

# Energy magazine

Sharing Energy - Transforming the World

May/June 2023 - Issue 127

**Back to Center: Tips to Stabilize and Balance Your Emotional Health**

with Renee Baribeau

**From Head to Heart**

with Wanda Davis

**Better not Bitter**

with Kelly Sullivan Walden

**Integrating Intuition Medicine® and Psychotherapy for Emotional Healing**  
with Carolina Mariposa

+ columns, book reviews, meditations and so much more

## MENTAL & EMOTIONAL HEALTH

*A Compassionate Journey*



Loading . . . . .

# Energy Magazine

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## —Our Mission—

Our mission at Energy Magazine is to provide our community with the very best of what Energy Medicine and Holistic Wellness have to offer. We strive to bring our global readers new, insightful, and impactful information and research, along with thought-provoking and inspiring stories. We are honored to boast more than 150 contributors to bring you this content, from experts in the field to community members, just like you.

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Hello everyone!

What a beautiful Spring it's been - my personal life seems to be completely aligned with the symbolism of this season; I am growing, things are changing, and it's been a world-wind of embracing the new and cleansing inside-and-out over these past months. And to think - Summer will be here before we know it.

This issue holds a special place for many people.

It took me a long time to learn the difference between mental and emotional health versus physical. As a teen, I had trouble articulating when something felt "off" on the inside. Was it my emotions? Was it stress? Hormones? Something else? It was so much easier to recognize physical discomfort and needs - it was there, tangible and obvious, with a clearer path towards healing. Mental and emotional health are often more abstract; "invisible," to a certain extent.

I've learned since then that mental health refers to mental capacity; processing information, decision making, and thinking clearly. Emotional health is about dealing with emotions in a healthy way, using emotional intelligence to cope, manage, and express.

I saw a graphic years ago that always stuck with me. It was a photo of an apple looking at itself in the mirror; it was red, plump - the perfect apple. However, what can't be seen from the mirror's perspective, behind the apple was a large bite taken out of it. The caption stated something along the lines of "everything is not always as it seems." This was pertaining specifically to how people post on social media, yet I found it rang true in many ways.

Many of us mask our internal struggles. It can be "inconvenient" to be anxious. Maybe it's "annoying"

to behave depressed. Perhaps we feel like a burden by conveying our needs.

We are able to present ourselves with a smile that may not always shine with truth. Mental and emotional health is often set aside - or worse, belittled. How do you address what is invisible? How can we heal what cannot exist in a physical, literal way?

Slowly but surely we are shifting to bring this internal turmoil (that we all experience at some point in our lives) into the light. Energy Healing and alternative therapies are among some of the top methods being used to support these "invisible" forms of health and healing. Validating one another's emotions, acknowledging our thoughts and needs, offering support and patience, and leading with compassion - these are steps we can take immediately to open the door to those who need it most...including ourselves.

Today I have the joy of presenting you with this latest issue - an introspective collection of knowledge to teach, learn, and grow. **Welcome to May/June 2023 - Mental & Emotional Health: A Compassionate Journey.**

Yours in Health,

*Anya*

Anya Charles  
Editor-in-Chief





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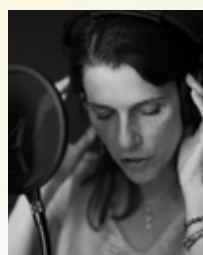
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## Don't Miss this issue's **FREE Bonuses**



**Breaking Free of Addiction**  
by David Feinstein & Shantini Rajah



**4 Keys to Help You Bring Energy and Holistic Care to the Medical System**  
by Katherine Krupka



**Congee: A Recipe for Health**  
by Helene Anne Fortin with Andrew Sterman





## Dear Cyndi

**Q. — How does anger show up in the energetic field and what are the anger-caused physical conditions? Can anger be cleared from the energetic field?**

**A. —** When I was growing up, I could tell when one of my parents was angry well before either of them displayed the emotion. The signs were energetic.

When the lower part of my mom's body glowed a scarlet red, I knew that she would soon erupt. When my father's stomach area churned a dull and muddy crimson, I suspected he would yell, usually after he was done with the martinis he used to abate his inner volcano. Soon after, he would pop Mylanta for his stomach ulcer.

Anger is a natural feeling. We are supposed to embrace and respond to our anger when it rises. Heck, we should relate to others' expressed anger too. Anger is one of five feeling constellations and relays a necessary message. In a healthy way, it tells us to set a boundary.

When anger is self-directed, it indicates we should set better parameters for ourselves. Maybe we stayed out too late one night, and it is hard to deal with the resulting hang-over. Next time we go out, we give ourselves a curfew—and a more realistic alcohol intake limit.

When we are angry with another person or even an institution, we must figure out how to create an external boundary. It is super when a person or a group responds

respectfully. It can be hard to impose a structure outside of ourselves.

We might act on someone who is violating us to stop, but how often do they comply? If we lack power over them, they might not see the need. If we are marginalized because of our ethnic background or gender, it can be near impossible to force an authority to support our requests.

Think back to how many situations caused a healthy sense of anger and what it was like to be ignored. Your client has lived through the same frustrations. Repressed or invalidated anger can underlie dozens, if not hundreds of conditions. As energy healers, it is on us to ramp up our Spider Man senses and help our clients determine if anger might be at the root of their physical, psychological, or spiritual maladies. Then, it is our job to assist.

Before exploring the various types of conditions that are often anger based, I want to cover the energetic patterns of anger. You can tune into these intuitively when working with a client.

### 1. Color of anger: Red.

Anger is so vital to our primal well-being that it often originates in the first or second chakra. If the anger is first-chakra survival oriented, it will be engine red. If it is linked to second chakra emotional charges, it will appear as a reddish orange. The longer anger has been repressed in the system the darker it will look.

Anger is supposed to rise upward from these chakras as a bio-chemical and electrical flow to add energy to an injured chakra, part of the body, or emotional reaction to help establish or re-set boundaries. Imagine the client whose mother neglected her the entire time she was growing up. The anger might emanate from both the first and second chakras. Remember, not *all* anger originates in these chakras. How about that client who was ghosted by a long-term romantic partner? That reaction might very well involve the fourth chakra, which governs love.

### 2. Color of anger mixed with other feelings: An array of colors with a red base.

Sometimes one or more feelings get bound up with anger. This is quite common. It could occur, for instance, if a client grew up in a household in which anger was judged. In this case, the anger will probably be mixed with fear.



The colors of the feelings that can get twisted up with anger include the following:

- Fear—variations of yellow.
- Sadness—shades of blue.
- Disgust, guilt, or shame—forms of gray or brown.
- Happiness—hues that are clear, greenish, pink, or opalescent.

### 3. *The physical sensation of anger: Burning.*

Anger can produce a distinct sensation in the body. Usually, it causes a burning feeling. This is because anger relates to the subtle element of fire. As such, it can also tingle, burn, and itch, especially if it's been ignored and therefore gets stuck in the tissue. I once worked with a client with a thyroid issue. When she focused on that area, her throat felt as hot as a flame. She had never expressed her anger at being violated by a perpetrator during childhood. Once she spoke about the abuse in our session, the scorching sensation started to go away.

### 4. *Beliefs most related to anger: Power.*

Anger is usually associated with beliefs about power. It takes confidence to express and respond to anger, either internally or externally. That type of self-assurance takes being rooted in a strong sense of personal or positional power. These respective types of power are present if we were raised to believe in ourselves or if we know that we are backed by authority figures or authoritarian systems (such as the police). Lacking self-esteem or societal strength, our anger can simmer and either create self-repression or anger outbursts.

### 5. *Chakra based expressions of anger: Resolution.*

We often resolve anger in different ways, depending on the originating chakra. Once you have tracked a new or old reservoir of anger to a chakra, you can support a client in working through it in these chakra-specific ways.

- First chakra—action and movement. Kick a pillow, work out, or alter behavior.
- Second chakra—emote. Feel those feelings and then creatively move them through the system, such as through art, writing, or dancing.
- Third chakra—plan. Alter beliefs and establish a new structure with better parameters.
- Fourth chakra—relate. Share the painful circumstances with another person and then decide how to alter a relationship.
- Fifth chakra—verbalize. Alone or with someone else, express verbally. Talk, sing, listen to music, get it out.

- Sixth chakra—alter perceptions. See the other or the self in a different way. Upgrade the inner view of self and act accordingly.
- Seventh chakra—go to Spirit. Ask a client how their essence might best respond to the situation—and move toward peace. What boundaries will bring about that serenity, even if only internally?

### 6. *Appearance of anger in the biofield: Pinpricks.*

When anger gets ignored, either by self or other, for a long time, it often moves outward from the chakras or the body into the biofield. If this has happened to a client, you will perceive pinpricks of red in the auric field.

There are dozens if not hundreds of disease processes associated with stored up and frustrated anger. Here is a short list.

- *Inflammation* is nearly always associated with rage, a mutated form of anger. Rage is actually a blend of anger (which is red) and sadness (which is blue.) Inflammation is complicit in hundreds of diseases, including physical or emotional pain, congestion, microbial infections, and autoimmune disorders such as arthritis, chronic fatigue and more. Inflammation will also often appear where there is stuck anger, which can lead to emotional imbalances, low self-esteem, erratic mental states, and more.
- *Heart disease* is commonly linked to people quick to anger. Studies show that the more frequently someone flashes to anger, the higher their risk for dying from heart disease. The worst case? Sorry, Type A personalities.<sup>1</sup> Think about it. The root of the word “angina” is anger. Yes, we can get “too angry.” This most often occurs if there are other feelings stuck with the anger that are not being addressed.
- *Psychological disorders* are commonly linked to anger. These include intermittent explosive disorder, borderline personality disorder, bipolar disorder, and oppositional defiant disorder.<sup>2</sup> Energetically, it is imperative to uncover the inherited, soul, or childhood roots of uncontrolled and inefficient anger.
- *Gastrointestinal conditions* are frequently related to several major and undealt with emotions, such as anger, fear, sadness, and even elation (or joy).<sup>3</sup> The key to anger-based challenges, to include irritable




bowel syndrome, Crohn's disease, and more, is to own and respect the anger.

Especially in today's world, where so much seems out of an individual's control, it is vital to self-manage anger. This begins with recognizing and validating anger. It delivers an important message! Support clients in feeling their old and current anger and figuring out how to change their beliefs or boundaries when possible future-forward. If the anger is wrapped up in an unjust institution, it can be harder to get resolution. So, brainstorm ways for a client to gain a sense of personal power, to speak out, or to help other disenfranchised individuals. Sometimes the simplest solutions are the most powerful. €

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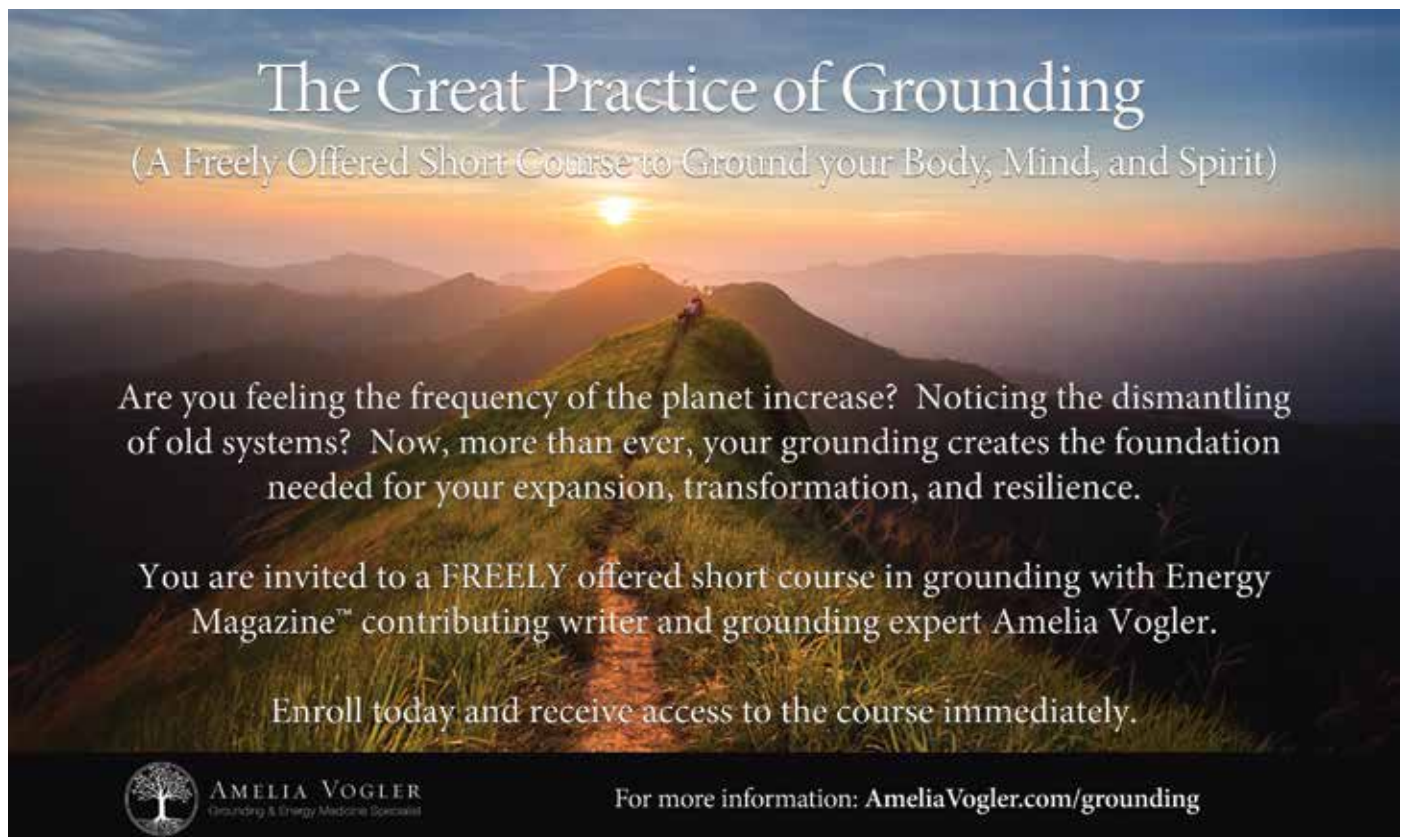
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with Grounding Expert  
Amelia Vogler

## The Universe Holds the Grounding Codes for Anxiety

Anxiety appears when external stimuli are perceived as threatening, overwhelming, uncomfortable, or angering. In its energetic form, most of the time, anxiety is expressed outwardly. However, there is a quality of the energy that is shaky, unsettled, and uncomfortable. Unconsciously, it radiates externally and is pushed onto others to hold and carry. This can create an awkward energy cord and can be very sticky for those around someone anxious. If you have ever felt anxious, the feeling is often met with a need to let the energy out or offload that energy externally. It is an uncomfortable feeling, which can create, over time, patterns of hypervigilance, anger, and general unease and can sometimes cause the nervous system to collapse into dullness or depression.

Lucky for all of us, our natural state is of peace and ease, and we inherit this and the ability to reclaim these from the design of the Universe. The Universe has a self-reflective quality; from the universal field of energy is constantly birthed the ability to see and know itself in expansion. This awareness is known as consciousness, and because the state of the Universe is peaceful and loving, this consciousness is built of these energies.

