



Energy Medicine and End-of-Life Transition

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Are you in a season of change? Are you setting an intention for transition? Maybe you are looking for a new romance, a different job or a new home. If so, you understand what it is to be in transition and how important support is during this time.

As an End-of-Life Doula and Healing Touch Certified Practitioner/Instructor, I empower end-of-life clients to set intentions that support their personal journeys. Setting an intention is a small step for clients, which allows them to experience achievement and peace, even if the goal is never reached. I help the dying and their families by encouraging them to use strategies that will honor their intentions. A recent hospice patient, a 97-year-old retired Catholic priest, wanted his back pain to decrease, his dizziness to stop and to feel joyful and peaceful. After his Healing Touch session, his only word was—"soulful." Although he received no relief for his dizziness, pain reduction was a meaningful outcome of his session.

In May 2013, my husband and I embarked on a life transition when we sold our home in Pennsylvania, said goodbye to family and friends and began traveling in our RV. We set the intention for a semi-retirement, but little did we know that the RV lifestyle would nearly founder our marriage! To save our relationship, my husband and I transitioned from the RV

to a beautiful home in Colorado Springs, Colorado.

As we settled in Colorado, a series of transitions began the change in our lives. Of course there were difficult challenges—repairing the marriage, finding work and meeting new friends and connections. But among the trials, there was also tremendous growth. Through personal development, self-care and an inspirational teacher/mentor and friend, I learned to trust the pace of my journey. I learned to identify how life is symbolic of my lessons and how fears indicate the patterns, showing me where my lessons unfold. Transitions are scary for most of us. However, I have found conversations with a friend, a magical moment in nature or the words of a song are the things that reinforce that I, and my life, are going to be okay.

In 2008 I discovered Healing Touch. During the introductions at one of my classes, a student from Texas shared her life's passion as a Birth and End-of-Life Doula. I felt goose bumps up and down my spine as I recalled a hospice experience I had twenty-five years before. It was 1991 and I was supporting and caring for my dying aunt. At the time of her passing, my aunt shed a single tear while taking her last breath. I began to cry as I realized her tear was a symbolic sign of gratitude for the love and care she had been receiving. What a magical and memorable moment!

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In the minutes after my aunt's passing, her only surviving sister started crying and yelling at me, "What have you done? It's your fault she's gone." The hours passed and the funeral director escorted the body from our home. I was in shock to see my surviving aunt at the top of the stairs, suitcases in tow—storm out of the house. It was at that very moment when I realized that I was setting an intention to support those in transition and to educate families that there is nothing to fear when their loved one dies. My aunt and I never spoke again.

While working as the Director of Volunteer Services at a local Pennsylvania hospice, I quickly began to

was actually a patient in an in-patient hospice unit dying of end-stage leukemia.) I began the session with an intake interview with the hospice nurses and the patient's daughter since the patient was not cognitive of her situation. I received information about an earlier trauma when the patient's husband was tragically killed while she was still raising three very young children. In addition, as I observed the patient, she was clearly unaware that she was in hospice. Her daughter shared that she did not understand why her mother was still "hanging on." The daughter and I set an intention for her mother to release any trauma that was not supporting her highest good during this transition phase.

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support the dying through Healing Touch. I realized that my passion was to empower the dying and support an easier transition for my clients and their surviving family members.

Throughout the years, I have continued my personal growth with advanced training in Energy Medicine, which allows me to identify congestion, blockages and/or trauma being held in the client's energy system. As an End-of-Life Doula, I use Energy Medicine methods, including Healing Touch, to assist the client's transition. I support the dying by initiating discussion on life's meaning and legacy, create guided visualizations and rituals, plan how the space looks, sounds and feels and inform family about symptoms and signs of imminent death. In the last days of life, caregivers feel exhausted, anxious and ill-prepared. By providing respite care for the family, they are assured that the patient will not die alone.

Recently, I had a hospice patient who was mentally confused but alert, bubbly and rambling that she was enjoying her vacation at her time-share. (She

As an energy practitioner, I use a pendulum as a diagnostic tool to assess the client's energy system. During that assessment I identified that the patient's Hara energy, her unique energetic expression, was completely missing. I offered a Healing Touch treatment to facilitate the relaxation response and to enhance the transition process. In addition, a Hara Re-patterning technique was done to re-shape the Hara column to hold more Divinity or the highest expression of the client. This technique is based on the advanced coursework from Energy Medicine Specialists. The Hara energy is the subtlest aspect of the energy body and is the unique energetic presence you choose to bring with you into this life from Divine Source. The Hara runs centrally through and around the body from the Higher Consciousness to the Earth Crystal.

After I completed the energy treatment, my patient rested peacefully. I returned a couple of days later to find an extraordinary shift. The bubbly, chatty woman I first met was now non-communicative and in the active phase of dying. It was at this time that I offered a second Healing Touch treatment, the



Chakra Spread, to create a sacred atmosphere and support her dying process. When I left the room, her daughters were by her side. The hospice nurse called me the next day to report that the patient passed away peacefully and effortlessly.

Is it possible that by re-patterning the patient's Hara she was able to release the trauma being energetically held in her Hara? Did the Chakra Spread allow her to release all that was no longer serving her? I do not know if I have the answer to all these questions, but I know energy work at end-of-life offers additional physical, emotional, mental and spiritual support. Hospice programs offer quality and compassionate palliative care, but with the additional help of Energy Medicine techniques, I have seen an easing of stress-related symptoms in all stages of the dying process.

My career continues to develop as an End-of-Life Doula. My passion is to support a loved one's end-of-life journey by helping to identify the near-miraculous ways in which the dying person communicates his or her needs. The dying can communicate through the energetic assessment/expression of their energy system or through a single tear shed at the time of death. A tear helped me to identify in "symbolic language" a journey or change soon to occur. When I listen with a different set of ears, I find hidden messages from dying patients. Many families do not understand what their loved ones are saying as they near end-of-life. With an open mind and heart, I help them to identify the "symbolic language" their loved ones are revealing. €



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