



#### Dear Readers,

Self-care is perhaps THE single most important thing we can all be practicing right now as life is still shifting and weaving in and out of directions most of us have never seen before during our time here. As things continue to change from day-to-day, moment-to-moment, it is in our best interest — always — to adapt and flow.

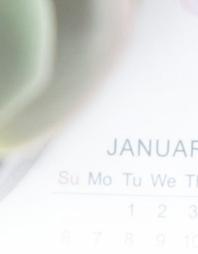
To do this, we must remember to live in the present moment. It is natural to experience ups and downs, anxiety, confusion, impatience and so on during times of great uncertainty and change. It is also natural to want to escape the present by drifting off into the future or in some way escaping what the present moment has to offer us. If you slow down just enough, you will find endless opportunities to shift your present and your future into more joy, rather than harping on what has been and what may or may not happen moving forward.

As such, we must remind ourselves that along with completing daily tasks and carrying on with life and

growth, we must also slow down from time-to-time — take a pause in the feelings, the tasks, the movement — and tend to the parts of us that are requesting our attention beyond the "doing."

Purpose goes far beyond what we do in our dayto-day routines. It is also found in the moments of quiet and solitude where we stop to gain a greater understanding of it all. What is a life of only work and little play? Why do we go when we feel the need to stop? Why do we resist our deepest needs instead of surrender?

Alternatively, we cannot be of no service and sit in silence and contemplating every day. There is a need to finetune the balance between the two. It is when you address and adjust the lack of balance that you begin finding your needs being met. It is not only about the self, and not only about tending to the rest of the world. Where are you at between the two? Where could you find more balance?



This issue offers a wide view of Self-Care — the journey there, practices and exercises, changing viewpoints and addressing all the voices within that are bubbling up to be heard.

The inner skeptic. The inner pessimist. The inner escapist. The inner critique. The inner pain, soul and aspects of yourself you have perhaps not tended to in a while — if ever.

Now is the time. Whether you are at home working away or planning the month ahead, take a pause, breathe and make a list of where you feel unbalanced or things you want to do for yourself, in whatever way that means for you. Take note of what you could work on or what you should take a break from. What do you want your life to become? Take a moment for yourSELF and allow the vision to become clear.

Lindsay
Lindsay Mulligan | Editor-In-Chief



FEBRUARY Su Mo Tu We Th Fr Sa

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# **Energy Magazine**

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Donna Eden is among the world's most sought, most joyous, and most authoritative spokespersons for Energy Medicine. She has, with her husband David Feinstein, built one of the world's largest and most vibrant organization teaching the hands-on use of Energy Medicine. Their most recent book, *The Energies of Love*, achieved best-seller status on the *NY Times* Relationship List and were honored by the Infinity Foundation as the first couple to receive its annual "Spirit Award" for their contribution to "the evolution of consciousness" and its "impact on society." To learn more: LearnEnergyMedicine.com



Mory Fontanez - After noticing a widespread sense of frustration and lack of passion among colleagues and clients in the corporate world, Mory founded the 822 Group as a transformation consultancy. At 822, Mory works with clients to re-connect them to their higher purpose and reveal the boundless opportunity they've been seeking. Through a tailored approach, she gets to the root of systemic issues, builds visionary leaders, inspires the workforce, and creates purpose-driven leaders and brands that connect with their employees and customers. Learn more at 822Group.com



Marilyn Kapp is a spiritual medium and author of *Love Is Greater Than Pain: Secrets From the Universe for Healing After Loss.* She studied with Elie Wiesel, who became a friend and mentor, at Boston University. Marilyn later received a Master of Arts from Emerson College. She has performed thousands of personal readings for individuals, families and groups in person and by phone, providing sessions worldwide. She lives with her husband, Harry, in California. To learn more visit MarilynKapp.com



Jesse Koren and Sharla Jacobs have been called, "The #1 source for turning Coaches and Holistic Practitioners into 6-figure transformational leaders." Many EMPA and HTPA members have attended their Client Attraction Summit and created thriving businesses soon after. Whether you want a thriving private practice or want to step into Transformational Leadership, the Client Attraction Summit is the place to be. Learn More and Claim Your Full Scholarship here: GiftfromThrive.com/HealingTouch



Jennie Lee is a recognized expert in the fields of yoga therapy and spiritual living. She has taught classical yoga and meditation for over 20 years, and coached private clients in the practices that integrate life spiritually, mentally, emotionally and physically. Her writing is featured regularly in national magazines such as Light of Consciousness, Awareness, Yoga Therapy Today and online at Yogapedia, Yoga Digest, MindBodyGreen and more. She lives in Hawaii. For more, see JennieLeeYogaTherapy.com



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Ann Martin is an internationally known instructor and creator of BLISS-bowls<sup>\*\*</sup> Sound Healing Methods online training for practitioners all over the world. As a recognized authority on contemporary sound healing practices, Ms. Martin's classes encompass over 30 years of research, experimentation and education to bring "Whole Person Healing" from bowls into treatment rooms everywhere. Learn more at MileHighHealingVibe.com



Amelia Vogler, is a specialist in Grounding and Energy Medicine She was first introduced to clinical energy work through an indirect treatment of debilitating and consistent migraine headaches. Amelia left Corporate America and created (or re-created) her story to become one that contains chapters of deep personal Spiritual work, one of comprehensive studies of anatomy and physiology, energy theory, practice and finally, to include the opening of her clinical Energy work private practice—The Healing Space. She can be found at AmeliaVogler.com



Mari L. McCarthy, Founder and Chief Empowerment Officer of <u>Create-WriteNow.com</u>, mentors health-conscious people in using therapeutic journaling to heal the issues in their tissues and transform their lives. She is the multi award-winning author of *Journaling Power: How To Create The Happy, Healthy Life You Want To Live* and *Heal Your Self With Journaling Power* as well as the creator of 20+ life-changing *Journaling Power* eWorkbooks.



Joan Ranquet has connected with animals professionally for over twenty-five years, she's connected with them personally as long as she can remember. Her calling has led her to work with hundreds of thousands of pet owners, trainers, barn managers, and vets – teaching animal communication. Joan founded CWALU (Communication With All Life University), a certification program for animal communicators and energy healers. She is the author of *Energy Healing for Animals*, and *Communication with all Life* and is an active contributor to *Dharma of Dogs*. JoanRanquet.com



Cate Stillman has guided a global online tribe to thrive in their bodies while achieving their life goals through innovative yoga and Ayurvedic teachings since 2001. She hosts the Yogahealer Podcast and is the author of 2 books: Body Thrive and Master of You. Cate splits her time between Alta, Wyoming and Punta Mita, Mexico. For free training, check out YogaHealer.com and listen to her podcast!



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Do you think there are lingering energetic blockages that come with a person from a past life? And can these energies be cleared/cleaned up in this lifetime? -Lisa

Absolutely — to both questions. I have successfully helped thousands of clients struggling with issues carried in from past lives, which can cause anything from physical problems to emotional challenges.

I will give an example.

Recently, I interacted with a woman from China with Hashimoto's disease. In this autoimmune dysfunction, the immune system attacks the thyroid gland. My client had consulted one complementary and allopathic physician after another attempting to find solutions. None made a difference. She was constantly exhausted and experiencing secondary illnesses.

We performed a past-life regression. I gently guided her back in time to land in the experience that was causing her suffering.

My client remembered being alive a few hundred years ago. She was the mother of a small baby and was washing clothing at a riverbed. Though the child was tucked into a front pack, the mother slipped and fell. The infant slipped out of the protective covering and was carried downstream. No matter how the mother floundered — and yelled — there was no finding or saving the baby.

