



NEXUS

www.healingtouchassociationofcanada.org

President's Message

from Jan Fennell, BA, CIP, CHTP, HTCP



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Greetings to all Healers!

Summer is now in the distant past and I hope that you live in a part of the country that had some summer weather! I understand many parts of Canada did not experience continual warmth and those hot wonderful days. However, the fall is a time for all of us to consider what we are going to do during the winter months and how active we want to be in Healing Touch.

During the long weekend in August I was fortunate to attend 'Speaking as One Heart', the HTP Conference in Denver, Colorado. Althea Woods represented HTAC at the HTI Conference in Tucson, Arizona in early September.

Our keynote speaker Friday night in Denver was Jean Watson, who many of you will remember from our 2007 HTAC conference in Barrie. She again shared her *Caring Science/Heart Science: A Caritas Consciousness Cosmology for Touching and Transforming the Heart, Head and Hands of Practitioners*. Jean stated that the heart sends more messages to the brain than the brain does to the heart – something for all of us to think about. Saturday morning Dorothea Hover-Kramer gave an interesting talk on *Creating Right Relationships: Ethics in Healing Touch Practice*, giving many new insights, plus gentle reminders, of our current ethical standards and practices. Dorothea was clear that ethics are beyond what the law says. Sunday morning unfolded with more keynote addresses – Linda Smith on *Soft-Sell Marketing your Healing Practice: Learning to Stay in Your Spiritual Heart While Letting People Know What You Do*; Carol Komitor on *The Instinctual Energy Field: What Animals Teach Us About Healing* and Susan Wagner on *The Truth vs. Anti-Truth and Finding Your Authentic Vibration*.

A highlight for me was the Friday night pinning ceremony. To see two of the four new Instructors who were pinned being Canadians was wonderful! CONGRATS to both Maxine Gladney (Newfoundland) and Kathy Moreland Layte (Ontario). Betty Petersen (Alberta) and Ginny Mulhall (British Columbia) received their 10 year Instructor pins, and Donna Duff was recognized for her 15 years of Instructor service. Of five sisters from the USA involved in HTP, three of them are now Certified Practitioners and were pinned during the ceremony.

As you are aware, HTAC's goals for the coming year are to increase membership in our organization and to develop our website. While you are having your fall HT gatherings, we ask that you discuss these two topics and share your discussions with the Board. We look forward to your input – as well as the return of many of the membership forms inserted in this newsletter.

The HTAC Board continues to stand as one in our desire to be united with all healers across Canada. We are convinced that in unity we can create strength and productivity in promoting Healing Touch, not only in Canada but around the globe.

Until next time.....

HEALING TOUCH - 20 YEARS OF SERVICE

From the Editor's Desk

By Joyce Tinney, BA, HTP



At this Thanksgiving time of year, I am very aware that one of the aspects of my life for which I am most grateful is Healing Touch. As is so often expressed in HT circles, it is where I feel 'at home', where I belong, where most of the pieces of life's puzzle come together into a deeply satisfying sense of wholeness.

Hopefully many of you can feel your own reality in my recollections –

Can you remember the person you were when you entered your first Level 1 class? and now recognize how much you have grown as a human being, how much closer you feel to being the person you are capable of being.

My first Level 1 was in Victoria in Feb. 1993. I had had a number of significant spiritual experiences before that, but it felt so good to be given a framework that provided an understanding of what they meant and how to use their wisdom. And even a few weeks ago, at one of Vicki Slater's magical workshops, another level of clarity was added.

Speaking of Vicki, how many wonderful and inspiring people have we all been honoured to have as our instructors! I feel especially blessed to have learned from Janet Mentgen herself on several occasions. Rochelle Graham, Susan Morales, Brenda Anderson, Donna Duff, Sue Hovland, Carol Komitor – the list goes on and on. One of the 'selling points' I often use when promoting HT is the depth of training and personal integrity required to be a Healing Touch Instructor.

Then there are all the beautiful souls who are our fellow students and practitioners. We met in classes, advanced workshops, then probably a conference or two.

Healing Touch conferences provide the opportunity and incentive to travel to even more inspiring experiences. For me, Vancouver was an easy start, then San Diego, Calgary, St. John's – and now the anticipation of Whitehorse!

Along the way, there are all the friends and clients who have come to our tables; who have assisted in our own learning and healing as much as we have supported theirs.

Healing Touch is indeed a great blessing – and cause for the sincerest Thanksgiving.