As an essential element of this great sea of energy, you inherit the ability to see and know yourself through peace, ease, and love. In this cosmic inheritance, you are gifted with the ability to observe yourself with loving and

non-judgmental eyes. It is from this premise that the field of mindfulness emerges.

Being self-reflective is simply “the way” of the Universe, and it is in a nuanced practice where the grounding codes of anxiety exist.

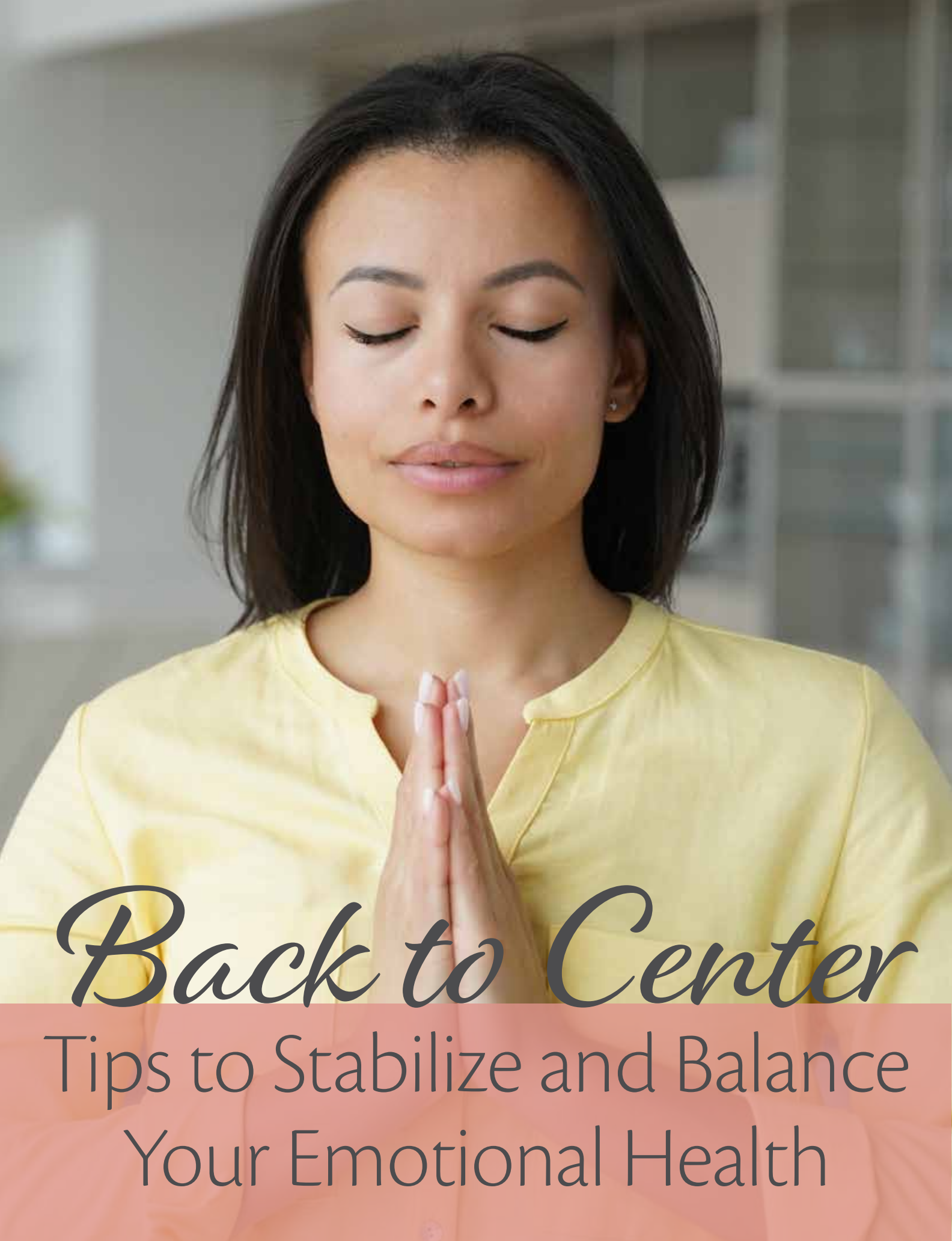
Explore this energetic expansion of a common mindfulness practice to realign with the peace and ease constantly flowing through you.

Here are the steps:

1. From an energetic perspective, when you find the way into your heart in a sincere way, you open the relationship with the loving Universe. Find your way to your heart. *(If it feels comfortable, consider placing your hands there to connect your body to this practice.)*
2. Offer yourself some space here.
3. Invite the language of the benevolent Universe to speak to you in a way that feels authentic. This could be through imagery, sensation, feelings, patterns, sounds, words, or a higher knowing.
4. Set an intention to see with the compassionate and non-judging eyes of the Universe. *(Hint. This is your most natural way of seeing.)*
5. Begin to be with the present moment. Notice what you notice and let the story go.
6. Into each noticing, say, “I love you.”

Where there is love, there is no anxiety. Where there is no anxiety, there is peace and ease. So as the world gets loud, unruly, and unsettled, remember the natural state of the Universe is alive in your natural state as well. €

 Learn more about author Amelia Vogler, visit [www.AmeliaVogler.com](http://www.AmeliaVogler.com)



# *Back to Center*

Tips to Stabilize and Balance  
Your Emotional Health

*When sanity seems just beyond your reach and you feel engulfed by flames of despair, it is crucial to remember that this too shall pass.*

Renee Baribeau

**W**hile you may not fit the description of someone experiencing severe depression, at some point in your life you may experience a debilitating emotional condition brought on by a genetic predisposition or a life situation, such as a physical impairment or traumatic event. Any of these could rock you from the center of your being, which I term your *spin-axis*,<sup>1</sup> into a disharmonious mental state. During challenging times, when you feel like a sailor on a rough sea grasping the gunwales for support, having a mental and emotional health recovery plan will help you stay the course.

There was a desperate period in my life when I thought “*What’s the use,*” on a regular basis. I wasn’t planning to end my life, but in the darkness of my room, when the shades were pulled closed, my suffering was so draining that I could not move. I had to rely upon others to keep the doors of my small restaurant open. One cold night as I was laying there in the abyss, my cat Dash repeatedly brought me a bottle cap to toss for her. Playing with Dash saved me

from harming myself. This trick of hers kept me waiting to see if she would repeat the performance in the days that followed.

While she never brought me another item, my love for Dash kept me centered on my spin-axis until I could find a way to begin the process of self-acceptance and love for myself. Love for an animal is a wonderful way to feel connected and grounded. Here are a few more tips I found along the way.

### **TOLERANCE IS THE KEY TO SERENITY**

How can we recover quickly from difficult conditions? A willingness to be honest, surrender, and adapt can provide us a smoother emotional ride. We are living in an age that the Hindu wisdomkeepers call the Kali Yuga, a time of darkness, mass separation, internal dismemberment, and disconnection. Although mystics worldwide agree that disruptive conditions are a natural part of a grand evolutionary cycle, knowing that doesn’t help us much when we feel like crap.



Having tolerance for yourself and others in our age is the key to restoring your sense of wholeness and integrity. In nature, everything is connected. This means that blessings can be found in every experience we have—even the ones we dislike. After a fire moves through a forest, the remaining ashes from the plants and bones serve as fertilizer for regeneration. After life disrupts us, look for what grows out of it.

When sanity seems just beyond your reach and you feel engulfed by flames of despair, it is crucial to remember that *this too shall pass*. That *seeds will grow when conditions are right*. Turn your attention to what is working now. Look for something to feel grateful for, even when you feel ashamed of yourself. Fist-fighting a disruptive mood, by contrast, will derail the natural progression of your healing. Over many decades, I have learned to give myself permission to take a day off, turn off the phone, rest in bed, binge-watch movies, and eat pizza when I need to stabilize my mood.

It is an arduous task to try making sense of the devastating losses that constantly bombard us through news reports and social media. Even so, blessings are often disguised as losses. After attending cooking in New York City school in the late 80s, I left feeling disheartened and alone in a city of over seven million people. Following the 9/11 attacks, the energy of the city became more balanced and people were nicer to each other. As a visitor, you could feel a palpable change in the air. The community learned to be more connected and compassionate. As a visitor, months later, I felt welcomed and embraced as I walked between skyscrapers in a way I had not earlier.

Transmuting destructive situations into beneficial action is the work of the awakened ones. A daily gratitude practice is essential to maintain harmony. The intent is for your good habits to become rote--second nature. This way you will never be lost mentally and emotionally for long. When you do feel lost, call to the wind goddess Mari three times. Say aloud, "Mari, Mari, Mari," then move forward, trusting that you are treading the golden road to enlightenment.

As the Practical Shaman, I embrace our era of system-

ic dismemberment, as it mirrors nature. There is no difference between the freeze-thaw cycle, pollination of plants by bees and butterflies, or the current cycle of decomposition of our old systems for living on the earth. Everything in nature is connected. We are part of a grand web, and one cycle always ends before another begins.

### REAL CONNECTION

When asked in a private Facebook group, "What do you desire most for 2023?" over 90 percent of the respondents said they hoped for connection. By the time I finished leading a ten-month online program in 2022, however, I began to wonder if online communities were real. Did people really connect in them or was the bond of the online community destined to be a fleeting, illusionary bond. After stepping back and observing the graduates, I realized that people rely upon the energetic support from others they know online, just as the trees form invisible underground networks for communication and connection.

On the island where I live, the community bonds are real. Many people who walk in nature near my home regularly stop to talk to each other. People also support one another with chores. When I was packing for a long trip, several of my neighbors offered food and physical support to lighten my workload.

It is important to ask yourself, "Am I being supported?" Is the invisible network of online groups you participate in holding you when you are falling into patterns of despair? Are your in-person friendships and family members sustaining you? What happens once you sign off from a Zoom meeting or when the internet is down in your home or office? Do you sit emotionally naked and raw below your waist? Are you entirely alone when your friends go on vacation? Does your spiritual condition grow new roots or does it wither? Would you be able to share your suffering with someone else and ask for help?

Take a connection inventory regularly. When and how do you feel most connected? During the isolation phases of the recent global pandemic, people relied heavily upon apps like Facetime and Whatsapp to



communicate. It is imprudent to think we will entirely go back to the old way of connecting now that the threat to our lives has diminished, but it is crucial to know people in your community and build face-to-face rapport.

This year, make it a priority to get to know your neighbors, the ones who can check on you after a windstorm when the power goes out or a tree collapses in your yard.

### DO SOMETHING YOU LOVE EVERY DAY

What do you love to do? What actions bring you joy and help you move forward in a state of flow and harmony? In my thirties, I was a successful chef and restaurateur. I began to notice that no matter what my mood was when I began my shift, the repetitive tasks of chopping onions, peeling garlic, and slicing carrots would alter my attitude. My competence as a cook brought joy to my customers and uplifted my spirits. Cooking saved my life.

I was fortunate to own and operate a restaurant during a stressful decade that included the death of my father, loss of a lover, violent mood swings, and a struggle to overcome addiction. I learned firsthand that depression left unattended robs us of our life force and can leave us feeling helpless and enervated. Depression sucks up the vitality we need for weaving purpose and meaning into our lives. Worldwide, depression is the leading cause of disability in the workforce, especially among women. According to the World Health Organization, one out of every twenty people experiences depression.<sup>2</sup> Suicide, which is one of the worst consequences of depression, because it is a permanent fix to a temporary situation, is the second leading cause for premature death among people aged ten to thirty-four.<sup>3</sup>

I believe it is essential that we develop better coping skills. From the shamanic perspective, we are in a time of a global dismemberment. *Dismemberment* is a rite of passage in which one system or person is essentially torn to pieces as part of a natural growth cycle. Just as branches are wrenched from a tree during a windstorm, human beings are occasionally cut down

by events. And like trees reach back for the sun, we reach up too and flourish, developing new strengths. Before we can move into a golden age of enlightenment, humanity must be broken down. That's how we can restore our essential nature, our fullest joy and human potential.

Right now, what no longer works in our civilization is being removed. In the grand scheme of things, we are mere blips on a pinhead. Once we put this into perspective, we can find our way through this divisive time, awake with the knowledge that dissolution will restore connection.

Ehécatl, the Aztec wind God of passion, oversees the mysteries of love. Use the following affirmation process to arouse Ehécatl if your plans have turned to ashes.

Begin by laughing, "Ha ha ha;" then say, "I am calling on Ehécatl, the divine wind of love and passion. Fuel my tender heart with your breath. Wind is a generous ally of caring. Love rides on the back of the wind. When I have love, I share my gifts to the world by offering them to the wind. Love reveals. The wind of love is within me. And so it is."

Repeat often. As you do, stretch your arms out from your heart to fully receive the gift of love. Feel Ehécatl's passion arise within the center of your being, and give Thanks.

### CREATE BETTER HABITS FOR YOUR SPIRITUAL PRACTICE

Somewhere in a box of personal artifacts, I found a crumpled, yellowing report I'd stashed away after a battery of mental health tests taken by a psychiatrist in my early thirties. Words and phrases, such as *borderline*, *manic depressive*, and *associative disorder*, leaped from the page. Three decades have passed since then and I am working in an addiction treatment center, awake, happy, on no medication, and living in the present moment. Back then, however, my disordered mental state was fueled by the stress of my driving ambition to become a famous chef.



Clang-bang went the door. I was broken, tired, and needed rest. A day or so went by and I awoke to the situation I had created. I found myself in a lockdown ward in a hospital that had a steel door with a square, wired-glass peephole in it separating us from the outside world, located at the end of a long corridor.

Is this where I belonged? Perhaps. My therapist offered me a choice of a twelve-step model recovery treatment center or time in a hospital. I opted for the latter as I wanted a doctor to help root out the cause of my debilitating mood swings. The trip to the hospital was auspicious. During the one and a half-hour flight from Syracuse to LaGuardia Airport, I was the only passenger on the large silver plane.

To this day, I believe God sent that jet my way. It was the beginning of my spiritual journey. Within months of being home from the hospital, I met an ayurvedic doctor and a shamanic teacher, discovered my passion for making art, and experienced a firewalk that opened me up. As a child, my mom sent me and my sister to weekly church services. Then, I endured a spiritual freeze cycle. As I thawed from my addiction and gained a deeper understanding of my mood swings and flows, I engaged in a twelve-step program, which was based in spiritual practices that I had lost.

I believe we need Spirit's help to balance our emotions. Boreas, the Cardinal North Wind of Spirit, balances the energy of Notus, the Cardinal South wind of Emotions. Spirit is the balancer of our emotional needs and desires.

In order to travel the road back to sanity, there were areas of my life that needed weeding and tending, including my honesty, spiritual outlook, lack of tolerance of others, lack of forgiveness, and greed. I have learned that weeds grow in the garden of my mind and heart whenever I get out of alignment energetically. Now, a personal inventory is always my starting point for balancing my emotional health. Once I find the issue, I call to the Latvian wind Mother to help me achieve clarity and calm.

### References:

1. WindWork® term to describe an invisible swirling field of energy that keeps the human spirit embodied and grounded to the earth plane, see exercise below.
2. Fact sheet. "Depression" (September 13, 2021), <https://www.who.int/news-room/fact-sheets/detail/depression>.