My client realized that at some level, she was still screaming for her child, and attacking herself emotionally for causing the baby's death. After processing the feelings and forgiving her prior self, her Hashimoto's disappeared within a couple of weeks.

Not every past life clearing produces as miraculous an outcome. However, the soul, which travels from lifetime to lifetime to learn about love, is designed with the ability to bring through wisdom and trauma.

When we are dying, our soul disengages from the body. It gathers memories and imprints from the lifetime it is leaving into its surrounding energy field, called the etheric body. These impressions are composed of subtle, rather than physical energies. These are then infused into the next body during conception, such as into the chakras, but also the epigenome.

The epigenome is a chemical soup that holds our ancestor's memories, but also our own soul issues. This mixture can toggle genes on and off, depending on internal or external triggers. Past life traumas, and even injuries, are especially prone to be activated within a new body, as they are quite intense. When they are activated, the subtle energies from the past life can transform into physical realities.

This is why a congenital heart problem can be a carryover from a serious relationship break-up or physical wounding from a past life. That never-ending shoulder pain? Maybe a past-life brother threw a spear into us a thousand years ago, creating entrenched feeling of betrayal, as well as physical pain.

What clues might indicate that you or a client is dealing with a past life legacy? Here are a few signs:

- You have worked on an emotional or physical issue "forever," and nothing budges.
- The onslaught of a problem is sudden and inexplainable in terms of this lifetime.
- You have senses of another time period when tuned into the challenge.
- Repetitive dreams, nightly or daytime, replay a situation not set in this era.

The good news is that you move through past life issues in the same way as you do this-life issues. Track the symptoms to the cause. Examine for critical events and feelings. Enable the feeling of the emotions and integrate the healing self into the everyday body. As you own any wisdom gained, the pain will dissipate.

Trauma might permanently alter us, but we have the power to transform through that trauma.



Cyndi Dale is the author of The Subtle Body: An Encyclopedia of Your Energetic Anatomy, and twenty-seven other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi,

her work, books and products please visit: www.CyndiDale.com.

Let Cyndi answer your Energy Medicince questions in our brand new Dear Cyndi Q&A column.

Questions can be on all things Energy Medicine practice guidance, personal guidance for the practitioner and all things ENERGY.

Send your questions to info@energymagazineonline.com for a chance to be featured in the March/April issue.



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"What is your favorite form (or forms!) of self-care that you incorporate in your routine as an Energy Medicine practitioner? Or, just as an individual? Why is self-care so important — for energy healers especially?"

Being a busy woman who helps other women step into their power and prosperity, having a self-care ritual is imperative. I alternate between many things and my very favorite are self-appreciation and pulling an oracle card.

Every morning just before breakfast, with my cup of coffee filled with turmeric, reishi and chaga mushrooms, I sit in my magic chair and pull an oracle card. My favorites are from Alaina Fairchild. After the description on each card there is a ritual or visualization that are powerful. These rituals have connected me with my power, my inner goddess and my own light. The consistency of starting my morning this way has led to me feeling on purpose, focused and guided. It is an amazing way to give myself some loving.

At the end of each day I participate in a group where we post self-appreciations daily. Our posts consist of appreciating the things in life that normally do not get much appreciation. For instance, I might post how I appreciate myself for being so frustrated at my hubby and how I lost it. It is easy to appreciate the things you did well or how nice your hair looks. It is harder to appreciate all aspects of oneself, especially the parts we label negative or inappropriate. Honoring and appreciating all parts of me increases my self-love and is a very big part of my self-care practice.



Victoria Buckmann
Speaker, Intuitive Business Coach
www.salesmagictips.com

Upon awakening from a night's sleep, the first thing I do is speak out loud a short saying (mantra) from Thich Nhat Hanh that sets the tone for my entire day:

"Awakening this morning, I smile. Twenty-four brand new hours are before me. I vow to live each moment mindfully, and view all beings with eyes of loving compassion."

While saying this, I place my hands on Copper, my canine companion, and give loving healing energy to him. Copper waits to sit or stand up until this is finished. It benefits both of us, encouraging more awareness of our surroundings and our actions.

At bedtime, my final activity before sleeping is to silently speak and fully visualize this adaptation of a quote from the Healing Touch Program Level 4/5 Notebook, again addressing both myself and Copper. I find that including my dog reminds me of our oneness with all living beings.

"We are whole. We are filled with light. This light fills every cell of our bodies. It surges into and through our hearts and blood vessels, making us fountains of light, bringing (here list the qualities you want this light to bring into you, such as health, vitality, love, peace, compassion, joy and gratitude) to our beings.

We are in the infinite light. The infinite light is within us. We are surrounded by the pure white light. Nothing but good shall come to us. Nothing but good will go from us. We are blessed. We give thanks."



Penny Burdick, MD, HTCP/I, QM Mandala Healing Touch, Sequim, WA www.mandalahealingtouch.com

Next issues's question:

What is your favorite way to connect with nature? What are the benefits you experience from doing so?

Send your responses to <a href="mailto:info@energymagazineonline.com">info@energymagazineonline.com</a> for a chance to be featured in the March/April issue.





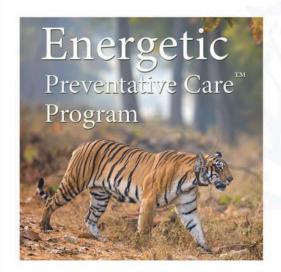
## **Grounding Practice for Boundaries**

One of the best ways to attend to the demands of a chaotic and at times unkind world is to support your boundaries. Energetically, boundaries are created by clearing, balancing and strengthening your chakras. As the chakras spin, they create (and maintain) their associated auric fields and the health of the chakras is directly associated with the health of your auric fields, or your energetic boundaries.

## The Grounding Practice:

- 1. Take a few deep breaths and center yourself into the present moment.
- 2. Set intention that this practice supports the strengthening of your energetic boundaries.
- 3. Imagine celestial energies from the crown chakra down through your in-body chakras root chakra. Allow the energy to clear and balance each chakra.
- Allow that celestial energy to continue down through your legs and out the feet going all the way to the center of the Earth anchoring it there.
- Imagine the Earth energies to return up through the bottom of the feet, through the legs and up through the root to the crown chakras.
- 6. Allow the Earth energy to empower the energies of your now balanced and clear chakras and expand that healthy energy to strengthen your auric fields and support your boundaries.
- Amelia Vogler is a specialist in Grounding and Energy Medicine and can be found at Amelia Vogler.com.

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AMELIA VOGLER

Grounding & Energy Medicine Specialist







Denise Pickett-Bernard, PhD, RDN, LDN, IFNCP is a functional and integrative nutritionist who has developed university and graduate level curricula in culinary nutrition and integrative and functional clinical nutrition. Considered an expert

in culinary nutrition and food-based interventions, she maintains a private practice in Roswell, GA where she helps clients reach vibrancy and flourish by using mindful food-based interventions. Her most recent endeavor is to produce a rehydration beverage <a href="https://www.RevitalizePro.com">www.RevitalizePro.com</a>. Having practiced as a Reiki Master for over 15 years, she is influenced by Energy Medicine in all of her professional initiatives. <a href="https://www.DrDeeNutrition.com">www.DrDeeNutrition.com</a>

## **Healing Spice Blend**

One of the most beautiful ways to care for ourselves is to provide our bodies with nourishment. This is often more difficult than it seems as people self-medicate with food and alcohol, use food as love, or use food for comfort. I would argue that comfort is a form of care; however, a pint of ice cream will not promote health! In the spirit of moving food choices toward health choices, an easy way to start is to add my Healing Spice Mix to a variety of recipes. The Healing Spice Mix can be made in bulk or purchased on my website.