YOUR EXECUTIVES

HTAC Board Members

President

Jan Fennell, BA, CIP, CHTP / HTCP Calgary, AB
jtfennell@shaw.ca 403-247-9077

Vice President

Robert Roy, RN, BSN, CHTP Grande-Digue, NB
robertr@rrsb.nb.ca 506-576-8025

Secretary

Julie Walsh, RN, CHTP / HTCP Terrace, BC
jkw_school@yahoo.ca 250-635-0743

Treasurer

Althea Woods, RN, CHTP Dartmouth, NS
woodsalthea@hotmail.com 902-464-1496

Membership:

Leone Jensen, BSN, CHTP Courtenay, BC
bljens@shaw.ca 250-338-8559

Nexus Editor

Joyce Tinney, BA, HTP Qualicum Beach, B.C.
htjoyce@shaw.ca 250-752-2786

Web Master

Kim Polvi, MLIS, HTCP Calgary, AB
kim.polvi@shaw.ca 403-239-3517

CHTF Board of Directors

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bmeadpws@te.usplanet.net 403-276-5226

President Elect / Secretary

Susan Atkinson, ART, MLT Moncton, NB
susand@nbnet.nb.ca 506-384-2332

HTC Personnel

Executive Director

Alexandra Jonsson, RN, BScN, CHTP/I Toronto, ON
alexjonsHTC@pathcom.com 705-652-0506

Director of Administration

Angela Mattos, CHTP Warsaw, ON
HTCanada@healingtouchcanada.net 705-652-0506

Coordinator Liaison

Fiona Vipond Richmond Hill, ON
Fiona@healingtouchcanada.net 647-294-9649

Creating Flow, Healing Globally

By Althea Woods RN, CHTP

“Creating Flow, Healing Globally” was the theme of the Healing Touch International 13th Annual Conference in Tucson, Arizona, September 3-6. Over 300 members of HTI gathered from the Netherlands, Peru, Canada, and all over the United States. I was delighted to be one of the 25% of first-time participants.

I was immediately overwhelmed and awed by the conference location. The surrounding environment of ancient Saguaro cacti, butterflies, native wildlife and plant-life were so conducive to opening our hearts, minds, bodies, and spirits. When we discovered the energy vortex and natural waterfall on the property, we understood why the sense of well-being and energetic flow was so palpable.



Ventana Canyon Resort

The keynote speakers, Jan Phillips and Belleruth Naparstek, and other network presenters provided useful and meaningful messages to the healers to amp up their vibration.

To awaken the senses and create flow, the following process was used throughout the conference.

Opening the mind, inviting change and flow with compassion for ourselves

- Opening the heart – letting go into the flow dropping gold patterns that no longer serve you, riding the wave of life, open to change,
- Stepping out of the box – what am I open to? Where are the opportunities? Co-creation? Where is my attention? What is my intention?
- Integrating my experience – What is it that just happened? Time to assimilate and integrate
- Creating energy and communicating with passion and power

This process was repeated over and over as we explored this creation of flow in our personal and professional development, allowing us to expand globally and awaken to new possibilities.

On Sunday morning we were all part of a laboratory study that measured the collective vibration (after a 15 minute mediation) to determine the flow and water findings as we sent energy to the lab. Results are pending, however instant feedback indicated an increase in 'line' flow in the room.



The amenities of this resort allowed for indulgence of all the senses. The presenters, staff, exhibitors, volunteer and hotel staff treated us with their talents and gifts to explore, replenish and network.

The Canadian representatives at this international conference have been truly uplifted by the surroundings, the conference experience and all our old friends and new acquaintances.



The mandate of the Canadian Healing Touch Foundation is to provide financial support in the form of bursaries for worthy students and grants to assist with research projects on Healing Touch.

**Are you ready to help “Pay it Forward”
by serving on the CHTF Board?**

Contact Susan Atkinson at susand@nbnet.nb.ca
for more information.

“The work is light but the impact is large!”



In the March 1997 Healing Touch Newsletter from the Colorado Center for Healing Touch there is a report on Janet Mentgen's opening keynote address at the Charter Conference of Healing Touch International and the Annual Instructor and Practitioner meeting held in Lakewood, CO in January, 1997

Janet shared events that led to the founding of Healing Touch...

"Some of you may remember the early '70s when articles about Therapeutic Touch showed up in the American Journal of Nursing. I clipped those articles because somehow it appealed to me. I had an opportunity to take a 2 1/2 hour workshop here in Colorado and that lit the spark. I said, 'I know this is my life work.'"

Janet began her private alternative medicine practice in 1985.