## A RITUAL FOR CLEARING ENERGY TO FIND YOUR SPIN-AXIS

Wind Washing is nature's supreme cleanser that effortlessly strips away all excess energy from your body's energetic field. It can be done virtually anywhere: in the privacy of your home or outdoors in the elements, especially on windy days, for faster results. As you inhale, invoke the Latvian wind Mother, Vēja Māte, for comfort and divine intervention. She arrives as a gentle, emanating force that stimulates, expands, and nurtures your creativity. Her cleansing wind washes over you like a gentle spring rain on a warm afternoon.

Stand with your knees slightly bent with arms extended down by your sides. Face the wind (real or imagined). As the wind begins to blow, whether gently or forcefully, visualize it unwinding and releasing tension from your body. Pay close attention to places in your body where you notice things like anger, fear, sadness, or worry. Feel the wind capture these negative energies and carry them off into the sky. *Whoosh!*

Take it deeper and connect with your spin-axis. As you feel the wind unwinding, spin counterclockwise. Stop before you feel dizzy, and when everything feels like it is unwinding naturally. Call to Vēja Māte to help find the place where the spin stops. Tap into this silence and slowly rewind facing each direction, while thanking Vēja Māte for her help.

One final idea I'd like to share. If you experience ongoing periods of anxiety, listlessness, and depression in your life, I encourage you to seek professional help. And if you are in extreme distress, pick up that heavy phone and call or text the free 988 Suicide and Crisis Lifeline to speak to a volunteer counselor. €



Learn more about author Renee Beribeau, visit [www.ThePracticalShaman.com](http://www.ThePracticalShaman.com)

3. Provisional Numbers and Rates of Suicide by Month and Demographic Characteristics: United States, 2021
4. Sally C. Curtin, M.A., Division of Vital Statistics; Matthew F. Garnett, M.P.H., Division of Analysis and Epidemiology; and Farida B. Ahmad, M.P.H., Division of Vital Statistics



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## TECHNIQUES IN ENERGY MEDICINE

# Tapping to Heal the Root of Illness

David Fienstein and Shanitni Rajah

**T**he most common question we get is this:  
*“What is my soul’s purpose in this lifetime, this journey?”*

Over 2,000 years ago, Aristotle said, “Body and soul respond to one another in sympathy.” His poetic observation probably arose from the fact that physicians of ancient Greece believed the life of the spirit is somehow intertwined with the state of the body and that emotional balance is a crucial influencer in health.

Although Western medicine has long grappled with connecting the mind and emotions in treating illness, significant, positive breakthroughs have been made in recent years. This is particularly true when it comes to a mind-body intervention that appears to have special strengths in its ability to address psychological factors in illness.

Energy psychology is proving to be a highly effective approach to overcoming difficult emotions and unhelpful beliefs *without* a long course of psychotherapy.

### TIME-HONORED HEALING MEETS CONTEMPORARY PSYCHOLOGY

Energy psychology is essentially a hybrid discipline that combines practices from time-honored healing traditions, such as acupuncture, with concepts and techniques drawn from contemporary psychology. The most well-known energy psychology formulations are the Emotional Freedom Techniques (EFT) and Thought Field Therapy (TFT), which are popularly known as “tapping.”



The approach generally involves tapping on a sequence of selected acupuncture points (acupoints) while the individual doing the tapping spontaneously states emotionally-evocative, personally-relevant phrases. In a clinical setting, the phrases are presented by the therapist and repeated by the client.

The core principle behind tapping on acupoints has to do with sending activating or deactivating signals to specific brain areas that the spoken phrases have aroused. Deactivating signals can, for instance, diminish the brain's threat response, while activating signals can enhance planning and stress management capacities.

Three paths for using energy psychology to address physical illness include: managing challenging mental states; working with emotions that contribute to illness; and tuning into inner resources to promote healing.

## PATH #1: MANAGING CHALLENGING MENTAL STATES

Imagine you (or someone you love) is diagnosed with a severe illness. How would you feel? You're likely to experience fear, anxiety, uncertainty, insecurity, and disorientation. You might even find yourself in "denial" as you attempt to cope with the distressing diagnosis.

While denial can be a helpful way to give yourself time to adjust, it also creates an internal conflict. Where there is an internal conflict, the conflict itself may become a source of internal distress. If you are the one who happens to have received the disturbing diagnosis, you might find your denial resulting in your avoiding or ignoring recommended changes in your diet and lifestyle that are likely to advance your healing.

The general approach around dealing with an internal conflict within energy psychology is to acknowledge, accept, and recognize the positive intention of both sides of the conflict. As an example, a phrase that could be paired with your acupoint tapping session might be:

*"Even though I hear the diagnosis,  
I don't want to believe it."*

This phrase can validate the external reality of dealing with a severe illness (even though I hear the diagnosis) and the contradictory emotional reality that it has generated (I don't want to believe it).

The problem with internal conflicts – also known as "psychological reversals" – is that they often lead to the reverse of what you are intending. This means that if your underlying desire not to believe the diagnosis goes unattended, it can undermine your conscious intention to heal.

The good news is that tapping on statements which acknowledge both sides of a psychological reversal seems to create a positive shift. For instance:

*"Even though I love being taken care of,  
I want to get better."*

Both sides can be put into a single statement in that basic format, or such conflicting statements might alternate with subsequent tapping points such as:

*"I don't have to cook as long as I'm sick."*

*"I long to be independent again."*

*"Part of me doesn't want to go back to work."*

*"I'm supporting my body as it heals."*

While different brain mechanisms are activated by different types of statements, the guiding assumption is that the body is geared toward healing. Tapping statements are generally created with that as an underlying framework.

## PATH #2: WORKING WITH EMOTIONS THAT CONTRIBUTE TO ILLNESS

The acupoint tapping used in energy psychology protocols is able to focus on the connections among thoughts, emotions, and somatic (physical) experiences and events. Working at the somatic level often uncovers deeper psychological issues that might have been factors in the development of the illness in the first place.

Symptoms such as pain, tension, and physical discom-



fort are somatic signals that can not only be regulated with acupoint tapping; they can serve as windows into an individual's history.

Simply asking, "What was happening in your life when your symptoms first appeared" may reveal a treasure trove of insights. Answers such as "That was right after my mother died" or "I had lost my job, and my marriage was breaking up" are not unusual. Tapping while keeping these memories active seems to reduce their emotional power as obstacles to overcoming the illness.

Other questions that can be used in this context include:

*"If an emotion were associated with this illness, what might it be?"*

*"If a belief contributes to this illness, what might it be?"*

*"What are these symptoms telling you about your life?"*

*"If these symptoms reminded you of something in your family, what might that be?"*

Responses to these questions can then be used to formulate phrases for subsequent rounds of tapping. In a clinical environment, a therapist can guide the patient to acknowledge, attune to, and tap on relevant cognitions, emotions, images, and sensations that arise during the tapping session.

### PATH #3: TUNING INTO INNER RESOURCES TO PROMOTE HEALING

Tapping while visualizing scenarios that focus on an obstacle to changing an undesirable mental habit or behavior pattern sends deactivating signals to the areas of the brain that are maintaining the pattern.

For instance, imagine you're at the end of your workday. You have had dinner. Your body is restless. You have the choice of lounging on the couch in front of the TV or doing a 20-minute yoga routine.

Visualizing yourself choosing the yoga routine, making statements about how much you are enjoying it,

and sensing the good feelings after the stretching, all while tapping, can embed the imagery, sensations, and the statements' meanings into the nervous system (like hypnotic suggestions), but more powerfully than imagery and verbal affirmations alone.

### PAULINE'S ASTOUNDING RECOVERY

Clinical trials have shown that tapping treatments have helped patients achieve modest to significant improvements in emotional difficulties, as well as physical symptoms across a range of illnesses such as fibromyalgia, the side effects of chemotherapy, tension headaches, and blood sugar control in diabetes.

Acupoint tapping protocols have also positively impacted patients with Alzheimer's, cancer, chronic obstructive pulmonary disease, Crohn's, Huntington's, Lyme's, Parkinson's, and even Hodgkin's disease, as in the case of a patient called Pauline.

Pauline had been diagnosed with Hodgkin's disease and a brain tumor 3 years before seeking energy psychology sessions from EFT practitioner Pascale Lutz. Chemotherapy to reduce Pauline's brain tumor was proving ineffective. At 38, with 2 young children, she had been told to "put her affairs in order."

Over the next 10 months, Pauline had 20 sessions with Lutz. Some of the wordings Lutz had Pauline use during the first round of self-administered tapping on acupoints included:

*"Even though I have this pain in my right side that cuts like a knife, I deeply and completely love and accept myself."*

Over the next 9 months, the sessions produced noticeable progress (as well as a few painful setbacks). 10 months after the first session, Lutz relates that Pauline said, "the doctors can't believe the results, which are 65% better than what they expected."

*Eleven long years* after their initial session, which followed Pauline having just been told she had 6 to 18 months to live, Lutz responded to our inquiry: "Pauline is alive and kicking as we speak, and it is

wonderful to see. We are still in touch. She says EFT has literally saved her life” (e-mail communication, December 3, 2020).

Of course, not every patient responds as rapidly and dramatically as Pauline, and not every cancer patient who is treated with an energy psychology approach recovers, but systematic clinical trials and case studies suggest that tapping can have a powerfully strong positive impact on the course of an illness. €

Learn more about authors David Fienstein and Shanitni Rajah, visit [www.EdenMethod.com](http://www.EdenMethod.com)

### How to Get Access to the Full Paper

This article is based on the research and discussion from clinical psychologist and leading expert on Energy Psychology, David Feinstein, Ph.D. The original paper is entitled “Applications of Energy Psychology in Addressing the Psychological Roots of Illness.”

The full paper is published in the journal, OBM Integrative and Complementary Medicine, and includes details on beneficial phrases and examples around the 3 effective paths to working with tapping protocols. The full paper can be found [here](https://edenmethod.com/wp-content/uploads/2021/08/EP-Psychological-Roots-of-Illness.pdf). (https://edenmethod.com/wp-content/uploads/2021/08/EP-Psychological-Roots-of-Illness.pdf)



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Merrill Page

It's May in the northern hemisphere, and the element of fire is on rise outside and in. On a physical level, fire is responsible for digestion and circulation. On an emotional level, passion and excitement. On a mental level fire is the element of transmutation and alchemy, and will help us convert thoughts and break through mental patterns when it's time to embark upon new ground.

We can balance how fire works in our bodies and in our lives with some attention to what we eat and how we eat it. There are foods that stimulate heat in our systems, such as spicy foods, chiles, ginger, and cinnamon. And there are foods that temper it, like dairy, cucumber, and melon. Your needs will depend on your personal constitution and internal climate, as well as what's going on in the environment around you.

Cool yourself off with refreshing fruits and juices in season, mint tea or bitters. This recipe is one of my favorite ways to get through a giant watermelon and fold fruit into lunch or dinner. The tangy accent of feta cheese surprises the palette with flavor, texture, density and weight, which not only transforms how I think about food and combining flavors, but grounds and nourishes me.

 Learn more about author Merrill Page at: [www.MerrillPage.com](http://www.MerrillPage.com).

### WATERMELON, FETA, MINT SALAD WITH SPICY CHILE VINEGAR

3-4 cups of watermelon cut into cubes  
3/4 cup feta cut into cubes  
Handful of mint washed, dried and removed from stems  
1-1.5 tbsp of your favorite spicy vinegar

(We like a Chile vinegar from local Sol Food Restaurant, but if that's not available I use seasoned rice wine and chop a serrano or a jalapeno pepper into the recipe)

Combine and toss. Enjoy with a corn tortilla and cocktail!



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# *From Head to Heart*



*Make sure you celebrate You in all moments.  
Whether you are feeling fantastic or feeling a bit stressed,  
you are still recognizing yourself.*

Wanda Davis

**H**ow do you stay in tune with your own mental and emotional health? While mental health is about the ability to process information and emotional health refers to the ability to express feelings, these two areas are intertwined. It truly is a journey of ups and downs as each person navigates through life experiences; it is important to be compassionate with oneself and one another. We try to be empathic, however, no one else can really understand your situation except yourself.

In my children's book, called *From Head to Heart*, the young girl is bullied, and she decides to withdraw behind her imaginary wall and bury her feelings. Gwen tries to control life through her head but is no longer expressing her emotions and things go dull around her. One big lesson in the book is about asking for help and, in this case, the young girl is able to take down her wall with a little help, and live life through her heart. The understanding that this may be difficult is another lesson along the way. (This children's book really does have lessons for all ages.) One will run into issues if they use their mind to bury emotions. Not allowing yourself to feel the emotions will leave you feeling empty. Granted you may need to learn HOW to express emotions, but it is all a learning process. Learning to be compassionate towards one's self may take time, and forgiving yourself along the way for reacting rather than responding, will help with your emotional health.

The story of *From Head to Heart* starts out as my own story. As a child of about 6 years old I was so upset about being bullied, I remember deciding to build the wall around myself so that I would no longer feel hurt. And I definitely lived in my head by trying to control situations in my life, always having plan B and C as back ups. I lived in my head by learning and studying and tried to figure out life from a book. It took decades to understand how this behaviour was not beneficial to me and my health. And I mean mental and emotional health, as well as my physical health.

When I opened myself up to learning about energy work (I was truly a left brained scientist who became a Reiki Master/Teacher), I was able to understand the clarity of the present moment without having to have a plan for it. I learned how to respond better emotionally and how to have more healthy boundaries. In the act of opening my heart I allowed myself to process emotions rather than shove them back down. Using energy to work with emotions aids in releasing those emotions when it is time. I learned how to respond better to emotional situations in a more compassionate way.

With this understanding of better managing mental and emotional health comes spiritual health and well-being. With better connection to self and others, we feel the connection to the bigger source of wonder.



We start to ask more questions, rather than decide that we have the answers.

Let's go back to the original question: *How do you stay in tune with your own mental and emotional health?*

First, I would advise you to not let your mind control everything. Yes, this is difficult for most of us. Your mind will always be on alert for danger and will try to find the "safest" way, but in reality, it is most likely operating on old fight and flight pathways. Anxiety and mental stress are a result of the mind overworking. Your mind is not necessarily working with your best interests at heart. Your heart is better to be able to lead you to what is best for you. Ask questions from your heart and see how the answers make you feel. One lesson that I've learned is about feeling the emotion, wherever it may be in the body, and then breathing into that space and allowing the emotion to tell me what it needs. Your mind is best used to pick up on those pieces of information out there but allow your heart to "analyze" and sit with things rather than your mind. Allowing the emotions, feeling the emotions, being with them and processing them, are all part of the journey. And sometimes this is not easy. When the going gets tough, ask for support - whether it is from a friend, family, a trusted mentor, or a therapist.

Next: be more aware of when your mind starts going on fear repeat or gets stuck in a loop. Awareness is the first step to reining in a runaway brain. Breathing is not only necessary for life, but steady calm breaths help one become more grounded and centred. Bringing in a positive emotion, such as gratitude, during these deep breaths will switch the energy. Figure out the best way for you to be in a state of relaxation.