Herbs and spices are profoundly healing as well as profoundly delicious! So often, I found myself reaching for these same spices when I was feeling the need for a boost. Detoxification, immune system function, anti-inflammation, anti-microbial — it is all here in this delicious blend! You can scale up or down, depending upon how much you want on hand. I like to keep about 4 ounces made up as I put this in smoothies/protein shakes, tea, brewed with coffee, muffins, pancakes and anything else that suits my fancy.

## **Healing Spice Blend**

## Ingredients:

2T ground turmeric

2T ground cinnamon

2 T ground ginger

1 T ground cloves

2 t ground nutmeg

1t black pepper

#### Method of Prep:

Mix everything together and store in an airtight jar.
 I like to save anchovy or mustard jars just for this purpose.



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by Mari McCarthy

Seven consecutive days of in-depth journaling exercises that will help you develop clarity in your life, know where you want to go and how to navigate around obsticals you may encounter. Every day, you'll reflect on a specific theme, and work through a short guided writing exercise in your journal. A perfect way to start the new year!



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## Chakra Self-Assessment

Keeping our own energy systems clear and balanced is foundational for being at our best physically, mentally, emotionally and spiritually. For energy medicine practitioners, it is essential for being effective in our healing work with clients. Awareness is key and one way to be aware of our own energetic state is to do a self-assessment of our chakras. This packet includes ways you can do your own chakra self-assessment and a tracking sheet to help you along the way.



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# It is important to recognize that caring for your mental, physical and spiritual well-being is not a luxury; it is a necessity.

Mari McCarthy

he past year has taken a toll on us all. We are grappling with exceptional challenges and we are collectively feeling the effects of stress, worry, frustration, grief and disconnection.

In a Centers for Disease Control and Prevention survey in June 2020, U.S. adults reported elevated mental health conditions associated with the pandemic. Respondents experiencing symptoms of anxiety and depression were three to four times the number of those who said the same in the first two quarters of 2019.1

With so much to feel and process, we need self-care more than ever. But when we are juggling endless other responsibilities — work, finances, parenting, virtual learning, job hunting, caregiving, the list goes on — self-care often gets neglected.

## Self-Care is Not Selfish

It is important to recognize that caring for your mental, physical and spiritual well-being is not a luxury; it is a necessity. When you are anxious, tense and depleted, you are not able to care for others or bring energy and focus to your work. Looking after your own needs and recharging your batteries will give you the energy you need to support your loved ones, do good work and contribute your gifts for a better world.

Self-care covers a wide range of categories, including nutrition, exercise, sleep, reflection, relaxation and

therapy. Sometimes self-care simply means setting boundaries and saying "no" to others so you can say "yes" to yourself.

While finding time to nurture yourself may seem impossible when you are shouldering a heavy load, you can carve out a few minutes a day just for yourself. Aim for 10 minutes every day — if you can do more, great; if not, that small break is still a gift.

## 3 Self-Care Mini-Breaks

Experiment with these simple self-care mini breaks. Each day, start by answering one question in a notebook or journal: *How am I feeling today?* Write down a sentence or two in response (or more if you feel inspired).

Research shows that journaling provides a wealth of mental and physical health benefits and is a powerful tool in your self-care toolbox. Writing in a journal can help you manage stress, reduce symptoms of depression and anxiety, improve sleep, strengthen your immune system, lower blood pressure and enhance overall health.<sup>2</sup>

Once you have written your journal entry, move on to the short activity focusing on a particular self-care theme.



#### 1. MINDFULNESS

Mindfulness is simply the act of being fully present in the moment, developing awareness of your thoughts, feelings, sensations and surroundings. Mindfulness-based meditation has been linked to a variety of mental and physical health benefits, and it is easy to practice anywhere, anytime, with nothing but yourself.<sup>3</sup>

Find a place in your home to do the five senses mindfulness exercise that goes in a 5-4-3-2-1 pattern:

- 1. Notice five things you can see. Look for something you might overlook normally, like the way sunlight reflects off the window or a favorite book on the shelf.
- 2. Notice four things you can feel. Be aware of physical things you can feel, like the chair underneath you or your dog dozing at your feet.
- **3. Notice three things you can hear.** Listen to the sounds around you, like your kids playing or cars driving on the street outside.
- **4. Notice two things you can smell.** Take a deep breath and note the good and bad smells in the air.
- Notice one thing you can taste. Take a sip or a bite of something or observe the taste in your mouth.

#### 2. NATURE

Being in nature, even for a short time, is so rejuvenating. Studies have found that being in green space improves mood and attention spans.<sup>4</sup>

Go for a brief walk in nature somewhere close to home, whether in your backyard, on a nature trail or in a city park. While you walk, breathe deeply and observe your surroundings. What plants, animals and people do you see? What do you feel while you are moving your body and being in a natural setting? Pause somewhere picturesque and simply take in the view.

#### 3. GRATITUDE

Expressing gratitude — consciously reflecting on and counting your blessings — is linked to greater happiness and positive health outcomes, including dealing with adversity, feeling positive emotions, appreciating good experiences and building strong relationships.<sup>5</sup>

# On your own, write down three to five good things that happened to you today. They can be big or small — catching

you today. They can be big or small — catching up with a friend over text, hearing a favorite song, enjoying a moment of quiet with your cup of coffee.

Alternatively, play the "glad game" with a loved one (you may remember it from *Pollyanna*). Take turns saying, "I am glad that..." and name something you are grateful for. Keep going for a set number of items or until you run out of steam.

During challenging times, you need to make yourself a priority as much as the other people and responsibilities in your life. Start by taking just a few minutes out of every day for a self-care mini-break and keep creating space to address your needs and treat yourself with love and compassion.

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To learn more about author Mari McCarthy visit www.CreateWriteNow.com

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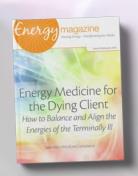






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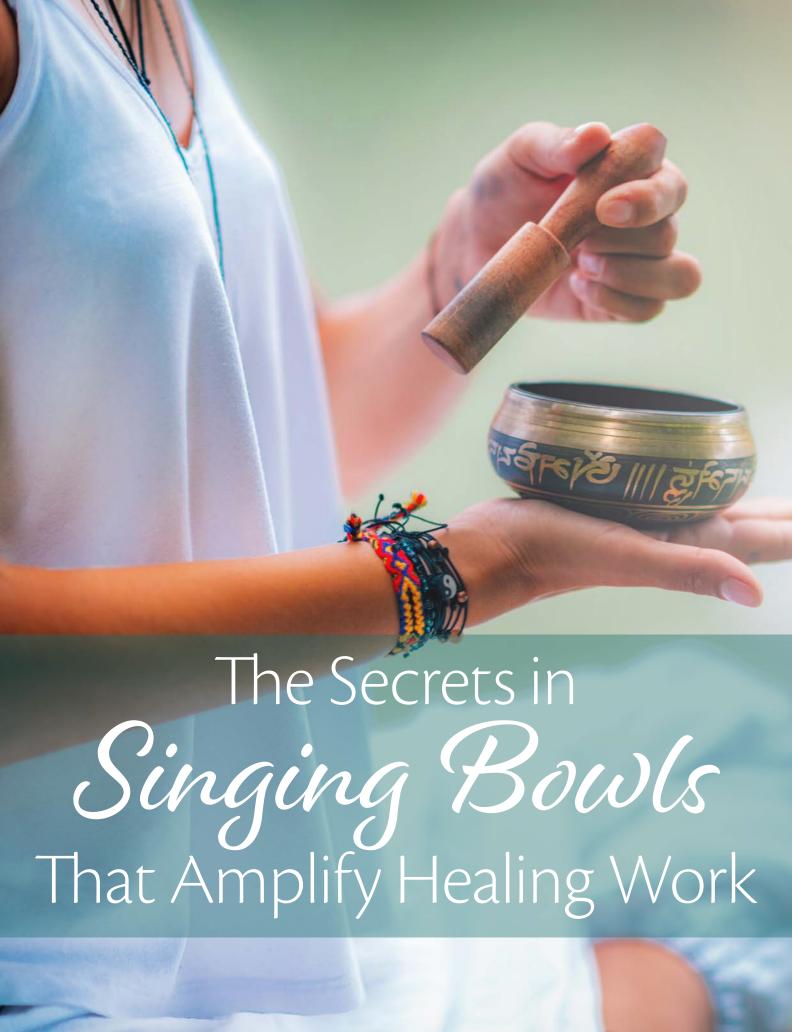