"I always like to tell this little piece of the story because it is an important piece of our history. I was invited to be a speaker at the Southeast Regional Conference in Gainesville, Florida in 1988. They said, 'Come do this workshop on Therapeutic Touch and speak for an hour and a half, but we can't pay your way and you'll have to register for the conference. We might be able to get \$50 for lodging'. My life circumstance was that we were a family that had just recently gone through a divorce. I had the three children. We were struggling. And to find \$390 for that airplane ticket – I had to sneak it out of the grocery money. I had about \$800 a month to live on with the three teenage children, and it just wasn't there... but you just have to do what you have to do. It was so important to me to go and do this speech. Somehow I found a way to do it, wondering about my sanity all the way. But when we got there and did that talk, I saw the

miracle happen on what our work can do. I remember that at the end of that workshop, I saw a group come alive with the work. That's when the dream really became a reality. Then, that following November and December, we did the first two Healing Touch Level 1 courses – one in Memphis, TN through the university and one back in Gainesville, FL."

Healing Touch became a legally registered educational entity in 1989.

"Last year we did 580-something workshops, seven years out, and we're still growing."

Then she addressed the practitioners....*"So, present day activities include your daily practice, doing the work. There's no excuse for not doing the work. Are you practicing daily? Ask yourself that question. Are you living the way you should be living as practitioners modeling this work? I think that we must do that as health care providers, as Healing Touch practitioners. I don't want to model what I see in our health care system or the way staff takes care of themselves. I want to be different, and we can be the shining example of that. That's the challenge of the day."*

Her focus on Self Care was also part of her address to the second national Australian Holistic Nursing Conference in 1995. (The complete article, "Path of Healership - the importance of Self Care for the Healer" can be accessed on the Healing Touch Program website in the Support section under Self Care.)

"I want to talk about my pathway.... Because this is the most common question I get from people.... That question is 'How do you do what you do? How do you go week to week, place to place, and lately, country to country and keep doing it? 'How do you do it, don't you get tired?'

"I live a disciplined life. I take care of me first.... We cannot be a spark in someone else's life if our spark has gone out... So how do we, on our path of healing, keep our light on? I want to give you seven steps that I focus on in my life...."

1. **Physical Clearing** - take care of your physical body, your physical existence
2. **Emotional Clearing** - express your hurts and pains, your joy and happiness

Cont'd on Page 6

Energy Medicine for Schools

What I learned
along the way...

By Jeanette Nienaber, BSc., MEd., HTCP/I, ATP

Submitted by Heana McBain,
RN, BScN, CHTP/I

Some time ago, the receptivity of my three teenage sons to Healing Touch treatments inspired me to explore the avenues for integrating this work into schools. As a secondary science teacher for over thirty years, I knew I was in a good position to anticipate the challenges of introducing energy medicine into high schools, so I mapped out a graduated plan for its implementation.

I began by outlining this work at a staff meeting and then offering treatments to interested staff after school. As time passed, word got out to "go see Jeannette" for all kinds of issues. Eventually, I began to extend this work to students in need and they all loved it. Soon I began working with students referred to me by school counsellors, primarily those who were suffering abuse, anxiety, violent crime and sleep disorders. The counsellors could definitely see the benefits of my work and heard it openly praised by the students and staff.

As the work became more and more accepted, I felt that students should be taught the basic principles of energetic self-care in order to help develop a generation of adults who were energetically aware and responsible for maintaining the integrity of their own energy fields. I developed a PowerPoint presentation and lesson plan that would fit into a 60 minute workshop for teens. My intention was that it be upbeat enough to capture their interest and would give them useful skills for self care. I began

offering workshops in a variety of venues, including evenings at the boarding house, during lunch times and as lessons in some of my classes. I gave Introduction to Healing Touch classes to parents and staff, which were also very well received. I have also found it makes a significant difference with my students in Learning Assistance classes in their productivity and ability to

concentrate. After a while, they would walk into the class and say "Ma'am, can you do that Mind Clearing on me? I have to write an essay for next class".

The initial results of this project were written up in the August 2008 issue of Energy Magazine and I wrote a preliminary report in June 2008 which is available upon

request. Additionally, I have received over 30 requests regarding my work from throughout North America and hope this interest will continue to grow. The final report of the two-year pilot project will be available by the end of this year. I believe that it sets the groundwork for, and unequivocally demonstrates, that Healing Touch can and does work within the school setting!

Even more exciting is the news that HTP has initiated a Healing Touch Education Committee, of which I am a member. The overall plan is to develop materials and workshops to facilitate the education of teachers and students from Kindergarten to Grade 12. At the Denver conference last July, we had an

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A time comes in your life when you finally get it.... When in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out...ENOUGH ! Enough fighting and crying and blaming and struggling to hold on.

Then, like a child quieting down after a tantrum, you blink back the tears and begin to look at the world through new eyes.

This is your awakening.

You realize it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon.

You realize that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must begin with you...and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are... and that's OK. They are entitled to their own views and opinions.