And what better way to be in the present moment than to be out in nature? Spend time outside in all seasons. Go to areas of nature that feel good to you. This could be a wooded area or at the shore of a body of water. Relax and use all your senses to take in your favorite spot. Being in nature helped Gwen in the book to live through her heart.

Let's recap what living through your heart looks like:

- Don't control things by using your mind and pushing emotions away.
- Practice sitting with thoughts and emotions and be in allowance of them, learning what they are able to tell you.
- Be more heart-centred by relaxing into the present moment, allowing your heart to guide your decisions, and opening your heart to more love and joy.

You will be able to love yourself more, be more compassionate with yourself, and be full of gratitude. In these ways you can be more authentically you, not someone you created with your mind.

Make sure you celebrate You in all moments. Whether you are feeling fantastic or feeling a bit stressed, you are still recognizing yourself. As you learn to live through your heart, just like Gwen, you will be more in tune with your mental and emotional health. Be You! €

 Author Wanda Davis can be reached at <https://wandadavis.ca>



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The Path to  
*Nurture* a  
Compassionate Heart



*Life has a way of reminding us over and over that the true gift of life happens on the path of personal transformation. The thing is, no road is the same, but all roads with devotion and intention lead to the heart.*

Holly Wilmeth

**T**here have been times where I've caught myself forgetting that personal growth is about the journey, not the destination. It's not something we write down on our to-do list, like "accept others for who they are," or "practice compassion," - *check*. Instead, life has a way of reminding us over and over that the true gift of life happens on the path of personal transformation. The thing is, no road is the same, but all roads with devotion and intention lead to the heart. Compassion is not a state or a feeling but a way of engaging with this fragile and unpredictable world. Nurturing courage, balance, patience, and wisdom enable us to care for ourselves and others.

Over the last decade, I've practiced living as closely as I can to the rhythm of the seasons of the earth. In the springtime, when all the buds are out patiently waiting for the winds to warm, I embrace rebirth, new possibilities, and hope. The summertime calls in the energy of abundance, chaos, and wildness. That feeling of expansiveness and feeling fully alive. The colder winds of the fall remind me to plant the seeds I know will bloom in the spring, a reminder of slowing down and preparing for the cold, dark, winter nights. Winter holds its own magic too, a sacred pause that gives space to go inward and take stock of what I've

learned and have yet to let go of. This is a practice of devotion to and with nature as my guide and ally, a path to nurture the compassionate heart. Don't be fooled, my life is not always serene and magical; on the contrary, it's like the ocean, turbulent and still. The practice comes for me in learning how to relax into all the seasons, all the waves, for they each bring their own wisdom.

What does it mean to have nature as my ally, friend, guide, companion, and teacher?

Well, that's a pretty good question. There was a time in my life where nature was something I was in, but from a removed and separate place. I always felt something stirring inside, but I didn't really know what it meant. I was only beginning my journey of becoming aware of our interconnectedness to all of life, human and nonhuman. The gift of this dance comes in forging the bonds that become the foundation for a sacred relationship of reciprocity. In Mexico, where I live part-time, the landscape is surrounded by the agave plant. Near the end of her life, the agave shoots up a tall, branched stalk filled with yellow flowers that reach a total height of twenty-five to thirty feet. This is the magnificent quitoe flower. She is a reminder that maturity



develops through wisdom and patience. She helps bring understanding of the cycles of life, growth, and death through her own cycles. When you see her, she is a sweet reminder that perhaps you are ready to integrate important parts of yourself, to accept your role in healing the wounds of the feminine lineage in your life, and to accept more responsibility and grace around your own process of growing up.

My journey of self-growth has been accompanied by my growing love for the earth. Many of us hold a sweet memory from our childhood that is about a connection with nature, be it a special tree we climbed, a flower that always grew close to our home, or a walk in the woods. These childhood memories are forged into our being, and nature desires us to rekindle that spark.

For me, these memories of my deep love to nature were reawakened while spending a winter healing my body, soul, and mind on the coast of Oaxaca. The whales, dolphins, turtles, and flying manta rays that I saw everyday brought me back home to that place of interconnectedness. Watching every sunrise and sunset for three months, tuning in to all sounds, smells, and life around me, allowed me to ground in my body and awaken my senses. I nourished myself and made art.

One flower that has been coming up for me recently in dreams is night-blooming cereus, which calls in the energy of hope. It's a climbing, vine-like cactus flower that blooms for a single night in June or July during the full moon. It's Latin *Selenicereus* comes from *selene*, the Greek word for "moon." There are different interpretations for this flower essence, but if we are calling in the energy of hope, it's a flower that helps overcome fear, living in the past, and the inability to let go, particularly of sadness and grief. Night-blooming cereus is a reminder through hope that what life gives us helps us learn and grow. Her bloom is a sweet symbolism that in the darkness, life is full of mysteries, and right when you feel things will never change, your heart bursts open to receive the sweetness of life.

My latest project, *Sacred Nature Oracle*, started developing playfully with my son as we noticed what was blooming around us, from bougainvilleas to jacarandas and magnolias. Even my husband was playing the game, and it was fun. This playful curiosity led to wanting to learn the medicinal uses for the plants we were seeing and to understanding their stories. In many ways, *Sacred Nature Oracle* is a diary of my life, a journey that my husband, son, myself, and our friends embarked on together. The deck can be used as a tool for reflection, sacred pause, and seeing how all of life is interconnected. It can be used in any way desired, from just enjoying the photograph to reading about the medicinal properties of the flower or to an interpretation that might open a doorway into going deeper on our personal path. It's a tool for compassionate living.

I'd like to end by mentioning the borage flower, which calls in the energy of courage. Her flowers and leaves have been used medicinally for centuries, and in a more mystical sense, borage was used in magic to bring peace and tranquility to a home. As a flower essence, borage is here to bring us courage when we are "dis-couraged" by the setbacks, stresses, or burdens of this time. Borage's beautiful, blue starry flowers lighten our heaviness and remind us that our circumstances may not change as quickly as we want, but our hearts can. This plant teacher shows us that the roots of courage thrive in soils of faith that are the underlying foundations of life.

"When you learn to love yourself as you love not only the stars but the mountains, the trees, and the waves of the sea, a courage born from faith in nature grounds you in your body, raises your spirit, and sets you on the path toward meeting the many challenges of life with vigor and joy."—Scott Kloos, *Sacred Nature Oracle* €



Learn more about author Holly Wilmeth at [www.HollyWilmeth.com](http://www.HollyWilmeth.com)



# Energetic Practice

Elena Litvack

## Energy Report:

*"There is a river flowing now very fast...  
...Know the river has its destination.*

*The elders say we must let go of the shore, push off into the  
middle of the river,*

*Keep our eyes open, and our heads above the water.  
And I say, see who is in there with you and celebrate."*

Message from the Hopi Elders, Songs of the Earth  
Soren Friboe+Majbritte Ulrikkeholm

The theme for this summer is rebalancing and reorienting. It's all about finding and redefining our zero point.

Zero point is the point on a scale that denotes zero, and from which positive and negative readings can be made. It's also the point from which progress can be charted. It is your midline, creative center, and home base.

Before we can chart our course, we must first orient and know where we want to go.

The two constant questions for us now are: Where am I? Where do I want to be?

From here, we chart our course and in this new reality, the straight line is not always the best or shortest route. The journey is anything but linear. Keep your inner compass handy and intuition on.

Once we are radically honest with ourselves, we know what to do and how to get there. It's a process, or rather a road made of many, many small steps.

The practice in the coming months will be to keep finding our zero point balance amidst massive tectonic shifts, and make small but meaningful steps towards our desired destinations.

The challenge is to continue to adapt and keep finding new ways to come back to inner balance.

How to best navigate this environment?

The world is operating at ever increasing speed so remember to take your time!

Distractions are everywhere, be mindful to discern and weed out that which depletes your energy and distracts you. Give your time and efforts only to what feeds you and keeps you centered.

Focus on taking quality time for yourself to recharge and practice coming back to your midline often.

Maintain and continue to renegotiate healthy boundaries. As we all get to know ourselves better, our relationships will shift. Some connections will deepen, some will fall away.

What does this mean for your practice:

Take nothing personally: as the world is shifting, your patients and your focus may change. Some clients may no longer find you relevant, while new clients will be attracted to what you offer.

Step away from the mindset of helping others and focus on empowering them instead.

Practice effortlessness: Think how you can get the greatest return from minimal energy output.


When moving through any times of uncertainty and transformation on such a level, the Buddhist proverb: "Chop Wood Carry Water" is a great way to proceed. Focus on the small, doable and comforting tasks of the everyday. Let go of expectations and certainty.

Skills to master for the coming months:

Centering

Equanimity

Creativity

Holding space 



Learn more about author Elena Litvack by visiting: [www.MyCoherentHealth.com](http://www.MyCoherentHealth.com)

# Binaural Beats to Ease Anxiety



Elizabeth W. Krasnoff, PhD


**A**nxiety is the most widespread form of mental illness in the U.S. Each year, more than 40 million adults (18.1% of the American population), suffer from an anxiety disorder. Although treatment is available for anxiety, just 36.9% of sufferers receive care. Anxiety has a negative effect on overall health; persons with anxiety are nearly five times more likely to require medical care and six times more likely to require hospitalization in a psychiatric facility. Although genetics play a role in developing an anxiety disorder, brain chemistry and life circumstances also contribute to the problem.


Anxiety and depression often occur together. Persons with an anxiety disorder are likely to also suffer from depression as well. Women are nearly twice as likely to develop anxiety than men. Around fifty percent of persons diagnosed with anxiety also experience

symptoms of depression. Anxiety disorders come in several forms. The most common form, General Anxiety Disorder, currently affects 6.8 million adults, or 3.1% of the U.S. population. Yet less than half of sufferers receive treatment. Panic Disorder is another anxiety disorder; it affects around 6 million adults and women are twice as likely to be affected than men. Approximately 15 million Americans develop Social Anxiety Disorder. Unlike Panic Disorder and General Anxiety Disorder, Social Anxiety Disorder affects men and women equally. The disorder usually starts in the early teens, and persons with this type of anxiety usually delay seeking treatment for 10 years or more.

If you suffer from anxiety, you can use music and sound to ease it. The human brain is so sensitive to sounds that you can use music and sound to find relief from feelings of overwhelm. Try singing. Clinical research shows that singing can help a person

suffering from distress to find relief by expressing their emotions. Your own voice can be a powerful tool for healing emotional pain. Listening to music may also help. Start by making playlists of sounds and music that you like. You can also visit a music therapist to help you use sound to lift your frequency out of anxiety and into feelings of peace and serenity.

Recordings of natural sounds such as rain, waves, wind, and waterfalls can help as well. Research shows that listening to nature sounds can reduce blood pressure and increase feelings of calm. There are many free recordings of nature sounds on the internet. Apps such as Headspace and White Noise provide a broad range of sounds to induce tranquility, including nature sounds, rain sounds, thunder, and birds. Insight Timer is a free meditation app that can be used to find moments of calm. You can also use binaural beats technology to relieve anxiety. There are 5 different brainwave states, and you can choose the brainwave state that you want to experience by using binaural beats tones. Binaural beats have been tested in clinical conditions and the alpha and theta formulas have been shown to be effective for relieving anxiety. 

 Learn more about author Elizabeth Krasnoff by visiting her website at:  
[www.sound-medicine.com](http://www.sound-medicine.com)

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## WORKING WITH SPECIFIC NEEDS

# My Journey and Experience with Distance Healing

Arielle Brannon

**D**istance healing is a way to reach our dear spirits who are in need of spiritual support. This can be done through a wide variety of methods; crystals in chakra balancing, crystal grids, prayer, and other forms which are shared and in many cultures throughout the world. As a newly certified crystal practitioner, I was taught very well by special coaches who explained that energy is not bound by space, time, or location. It transcends through all of this, and with the strength of various forms of energy sensing. We as crystal healers can make a difference in the lives of many people and animals, no matter where they are on this planet.

There are many reasons why distance healing could be more accommodating to certain souls. Many animals and people struggle with a variety of forms of disability which could affect their mobility as well as comfortability, such as having a certain form of mental impairment that could impact socialization.

Healers might find a client who is interested in their work, but have rules in their culture that disapprove of certain kinds of physical contact with the opposite gender. With animals, though crystal therapy sessions typically do not take as long as with humans, the animal could be struggling with a violent part of their character that has become problematic due to a traumatic past.

The value that distance healing brings to our metaphysical world is beneficial for those who want to experience a healer's touch, even if they are far from them. It also permits the healer and client to connect on a stronger spiritual frequency with the deep, meditative concentration. Distance healing may be very effective when done for someone who is in critical condition (with the permission of a loved one). It may even be utilized on a certain part of the world that is in need of healing.



A healer should always take into consideration how to properly prepare for a distance session. Ensure you receive permission from the person you're healing. If any emergent situation arises where the individual is unable to communicate, request permission from a family member.

Always make sure you have a proper proxy, such as a sheet, doll, or even a yoga mat. As long as you have an item to use to represent the physical place of your client, this is what will be used to guide whichever energy healing modality you work with.

It is very important to build proper rapport with your client so that you can provide them with the knowledge you have regarding the type of therapy you will be performing. A picture of the client in a healthy and happy state, along with some meditation music could help soothe healers while working from a distance. I personally enjoyed using these methods during my distance sessions.

Distance healing is an amazing form of therapy because it allows you to concentrate on your work in your sacred place of physical, spiritual, and mental comfort. There is less pressure to worry about the comfort of your client right in front of you; focus is instead emphasized on the divine connection you were able to create with them from a distance through profound meditation.

One of my most memorable and proud moments while distance crystal healing came from a very special client: my father. He has experienced a variety of different holistic therapies and was very impressed with how I approached his healing. At the time, I was visiting my fiancé in Lima, Peru for Christmas and decided to do a session on my father, who was in Conneaut, Ohio (which is over 3,000 miles away) as a practice client for my practitioner certification. I made sure to follow through with an intake form before we began. I then explained the seven main chakras and what they govern in the body and spirit.

Whether I was in Peru or back in Nashville, TN, this

would have still been a distant healing session, as my father does not have the flexibility to visit every single holiday. With his supportive cooperation, this experience opened his eyes to a higher level of appreciation.

Though my father didn't often share his complaints with me, as his daughter I knew of certain ailments that he has had a difficult time with during his life. I was able to use certain crystals that revealed themselves to be strong choices through the result at the end of our session. My father admitted that he has not usually been known to have a "sweet" type of personality, but rather more reserved emotionally. He also mentioned that he had been struggling with headaches related to sinus congestion, as well as some knee pain.

This was confirmed when I did my complete chakra sensing with my hands. I could feel that his sacral chakra was imbalanced which is also known as "Svadhithana" which means "sweet and sacred vessel" in Sanskrit. This chakra governs the lower part of the body and is also known for controlling emotions. The crown chakra was the other chakra that appeared to be imbalanced at the time. This chakra in Sanskrit is called "Sahasrara," which means "thousand-fold." This chakra is known for spiritually governing divine connection, instant and inner knowing. My father was hesitant, thinking that this may not have an impact on him at all.

However, after falling into a deep relaxed state with my guidance through audio messages and mediation music, he had an interesting spiritual experience.