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# The bowls' harmonic vibrations soothe the nervous system and create a balancing synchronization between the left and right brain.

Ann Martin

nvite the magical sound from a metal or crystal singing bowl and you ignite more than a musical note floating around the treatment room. The stealth power of sound and vibration from these instruments can speak to the modern physical and mental complexities of the client in profound ways. Singing bowls are the most therapeutically effective (but often overlooked) tools for whole person healing. No matter your modality, singing bowls can amplify your healing intention and augment your unique skills — taking an energy session from "typical" to astonishing with a tap of a suede mallet.

Every singing bowl has special wellness "secrets" to offer you, your client and the energy in the moment. Once you learn to truly listen to the sound and mindfully receive its vibration, you open to increased intuitive capabilities, creativity and alignment with source energy. Clients receive a deeper level of relief while being ushered into physical resonance, balance and enhanced sense of physical and emotional wellbeing. Singing bowls also offer a unique option for assessing areas of energetic compromise, since their sound and vibration will change with the energy biofield of a client.

Singing bowls are used all over the world as tools for relaxation, music, meditation, healthcare, healing work, general well-being and much more. When

played, they emit a powerful, long-lasting harmonic hum that has both invigorating and calming effects. The bowls' harmonic vibrations soothe the nervous system and create a balancing synchronization between the left and right brain. Most importantly, a singing bowl can initiate the "relaxation response" in the body — supporting the body's ability to heal itself. In addition, many practitioners use singing bowls as tools to balance and activate energy flow and elevate the vibrational frequencies of the energetic and physical aspects. Bowls help co-create the complete wellness package: mind/body/spirit/energy.

Experiment with your singing bowl in these ways to begin to unlock the mysteries of its musical medicine.

# Secret #1: The bowl synchronizes the MIND

It is not easy for the modern mind to find peace in our stressed-out, digitally dependent culture. Most people are hyper-connected to their devices to the point where distraction is the pre-eminent condition of our age. Now more than ever before, brains multi-task to survive. By offering the opportunity for the busy brain to focus on just one thing, (like the beautiful sound from a singing bowl) you are offering



an avenue to better mental wellness and overall health to your client.

Singing bowls speak the language of the brain: frequency. When clients are introduced to the calming sounds from the healing bowls, their busy "beta" brainwaves slow down to an alpha/theta brainwave state comparable to a meditative mind. In this peaceful state, both hemispheres of the brain can balance, new neural pathways are created and the constant mind-chatter ceases. This means the client achieves that "post-session" brain at the beginning of your treatment. In this mind-state, your client can receive energy work on a much deeper, more profound level.

You can offer these benefits to your client by standing at the head of the treatment table and gently tapping or gonging your bowl at the crown. Instruct the client to follow the sound into silence (while you do the same to center yourself!) Re-ignite the sound and float the bowl slowly from ear to ear across the bridge of the nose to balance the brain. Take a moment to notice the vibration from the bowl traveling down *your* arm and into the heart. This is a perfect way to open your treatment and set the healing tone for the entire session for both you and your client.

# Secret #2: The bowl harmonizes the BODY

The human body is a natural "resonator" for sound and vibration because it is approximately 70 percent water; sound travels four times faster in water than in air. When metal singing bowls are placed and played on the client's body, vibration travels systemically through the physical form and manifests as greater pain relief, a profound sense of stillness and much-needed comfort. Waves of percussive vibration also sink deep into bones, muscles and organs while offering more productive breathing, stress release, immunity boost, blood detoxification and muscle softening. These physiological benefits can be deployed by simply placing your bowl (10" or larger works best)

on the belly of the client and giving it a strong "gong" with the padded mallet. The weight and vibration from the bowl will deeply relax muscle holding patterns and soothe anxiety while opening all the lower chakras. You can leave the bowl in this location and re-ignite the sound intermittently while initiating other energy protocols.

# Secret #3: The bowl revitalizes the SPIRIT

When both mind and body are calm, you have the perfect container to access something deeper — Spirit, True Self, intuition, wisdom, pure presence, etc. People are drawn to the bowls because they stop the negative, cyclical thinking patterns so connection with authenticity is possible. This state of blissful peace is always available through the singing bowls and is a major gift we can offer our clients and ourselves in every session. To help in this process, slowly float the singing bowl over the client from head to feet and ask them to receive as a "Listening Presence." Accepting sound and vibration with the whole body, not just the ears, invites the client to take part in their own healing experience while encouraging an open readiness for your energy skills.

# Secret #4: The bowl elevates ENERGY

You will experience your OWN healing work in new ways because the bowl becomes a tool for sensing, diagnosing, breaking up, moving, clearing and balancing energy. You can embrace a new creativity and new approach to your healing routines. You will also find that working with sound and vibration does not wear you out! It elevates your physical energy, so you will not feel drained post-session. In addition, the circles of sound produced from these instruments expand outward, like a sanitizing energy vortex that carries negativity out to the Universe, keeping you and your space clear of toxic energy. To clear a healing space using sound from a singing bowl, simply walk to all four corners of the room



and gently tap the metal bowl with the wooden end of the mallet. The bright, sharp sound produced is effective for cutting through negative energy and replacing it with a brilliant, shimmering sound. You can also sing the bowl counterclockwise to release unwanted energy in a space, and then play clockwise to invite a new energy into the space.

# Secret #5: The bowl revives sessions

Using a singing bowl with energy work makes for a memorable session that sets you apart from the competition, with potential to increase your business considerably. Most people have probably heard of singing bowls but have not experienced them in a therapeutic way. Therefore, combining

the effectiveness of a bowl with your unique healing gifts, is a great way to re-invigorate former clients, excite existing clients and attract new clients.

Learning specialized energy-bowl techniques will help unleash the full potential of your singing bowl and allow you to integrate it seamlessly into sessions. Without a doubt, your singing bowl provides a deeper level of relief to your clients with less effort, while supporting them to come into an enhanced sense of physical and emotional well-being. All ages, body types and medical conditions can benefit from energy work and the transformative powers of sound and vibration. The secret is out; when you hold a singing bowl, you hold the potential for wellness in palm of your hand!



