots.” I manifested connecting with my roots by accepting a job at the 50-bed country hospital where I was born.

Within one month of starting at St. Joseph’s Hospital, I saw a flyer for a Healing Touch Level 1 class at New Harmony, a magical spiritual retreat in the hills of Southern Indiana. My co-workers saw the flyer and said, “Kimberly, this looks like it is right up your alley.”

Within the first hour of my Healing Touch Level I with Vicki Slater in March 1999, the “light bulb came on”. Healing Touch was what I was supposed to be providing for my patients. After Level 1, I immediately started using the techniques on the Acute Rehabilitation Unit. I reflect back on that time and recognize that I jumped in with an eager-

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ness I still feel for this beautiful work and for “Spreading the Light”.

After taking Level I and while using it on the Acute Rehab Unit, I was approached by the management team and asked to become the Rehab Liaison. This new position gave me the opportunity to create relationships with physicians and facilities in order to educate them about our Rehab services. Little did I know that this was my “Universal Human Resource Development Plan” to prepare me for my journey with Healing Touch!

Within four months of my Healing Touch Level 1 training, I received an even more profound “lesson”, when a hybrid wolf that belonged to a Shaman friend, jumped up and bit off my left upper lip. The injury left me with a hole in my face that required greater than 70 stitches to pull together and close, not to mention the other 10 stitches required to reattach the left side of my nose.

All I could think as I sat in the ER...“My life is never going to be the same again, this really is going to change the face of my reality. How will I ever be able to face people to share Healing Touch or teach again?”

That night as I lay in my room at home with white candles around my room, listening to my Healing with the Angels CD...I used the Healing Touch techniques I had so enthusiastically been using on the patients. The Ultrasound and Magnetic Passes Hands in Motion seemed to decrease the stinging from the intense swelling that the physician warned would continue to increase over the next three days. The techniques also seemed to sooth my aching heart.

I meditated, asking what the lesson was behind this occurrence and I received a message, “Kimberly, you have loved yourself less than unconditionally. You practice Healing Touch and the primary ingredient in Healing Touch is Unconditional Love. You can only give to others what you give yourself first.”

I quickly embraced my lesson. The swelling was decreased by fifty percent by the following morning and



Above: Kimberly Gray, RN, CHTP/I, giving Healing Touch to a patient at St. Joseph’s Hospital.

almost gone within 24 hours. I called Gerry Hartmayer, who was in the Level I class with me. We had not spoken since the class, but our paths were to reconnect for this healing journey. She lived over an hour away but answered my call immediately. She accompanied me to Indiana University Medical Center to do Healing Touch with me during my initial lip reconstruction. I consider her my first “Healing Touch Angel”.

I once read that in Native American tradition, it is believed that if an animal touches you by tooth or claw and draws blood and you survive the event, that animal is your ally or totem for life. I quickly embraced knowing more about wolves, in an effort to acknowledge the positive side of this experience. I was awe-struck to learn that wolves signify teaching. I embraced this as my truth and quickly moved forward to continue my Healing Touch journey as quickly as my life would permit.

Within two and one half years of starting my Healing Touch journey and actively providing HT to my patients and doing “introductions” to anyone who cared to take the time to listen, I had advanced through three levels of HT training and continued developing my skills at being a facilitator of healing. Returning to Florida in January of 2001 to continue my development as a healing presence

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by training with a Tai Chi Master from Asia, I chose to do agency nursing to sustain myself financially. Since I found the agency work unfulfilling, I accepted a job at St. Joseph's Hospital in Tampa, on a very busy Neurology unit. Wondering why in the world I returned to bedside nursing when I had so many options. I quickly learned this was another "Divine Appointment".

My nursing manager, Gail Nowland, permitted me to incorporate Healing Touch techniques in my bedside care. I actively used HT with my patients and awareness quickly grew regarding the efficacy of Healing Touch in promoting relaxation and decreasing pain.

I Enthusiastically moved forward through the Healing Touch program, initiating my year mentorship with Judy Turner after level 4 in December of 2001 and graduatin from level 5 in December of 2002. I received my certification (as a practitioner) in April 2003.

Although my twenty-three year traditional nursing journey had taken me through ICU, Pediatrics, Pain Management, Home Health, Nursing Management and Nursing Education, I have always loved teaching. I was grateful when I applied and was accepted for Instructor training (Level 6) in July of 2003, realizing that many people in our

Below: Janet Mentgen (left), and Kimberly Gray at Instructor training, July 2003.



allopathic medical world were interested in knowing about this beautiful healing modality. It was wonderful to be flying to Denver to share time with Janet Mentgen and to continue my journey...after all it was my path and I had the "beauty-mark" to prove it.