You learn the importance of loving and championing yourself.... and in the process a sense of new found confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you - of didn't do for you - and learn that the only thing you can really count on is the unexpected.

You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that everything isn't always about you.

... cont'd page 9

3. **Mental Clearing** – create new habits, new ways of doing things
4. **Sacred Space** – create your sacred space at home, create sacred space when you are away.
5. **Experience Silence** – move into quiet, meditation, Holy Silence
6. **Holy Leisure** – bring balance into your life, restore yourself through leisure
7. **Holy Relationships** – commit to yourself and others

I suggest that we make a commitment to our way of life. It doesn't have to be like mine. but if you're going to be a healer, to do this work, I think you're going to have to define your commitments. Your commitment to yourself.... your commitment to others.... your commitment to leading a disciplined life, your way of life.....`

As we once again pay tribute to Janet Mentgen, we recognize that in each of our hands and hearts we hold a spark of that light she shone so brightly into this world. It is now our responsibility - and honour - to manifest the commitment, wisdom, generosity of spirit and total heart-centeredness that she personified so beautifully.

opportunity to meet face to face to discuss the key issues and how we are going to proceed. A wonderful new book has just been released for elementary school children called “My Helpful Healing Touch” which I would encourage elementary teachers and Healing Touch Practitioners to use as part of a workshop for elementary children. The committee is very keen and I am confident that you can anticipate much more in the years to come.

Jeannette Nienaber is available for the following workshops: *Energy Medicine for Schools, Level 1 Healing Touch, Quantum Science for Healers: A Practical Guide, and Healing with the Angels Mastery Program.*

She can be contacted at emeraldchakra@gmail.com, or 250 247 7297.

**Congratulations to
Lisa Hickie, Prince George, BC
recently certified with Healing Touch International**



The following classes lead to certification through Healing Touch International.

Level 1-5 Classes Sponsored by Healing Touch Canada, Inc.							
2009/10	Level	City	Prov	Instructor	Coordinator		
TBA	1	Winnipeg	MB	Alexandra Jonsson	Jennifer Johnson	204-663-0959	Thorey07@MTS.net
Oct 17-18	1	Qualicum	BC	Bev Worbets	Donna Liedtke	250-468-7136	donna@islandhealingtouch.com
Oct 24-25	1	Vancouver	BC	Ginny Mulhall	Karen Stewart	778-292-1845	kasinbc@yahoo.ca
Oct 24-25	1	Prince George	BC	Marilyn Blair	Marilyn Blair	250-564-5015	Marilyn_Blair@telus.net
Nov 21-22	1	Peterborough	ON	Alexandra Jonsson	Angela Mattos	705-652-0506	HTCanada@healingtouchcanada.net
TBA	2	Toronto	ON	Alexandra Jonsson	Suzanne Brisson	416-335-1629	Suzanne.Brisson@sympatico.ca
Nov 7-8	2	Williams Lake	BC	Marilyn Blair	Tammy Dormuth	250-392-2721	guidedhands@shaw.ca
	3	Nothing currently scheduled – see website for updates					
Oct 15-18	4	Prince George	BC	Catherine Awai	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Oct 22-25	5	Toronto	ON	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Mar 11-14	5	Nanaimo	BC	Alexandra Jonsson	HT Canada	705-652-0506	HTCanada@healingtouchcanada.net
Level 1 Instructor Training – Oct 29-Nov 1, 2009 Toronto, ON contact HT Canada at HTCanada@healingtouchcanada.net or 705-652-0506							
Level 1-3 Classes Offered by Independent Instructors							
Oct 24-25	1	Moncton	NB	Jeanne Balcom	Cecile Richard	506-876-1104	mu_shu2004@hotmail.com
Nov 7-8	1	Bathurst/French	NB	Jeanne Balcom	Helene Fournier	506-548-9493	helenef@rogers.com
Nov 21-22	1	Miramichi	NB	Jeanne Balcom	Cecile Richard	506-876-1104	mu_shu2004@hotmail.com
Jan 16-17	1	Moncton	NB	Jeanne Balcom	Cecile Richard	506-876-1104	mu_shu2004@hotmail.com
Jan 30-31	1	Fredericton	NB	Jeanne Balcom	Jocelyn Clark	506-455-3141	brad3@nb.sympatico.ca
Spring '10	2	Miramichi	NB	Jeanne Balcom	Cecile Richard	506-876-1104	mu_shu2004@hotmail.com
Nov 13-15	3	Fredericton	NB	Alexandra Jonsson	Jeanne Balcom	506-382-4832	Balcom@nb.sympatico.ca



For further information on specific courses please contact the Coordinator.
 Information is also available on the Healing Touch Canada website:
www.healingtouchcanada.net
 or by calling HT Canada 705-652-0506

The First Canadian Level 6 Class

By Nancy Fabro, HTCP/I

The first Healing Touch Program Level 6 Instructors Course outside the USA was held in Calgary, AB, September 18th to 20th.