I did a full chakra balancing on my father and was right on point with the stones I chose to work with to accomplish the healing that he needed. He expressed to me that he felt a positive vibration throughout his lower body, as well as a heavy pressure that was lifted from his head. (He felt this same thing the day after as well.) I was thrilled (and relieved) to hear his feedback! The chakras he needed balanced were the areas I worked on most, and controlled those areas



where he felt the positive sensations. This was one of my very first crystal therapy sessions - and it was done from a distance across the world. It gave me such a huge confidence boost in my ability to sense energy with intuition and grant aid from my crystals. This session inspired my father spiritually, giving me an overwhelming feeling of joy.


I used two different forms of energy sensing during this session. With my moonstone wand I directed pure white light in cycles from my father's earth star chakra and crown chakra, as well as felt for balanced and imbalanced sensations over each chakra. After noting what I felt, I used the stones that I chose along with single terminated quartz points as amplifying crystals for those chakras that needed a little more work. Once the chakras were energized and stones were removed, I checked the state of his chakras with my pendulum. This confirmed that all was well and balanced. (This might not be the case for all clients; sometimes chakras can be difficult to balance the first time around; it just means that they need to be worked on over a longer period.)

It always helps to layer your healing work with other tools to help amplify the overall session. One of the other tools I used were essential oils. I used some pure lemon and lavender essential oils and hovered my hands over each chakra. There are other forms of layering work you can use, such as crystal singing bowls which can provide chakras with their particular note, heard at a certain frequency. Colored light that matches each chakra offers support as well.

The art of distance healing has given me an unforgettable healing experience - and it is the best feeling to hear that it made an impact on your client's spirit and physical health. Healing comes in all forms, just like all the creations on our dear Mother Earth.

It also shows you the capability of the energy of two spirits over a long distance, and the strong and inspirational impact it creates. Like I mentioned in the beginning, souls come in all forms and that's what makes us unique. This form of therapy could truly

benefit those who are homebound due to certain physical and mental disabilities, emotional sensitivity, and even certain personality disorders. Spiritual healers are becoming noticed with a lot of respect and faith in our modern world. I am extremely grateful for the amazing coaches that guided me in the Certified Crystal Practitioner and Advanced Crystal Master programs that I was a part of through Hibiscus Moon; I could not be prouder to be a part of this healing community. €

 Learn more about author Arielle Brannon or find the perfect gift at her [Etsy Shop](#).



## The Heart in You

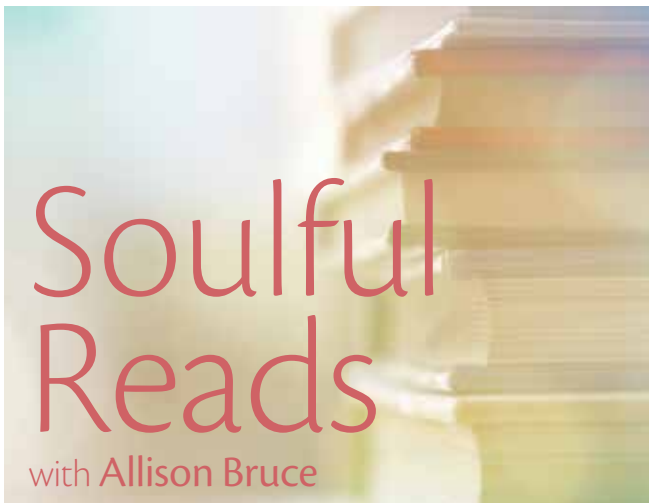
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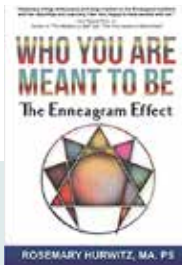
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Happy Spring, Readers! I hope these book selections, both new and older releases, help you better understand yourself, your dreams, and your choices on your compassionate journey. Please visit my website to read author Q&As, too. Joyful reading to you!



**Who You Are Meant To Be: The Enneagram Effect**

By Rosemary Hurwitz

*The Wellness Map shows us that when we choose to be in a place of inner safety and security, we are closer to our authentic self and more connected to our essence in Spirit.*

Prior to reading *Who You Are Meant To Be*, I had only heard the term Enneagram mentioned. This book is a wonderful education on Enneagram. The author, Rosemary Hurwitz, initially writes about the system at a high level, and then goes on to describe the nine Enneagram types including each type's strengths and challenges, emotional passions, area of avoidance, and wellness map. The book helped me better understand myself, as well as the personality of someone close to me. After reading, I can see myself in a more empowered light and with softer eyes. My shadow work is more clear and less daunting. Another takeaway is a joyful perspective on relationships.

*... The Enneagram gives you practical ways to gain consciousness and make a resourceful choice.*



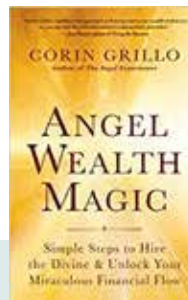
**The Untethered Soul: The Journey Beyond Self**

By Michael A. Singer

*The noise, the fear, the confusion, the constant changing of these inner energies - it can all stop. ... You can let go of what you are clinging to and not play this game.*

I re-read *The Untethered Soul* for this column because some signs were illuminating it as a good classic staple book. I read *The Untethered Soul* from a different perspective the second time around. The biggest takeaway gained is a reminder to let go and free myself when I feel caught in the waves, to be the observer. I've been struggling with my energy level and the overarching message in the book is helpful. Choosing to take the seat of conscious awareness can be a lighter route.

*But what about you, the one who is holding the facade together? Nobody gets near that one. That's just too scary. That one is too far back there to deal with.*



**Angel Wealth Magic: Simple Steps to Hire the Divine & Unlock Your Miraculous Financial Flow**

By Corin Grillo

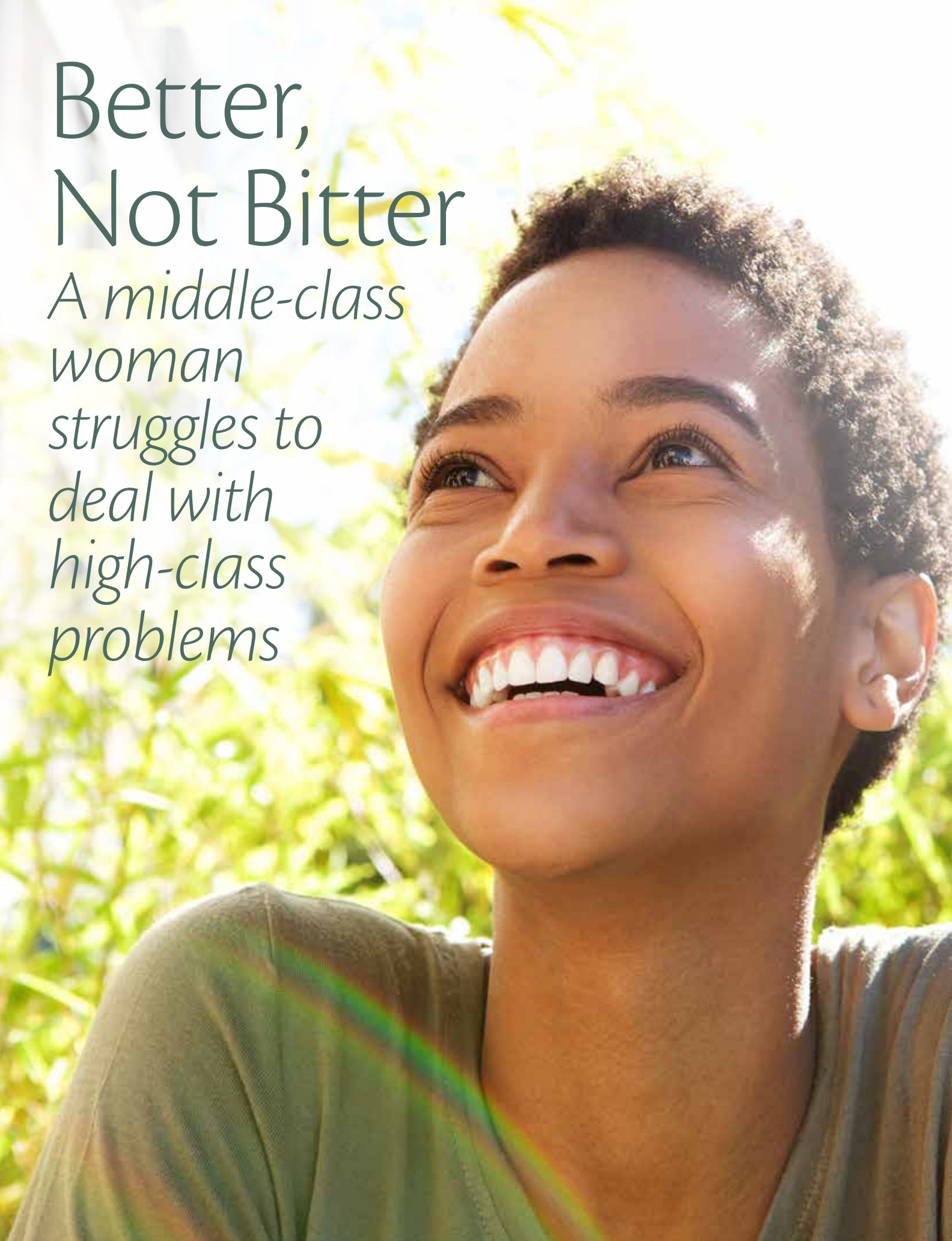
*Keep speaking with them (angels). You are never alone, and the more you communicate with them, the more you will experience this as truth.*

*Angel Wealth Magic* is about focusing on financial aims, releasing blocks, and drawing on the power of spirit to manifest your dreams. What I found most helpful was Corin's 11-Day Wealth Ritual that includes short invocations and meditations. At the end of the eleven days, I felt more confident in myself, more committed to acquiring wealth, and worthier. An unexpected and interesting element of the book is an education in ancient wealth angels and allies that support the journey. I have not read about angels, and from the perspective of an author, it reminded me that we are all gifted with unique insights.

*Many of these angels and allies have been called upon by mystics and magicians for centuries to not simply attract cash but also to create the proper mental and emotional states to inspire them to turn their biggest dreams into realities. €*

# Better, Not Bitter

*A middle-class  
woman  
struggles to  
deal with  
high-class  
problems*



*What differentiates us isn't what we have or don't have in the material world, but our ability to be grateful for our lives, no matter what we've got. In fact, no life is devoid of problems ... and having problems is proof that life is in session.*

Kelly Sullivan Walden

Award-Winning Dream Expert and Author of *A Crisis Is a Terrible Thing to Waste*

**W**hen asked why I wrote, *A Crisis Is a Terrible Thing to Waste*, I say, "It's the book I wish I had when I was dog-paddling through my own crises.

My hope is that it will inspire readers to become better (not bitter) regarding how they perceive their challenges, so they can *sage* while they *age*." What I also mean to say, but I didn't, is what a friend once told me, "... so we don't become the kind of people whose entire reason for living is to show us how *not* to live."

The seedlings of these thoughts first blossomed in my awareness years ago while attending a newish friend's soiree at her opulent penthouse, overlooking the dazzling Atlantic Ocean. I couldn't help but compare her McMansion to my shabby chic (with an emphasis on the shabby) mountain abode.

I felt like a straw-chewing, cut-off-jean-shorts-wearing hick who ambled onto the set of a real housewife show. As I tried to relax on a plush setae, I listened to one of the ladies of leisure complain about how "There's just no good help these days."

Another whined, "I hate having to buy a new dress for every black-tie gala we attend." The tipsy one seated next to me slurred into her martini, "I'm *exhausted* having to juggle the schedule of our bookkeeper, housekeeper, groundskeeper, chefs, maids, dog-walkers, yoga instructors, nannies, masseurs, and chauffeurs. I'm *desperate* for a spa day."

I nodded my head in mock sympathy while nibbling on a jumbo prawn, envisioning how I might stash a handful of them into my purse for a midnight snack.

*I'd kill for one of your damn problems*, I thought to myself.

Then another voice in my head argued, *why can't you just enjoy yourself?* I scolded myself as the women gossiped with disdain. Glossy lips curled into snarls as they bonded over loathing their husbands. One suspected hers of cheating, another said she didn't care if hers did, and another plotted a revenge affair with her pool boy. Despite being in the lap of delicious food, sparkling champagne, and stylish clothing, I couldn't help but fantasize about bolting



out the door like my hair was on fire.

Days later, grateful to be back in my cozy, thimble-sized rustic home, researching for my book, I stumbled upon a website touting a breakthrough study by Sonja Lyubomirsky, Kennon M. Sheldon, and David Schkade.<sup>1</sup> They'd surmised that 50 percent of our happiness comes from genetics, while only 10 percent is determined by our circumstances (job, relationships, wealth, or health). I felt a surge of excitement when I read that *40 percent of our happiness is under our control*—determined by our habitual thoughts, feelings, and actions.

I suddenly saw how elevating our happiness-o-meter (at least the 40% we have a say over) could be like turning up the faucet in the shower on a frosty day. *Totally doable!*

In this wild and wacky world, there's so much we are powerless over. But discovering there is *plenty we can do about our own internal attitude thermostat*, fueled my passion for discovering tools to help us maximize what is in our lane to change.

The tool I share in *A Crisis Is a Terrible Thing to Waste* is my OGLE formula. It's a deceptively simple yet powerful process I've developed, over the past decade, to help me and my clients climb out of the mud of victimhood and bitterness toward the mountaintop of self-responsibility and empowerment.

### Why OGLE?

In my professional experience as a certified clinical hypnotherapist for the past 20 years, I've found that the best way to overcome a tragic (or even slightly irritating) circumstance, is to truly look at it through an empowering lens. I've reclaimed the word "ogle" from its historic bad rap definition: *to stare at something in a lecherous manner*. I suggest we deeply perceive our circumstances, as in to ogle them through a healing perspective, into your journal, the

ear of a dear friend, or therapist—*not the person who triggered you*.

Besides, it makes a great acronym to remind us to examine:

**O:** What's the **O**ffending behavior and/or situation? (This is where you have permission to hurl, whine, blame and judge.)

**G:** What is **G**ood about that offending behavior and/or situation? (This is where you become a detective on the hunt for the gift horse in disguise, aka, "the pony in the poo.") Even if it seems impossible that there's anything good, give it a shot anyway. For example, look for the intention behind the behavior, or consider what happened may be revealing your moral value on the opposite end of the scale from the triggering behavior.

**L:** How am I peering into the **L**ooking Glass? (This is where you wrap yourself up in a blanket of compassion as you look in the mirror and ask yourself "Have I ever, or how might I ever ... or have I even thought about doing the same offensive behavior ... even to the most microscopic degree?")

**E:** How will I allow this situation to **E**levate me? (This is where you identify a baby step you will take, toward higher ground, with regard to the part you play in this issue/situation.)

Here's an example of how I **OGLE'd** the women from the aforementioned soiree:

**O: What is the Offending behavior and/or situation?**

The glamor-pusses' negativity left me feeling drained as if I'd been feasted on by emotional vampires. It's one thing to have nothing and envy people who seem to have everything, but to be bitter and wealthy, bitter and powerful, bitter and beautiful, or just plain ol' bitter without awareness and self-responsibility ... all the plastic surgery in the world



can't make that pretty.