As the plane neared the Denver airport, I was full of excitement and great anticipation about seeing the Rocky Mountains. My face was pressed to the window as my plane taxied and arrived at the gate. Instead of a direct view of the mountains...I faced the tail-fin of a Frontier jet parked directly beside me...with a picture of a wolf looking at me. I smiled to myself..."Yes, I AM at the right place...at the right time...for the right purpose. Thank you God."

Since that time in Colorado for instructor training, life has not been the same. My path to "Spread the Healing Light Worldwide" has been a whirlwind of activity. Next to doing the work, teaching and raising awareness about Healing Touch is one of the greatest blessings in my life. (I am so grateful to St. Joseph's Hospital for the opportunity to be able to provide Healing Touch for patients and to educate other healthcare providers to do the same.)

The greatest joy is to see "Light" dancing in student's eyes at the recognition of their own magnificence and ability to be a profound presence and facilitator of healing for others. Each and every class I teach is an opportunity to "bend the looking glass" for people to recognize deep truths about themselves and who they are as spiritual beings. I am blessed to witness awakenings at each and every class, regardless of whether I am the instructor or a participant.

The greatest blessings have occurred here at St. Joseph's Hospital. Starting from the support by senior management to proceed with a Pilot study in 2004; followed by the offer of a full-time position to create and support a Healing Touch Program in our facility. The program is now expanding to some of our affiliated hospitals as well. A strong Healing Touch community is now blossoming in the Tampa Bay area, and many patients are being supported by the work.

In addition, the support that I have received from my mentor Judy Turner during this journey has been invaluable.

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Two other instructors Ines Hoster and Lori Wyzkowski have also been invaluable blessings...angels who crossed my path to assist in this beautiful unfolding of the Healing Touch community in the Tampa Bay area.

Having the privilege to teach Healing Touch is one of my greatest pleasures. It provides an opportunity to hold the space for others to feel their own magnificence and beauty as they journey through self-healing...encouraging them to be aware of their ability to help others self-heal. The facilitation of the self-healing process, I believe, is through the power of presence, intention and a willingness to allow us to be vessels through which Divine Life Force Energy can flow.

I also firmly believe that through a "grass-roots" effort the goal of having Healing Touch in every acute care facility, globally, can be accomplished. I envision Healing Touch techniques being taught everywhere...from schools...to longterm care facilities. Knowledge and awareness about Healing Touch techniques should be available to everyone on planet Earth who chooses to know and implement the power of presence and intention in their own lives and the lives of those surrounding them. €


Kimberly's Bio:

Kimberly Garcia, RN, CHTP/I, a 1983 graduate of the University of Evansville School of Nursing in 1983, started her formal training in Healing Touch in 1999. Her nursing background with both adult and pediatric patients includes ICU, Ortho/Neuro/ Home Health, Acute Rehabilitation and Pain management. Her duties have also included nursing management, education and marketing.

As the Healing Touch Coordinator at St. Joseph's Hospital, Tampa, Kimberly is responsible for the development, planning, implementation and maintenance of their Healing Touch Program. Since the initiation of her 3-month pilot program in June of 2004, the Healing Touch Program has grown to include a Volunteer Healing Touch Program in the Cancer Center and other areas of the hospital. Over 1100 patient sessions have been

completed, and the number of students who are in their year mentorship period for certification as Healing Touch practitioners is growing.

Kimberly's enthusiasm about educating anyone who is open to entertaining a conversation about Healing Touch has opened the doors to seven feature news stories, magazine and newspaper articles, two radio talk show appearances, a TV talk show presentation and potential national media coverage.



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Date	Location	Contact	Instructor
11/30-12/3/06	Palo Alto, CA	FULL - Nina Weil 650-348-6971	Hovland
1/18-21/07	Victoria, BC,	Jan Wenger 250-655-5542	Holst
2/1-4/07	Detroit, MI	Nancy Judge 248-471-4624	Holst
2/22-25/07	Soldotna, Alaska	Susan Shoemaker 907-714-4776	Holst
3/8-11/07	Tampa, Florida	Kimberley Garcia 813-870-4766	Hovland
3/8-11/07	Evansville, IN	Debbie Gentry 812-431-4320	Holst
5/17-20/07	Richmond, VA	Michelle Garrigan 804-233-4902	Holst
October 2007	Cincinnati, OH	Don Stouffer 513-770-4289	Hovland


Level 2 teaches an anatomical energy approach to diseases (including allergies), and a deeper experience in the body. Prereq: Anatomy 1

Date	Location	Contact	Instructor
11/2-4/07	Detroit, MI	Nancy Judge 248-471-4624	Hovland

Level 3 studies in detail the brain and nervous system addressing stress, trauma, neurotransmitters and diseases. Prereq: Anatomy 1