The instructors were the Program Director of HTP, Cynthia Hutchinson, DNSc, RN, MSN, HTCP/I and Betty Petersen, RN, BSCN, HTCP/I.

A rich group of students with varied backgrounds and interests came from as far away as Yellowknife, NWT and Ellensburg, WA.

Some of the student's comments were:

"It offered practical aid to becoming an instructor through the curriculum as well as emotional and



Back Row: Betty Petersen, Navroz Sunderji, Nancy Fabro
Middle Row: Loy Bacon, Debora McCullough, Anna Marie Newman
Front Row: Elke Nowicki, Verna Besselink, Cynthia Hutchinson, Cathy Landry

spiritual support in the journey towards instructorship." Elke Nowicki, HTP

"Level 6 was incredible - To review all the Level One techniques with Cynthia, after using them for a few years, was very enriching." Cathy Landry, HTCP

"Our group formed a bond of sharing and caring within a very brief time. We accepted each person in a respectful manner and placed each other as individuals in the

true light of feeling." Loy Bacon, RN, BN, HTCP

New ground was broken, new connections and friendships were forged and new tools were given to help us build Healing Touch in our communities.



Classes taught by Jeannette Nienaber

250-247-7297 or

emeraldchakra@gmail.com

Nov, 7 - 8 Gabriola Island B.C.

Nov 14 - 15, Victoria

Nov 21 - 22, Vancouver

Classes taught by Betty Petersen

Level 1

Oct 23-25 Edmonton ,AB

Feb 26-28 Winnipeg

March 12-14 Calgary

Level 2

Feb 20 - 21 Yellowknife

April 9 - 11 Winnipeg,

April 16-18 Lethbridge College

May 7 - 9 Calgary,

Level 3

May 14 - 16 Yellowknife

June 4 - 6 Winnipeg

June 25 - 27 Calgary

Level 4

Oct. 21 - 24 Swift Current, SK

Sept. 23-26/10 Calgary

Level 5

May 27 - 30 Winnipeg

Classes at Langara College,

Vancouver, B.C. 604-323-5322

Instructor: Ginny Mulhall

Level 1 - Course # 50424

March 13 - 14

Level 2 - Course # 50425

April 14 - 15

Joanne Ross 780 463 1553

Margo Reimer 204 219 6610

Mount Royal College 403 440 3833

Cathy Landry 867 873 9476

Margo Reimer 204 219 6610

403 320 3323

Mount Royal College 403 440 3833

Cathy Landry 867 873 9476

Margo Reimer 204 219 6610

Betty Petersen, 403 474 4399

Judy Ross 306-264-3653

Sharon Lennox 403-949-3619

Margo Reimer 204 219 6610

Classes in Quebec City, PQ

Instructor and Coordinator:

Yolande Boule-Douglas 418-574-3461

yolande.boule.douglas@gmail.com

Level 1 - Jan. 20 - Feb. 1

Mar. 6 - 7

May 29 - 30

Level 2 - Nov. 21 - 22

Apr. 24 - 25

joanne.ross@shaw.ca

margoreimer@shaw.ca

cathy.landry@gmail.com

margoreimer@shaw.ca

cathy.landry@gmail.com

margoreimer@shaw.ca

therapeuticbalancing@gmail.com

djross@yourlink.ca

peacefulwaters@yahoo.ca

margoreimer@shaw.ca

Released Energy: Does it disappear completely?

By Brenda Piquette, HT Apprentice

One evening, my friend Shelley burned the top of her finger in some hot oil while frying spring rolls, suffering great discomfort as a consequence. After an immediate Healing Touch treatment, the mass of clogged energy just above the tip of her finger had disappeared.

If we consider that every one of our experiences and feelings is recorded in our energy fields, then this incident, including Shelley's pain and her reaction to it, was recorded somewhere in her field. When the mass of clogged energy around her finger was untangled by the treatment, was the record of that experience released—either partially or completely—from her field? For Shelley, the physical pain and her reaction to it were gone, and so perhaps the imprint of this pain was indeed released from her field.

But if the physical pain and her reaction to it have been released from her field:

1. Does this experience still exist somewhere?
2. Did this experience ever exist?
3. Does this create change in the past, the present and/or the future?

In this article, we will discuss question number one, and in the next issue of Nexus, we will continue the discussion with questions two and three.

1. If the experience of physical pain and the reaction to it have been released from the energy field, do those experiences still exist somewhere?