**G: What is Good about that offending behavior and/or situation?**

Being around them helped me more clearly define my values, toward appreciating my life, and endeavor to transform every grimy situation I encounter into the gold of gratitude, creating a rich life, from the inside out. What's also good is these women reminded me that wealth, status, power and prestige don't guarantee happiness.

**L: How am I peering into the Looking Glass (mirror)?**

Ouch. I'm grateful for those pouty princesses, for holding up a mirror the size of a Las Vegas billboard, showing me that even though I don't walk in their exact Miu Miu's (high heels), I also complain about what some might consider to be "high-class-problems": like being overwhelmed by a book deadline; fretting about not enough time in my social calendar to accommodate all the invitations that come my way, or not having a large enough refrigerator to squeeze in all my fresh groceries. Thanks to the women at the soiree, I see how I can either *ogle* my complaints or become an *ogre* who complains about her life.

**E: How will I allow this situation to Elevate me? What Elevated action will I take?**

As a result of that night, when I catch myself complaining, I stop and drop into the looking glass to remind myself how lucky I am to have the challenges I do.

I now see that despite our outer circumstances, all of us humans are all so similar. What differentiates us isn't what we have or don't have in the material world, but our ability to be grateful for our lives, no matter what we've got. In fact, no life is devoid of problems ... and having problems is proof that life is in session.

Just like the saying, "Don't sweat the small stuff and it's all small stuff," perhaps all problems are high-class problems because they occur in a life that is alive—and being alive is the greatest gift there is.

It doesn't take any skill to let life chip away at us. With each heartbreak, disappointment, upset, and betrayal it's understandable how we could all become increasingly shriveled by life with each passing offense, each day, week, month, and year. But the antivenom that heals a snakebite doesn't make itself. Technicians create antivenom from the antibodies that bind to snake venom components, enabling our own immune defenses to eliminate the toxins.

In other words, with a little effort and willingness to ogle what offends us under the microscope of our awareness, we can swirl it around within the laboratory of our minds and change the toxic properties into tonic remedies. This requires we do the counter-instinctual move toward, not away from our pain, with wide open arms, saying, "Thank you, in advance, for making me stronger, deeper, wiser, more compassionate; and a better, not bitter version of myself." €



More information about Kelly Sullivan Walden can be found at: [www.KellySullivanWalden.com](http://www.KellySullivanWalden.com).



Integrating  
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and Psychotherapy for  
Emotional Healing



*Overall, my experience of integrating Intuition Medicine® and psychotherapy techniques has been a journey towards seeing us all as holistic beings. It has been important for me to have tools to address the multiple causes of our suffering, whether it is mental, physical, emotional or spiritual, because one always impacts the other.*

Carolina Mariposa, MS, MIM

**W**hen I was going through my initial training in Intuition Medicine® over 22 years ago, I was at a major turning point in my life. I had left a successful career in theater and music production after feeling burned out from 80-hour work weeks during the height of the AIDS epidemic. I had lost over 50 colleagues and friends to the disease in the prior decade, and I was exhausted, lost and grief stricken. The only thing I knew for sure was that I wanted to experience and learn about healing, both so that I could heal myself, as well as be a healing presence among my remaining friends and community.

I remember after one evening class at the Academy of Intuition Medicine® in Sausalito, CA, my compassionate teacher Francesca McCartney approached and handed me the business card of a therapist she knew. At that point I had been silently crying through all of the meditations in class for a few months, and she could tell I needed support. Prior to

that moment, having been raised to just pick myself up “by the bootstraps” and keep going no matter what, I had not even considered therapy or talking about feelings as an option. But I trusted Francesca and knew I felt like a mess, so I began to see the therapist she recommended while also continuing with my studies at the Academy. Thus began my journey of personal healing through a combination of Intuition Medicine® and traditional psychotherapy, which eventually led to professional practices of both, after I obtained my Master of Intuition Medicine® Certificate, along with my psychotherapist license.

It was at the Academy of Intuition Medicine® that I was introduced to Elaine Aron’s work on the Highly Sensitive Person (HSP), and realized that I am an HSP. Apparently many HSP’s find their way to Francesca’s classes, and Intuition Medicine® has numerous ways to support people who are sensitive to energy. It is a comprehensive energy healing modality which includes teachings about energy anatomy systems in



the body, and how to access information about these using one's intuition. Some of the anatomy systems are similar to those found in other teachings, such as the chakras and aura. Others are unique to Intuition Medicine® and focus on the overall health of the brain and depth of connection between the spirit, body and mind. A fundamental tenet of Intuition Medicine® is that healing occurs when our spirit is deeply grounded in our physical/emotional body. As an energy healing modality and spiritual practice, it promotes connection to our higher self, and offers our analytical mind and emotions the opportunity to rest, as we trust in our inner spiritual wisdom to guide us through the healing process.

Then there is psychotherapy, which many people are aware focuses on emotional and mental health. In contrast to the very specific path to health taught in Intuition Medicine®, psychotherapy has a wide range of approaches. For just a quick sample: some therapists focus on cognitive techniques, problem solving and the development of a coherent narrative of one's life, while others focus on building emotional coping skills, or using art, story-telling, music or role play for expression of feelings and meaning making. There are body-oriented practices such as Somatic Experiencing, which focus on healing trauma through the breath, movement and somatic awareness, practices which examine our unconscious and shadow selves such as Jungian therapy, and even energy psychology, which combine techniques such as EFT/tapping with talk therapy. This is by no means a complete list, and it's safe to say that there is something out there for everyone depending on what feels like a good fit for you. I was fortunate to study a number of these as a practitioner, and found that I resonated most with approaches that combined somatic techniques, emotional coping skills, attachment theory, inner child work and inner family systems work. Using these tools on myself, I gradually recovered from my acute grief, as well as

from other aspects of my life I hadn't even realized needed processing or healing.

Professionally for a number of years, I worked as a therapist with a specialty in early childhood mental health, with children ages 0-21, and their parents. Initially I did so separately from my Intuition Medicine® practice, though each type of work informed the other. When one is doing therapy with young people, including babies, a key focus is to ensure that they are able to develop as normally as possible in light of whatever circumstances brought them to therapy. Many factors may interfere with normal development, including trauma, medical problems, family separation and loss. Family history of mental illness or parental conflict also impacts the child. In the case of Highly Sensitive Children (who gradually became my primary clients), if there are factors such as these, they may be even more dramatically impacted by them than a child who may not be highly sensitive. If there are not factors such as these, the highly sensitive child may still show distress because they are so attuned to aspects of their relationships and environment that others may not even notice. This can be attunement to sensory, emotional and energetic input that is not necessarily obvious to other people. One example of this is a highly sensitive child who is anxious all the time for no obvious reason, but who is picking up on a family member's anxiety even if no one is talking about it. Another example is a child who has trouble paying attention at school, because their senses are overstimulated by too much activity, noise and emotional content in their classroom.

Over time I realized that psychotherapy alone may fall short for highly sensitive people, especially children for this reason: often HSP's are having emotional or behavioral challenges because we are responding to and/or absorbing energy that is not our own. It is therefore critical for HSP's to learn to discern what



is ours vs. what belongs to others, and to have tools to manage the subtle and varied input we receive throughout the day. Many highly sensitive people have the experience of feeling painful emotions while also feeling it's important to pretend everything is ok—since no one else senses what they sense or feels what they feel, they aren't getting any validation of their internal experience. It is easy for a person in that situation to feel like they are the problem, even that they are crazy and everyone else is just fine. Many highly sensitive people are told we're over-reacting, taking things too seriously or even that we're making things up, and we should stop being so sensitive and let go of whatever is bothering us. Highly sensitive children, teens and adults are therefore often not seen for who they are, but rather for the problems they may be appearing to cause in their environment or family with their "over-reactions".

Intuition Medicine® addresses the subtle perceptions of the HSP, and therefore it can often get to the root of an issue that therapy alone may not be able to figure out. Using the above examples, an Intuition Medicine® reading would be able to assess what the anxious or distracted child was responding to, which aspects of their energy anatomy may be too open and vulnerable to their environment, and then provide energy healing tools to strengthen their energetic boundaries. Many highly sensitive children and parents I have worked with have benefitted from learning these tools, reporting that the problems they thought they had (i.e., mood swings, aggression, tantrums or other emotional concerns), weren't actually the core issue. Rather, they were a symptom of being energetically unprotected and ungrounded. Once that core issue was addressed, the undesired behaviors and dysregulated emotions dramatically reduced.

Overall, my experience of integrating Intuition Medicine® and psychotherapy techniques, for both myself and for my clients, has been a journey

towards seeing us all as holistic beings. It has been important for me to have tools to address the multiple causes of our suffering, whether it is mental, physical, emotional or spiritual, because one always impacts the other. When there are significant mental health issues and relationship challenges, therapy may provide us with tools to learn to regulate our emotions, understand ourselves and feel more competent in our relationships and in the world. When there are unexplained emotions or behavior patterns, or when many healing modalities have been tried and not produced the desired result, energy healing may be the answer.

Many of us who are highly sensitive benefit from multiple approaches, in order to really get clear on causes and solutions. For me, if I had only focused on psychotherapy, I may have missed the deep connection I now have to my spirit and higher self. I also may have missed the opportunity to find greater meaning and purpose in my life. If I had only focused on Intuition Medicine®, I may not have understood the power of owning my personal story, learning from my emotions and expressing my truth and needs in relationships. It is the integration of the two that empowers me as an HSP, and helps me support others who are seeking improved emotional and relational health, as well as a connection to their own inner wisdom. €



Learn more about author Carolina Mariposa, visit <https://www.butterflygrovehsp.com/about>

PROFESSIONAL DEVELOPMENT

# Enrich Your Practice with *Light*



*Light matters. Light makes a difference. And letting it in sometimes takes skill. But allowing the light to enter us, means our very well-being. Doing so becomes a facet of that overused modern term: self-care.*

Amber Hadley

**T**he wound is the place where the Light enters you.  
– Rumi

Oh! How I love this Rumi quote.

Perhaps his words highlight my need to find comfort in pain, to know that light and dark and yin and yang all have a place inside me. The light is something I wish I could actually see, though. And sometimes I do. Literally — and in my mind's eye. It's always there. Like the sun. Even when that big ball of energy sets in our part of the world, the light is always with us. Always.

'Letting the light in.' This is what I call an Essential Practice Skill.

The dictionary defines the word *skill* in several ways. Many of us likely think of it traditionally: skill = something learned or knowledge gained. Well, apparently, it functions as both a noun *and* a verb. Don't ask me...I'm only a writer...and I happen to like

the definition for the verb: to make a difference; matter, to avail.

Light matters. Light makes a difference. And letting it in sometimes takes skill. But allowing the light to enter us, means our very well-being. Doing so becomes a facet of that overused modern term: self-care.

Because if we want to work with others, we have to first go within.

Lately, spirit has been kindly showing me that I sometimes block this beautiful light. It asks for nothing and it only gives, yet I've been blocking it. Why? Facilitators often start a meditation by asking the light to come down from the heavens and into our human form. "Let it come down to the crown of your head and move through you, all the way to the ground."

I find that calm and comfortable position and I breathe deeply. I focus on the sound of my breath. I see light. It's sparkly. Like millions of little



stars, dancing, dropping from the sky, waiting for permission. And once that allowance is finally granted, sometimes after multiple attempts, the spectacular light moves through me. It doesn't just enter through the wounds, it cleanses them.

And with this light comes a knowing. Several. Nothing that can be learned in a textbook. Or from a video. Or anything outside myself. Skill becomes just a word. Because my hands, your hands, our hands, contain everything we need — they know exactly where on the body to go. Like wind shifting direction. Like a butterfly migrating home. The hands go. They move across the board. So the next time you're lying in bed, ready to fall asleep, pay attention to your hands. Where do they naturally want to travel? Follow their lead.

This is skill.  
It's light.  
It's the body's innate wisdom.

There are many different tools we can add to our kits. Exercises, modalities, a beloved crystal. We all have our favorites. I could wax poetic about many so-called skills. But skill is God. The universe. Source.

*Light.*


It's in the hands and it's in the heart and it's in this knowing. That's where it all starts.

Practice getting to know yourself. Every. Single. Part. What organ needs reassurance? "I love my liver," has become a favorite mantra of mine recently. Thank your cells. Hold your belly with one hand and tell that awesome piece of flesh how happy you are to receive love there. Cradle your solar plexus, rock it like a baby. Hug yourself. Look into your eyes in the mirror — for no reason, not because you're combing your hair. Tap your thymus. Dance. And — oh my gosh — figure eights, figure eights, figure eights! Make them with your hands all around your field.

So...I did name some actual, tangible skills, and the practice is that you do them daily. Whenever the

fancy strikes!

Practice, though, happens without our conscious awareness: as our cells renew, as we love them the way the sun and rain cause flowers to bloom, we literally become someone else too. Our petals unfurl. Our wounds become a source of inspiration, a skillset, teaching us more about our place on this planet, our purpose, than most anything else in life ever will. Now, we can bring that light to another soul — someone who needs it as much as we wish to give it.

That skill, that making-a-difference, is the ability to smile at a stranger in the grocery store. To make eye contact with a person we only just met — telling them we really see them there in this moment in time and space and infinity. That skill, that matter, is placing our hands on our bodies in reverence. That skill is centering ourselves in gratitude. That skill is always love and it's always light. And it's always available, day or night. 


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Skills learned mentioned in this article:

- Dancing
- Figure eights
- Tapping the thymus
- Holding Chakras
- Rocking self
- Looking into one's own eyes
- Expressing gratitude

Skills inherent to our souls:

- Love
- God
- Beautiful sparkly light

 Learn more about author Amber Hadley by visiting: [www.AmberrHadley.com](http://www.AmberrHadley.com)

# Angel Letters

Julie Robinson

“One of our primary human needs is to receive support. There are many different ways to receive this assistance in our daily lives from others. And then there are the angels. Unfortunately, recognizing our heavenly team can be difficult to discern. Many times you don’t realize the angels are talking to you. We may have an impression on the inside or prompting to be good to someone, but we don’t understand what that means. That’s not random; that is the angels talking to you.”

If you’ve been reading *Four Angel Secrets*, you’ll be learning how to “just follow guided action.” My book is about receiving divine guidance based on our prayers. The excerpt above is from chapter 1.

The angels are dialled into our needs; they always try to answer our prayers by guiding our steps. In this chapter, we learn how we recognize these promptings from our heavenly messengers, such as an alarm going off in the pit of our stomachs—even when everything seems good. The angels will use our feelings as a medium to protect us and give us a warning message. When you have these feelings, these promptings, I describe how not to ignore them; don’t talk yourself out of them; just follow guided action. And if you listen to that still, small voice, the winged messengers will lead you down the best path for your life.

Many spiritual teachers talk about the inner ear. Not

your physical ears; you won’t hear an audible voice, but instead, become and remain sensitive to what your inner ear is hearing: the still, small voice, the promptings, the suggestions, the alarms, then the winged beings will keep you from heartache and pain. They will lead you into furtherance and favour.

Calling on Archangel Chamuel can help you find your lost car keys, and Archangel Michael can clear your auric field. Although connecting with your angels can be seen as being outside the norm and causing us to hesitate, we need to heed their powerful life force. After all, they are intelligent and help guide us to peace. I’ve learned not to dilute their guidance and just to follow it.