To learn more about author Ann Martin visit MileHighHealingVibe.com

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"Subtle doesn't mean delicate. In fact, science is beginning to suggest that the subtle — the as yet immeasurable — actually directs the measurable and forms our physical framework." - Cyndi Dale, The Subtle Body

### Donna Eden and David Feinstein

id you know that an estimated 174,000 healthcare professionals in the U.S. provide services which explicitly address the body's subtle energies, drawing on ancient approaches such as acupuncture, medical qi gong, and Ayurveda, as well as more recent developments like Healing Touch, Reiki and Touch for Health? And some 16 million people in the U.S. utilize these services! Yet many in the medical establishment remain unconvinced that these activities are anything more than pseudoscience in the hands of charlatans.

We have had this discussion with more than a few skeptics. While some maintain that the research is not persuasive (an argument that can be decimated, as shown below), the fundamental division has more to do with a worldview — a paradigm — than with any particular evidence supporting or not supporting a subtle energy perspective.

# A Clash of Paradigms

Max Planck, who was awarded the 1918 Nobel Laurette for his discoveries in quantum mechanics, was faced with a community of physicists who could not accept the counter-intuitive concepts of quantum physics. How could the behavior of

a particle in one location affect the behavior of a particle in a different location when there was no visible connection between them? Even Einstein called this "Spooky action at a distance." Frustrated with the reception of the new discoveries by so many of his colleagues, Planck finally reconciled himself to the realization that, in his famous phrase, "science advances one funeral at a time!" In other words, a new scientific truth does not carry the day by convincing its opponents but rather because its opponents eventually die, and another generation that is familiar with the new thinking replaces them.

Energy healing practitioners are also finding themselves in a paradigm collision with traditional forces within science. The worldview of energy medicine resembles that of cultures which are closer to nature. This includes an attunement to subtle energies that impact health and well-being; an appreciation of the invisible life force that causes an embryo to become an infant or a seedling to break through cement; and a resonance with the energies of the Earth, its plants, its animals, its seasons, the sun, the moon, and other elements of the environment that surrounds us.

This worldview comes into sharp conflict with a scientific method that is based on the observation



of and experimentation with the material world. Because that approach has led to cell phones, flush toilets, airplanes, and visits to the moon, its basic tenets have an almost hypnotic appeal. Any talk of invisible energies that have never been detected by established scientific instruments is readily dismissed. In fact, even acknowledging energies we don't know how to reliably identify with existing scientific devices undermines the credibility of the prevailing materialistic view and is fiercely countered, even ridiculed by the gatekeepers of conventional science. Prior to the invention of the microscope, the notion that invisible germs had a role in illness received the same reception from the medical community as that which the notion of subtle energies has endured. Willem Reich, the crazy genius whose ideas about a "biological energy" pushed against medicine's materialistic paradigm, died in jail in 1957 for not obeying an injunction by the U.S. Food and Drug Administration to stop distributing his energy healing devices. More than six tons of his publications and apparatus were publicly burned by order of the court in what the major New York publisher that brought all his published works back into print called "one of the most heinous acts of censorship in U.S. history."

All of this is, however, changing in relation to subtle energies. As Cyndi Dale observed in her book, *The Subtle Body*, "Subtle does not mean delicate. In fact, science is beginning to suggest that the subtle — the as yet immeasurable — actually directs the measurable and forms our physical framework."

## The Debate in Microcosm

We find our own personal version of the subtle energy debate, at least at this point in our marriage, to be amusing. When we met more than 43 years ago, David had just left Maryland where he had for seven years been teaching and doing research as an Instructor in Psychiatry at The Johns Hopkins University School of Medicine. Donna, for her part,

had been able to see the colors and movements of the body's subtle energies since before she could talk (a relatively rare gift in Western cultures that do not cultivate this ability, but by no means unique). You can imagine the dinner table discussions. About 19 years into our relationship, Donna signed a contract to write her first book, Energy Medicine. She asked for David's help. David had already written one highly successful book and had an organizational mind that would complement Donna's more intuitive approach. We each cut back our private practices — David's as a clinical psychologist, Donna's in energy healing — to half time so we could give proper attention to the challenge of discussing invisible forces in tangible language. David posed to Donna the same types of tough questions he had brought to the innovators of new therapies when he was studying them for one of his research projects at Hopkins.

By analogy, just because we cannot hear frequencies that other creatures can hear doesn't mean those frequencies don't exist.

At some point within our two years of working together every day on the book, it occurred to David that while Donna's approach appears to be highly intuitive, and that is certainly part of its power, it is also highly empirical. Empirical means "based on observation and experimentation." A client would lie down on Donna's table. Because of her ability to see the body's subtle energies, she could observe where the energies were blocked or weak or too forceful or otherwise out of harmony with the body. Then she would experiment with her hands or by putting the client into a particular posture or by taking other steps to get the energies into a better flow. She would next see if it worked. If not, she would adjust the intervention or come up with an entirely different one. She would then see how the shift in the energies impacted the client's symptoms. Observe.



Experiment. Observe. Experiment. Observe. Of course Donna's version of "observe" is different from that of David's or most people's. But Donna can demonstrate the real-world consequences of what she observes. For instance, the subtle energies she describes have consistently corresponded with diagnoses that had not been revealed to her. So the fact that her observations are more vivid and nuanced than David's is not a weakness in her approach but a limitation in the reach of David's senses. By analogy, just because we cannot hear frequencies that other creatures can hear doesn't mean those frequencies don't exist. Plus the overwhelming success of Donna's approach, which led to her services being sought from people all over the world, was a level of "empirical evidence" that David could not ignore. Because of David's skepticism, however, we have been able to speak not only to skeptical colleagues, but also to the skeptic within each of us who don't see energy but are considering an Energy Medicine approach."

# Putting Our Practitioners to the Test

Fast forward a few decades. We have trained more than 1,600 qualified practitioners at the Certification Level. In 2017, we were contacted by neuropsychologist Melinda Connor, who had in 2004 initiated a research program at the University of Arizona to determine whether healers are able to make objective changes in the physical world through their intention and/or through the energy of their hands. For instance, can a healer change the length and frequency of the waves in a magnetic field? That would tell us something about the impact of that healer on the body's electromagnetic energies. Or the pH of water? Because 73% of the brain and heart are composed of water, it is not too much of a stretch to envision the implications this could have for healing. Since her original experiments, Dr. Connor has carried out 15 formal studies which have involved more than 1,200 healing practitioners. She had already demonstrated beyond any reasonable doubt that healers can indeed create changes in the physical world without direct touch.

She was now inviting us to put our practitioners to the test. David, as our organization's administrator, felt both honored and a bit nervous about this plan. What if our people couldn't turn water into wine, or the healing practitioner's equivalents! It turned out, however, that our group produced among the most impressive results of any healing specialty Dr. Connor had investigated. Our practitioners were able to produce the intended effect 97% of the time on Dr. Connor's test suite. By contrast, a control group that had no training in any type of energy healing had, with only one exception, a 100% failure rate on the test suite. A subgroup of our practitioners, limited to our faculty members, attained a 100% success rate, including on the pH test, which is considered the most difficult of the various tests used in Dr. Connor's most current research. By now, David's doubts had completely dissolved.

# Bringing the Debate Across the Great Divide

When given the opportunity to explain to a skeptical colleague how Energy Medicine works, we do not start with the paradigm debate. We begin with the direct evidence which an open-minded professional needs to see.