Even though the physical pain and the emotional reaction to it have been erased from her field, Shelley still retains a memory of that experience; therefore, it is probable that the energetic signature of that experience still exists... somewhere. Vicki Slater, RN, PhD, CHTP/I, who has been studying the physics of healing for 20 years, stated the following about this incident:

...once a field releases information, that information is no longer in that person's field. We then can fill our space with ourselves and with love. It is like cleaning house; once you have taken the stuff to the dump, you might remember you had it, but it no longer takes up space in your home and you can bring in more Light and Beauty. That suggests that the memory of something is not necessarily carried on tangible energy, but perhaps is a different phenomenon.

If the memory of an experience isn't carried on tangible energy, how does it remain in our energy field? In Chapter 7 of *Healing Touch: A Guidebook for Practitioners* (2nd Edition), we learn that “Like the genetic code that is inherent in every cell through the RNA and DNA molecules, the imprint of one or more closed, blocked chakras creates a pattern throughout the entire vibrational matrix.”

Shelley's incident might have blocked the flow of energy

from one of her chakras, the imprint of which created a pattern throughout her vibrational matrix, on all her levels. If data is released on one or more levels, is it automatically erased from all levels? If that pattern was repeated in her mental field, it might have created an objective memory of the incident in her consciousness. But is this still considered tangible energy?

Based on her years of experience, Catherine Awai, CHTP/I, informed me that “*Sometimes layers are released and then, later on, we get the issue raising its head again in another way or at a different intensity.*”

Perhaps if only some of the layers or the data related to an event are released, the remaining layers or data can resurface later on, such as a memory of the event.

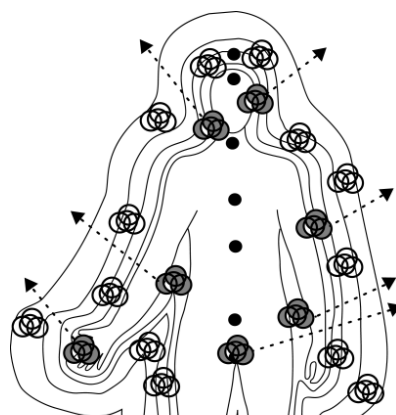
As per both Vicki and Catherine, when something is released, the space that is vacated is filled with love and light. With these higher frequencies, the lower frequencies of fear and pain, for instance, cannot be sustained.

Therefore, another possibility is that the lower frequency data released from the field is transformed into a higher frequency. Or perhaps the data transformed into a higher frequency remains within the field. The higher frequencies might explain how something can be released from our tangible field while still remaining in our consciousness.

Catherine reminded me that, occasionally, after data has been released from our field, we have absolutely no memory of that data. Her understanding of memory's occasional disappearing act is that, in such an instance, the energetic release went back to the very moment the energetic pattern was first created—either in this life or a previous one. Because the release occurred at the source, it's as if the pattern never existed. In this instance, was the pattern created by the blocked chakras removed from the entire vibrational matrix? Were absolutely all of the lower frequencies associated with the data transformed into higher frequencies?

What do you think? Please send your feedback about this article to Brenda at bpiquette@uniserve.com. We will publish your comments in the next issue of Nexus, in which we will also discuss the second and third questions above.

1. E-mail from Vicki Slater, July 31, 2009
2. Hover-Kramer, Dorothea, *Healing Touch: A Guidebook for Practitioners* (2nd Edition) Delmar Thomson Learning, New York, 2002, p. 93
3. E-mail from Catherine Awai, August 2, 2009



The imprint of the blocked root chakra throughout the entire vibrational matrix. When blocks are released from the physical level (represented here by dark blocks), are related blocks released from all other levels?

A Spirit Gone Home

.What I learned
along the way...

cont'd from page 5

By Maxine Gladney, CHTP/I, HTCP/I

Michael Patrick Walsh passed suddenly away at his home in St. John's NL on August 7, 2009 at the age of 42.

As the seasons change and practice groups reconvene, I would like our Healing Touch communities to take a minute to send prayers for the peaceful spirit of Michael Walsh who left our midst so suddenly this past summer.

I first met Mike at our Healing Touch practice group about 7 years ago. A dedicated student, he overcame hurdles to faithfully attend our biweekly group, never missing it. A major highlight for him was attending the Healing Touch conference this past spring; he was so enthusiastic and happy to be there. He loved meeting everyone and making new friends. As our practice group started back in September there was a void at our tables and in our hearts as we missed his presence.

Michael was always ready and willing to help anyone who came into his life. His demeanor was one of peace and gentleness, his touch so gentle, his spirit soared. His coworkers at Choices for Youth spoke highly of his work ethic and the genuine concerns he expressed for others.

Now he has been called to continue his work from a different dimension. As you read *Remembered Joy*, think of how Michael touched your life and the life of those you know were in his presence.