There are two ways of garnering the assistance of angels; one way is to ask them for help directly, and the other way is to pray for help with a goal and receive guidance. You can even ask the angel in charge of healing to help you with your healing practice!

Here is a prayer to support you:

*“Dear Archangel Raphael, thank you for supporting me in my healing work by clearly guiding, encouraging, and supporting me, so my clients receive the most effective treatment.”*

This prayer is perfect for garnering Raphael’s help with your healing practice becoming a full-time gig. Remember, just because your question is concise doesn’t mean you’ll understand everything the angels ask you to do. It might be challenging to give up that part-time side job; it’s hard to step into your divine life purpose full-time with faith and trust that your needs will be provided. And yet, if you take this extraordinary step and follow guided action, then get ready; you’re going to see the angels’ favour in extraordinary ways. €



Learn more about author Julie Robinson by visiting: [www.JulieSpiritualHealer.com](http://www.JulieSpiritualHealer.com)

# MODALITY SPOTLIGHT

# Rahanni – A Life of Balance



Hilda Kalap

I discovered Rahanni Celestial Healing one August summer's day in 2017 at a time when my life was anything but in balance. It was a timely discovery as being attuned to this fifth dimensional healing energy is all about bringing the body, mind and spirit into equilibrium; just what I needed. It also balances the male and female aspects that's in all of us – vital to recognising our interconnectedness.

I was a single parent – still am – to two daughters who were only nine and eight. We'd moved from the city of Bristol in southwest England to the rural landscape of Devon a year before. I had two fellow energy healer colleagues in Devon, but those friendships had unravelled within six months of our move. Yet I clung on to the optimism of having succeeded in re-locating and finding work in the beautiful countryside filled with birdsong, fresh air and clean water.

Since our move I'd spent the past year driving over 30,000 kilometres on an almost daily commute from our rental house to the local Waldorf Steiner school twenty five kilometres away, dropping off my children, before then zooming up to the small town of Dawlish another 30 kilometres away where I worked in a mental health hospital.

To say it was exhausting is an understatement. On the plus side: I was able to put a deposit down on our own home. On the downside: I was close to burnout and post-traumatic stress despite having supportive, compassionate work colleagues.

That August I'd come to hear a talk about connecting with your spirit guides at the stunning Lupton House, a spacious Georgian house near the fishing port of Brixham. Instead we were told the talk had been changed at the last minute and instead our speaker would be a woman by the name of Neshla Avey. She'd be giving a presentation on Rahanni Celestial Healing. I wasn't pleased, was the honest truth.

However Neshla's style of delivery was both low key and captivating. She'd trained over 300 students in the one-day Rahanni Practitioner course, along with scores of teachers too. The course was fully accredited and there was the option to take the Rahanni teacher level training six months later. I was struck by how much of what she said resonated with me. As if I'd heard it before.

Rahanni is an energy healing modality like Reiki (I was already a Reiki Master/Teacher) but the energy is of a higher and faster vibration.



Rahanni has only been channelled to our Earth recently. In fact on 4th August 2002 at 2 am its founder Carol Stacey was woken with a start. Talking of this experience she writes:

*Then I noticed this form of energy so huge, it must have stood from floor to ceiling. He had silver hair and a long white beard. For some reason I held no fear as this being of light came closer. It was so full of love and compassion, the same feeling I have during a deep meditation. I realised this was Melchizedek, the Universal Logos or overseer of the universe. I had previously been studying and reading about these 'higher beings' of light.*

Carol's husband, Barrie, saw this vision too. In short, Carol's mission on Earth was to spread knowledge of Rahanni on this Planet.

Rahanni is believed to have originated from the Milky Way; Andromeda, Sirius and The Pleiades, home to many advanced civilisations.

Rahanni Celestial Healing [aka Rahanni] is a 'new' healing modality for the Age of Aquarius. It vibrates on a pink ray of light that corresponds with the heart centre, helping to release all fear based ways of thinking and negativity, opening up to truth, love and compassion. This will help humanity understand and recognise their true essence of pure unconditional love.

Rahanni has been used for thousands of years, but this is the first time it has been brought forward to this planet. It is a life-force energy that is channelled by the Practitioner, being beamed from the higher dimensions of reality by Celestial Pink Angels and can help all lightworkers to connect with Ascended Masters, Archangels and all higher beings of light. During the sessions I frequently call in the attributes of Archangels like Michael and Zadkiel, for example, to support the client to transmute negative energy with the silver violet flame or for protection.

Rahanni is activated by the use of a six-pointed star anchored here on this Earth by White Eagle, a wonderful Master of healing light and love. There will also be a connection to Kwan Yin [Goddess of Mercy] healer of children.

The healing energy travels down through the crown centre, along the spine, down the arms and out through the hands towards the client. This is when easing of the client's condition can take place, bringing peace, relaxation and a balancing of all the body's systems.

To be able to use Rahanni there has to be an attunement to the 'higher energies'. An attunement is a bringing together of healing energies from the 'higher dimensions' of reality to the aura or energies of the student.

During the Practitioner training, the student is attuned to the three symbols of Truth, Love and Compassion placed in their solar plexus, heart and third eye. There is also a fourth symbol that is given when taking the Teacher level.

As soon as Neshla had finished her talk, I knew I wanted to become a Rahanni teacher – and that's exactly what happened. Two months later I was being attuned as a Practitioner and in September 2018 I became 1 of only 70 Rahanni teachers in the world.

I use the Rahanni energy to self heal, give healing sessions to others (either face to face or remotely) and send distant healing. I worked in a hospice for six months giving Rahanni to the patients – many who'd been in fear of death, passed over peacefully. It was an honour to be able to witness this.

I've also attuned 25 practitioners and 1 teacher. Most exciting of all is that Rahanni attunements can now be given remotely, so I can teach students not just in Devon but all around the world!

I couldn't have imagined all those years ago that this would be part of my life. The Universe had plans for me that went far beyond my wildest dreams. 🙏

If you'd like to find out more about Rahanni check out Carol's website:

[www.RahanniCelestialHealing.co.uk](http://www.RahanniCelestialHealing.co.uk)



Learn more about author Hilda Kalap by visiting

[www.LimitlessAlchemist.com](http://www.LimitlessAlchemist.com)

## Calming the Fractious Cat Within

Susan Wagner

Ever try to give a pill to a resistant cat? As my Serbian grandmothers used to say – “yoi!” You may be thinking: What’s the big deal? It’s a cat for goodness sake. What could be so hard? Some of you cat parents are smiling as you remember your salivating cat, looking quite possessed by some evil demon, spitting mushy pills and froth all over the room. I hope there aren’t too many of you rubbing your scars.

My first cat, Sebastian, was as loving as could be - until he was restrained. I once had the grand idea of doing blood work to be sure he was healthy. I asked two big, strong veterinarians who were experts at restraining cats to help me. As Sebastian proceeded to humble us all, we decided that there was no need for a blood draw; he was just fine.

Several years later Sebastian developed cancer and needed a series of chest x-rays. I was teaching at a

veterinary college, so he came to work with me for treatment and testing. Shortly into the procedure, two terrorized, pale faced veterinary students made a fast exit from the radiology room. Not wanting to offend their teacher, they sheepishly asked me if we could sedate Sebastian. I’ll never forget the look on their faces when I explained that he was sedated.

Luckily we didn’t need a perfect image, so the students didn’t have to restrain him as much as they normally would have. The radiologist and I knew that if we wanted a detailed x-ray, we would need to completely anesthetize Sebastian to minimize his stress level and collateral student damage. We compromised with Sebastian – he got his dignity, and we got our picture, albeit a bit cock-eyed.

Emotions such as anger and fear are just like a fractious, unruly cat. They can show up in aggressive ways

-- spitting, scratching, and biting at our hearts and minds. So perhaps we can learn something from our wise feline friends when it comes to how we handle our very human feelings.

The first rule of dealing with a difficult cat is to be aware! Observe his behavior, so you can intervene before he reaches threshold and explodes with scratching and biting. Dealing with our “emotional cat” requires being aware as well. We must not resist our feelings, but catch them early in their development. If we ignore or suppress them, we are restricting them. And just as over-restraining Sebastian brought on negative consequences, not facing our difficult emotions can also have dire ramifications.

**I believe intense, negative emotions are an energetic replay of a past experience that hasn't healed. If not addressed, it will repeat over and over again.**

The names and situations change, but the emotional outcome will remain the same. Until the root of the emotion is revealed and dealt with, the energy continues to return, creating a déjà vu feeling. And with every replay, our “fractious cat” gets a little more difficult to deal with. Each time we assert control over our negative emotions instead of facing them, “kitty” becomes stronger and more determined to express itself. By the time we reach mid-life, we are restraining a cougar instead of a house cat. Our feline friend may calm in between, but he will wake up and let you know he wants to be free.

We can't get angry at our fractious cat, as it has the right to express itself in any way it sees fit. We must stay compassionate, because she's panicked and trying to defend herself. As a veterinarian, it is my responsibility to protect a difficult patient even when she is getting ready to claw my eyes out. With calmness, I

release her, and let her go to a safe place. I then look to my low stress handling training to create a better plan of action.

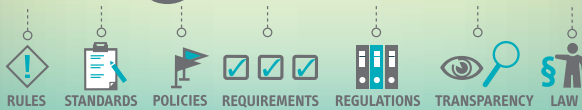
Our emotions also have to be dealt with in a positive way to avoid someone being hurt. So how do we do that? We release them in a safe place, just as we must do with a fearful animal. Our safe haven could be the office of a mental health professional, a spiritual minister's sanctuary, the living room of a dear friend, or privately through meditation and a nature walk.

As a very wise teacher of mine once said, “Create the space for whatever is painful”. We feel the emotion brewing, but stay calm. Let it be, let it dissipate, then rise above it by allowing ourselves to go to the safe place within us. And we must not forget to open our hearts and ask for help. Our inner wisdom will guide us on how to proceed. Later we can address the real energy behind our fractious state. Once we have a better understanding of our emotions, we can begin to heal.

**Having greater awareness of our emotions makes it easier to stay grounded, calm, and joyful as we go through life's challenges. Eventually our fractious cat will roll over and purr. In doing so, he helps us make the world a better place for all. €**

# ENERGY MEDICINE

## Laws and Regulations



Ian Foster, J.D.

### Client Confidentiality: Obligations and Limitations

As healers, we all understand that maintaining client confidentiality is crucial to trusting, productive relationships with the people we are committed to help. After all, if our clients don't trust us to keep their information confidential, they won't be open and honest, and in turn we can't help them on their healing journey.

So it's only natural to promise our clients – especially those we see one-on-one – that we will keep everything they reveal private and confidential. And, indeed, respecting client privacy absolutely is your ethical obligation as a healer. Yet there are also legal limitations that every healer must understand.

As an attorney who serves energy healers, I've seen how obligations to client privacy run up against legal realities. I've witnessed healers land in legal hot water when they don't understand how these issues interact. So let's take some time to consider our obligations to client privacy as well as the very real legal limitations we must consider.

When it comes to client privacy and confidentiality,

one of the first questions I often hear is: "What information should I, as a healer, keep confidential?"

My answer is: "Everything."

Your default attitude should be that everything your client tells you in the context of the healing relationship is confidential. Unless legal exceptions apply (and we'll get to those below), you simply do not reveal client information to any third parties without your client's consent. Preferably you should get the client's expressed written consent before speaking about the client to anyone, and not rely on verbal consent, which might be misunderstood.

In my mind, this broad definition of client confidentiality extends even to the existence of the healer-client relationship itself. In other words, do not even confirm or deny that someone is your client when asked – unless, of course, you have your client's written consent to do so.

Look at it this way ... a healing journey is an intensely personal and intimate journey, so it's simply nobody else's business what your client tells you, or even whether the client is seeing you.

Now that we've established the default position of everything being private and confidential, let's talk about some legal realities.

Have you ever heard of the doctor-patient privilege? Or maybe the attorney-client privilege? I'm sure we all have, even if just from watching courtroom dramas on television. The law establishes what we call a "legal privilege" to provide an umbrella of confidentiality when engaging the services of certain licensed professionals. The theory is that we want people to have a deep level of trust in their doctors, therapists, and attorneys, so the law requires those professionals to keep things private.

When you come to an attorney like me for legal advice, I am legally required to maintain strict confidentiality; as we say in the law, everything you tell me in the context of obtaining legal advice is "privileged" information. This privilege is in place so you can be completely honest with me and, in turn,

I can give you my best legal advice. I am not allowed to reveal your information to third parties without your consent. More importantly, with few exceptions, I cannot be forced to reveal your information without your consent.

I discuss the notion of “legal privilege” in order to emphasize that there is no similar legal privilege for energy healing. This means there are circumstances where you can be forced to reveal client information without their consent. There may also be circumstances where you’ll want to reveal client information without their consent.

When might you be forced to reveal client information?

In general, courts, law enforcement, and other government agencies have broad discretion to require the disclosure of otherwise-confidential client information when they believe the information is relevant to resolving a case or investigation. Often the initial request will be informal. Then, if you don’t comply, they’ll move to more formal demands and legally enforceable subpoenas. Because there is no legal privilege for energy healers, you cannot refuse to comply. And refusal is a serious offense ... refusing a lawful government demand for information may subject you to fines or charges of contempt or obstruction.

When might you want to reveal client information?

Let’s imagine your client says something which gives you a reasonable belief that they are about to hurt themselves or hurt someone else. In order to stop the harm, you might decide to call the client’s family or even the authorities in serious cases. Intervening to stop a client from hurting themselves or another person is, technically, a violation of client confidentiality. But you might want the option of intervening so you can perhaps save a life. Or imagine the client makes statements which give you a reasonable suspicion that they’re about to commit a crime, like say robbing a convenience store. Again, you might want the option of intervening to stop them from doing something destructive.

You may or may not choose to intervene when the client gives you reason to believe they’re about to do something harmful or destructive. But having the option is better than not. After all, you’re the one who must live with the consequences if you had the power to stop real-life harm and chose not to do so.

I understand this can be a heavy subject to think about, so here’s the good news: if you properly draft the confidentiality portion of your consent forms, you can protect yourself legally, keep your options open in case you want to prevent real-world harm, and encourage your clients to decide what they disclose to you.

How do you craft that portion of your consent forms?

First, spell out your default position on privacy. Make it clear to your clients that you value their privacy and you want them to trust you. Tell them your general rule is to keep everything confidential and not to reveal information to third parties without their written consent.

Second, make it clear there are circumstances where the general rule on privacy may not apply. I typically recommend listing common privacy exceptions so the client knows exactly what you’re talking about. Include things like court orders, government investigations, reporting child or elder abuse, stopping a client from harming themselves or others, and reporting potential crimes.

That way, when you’re served with a court order for client information, you can fulfill your legal obligation to the government without violating your contractual obligation to your client. Or when you see the opportunity to stop real-world harm, you have the option of doing so without getting sued for violating client privacy.

A properly drafted confidentiality policy protects your healing practice, keeps you out of legal trouble, promotes trust with clients, and empowers clients to decide for themselves what to reveal. €



Download Ian Foster’s Informed Consent Checklist at:

[www.InformedConsentChecklist.com](http://www.InformedConsentChecklist.com).