Date	Location	Contact	Instructor
5/18-20/07	Chicago, IL	Ann O'Malley 630-674-8040	Hovland

For more information & class updates, see www.AnatomyforHealers.com
Sue Hovland, 303-759-8966, suehovland@aol.com
Elfie Holst, 289-407-0414, www.elfieholst.com



“May I Open My Eyes?”

by Dale Matthies, CHTP

I had been carrying Bernie Siegel’s book, Love, Medicine, & Miracles around with me, reading it whenever I had a spare moment. He wrote it twenty years ago and I’m sure I was impressed the first time I read it. However, when I was doing Healing Touch sessions with cancer patients at Queen’s Medical Center (Honolulu), it was as if I was reading it for the first time. I found myself absorbing his stories from a healer’s point-of-view, instead of a patient or general reader.

There was a portion entitled, *Messages from the Unconscious*. In that segment he talked about dreams and stated that we constantly send information between mind and body. He clarified by saying that most of the information happens on an unconscious level...and that is where dreams enter. Dreams are a way for us to tap into our own lines of communications. If we learn this private symbolic language, great depths of personal wisdom may be revealed to us.

One of the things I have learned about dreams is that they may be giving me a symbolic rendering of an event that is about to happen within a few hours. The following is one of those dreams: In this dream, I was waltzing with a man I called Allen. I seemed to be leading and creating steps as the song went along. Allen said, “Oh, I understand what you are doing now.” I took that to mean that he was following or somehow understanding my strange steps. As the dream ended, Allen was with a woman and two teenage children. I understood the woman to be his wife, whom I called Susan. In the dream Susan asked me, “What are you doing here?” To which I responded, “It’s a work function.”

That afternoon I was giving a Healing Touch treatment to a patient who had been struck by a car. She seemed to be in good spirits despite having several dozen broken bones. She had already received treatments from some of the other Healing Touch volunteers, so instead of giving a lengthy explanation about Healing Touch, I simply stated, “Relax. The more relaxed you are, the better Healing Touch will work for you.” With that, she closed her eyes. I then started the relaxation music CD and began the session.

I began with a *Chakra Connection*. My patient seemed to be resting peacefully as I slowly moved from one energy position to the next. Holding each position anywhere from one to several minutes, I’d move to the next position when

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I intuitively sensed a positive connection had been made. While working near her heart, I noticed her breathing change slightly; there was an occasional soft sound emanating from her mouth. When I moved to the position with my right hand near her throat and my left hand placed upon her brow, she requested, “May I open my eyes?”

“Sure,” I said quietly, “Are you alright?” “I was frightened,” she said as tears began to well in her eyes. “I know you are the only one touching me, but I could feel hands all over my body. I had to open my eyes to see what was happening.”

“Do you believe in guides or angels?” I asked. She gave me a positive nod as the tears began streaming down her face.

Fourteen years earlier I had experienced those same emotions during a meditation when I realized – without-a-doubt – that the Archangel Michael exists. I don’t remember what assistance I had requested, but I had an intuitive knowing that I had connected with the energy of Archangel Michael. Spiritual events are difficult to explain, but just as my patient had no doubt that she was having an extraordinary experience...once you have had one...you are changed forever.

I said to my patient, “You must have asked for help. They are here to reassure you that they exist and there is some purpose for this accident.”

Her entire room was filled with flowers from well wishers. Noticing them, I continued, “Just as so many friends have sent you symbols of their love, your angels are here to assure you that you are loved and they will help mend your body.”

Her daughter, wrapped in a blanket, was sitting quietly in the room. “Thank you for helping my Mom,” she said when I concluded the session. “I got the side benefit of all this wonderful energy in the room and my baby is dancing to the music.” (When I had entered the room she helped me

get her mother comfortable in the bed, but I didn’t know she was pregnant.)

My dream may have been answering my concerns about the direction my life was heading at the time. It’s highly probable that it was also telling me about events that would happen later in the day – all in one concise story. If I had been able to talk with Carl Jung, I’m sure he would have been able to peel away the layers of the dream.

I had not asked the daughter if she knew the sex of her baby, but it’s possible that it may have been a boy dancing and taking strange little steps. Or those strange little steps may have meant that the direction my life was headed may have seemed peculiar to me, but from the vantage point of my guardian angel, my steps made perfect sense. My steps were leading me in the direction of my soul’s highest desire.

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The Allen in my dream was actually someone I had known and trusted for a long time. In my business career, he believed in me and gave me a chance when others would not. Symbolically, he may have represented a guide who was assisting me as I took strange little steps into the unknown. Interestingly, about the time that I had the dream, Allen was notified that the musical instrument company that he had represented for twenty-two years was downsizing and he would be losing his job. It was as if we were brothers who had worked in the same profession for decades and now we were both taking strange steps trying to figure out where to go next with our lives.