So that you learn to stand on your own and to take care of yourself... and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties ... and in the process a sense of peace and contentment is born of forgiveness.

You learn to open up to new worlds and different points of view. You begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with.

You learn that there is power and glory in creating and contributing and you stop manoeuvring through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideal of a bygone era but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world and that you can't teach a pig to sing.

You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about love. You learn that to look at relationships as they really are and not as you would have them be. You learn that alone does not mean lonely.

REMEMBERED JOY

*Don't grieve for me, for now I'm free!
I follow the plan God laid for me.
I saw His face, I heard His call,
I took His hand and left it all...
I could not stay another day,
To love, to laugh, to work or play;
Tasks left undone must stay that way.
And if my parting has left a void,
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss...
Ah yes, these things I, too, shall miss.
My life's been full, I've savoured much:
Good times, good friends, a loved-one's touch.
Perhaps my time seemed all too brief—
Don't shorten yours with undue grief.
Be not burdened with tears of sorrow,
Enjoy the sunshine of the morrow.*

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HT Research The Why's, What's & Whereabouts of Evidence

By Kathy Layte RN, MScN, CHTP, HTCP/I

"The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he [she] contemplates the mysteries of eternity, of life, of the marvelous structure of reality..."

~~Albert Einstein



As a past and current Canadian researcher of Healing Touch therapies and the current Chair of the Research Council of Healing Touch Program, I am often asked to talk about research. In one of my roles as a PhD student, I am immersed in literature about what makes a good study and the issues in complementary therapy and energy based research. As a result, I have become passionate about teaching others about how to become good

consumers of Healing Touch research 1) in order to further the work in conventional practice settings and 2) to demystify research for others to explain.

Why talk about research at all? (you might say). After all, any of us involved in HT, don't need further convincing of HT's ability to relax, release, balance and change lives. We live that reality every day. Many of us came into "the work", sceptical at best about what this "stuff" could do. Ah, to have our lives forever changed by that one weekend (if not the first day). If only, I often hear, we could get all the sceptics into a level 1 class, every healthcare facility and educational setting would have HT.

Unfortunately, it's not that easy. Decision makers and those involved in bringing innovative therapies to their environments need and want hard evidence to justify any costs, to protect their consumers and to protect themselves. "Evidence based" practice has become the standard of measure in most conventional settings. Evidence based (EB) means research based. Research based usually means clinical trials, as they are the "gold standard" of accepted research in the conventional practice arena.

Although I wish I could say otherwise, a large portion of research in complementary therapies has been poorly conducted. Research has rules of design and conduct and if those rules aren't followed rigorously, the findings, regardless of how promising, are not embraced by the scientific community. Some of the issues in design include small sample sizes, poor control of researcher biases, poor or lack of randomization of subjects, poor control of variables that may impact the therapy, inappropriate or no placebo controls, poor or no use of use of mock practices, and debate about the use of expert practitioners. There are large groups of persons involved in energy based research who have developed guidelines for the conduct of research to provide guidance to researchers. Even so, large scale studies cost a great deal of money and take a great deal of time and cooperative alliances. A lot of less than optimally designed and conducted research continues to be published in scholarly journals. What many do not realize is that publication does not necessarily mean that the findings can be generalized or even accepted.

This is important to know when you look at the large numbers of studies that have been conducted in Healing Touch. There are close to 100 studies that involve HT specifically, many published in what are considered to be "scholarly" journals. Unfortunately, many of these studies do not meet the rigorous standards

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What I learned along the way...

continued from page 9

You stop trying to control people, situations and outcomes.

You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO.

You stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs.

You learn that your body really is your temple. You begin to care for it and treat it with respect. You begin to eat a balanced diet, drink more water, and take more time to exercise.

You learn that being tired fuels doubt, fear, and uncertainty and so you take more time to rest. And, just as food fuels our body, laughter fuels our soul. So you take more time to laugh and to play.

You learn that, for the most part, you get in life what you believe you deserve and that much of life truly is a self-fulfilling prophecy.

You learn that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance.

You also learn that no one can do it all alone, and that it's OK to risk asking for help.

You learn that the only thing you must truly fear is fear itself. You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live on your own terms.

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for research mentioned earlier. What this means is, that although they may be interesting and demonstrate huge effort on the part of the researchers, the evidence they proclaim, on their own will not change practice, particularly in a conventional healthcare setting or educational facility. At best, it may support the conduct of more research. It might be “promising”. In other words, an enthusiastic practitioner of HT, wanting to bring HT to such a facility shouldn't walk into a decision maker's domain with a list of 100 studies. If that decision maker knows anything about research (and most of them do or profess to), one needs to know the current best published studies. To date, some of the best (but not only) clinical trial studies include:

Cook, C.A., Guerrerio, J.F., & Slater, V.E. (2004) “Healing Touch and quality of life in women receiving radiation treatment for cancer: A randomized controlled trial,” *Alternative Therapies in Health and Medicine*, 10 (3), 34-41.