# RESEARCH CORNER:



## Yoga and the Sweetness of Life

Jeannette Nienaber

**A** little over a year ago, I was diagnosed with Type 2 diabetes and high blood cholesterol. This was a big surprise to everyone, including myself. Despite a family history of both I thought my lifelong diet and exercise regime was solid enough to stave off these conditions. Apparently not!

Admittedly, I did have a 5 year span wherein my ability to walk and exercise deteriorated markedly. Initially, I was told my spinal misalignment was the issue and to keep walking. As the pain increased, my hip started to get “stuck,” especially in certain yoga poses. Eventually, a pelvic x-ray revealed a genetic deformity and the need for a new hip—a procedure for which I am eternally grateful.

So how does all this relate to yoga and the sweetness of life? Let me begin with how my relationship to yoga developed.

As a child, I loved to dance and took classes for many

years. At one point, I was carpooling to work with a colleague, who also performed as a dancer, when the topic of yoga came up. After some discussion we agreed that it probably wouldn't help our dancing and that it seemed like “just a lot of standing around”.

Fast-forward about 20 years and the two of us emerge exhausted from an all-day yoga intensive with sweat pouring off our bodies – and no it was not a hot yoga class! We just looked at each other and started to laugh as we simultaneously blurted out “remember when we thought yoga was easy?”

What changed our minds, and why? Personally, numerous athletic injuries and an aging body were probably the initiating factors, but as time went on, I learned to listen more carefully to my body as I developed a deeper awareness and respect for its subtle messages. Coincidentally, I had become passionate about Healing Touch and other energy based therapies as well as, the finesse with which they were interlaced.

Recently, several articles have come to my attention which not only reinforce what I have sensed intuitively, but provide a substantial amount of research indicating that mind and body practices, especially yoga, improve glycemic control in type 2 diabetes similar to that of medications such as metformin. In a meta-analysis of 28 separate studies, Fatimata Sanogo and her colleagues from the Keck School of Medicine, USC examined mind-body research publications between 1993 and 2022 of individuals with type 2 diabetes. Patients who were taking insulin or had any other medical complications were excluded from the study.

A significant reduction in the A1c blood levels (a biomarker used to monitor blood sugars) of 0.84% was observed for all types of mindfulness interventions. Stress reduction techniques based on mindfulness lowered A1c by 0.48 %, the practice of qigong 0.66 %, and meditation 0.50%.

The best results were seen with yoga wherein the A1c fell by 1.00%, which is similar to that achieved with metformin. Additionally, for every additional day of yoga practiced per week, A1c values dropped by 0.22%, compared to those who engaged in other mind-body interventions.


Additionally, fasting blood glucose was reduced across the board for all mind-body practices. Even more interesting was the discovery that the duration of the practice of yoga was not as significant as the frequency (i.e. you are better off to do 10 minutes per day than 60 min once a week).

In terms of an explanation, it is proposed that mind-body practices improve glycemic control because patients experience a decrease in psychological distress. This theory is supported by a noticeable decrease in the levels of the stress hormone serum cortisol and the consequent reduction in inflammation. So how does this research relate to the pancreas?

Yes, the pancreas. The pancreas can be found on the left side of the body, just below the ribs. It is somewhat hidden as it is nestled underneath the liver next to the stomach.

It is a crucial endocrine organ in the body and is comprised of two different types of tissues. One (Exocrine) is responsible for producing digestive enzymes and the other (Endocrine) is located in the Islets of Langerhans. Here, beta cells produce insulin and while alpha cells are responsible for glucagon, both of which are crucial to blood glucose (sugar) regulation. In the Anatomy and Physiology for Healers courses, the energetic components of the body's tissues and organs are integrated with the traditional medical perspectives.

Energetically, the pancreas is found in a section of the body associated with the solar plexus or third chakra. It is here that we process the energies associated with our thoughts, emotions, and gut instinct. It is here that the energies of gratitude versus bitterness reside--often unconsciously. So it is no surprise that the pancreas is energetically associated with the "sweetness of life" and is found near the solar plexus chakra. So this is where it becomes interesting. A yoga practice has been shown to reduce the required levels (if not eliminate) of metformin needed to regulate blood glucose. The practice of gratitude and other positive emotions and thoughts are also a crucial component of yogic lore and other mind-body interventions. Therefore, mind-body practices can provide a powerful intervention--within everyone's grasp--amongst our emotions, thoughts, pancreas and blood sugar control. How cool is that?

To date, I have been able to regulate my blood glucose and cholesterol. I attribute this in part to my regular yoga practice, diet, meditation, sleep, exercise and Healing Touch. For all of this and more, I am grateful - and so is my pancreas! 

#### References:

- Sanogo, F. et al.(2022). Mind-and Body-Based Interventions Improve Glycemic Control in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analysis. *Journal of Integrative and Complementary Medicine* <https://doi.org/10.1089/jicm.2022.0586>
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# Safe Practice Tools as Aids in the Healing Journey

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Katherine Krupka and Julie Bartrum

**A**s energy medicine and holistic practitioners, we know that healing is a journey. While our desire for the client's wellbeing and our commitment to support are consistent, the specifics of the path are unique to each client. And that path becomes increasingly complex, and often commensurately rewarding, when working with those experiencing mental and emotional health challenges.

In the wake of the pandemic, the visibility, prevalence, and impact of mental and emotional health issues have never been higher and we know you are seeing more of this in your practice. While compassion is – and will always be inherent to energy medicine – you may need to consider that your professional safe practice procedures, when looked at through a new perspective can not only fulfill their traditional roles in keeping clients safe but become actual tools that create a highway to healing.

What do these special clients need? Calm, relaxation, less stress, understanding, care, clear communications, safety, stability, a sense of peace, balance...and compassion.

It sounds simple enough, isn't this what energy healing does? You try to provide these things in all your relationships and sessions. But what if it's more nuanced for this group and you have powerful tools you aren't even aware of?

Let's explore some areas where you will want to take special care with these clients - both in terms of the comfort and consideration you provide, and the ways you navigate the heightened liability risk. You'll be glad to see that some of your safe-practice tools can do double duty, and make this journey safer and smoother for you both.



## ESTABLISHING TRUST

When you're the driver, you want your passenger buckled up safely, and to have confidence in your driving skills. The way you show confidence, check your mirrors, and see to their comfort are all signals to them that you have their best interest at heart. When people have mental or emotional issues, they need these same signals. You may want to take more time, use calming techniques and help them slow the chatter in their mind. The intake forms you present may seem scary or overwhelming. While you need to understand what is hiding in their minds, they may feel shy or ashamed. They may suffer from trauma like abuse or a severe accident, or have a recent devastating loss through death or divorce. They may even suffer inherited emotional issues from their family without even knowing the source of the trauma.

You know that to maintain safe practice procedures, you need information. If cues alert you to hesitation, such as leaving important parts of the form blank – shift to an intake discussion and talk through the information needed. Reassure them that these questions are normal and calmly talk to them. Use your active listening skills, and stay steady yourself no matter what they share. This demonstrates acceptance, non-judgement, and creates a safe space where they are more to share. Emphasize that everything you talk about is confidential and only for their benefit. The combination of caring and adapting to their needs while still maintaining the professional structure for a session and maintaining clear practitioner-client boundaries is the perfect balance to reduce their stress, reassure them that they are in good hands, and build the trust that allows you to take the next step together.

## BUILDING CONFIDENCE

Now as you start to travel forward, you can decide - together - where you want to go. What is the destination? What are the client's goals and expectations? What modalities will you use? How frequently will you meet? In our traditional sense, we are building the client agreement or informed consent. In the case

of mental and emotional health complexities, we are addressing fears, shame, worry, and even deeply kept secrets. Your itinerary will need to remain flexible, as the information may remain spotty, and surprises may appear at any time in the form of releases, outbursts, silences, or other unexpected expressions.

While the heart of every energy medicine and holistic healer wants to help and heal – this is the time to pull off the road for a moment and think about your safety. If for any reason the situation with a client has given you pause – whether you think they should be referred out to a licensed provider, or you don't feel safe – trust your instincts and gather the information you need to make a decision. Safe practices are about keeping both you and your clients safe. Gathering and documenting all the necessary information will safeguard against potential bumps in the road. It is the right thing, the safe thing, and the best thing for a client if you for you to say a clear “no” if you know this journey is not in your scope of practice, or feels uncomfortable for any reason.

If, however, you get a green light to go forward, you'll be thinking about explaining your scope of practice, boundaries, modalities, etc. Your passenger, especially if new to energy methods, may be wondering what you are going to be doing, nervous about what they might experience, and ashamed that they might break down and cry or lose emotional control. So, let's look at how your client agreement/informed consent becomes the map that steers your relationship and journey in the right direction.

- **Avoiding Stress** – Often, clients with emotional or mental health issues exhibit high stress levels and have a harder time dealing with the unknown. It can keep them at the stop sign because they can't see what's around the bend in the road. When you calmly and clearly outline your scope of practice, your experience and training, and that you carry professional liability insurance that covers your work together, they can relax knowing that you are a true professional. As you share the modalities you plan to use, and the roadmap for your work together, they feel they not only know



WHAT you are going to do, they know they are SAFE because you have the credentials to do it and are comfortable with HOW you're going to do it.

- Defining the relationship – It's common in energy medicine for clients to drift into thinking their practitioner is 'more like a counselor or therapist' because they are such good listeners. By defining your roles and boundaries, you give these clients more confidence that everyone is going to stay within the lines on the road. They know that you are not there to 'cure' or 'treat' them. They know exactly what's expected of them and have nothing to fear. Reassuring them that your sessions will be professionally documented and understandable to any healthcare provider will give them confidence. And that with a simple and specific written request, they can have your session records shared with their medical provider. Now you've given them a feeling of confidence and control over their information.
- Leave No Questions Unanswered – Client agreement details that cover cost, payment, cancellation policies, hold harmless and liability clauses, the obligation to report any threat to harm anyone or illegal activity, and emergency contacts may seem mundane. But for them, these questions are already in their mind and with each answer, you are eliminating more potential stressors and stoplights. They are calm and confident because they know what to expect and they feel some semblance of control over a life that otherwise may be full of fear and chaos.
- Feeling safe – Knowing how the information they share with you is used helps them feel safe. Explaining session notes and reinforcing boundaries is reassuring. When they feel safe, they relax, and they can start the healing

process. They know they are in the hands of a practitioner who is both compassionate, and highly professional.

It's an enlightening thought that your safe practices - while maintaining their critical role in keeping you, the client, and your practice safe – can also build the bridge to a client relationship that *frees both of you to focus fully on healing.*

### BUILDING COMMUNICATIONS

Backseat drivers annoy us. In the same vein, if the client is somehow left outside your language or lingo, their stress will elevate and their trust diminish. Even if it's your avoidance of words you know are problematic to use. Help them understand that energy and holistic practitioners don't 'treat' or 'cure', or prevent disease or conditions. You are there to help them relax and relieve stress, restore balance, release congested energy, help them ground and center, and promote their general health and wellbeing. For example, explain why you avoid medical terminology like 'condition,' 'diagnosis,' 'cure,' or 'treatment'. Similarly, be clear that it is not in your scope of practice to name what they're experiencing with medical terms like 'depression,' 'anxiety,' 'ADD/ADHD,' or to treat any labeled condition. While they may notice that they "feel less anxious" after a session, be clear that you neither treated nor cured a condition of "anxiety."

Let your client know that it's okay for them to use those terms if they are expressing or sharing information from their licensed healthcare practitioner and that you will include them in your notes only as quoted information they have provided.

Here are just some examples of terms, phrases, and actions that can be especially beneficial to clients who are bringing emotional and mental health issues to their sessions:

- Relax
- Relieve stress



- Calm the mind
- Slow mental chatter
- Uplifting
- Bring greater balance
- Grounding
- Restore harmony
- Feel more in control
- Peace, understanding
- Safe

## COMPASSION IN THE RELATIONSHIP

If a client is very open about their mental health issues, listen with compassion, reflect back to them, and take notes. You've explained to them that your role is not to give advice, resolve their mental health issues, or take care of their problems. Staying in your role as a practitioner and maintaining clear energy, not getting too close or involved, actually will lessen their stress and help them on their healing path. And it keeps your well-being and safety in mind.

Working with clients with mental or emotional issues and guiding them through a compassionate journey of healing can be very rewarding. But there are special considerations so taking the extra steps we've suggested can strengthen your work with them, the relationship, and protection for both of you.

Sometimes, a client's mental or emotional health makes them unsuitable for your practice. In these cases, do not be afraid to refer them to another practitioner with modalities that might be better suited to their needs, or to the proper licensed healthcare professional.

- Use your referral network to connect clients with a mental health professional. An increasing number of therapists and doctors are becoming familiar with energy and holistic methods, and are often open to clients continuing energy work while under their care.

- Obtain a written release form from the client for permission to speak to their doctor or therapist for further context.
- When you suspect a client's issues are outside the scope of your practice or will interfere with the healing process, it's in your best interest to help them find a more suitable alternative through your referral network. Sometimes you are required to – and you should be aware of your state laws and regulations around this issue.

Leaning in to your professional safe practice tools throughout this client journey can bring an extra level of safety, stability, and ease. Like getting the top safety package on a vehicle, you find that it is also more comfortable, and that you drive with more peace of mind and less worry.

Your professional presentation of your credentials, training and insurance; your use of intake forms, client agreements and session notes, are all proactive measures that allow your client to feel trust, comfort, and to relax into the path of your work together. Knowing that you are both safe, and that your practice is protected, allows you to show up in full presence, compassion and service. Together, these will help you both reap the particularly beautiful rewards of supporting mental and emotional wellness, and point you toward exciting new destinations for healing. ☺

*Disclaimer:* This article is provided for educational purposes only and is not legal advice or opinion.



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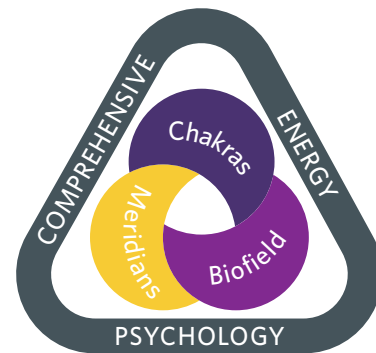
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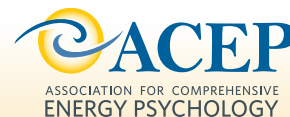
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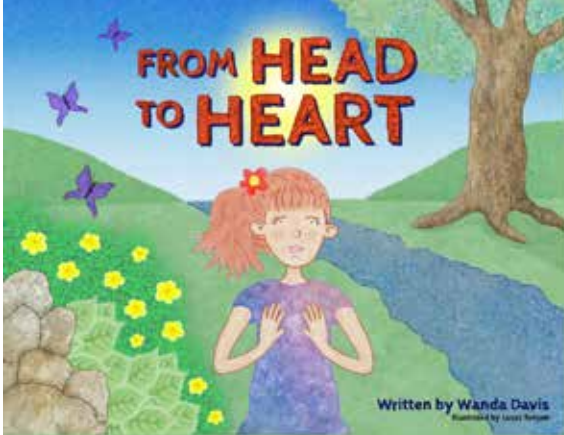
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