Susan's question was probably a reflection of my own uncertainty about the direction in which my life was headed. After all, I had always been a responsible provider with several sources of income. Suddenly, my wife, Joy, was the only one working and I'm sure some must have thought that my Healing Touch work was foolishness.

Dreams offer wisdom to many different levels of knowing; all of those symbols may have held some element of truth.

Experiencing is Believing.

A few days passed after writing the first segment of this story. It was then that "doubting Thomas" Dale experienced a wonderful gift when I revisited my patient. I walked into her room and asked if she would like a Healing Touch treatment. "Yes," she said, "but it has to be short. I am expecting my nurse to give me pain medication in twenty minutes."

She seemed anxious. After speaking with her I learned that she was being transferred to a rehab hospital and she wanted to take her pain medication at an exact time so that its result would be in full effect during her transfer. Given all her fractures, any wrong move during that transfer could have been agonizingly painful.

I asked her to relax and reassured her that I would complete a treatment within twenty minutes. I was finishing when she moaned, "I'm in pain. My leg hurts so bad. I thought I could make it longer, but I just can't. I need my nurse."

I pushed the call button and asked my patient specifically where she was experiencing pain. "My entire leg," she answered.

I gently rubbed her knee and the bottom of her foot, hoping to soothe her until the nurse arrived. Those were the only spots on her leg with exposed skin. The rest was either in bandage or cast frame. Every time she felt another jab of pain, she made a soft moan for help. She could have cried out, but it was as if she were politely enduring her pain for my sake. Minutes passed, still no nurse. I went to the nurse's station, found the right nurse, and told her that her patient was in extreme pain and needed medication immediately.

I hurried back and could see that my patient was barely tolerating her pain. I wanted to help her, but felt helpless. Then, "*Pain Drain*" flashed through my mind. I put my left hand on her bandage-encased thigh, my right hand toward the floor, and internally asked for help. I was well aware that much of Healing Touch's effect comes from the healer's intention. Even though the Healing Touch Program does not represent any particular religious belief, my personal belief is that Christ is the highest level of healing consciousness available. So I called upon the Christ Light for help.

"What are you doing?" She asked with a less labored tone.

"I'm using a technique called *Pain Drain*."

"It's working, my pain is easing."

I could see from the reduced stress lines on her face that she was a little more comfortable. I then remembered the

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concept of pain distraction, so I started to stroke her brow, from the center out, with my fingers. That was a technique I had learned decades ago from my grandmother who had asked me to do it for her whenever she had a severe headache. It always seemed to have worked.

Several long minutes later our nurse arrived with pain medication and asked the patient, "How are you doing?"

Looking at me, not the nurse, she responded, "Whatever you did; it worked. I feel much better."

Learning the depths of Self is not an easy undertaking. "It's work," a psychotherapist friend had once stated. One of the tools that many therapists recommend for their clients is journaling or writing. I hope you have benefited from this story, but I think it is the writer who benefits most. Had I not written this story, I think I would have missed the con-

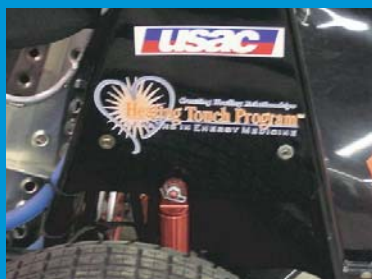
nection between "Susan" asking me in my dream, "What are you doing here?" and my patient asking me the same question. My patient helped me learn a valuable lesson... that my patients benefit when I do Healing Touch for them.

Incidentally...it was a baby boy who was dancing to the music in the womb of my patient's daughter! ☺

Dale's Bio:

Dale Matthies is living in Peoria, AZ, but this story was written while was working toward certification and volunteering at Queen's Medical Center in Honolulu. He was certified in 2006. Dale is a musician and has created three CDs to be used to create a peaceful sonic environment during a Healing Touch session. You may listen to his music on his web site: www.SonicSoulHealing.com You may contact him at: ddmatthies@aol.com

Healing Touch Program Logo goes National!



Bill Mentgen, CFO Healing Touch Program, and his wife Tanya are taking the Healing Touch Program logo to the Chili Bowl Midget Nationals at the Tulsa Expo Center in Tulsa, Oklahoma, January

9 -13. Bill is taking two midget racecars, both with the HTP logo proudly displayed. Bill is the driver of one of the cars and Todd Plemons the second. There are 280 cars are entered in this race which is the largest "driver participation field" in the world. Drivers come from all over the globe. About 100,000 people are expected and it will be televised on ESPN2.