I often refer to this article when I am being asked for a well designed and conducted study with significant results. I have publicly thanked this research team for setting the bar high for the conduct of HT research.

MacIntyre, J., Hamilton, J., Fricke, T., Ma, W., Mehle, S. & Matt, M. (2008) “The Efficacy of Healing Touch in Coronary Artery Bypass surgery Recovery: A Randomized Clinical Trial,” *Alternative Therapies in Health & Medicine*, 14 (4), 24-32.

Another well designed study. This research team's results demonstrated a cost saving of >\$500,000 for their institution. As a result of their study—all cardiac patients receive HT pre-during and post operatively!

Maville, J.A., Bowen, J.E., Benham, G. (2008) “Effect of Healing Touch on stress perception and biological correlates,” *Holistic Nursing Practice*, 22 (2), 103-110. *Although a pilot study, it is well designed and shows promising results. I am waiting for the final study that is based on this pilot!*

Other questions you need to ask yourself when reviewing HT research

- Are there obvious concerns in design such as small sample size (< 60 participants for a clinical trial), lack of controls for bias, poor blinding of study participants, or use of a mock practice?
- Are the authors making outlandish claims about the findings?
- Are they claiming that their findings are applicable to other groups other than the one tested?
- Does the discussion section of the paper explain whether or not statistical significance was achieved? If yes, have they said why? If no...again why?
- Have the investigators been true to their research methods?
- If the study is a pilot study, have investigators made suggestions for refinements to future designs? Did they explain fully reasons for their conclusions?
- Do the investigators have special interests in finding the results they did?

You learn to fight for your life and not to squander it living under a cloud of impending doom.

You learn that life isn't always fair, you don't always get what you think you deserve and that sometimes bad things happen to unsuspecting, good people...and you learn not to always take it personally.

You learn that nobody's punishing you and everything isn't always somebody's fault. It's just life happening. You learn to admit when you are wrong and to build bridges instead of walls.

You learn that the negative feelings such as anger, envy, and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you.

You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, cleaning running water, a soft warm bed, a long hot shower.

Then, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than you heart's desire.

You make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility.

You hang a wind chime outside your window so you can listen to the wind.

Finally, with courage in your heart, you take a stand, you take a deep breath, and you begin to design the life you want to live as best you can.

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Author unknown

So many questions shouldn't deter you from finding and reading as much as you can about research. Many of the studies are available through your local libraries, on-line through Google Scholar or as links (including the Healing Touch International Research Survey) through Healing Touch Program Research website: (<http://www.healingtouchresearch.com/articles.html>).

Research resources are available to you through HTP and HTI. I can be contacted through email @ kvlayte@rogers.com. Diane Wardell can be reached @ Diane.Wardell@uth.tmc.edu. We both offer support, consultation, advice and interpretation. Take the plunge, start by becoming a great research consumer. Who knows, you may get involved in a study! (but that's information for another article).

**Corrections for the
2009-2010 Directory.**

*Please enter these corrections in your
copy of the new Membership Directory*

Annick Fransen
PO Box 22054
Penticton, BC V2A 8L1
778-476-4931(H)
250-460-1638(C)

Kathryn Jensen
Box 56, Aetna, AB T0K 1Y0
403-653-2073(H)
403-653-7191(C)
kj1919@gmail.com
CHTP

Millie Bennett
PO Box 839
Goulds, NL A1S 1G8
709-745-3305(H)
765-3984(C)
mbennett@nl.rogers.com
CHTP/HTCP

Margie Mulcahy
230 Green Acre Drive
St. John's, NL A1H 1C1
709-747-1519(H)
709-753-2470
margiemulcahy@nl.rogers.com
CHTP

Betty Petersen
301-4455C Greenview Drive, NE
Calgary, AB T2E 6M1
403-474-7399

Evelyn's Herb Corner

Lavender Infusion

**Pack a clean glass jar with freshly dried
lavender flowers.
Fill the jar with rubbing alcohol, seal the lid
tightly and
set in the sun for three days or longer.
Strain liquid through a coffee filter.**

**This infusion can be applied to aches and
pains, sprayed as a room freshener or even ¼
cup added to your last laundry rinse will
make everything smell fresh.**

*Note: If you use vodka instead of the rubbing
alcohol, you can use up to 20 drops before bed to
relax you.*

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email: htjoyce@shaw.ca**

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