#### **CLINICAL EXAMPLES**

For starters, we always have a few case histories in our back pocket that we can provide as compelling examples: the elderly man who was irate that Donna had persuaded his wife to postpone a surgery but then participated in helping her heal with energy medicine so the surgery was not needed; the champion swimmer who was told that the

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doctors could do nothing more for a fast-growing lymphoma that had become widespread, but who was cancer-free after a series of Energy Medicine treatments; the woman who had suffered from a multitude of health issues most of her adult life — irritable bowel syndrome, multiple allergies, chronic back pain, endometriosis, TMJ problems — who became symptom-free and went on to become one of our most vibrant practitioners; Donna's own story overcoming her multiple sclerosis after her doctors had told her to "get her affairs in order" because her organs were breaking down. These cases are described in detail in a journal article that is cited below.

The National Institute for Integrative Healthcare lists more than 600 studies that assess hands-on healing interventions. The Subtle Energy and Biofield Healing Publications Library maintains a database that includes more than 6,000 entries.

#### **EMPIRICAL RESEARCH**

While a story that vividly illustrates the steps by which a serious illness was overcome may be worth a thousand studies in its emotional impact, case histories of course provide only anecdotal evidence. They do not conclusively establish cause-effect relationships. So the next step in presenting our case is to turn to systematic research. Acupuncture, one of the earliest forms of Energy Medicine, has been studied in more than a thousand peer-reviewed clinical trials. In a comprehensive analysis of this data, the Acupuncture Evidence Project concluded that "it is no longer possible to say that the effectiveness of acupuncture is because of the placebo effect,

or that it is useful only for musculoskeletal pain." Applying the stringent guidelines of the National Health Medical Research Council's standards for demonstrating clinical effectiveness, the analysis found moderate to strong evidence that acupuncture was effective in treating 46 medical conditions, including asthma, hypertension, insomnia, irritable bowel syndrome, osteoarthritis, constipation, stroke rehabilitation and various types of pain. In a non-needle variation of acupuncture, more than a hundred clinical trials show that energy psychology treatments, which involve tapping on acupuncture points to address emotional issues, result not only in reduced anxiety, depression and other psychological conditions, but also in physiological changes such as decreased production of stress hormones and favorable shifts in the expression of genes involved with learning and emotional regulation. Studies of Healing Touch provide evidence that the approach enhances immunity, reduces pain, counters fatigue, complements more invasive treatments such as radiation, and generally enhances the quality of life. The National Institute for Integrative Healthcare lists more than 600 studies that assess hands-on healing interventions. The Subtle Energy and Biofield Healing Publications Library maintains a database that includes more than 6,000 entries. References to all the assertions made in this article can, again, be found in the journal article cited below.

# EVIDENCE FOR THE EFFECTS OF SUBTLE ENERGY

After describing documented cases and well-designed, peer-reviewed empirical studies demonstrating that an energy approach is effective — which is speaking in the skeptic's language — we can turn our argument to the more contentious topic of subtle energy. But even here we have a solid empirical footing. How else but that the heart carries an energy we do not know how to measure can you explain the many well-documented instances of heart transplant recipients taking on their donor's food



preferences or musical tastes and, in one case, having enough detailed information about the identity of the donor's murderer and the circumstances that the police were able to make an arrest that led to an easy conviction. In fact, heart transplant recipients begin to exhibit preferences and skills of their donors so frequently that some physicians prepare their patients and their families for this possibility prior to heart-transplant surgery. And how else but that a person is able to transmit healing energy can you explain the empirically-established impact of focused thought on plant growth, crime rates and tumor activity? A hands-on healing technique developed by Bill Bengston produced an overall cure rate of 87.9% in experimental mice that had been injected with a mammary cancer. This outcome is particularly noteworthy in that the injection is known to produce 100% fatality within 27 days. Medical intuitive Carolyn Myss was studied by neurosurgeon Norm Shealy. Her clairvoyant diagnoses from a distance, after having been provided only the patient's name and birthdate, matched Shealy's medical diagnoses in 93% of the cases. Myss' statements were specific, such as "left testicle malignant, spread to left kidney; venereal herpes; and schizophrenia." If your skeptical colleague is willing to take empirical evidence into account, much is available that supports the worldview that subtle energies are a significant force in health and healing. Some, albeit, will still heatedly dismiss such findings because they clash so strongly with their long-held paradigms — the "one-funeralat-a-time" problem — but in our experience, most find that their perspective widens a bit.

## A PUBLISHED RESOURCE

We generally follow up these discussions by offering a paper published in a well-respected journal that includes clinical cases, empirical research and evidence for subtle energies. We have just replaced the paper we had been using for the past dozen years. Advances in Mind-Body Medicine, a prominent journal, recently made an editorial decision to

include Energy Medicine as one of its major areas of focus. We were honored to be invited, in the first issue that reflects this change, to contribute an article describing the development of our approach to Energy Medicine and where Energy Medicine fits within the larger scheme of healthcare. You can download it from <a href="https://eem-overview-paper.">https://eem-overview-paper.</a> edenmethod.com to read and also share with colleagues, interested clients and health-providing institutions.

## **ENERGY MEDICINE'S PLACE** IN HEALTH CARE

We do not believe that Energy Medicine replaces conventional medicine. Hospital emergency rooms and operating rooms perform miracles every day. But an energy perspective does warrant a respected place in the healthcare spectrum. We think the noted physician, Christiane Northrup, summed it up nicely in her Foreword to one of our books: "In the medicine of the future, as I envision it, working with the patient's energy field will be the first intervention. Surgery will be a last resort. Drugs will be a last resort. They will still have their place, but shifting the energy patterns that caused the disease will be the first line of treatment. And before that, teaching people how to keep their energies in healthy patterns will be as much a part of physical hygiene as flossing or exercise."

References: The claims in this article are backed by the references in a paper published in the summer 2020 issue of Advances in Mind-Body Medicine. https://eem-overview-paper.edenmethod.com



To learn more visit: <a href="https://www.learnEnergyMedicine.com">www.learnEnergyMedicine.com</a>

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# Self-Care at Work is the Key to Your Success



Once you have started from that foundation of valuing your whole self you will begin to see things differently. For starters, you will be able to set up better boundaries for yourself.

## Mory Fontanez

he largest obstacle in the way of true success in our work is the idea that we must divide ourselves in two, leaving our true, personal selves at home and taking a more "refined" or professional version of ourselves to work. The energy we spend in performing this ritual each and every day is significant; and it becomes time we take away from our own growth and evolution.

So why do we live this Dr. Jekyll and Mr. Hyde type existence? What value does being two different people at once hold for us? Protection is the answer. We have been taught that to be valued in our workplace, we must shine and be as close to perfect as possible. The parts of us — all of us — that are not perfect we save for our personal lives, believing somehow that if we only take half of ourselves to work, we will get the validation we need. That others will believe we are worthy of their respect, praise or rewards. Equally, that by hiding the less than "perfect" or more honest parts of ourselves we can protect ourselves from criticism, judgment and embarrassment.

Here is the challenge with this way of operating: we are not really taking care of ourselves — of our *whole* selves. By choosing this division, we are telling that other side of us, the personal side, that it is somehow unworthy of showing up in an environment as important at work.

When we think about practicing self-care at work, this is where it starts. It starts with caring about ourselves enough that we bring all of ourselves to work. We must love who we are enough to not ask half of us to hide at home so we can put on a shiny appearance for others. What is the message you send to yourself when you do that? "I don't want to show you off." "You are not worthy." There is no true self-care at work if we do not tackle this harmful belief system.

Now, if you do embrace this integrated method of showing up at work — as your whole self — well that is when you can really start to practice deeper self-care.



Once you have started from that foundation of valuing your whole self you will begin to see things differently. For starters, you will be able to set up better boundaries for yourself.

Boundary creep is one of the biggest culprits for feeling stressed at work. That is when we let others step over our boundaries so that we can be perceived as a team player or a valuable member of the organization. This shows up in many ways — staying late night after night and missing time with your friends and family, taking on other people's work just to get the project done on time or allowing people in a position of influence or authority to repeatedly disrespect you through their words or actions.

When you operate from the belief system that all of you is not valuable or that the personal side should stay at home, you are more likely to let people trample your boundaries. But, once you have integrated and valued all parts of yourself you will begin to see that by asking you to take on their project, or give up your personal time or self-respect, others are asking you to shrink and be less of yourself to benefit them. Is this acceptable to you? Is it respectful?

If you answered no, then the only question to ask yourself is why do you let people do it? You do not have to. You can still be a valuable member of the team, a brilliant contributor to your organization and maintain strong boundaries about what you will and will not allow to happen to you.

Sometimes even 15 minutes helps you to see a situation or the person on the other end of the issue differently. Once you have brought your full self to work and set up strong boundaries to protect that self, the next step in your work self-care ritual is to value pause over reactivity. This is about training yourself to always take a breath before reacting to something that is confusing, frustrating or upsetting. Why is this self-care? Because it protects your energy and allows you to keep stress at bay.

So, how do we get good at managing our reactivity? Just follow one simple rule — say it with me now — "I will not respond to this person/email until I have stepped away from my device, taken 4 deep breaths and given myself at least 15 minutes."

This pause does two things for you:

Firstly, it allows your body to process what it is experiencing in reaction to the event that caused you upset or stress. Giving your body the chance to work this out is critical to your health. Think about it like moving something through a pipe. Taking some deep breaths and giving yourself time is like flushing water down a pipe to move whatever is trying to make its way through all the way down. In contrast, reacting immediately or diverting your attention by focusing on more work is the equivalent of clogging that pipe with more objects and then wondering why it is backed up. We need to give our body and our minds time to move things through, so they do not get stuck.

The second benefit of the pause is that it gives you tremendous perspective. Sometimes even 15 minutes helps you to see a situation or the person on the other end of the issue differently. Maybe it allows you to have more empathy for the person you are frustrated with or have more empathy for yourself. This perspective is so important to being effective. The adage "pick your battles" is about exactly this. Perspective allows you to see the situation from more angles, figure out what your goal and needs are and go back into it with clarity and hopefully some calm. Again, this reduces the likelihood of creating stress in your environment, which is key to taking care of yourself at work.



There are a plethora of other things you can do to practice self-care at work like taking an actual lunch break to give your mind a break or adding items to your workspace that make you feel happy — a candle, a photo, a meditation tool. All these things help, and if you think about it, they all fall into one of the three categories above: valuing your whole self, setting boundaries and managing your reactivity. Once you have the categories straight, you can get creative about how you are going to fill each with practices, tools and activities that work for you.

To make this practice of self-care stick and work for you, remember this, while it is tempting to think of

self-care at work as a nice thing to have (a luxury), it is actually about enhancing your performance and productivity. The better you feel, the happier you are, and the more likely you will be to work faster, be more creative and contribute valuable ideas that can impact your entire organization. That is not just a nice thing to have, those things are a must for success to take hold in your life and your work.

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Learn more about author Mory Fontanez at 822Group.com



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# Sky & Earth Stretch

Titanya Dahlin

his Eden Energy Medicine Exercise is wonderful for both children and adults. It helps to ground and center your energies, before attempting to do something difficult. When children are highly sensitive or empathic, it can be difficult to cope with different experiences in life. This Energy Exercise helps to clear other people's energies or toxins from the environment, so they do not get sick. This exercise helps to cross over the right and left hemispheres of the brain and body for better balance, focusing and learning. The original version of this exercise is created by Donna Eden and the spoken poem is added by Titanya Dahlin.

# Sky and Earth Stretch

- 1. Breathe in and out with "Prayer Hands" by your chest. (Fig. 1)
- Reach up to the Sky with one hand and flatten hands while the other hand, reaches down to the Earth...Look up. Hold your breath. (Fig. 2) Speak- "I touch the Sky"
- Breathe out as your hands come back to center, "Prayer Hands."
   Speak- "And the Sky Touches me."
- 4. Breathe in again and reach the other hand up in the opposite direction and look towards the earth. (One hand to the sky and one hand to the earth) (Fig. 3)
  Speak- "I give thanks for the Earth"
- 5. Breathe out and bring your hands back to center. Speak- "And what she gives to me"

- 6. Again, breathe in and reach back to the other side and look up. Speak- "I am Sky"
- 7. Breathe out and bring your hands back to center.
- 8. Again, breathe in and reach back to the other side and look down. Speak- "I am Earth"
- 9. Breathe out and bring your hands back to center. (Fig. 4)
- 10. Reach up with both hands towards the sky. (Fig. 4) Speak- "I Am!"
- 11. Do a "Celtic Weave" all the way down, which means crossing your arms a few times on the way down to your feet. (Fig. 5)
- 12. Raise your arms up again with energy above your head and wiggle this energy down your body, as your arms come down to your sides!

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To learn more about author Titanya Dahlin, EnergyMedicineWoman.com

These Eden Energy Exercises are taken from Titanya's upcoming book, *Energy Medicine for Kids*.

Child models – Tiernan Devenyns and Soraya Zehr. Photography by Narrative Images.



# There is never a better time to evolve who you are into who you need to become next.

### Cate Stillman

ife is complex and changing quickly. COVID has changed the opportunities. Change is happening at a record-breaking pace. Life was already busy and stressful... and distracting from deeper meaning and fulfillment.

The world is changing fast. You may have the sense that 2021 is going to be a pivotal year... with both winners and losers.

Most of us have an education that did not specifically build our skills with quick career adaptations, high pace technology changes and pivoting into next level success in life with a vision and aligned action plan. Your future is more ambiguous than ever. Your deeper goals may seem even more out of reach than ever. I am going to walk you through how to handle the ambiguity of your future with attitude, assessment and action.

## Attitude

You have a right to live a life of great meaning, deep fulfillment and experience ease in your body, mind and spirit. You deserve to thrive and take your life by the horns, even with all the ambiguity.

I find there is often an awareness gap — and an elbow grease gap. If you are not aware of your unique purpose for the next phase of your life, you will get swept up into everyday thinking.

You need perspective.

You need a vision, clearer than ever before, for your next chapter.

And you need a plan to pivot.

Your pivot plan needs to align your short-term action/habits/calendar to your long-term thrive.

# Pivot to Thrive in 2021

So, who do you need to become in the next chapter of your life?

That is the question.

There is never a better time to evolve who you are into who you need to become next.
Especially with the ambiguous future.
Now is the time.

When Odysseus returned from his Odyssey after two decades, only his neglected dog recognized him. That is what identity evolution looks like. The heroine's journey is a trip into the next level of you — into your next identity. The call to adventure, the initiation, the pit of despair, the mentor, the triumph and the return are the heroine's journey. Heeding the call of the journey is making the choice — to grow, to change, to make your potential real. The heroine cannot stay the same, cannot get tripped up by the same problems. The hero must change to evolve.

On a fierce growth path, you may hardly recognize yourself from two years ago. Your thoughts, ideas, relationships and consciousness must pivot to a higher purpose amidst a fast-changing world.

The best attitude is to realize you need to change. That change is the nature of your pivot.

Next, do the assessment below.

## Assessment

Put your attention on your deeper dreams. Consider, who you would like to become this next year? Focus your assessment by checking the boxes below in the areas you would like to pivot in 2021:

I would like to upgrade my body.
I would like to refine my home.
☐ I would like to upgrade my relationships.
I would like to achieve my goals.
☐ I would like to upgrade my career or purpose.
I would like to upgrade my finances.

You are built to evolve. Personal evolution is programmed into your DNA, your endocrine system, your nervous system. You are designed through hundreds of millions of years of life on advanced life forms on earth to not just be resilient. You are designed to adapt. And you are designed to thrive.

So, let's get on that. It is time to scale your life and pursue your wildest dreams. Carpe diem. No joke. You must make it happen if something bigger and better in your future is going to happen. Even with all that may seem wrong in the world.

I am borrowing this exercise from my latest book, *Master of You*. It takes only an hour or so. The SWOT is a preliminary exercise used by businesses to gather data before building a solid strategy. I have used it for years to gather the data to do the necessary pivots to hit my personal goals, to help my team hit our company goals and with my family for our lifestyledesign and wealth goals.

To start this exercise, put four big pieces of paper on a wall.

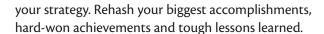
Label each paper with one category:

- Strengths
- Weaknesses
- Opportunities
- Threats

Consider the vision of your best possible future. Then, write down everything that might be connected to achieving or falling short of your vision. Set judgement aside; humility and honesty with yourself now will pay dividends later.

#### 1. STRENGTHS

Considering your best possible future, you have specific strengths to leverage to get there. What are they? Be specific. Include specific skills, natural abilities, relationships or assets that can help you achieve your vision. Consider what others have mentioned and compliments you have received. Strengths beget unique opportunities. Capture these aces on your paper so you can use them to amplify



#### 2. WEAKNESSES

Now, surface any weaknesses that could derail your best possible future. Recall your breakdowns or any recurring patterns that blindside you, slow you down or hold back progress. Look for problems you wish you had already resolved, challenges that keep reappearing, or skills, assets, knowledge or relationships you do not have that may be key to reaching your goal. These gaps, if you can find them earnestly, are gold nuggets for your strategy. There is nothing to fear — a good strategy will pair your critical weaknesses with assets, key relationships or other strengths. Get them on your paper.

#### 3. OPPORTUNITIES

Next, look for current situations or potential future circumstances that may be favorable to your best possible future. What are they? What could easily advance your success? What is easy for you to grow or move forward fast? Some opportunities come from connections; others from the changing marketplace — locally, regionally or globally — and others come from unique abilities that you have developed.

#### 4. THREATS

Finally, identify the risky unknowns of your best possible future. What could stop you? What may be beyond your control? What situations or circumstances might arise that could undermine what you are trying to make happen? Pinpoint potential threats, even those that are less likely but still concerning, to inform your line of vision when it comes to building your strategies.

Now, circle the big guns in your data (the things that will most definitely help or hurt you). You have a particularly good data set to build your pivot.

## Action

When you consider your SWOT considering an ambitious vision, issues in getting to your most essential pivot rise to the surface. "Critical issues"

is a term used by business strategists to identify what needs to be grappled with to make a smart action plan. Critical issues surface mostly due to competing interests, limited resources, unknowns with opportunities and threats that are bigger than they appear. Critical issues surface by answering the question: What obstacles must you overcome?

Account for the most relevant issues and opportunities that showed up in your SWOT assessment with a series of "How might I...?" questions. Play with possibilities. What strengths you could pair with a crucial weakness or lack of skill? What resources could you shuttle into an opportunity? What are the biggest threats that need to be matched with assets, relationships or strengths from your assessment? Find the two pairs that highlight how you will need to pivot in these ambiguous times.

The challenges you encounter on your growth path flex and shape-shift your identity.

No more excuses.

No more being too busy for what matters most. No more self-doubt. No more self-sabotage.

Based on your SWOT assessment and the critical issues you identified; you should see an action plan arise like a phoenix from the ashes. You have some big choices to make in your life. You have new skills to gain, new relationships to build, a better way of using your time.

It is time to take action. At this point you should know the big pivot you need to make in 2021 and understand the power of strategic thinking about your pivot.



Learn more about Cate Stillman at Yogahealer.com



Ayurveda and Yoga offer some practical tools to manage emotional residues and help us move beyond them to live a vibrant and energized life unburdened of the issues and traumas of the past.

Vish Chatterji & Yogrishi Vishvketu

e have often heard the saying "we are a product of our experiences," but what if those experiences are troubling ones and what does it imply about the product we become? We have good and bad experiences on a daily basis, but sometimes traumatic experiences from the past can become a defining moment, leaving us with emotional baggage that inhibits us from living to our fullest potential.

The ancient Indian wisdom traditions of Yoga and Ayurveda offer us some surprisingly relevant solutions to our modern-day emotional challenges. Though we have evolved over the centuries, some of our evolutionary psychology remains instinctually hard-wired. These ancient traditions had deep insight into this hard-wiring and offer us practical tools, that have endured through the ages, to manage our emotions and unhealthy patterns.

The Ayurveda mind-body medicine system is obsessed with the concept of digestion. Ayurveda

revolves around a concept called Agni, a Sanskrit word that loosely translates as fire, and specifically as the transformative power of that fire. This Agni is seen as the energy behind digestion and metabolization of food. Ayurveda sees the belly as the seat of this Agni, and if this fire is burning bright, we are able to properly digest our food, extract the nutrients and eliminate any toxins in a clean and efficient way. If the fire is weak, or we throw too much poor-quality food at that fire, then the food is poorly digested. Weak or overloaded Agni would not fully extract nutrients from the food and also would not fully eliminate toxins in the digestive process.

With imperfect burning, a toxic residue is left behind, known as "Ama." This is visualized as a dark, sticky toxic substance that then inhibits our overall energy. An accumulation of Ama leads to a sense of sluggishness, dull skin and eyes, fatigue, aches and pains, an interference with good digestion and an overall sense of malaise. Signs of excessive Ama also include lethargy and a lack of enthusiasm and



inspiration in life. This is part of the reason why a healthy diet is considered paramount in Ayurveda to maintain healthy emotions.

Aside from food digestion, the Agni is also linked to the digestion of emotional experiences in life. A strong Agni, fully metabolizes life experiences, extracts the nutritious value of those experiences and eliminates any emotions that no longer serve. However, if that emotional digestive power is weak, too many poor-quality experiences are thrown at the fire, or the fire is consumed in trying to process poor-quality food, emotional experiences are not well-metabolized. The toxic Ama residue manifests, causing emotional disturbances, poor energy and mental distress. This Ama also dampens our ability to digest new experiences, extract good nutritional value from those experiences and interferes with our ability to manage and process daily stresses to our emotional state.

With food, after Ama builds up excessively, we might engage in a fast, cleanse or an herbal regimen to clear it out. As we can see in our society of juice cleanses, multiple fasting regimens and detoxifying herbs and teas, we (as a society) are constantly trying to tackle Ama build up! However, what is the cleanse equivalent for emotional Ama?

It can help to understand the root cause of Ama inducing experiences. Sometimes we face trauma at an age where our emotional digestion system is not mature enough to handle and process that experience – e.g.in the case of childhood abuses and traumas, emotional Ama can linger well into adulthood. Or in adulthood, we may face experiences that are so intense and abnormal, such as in case of violence, sexual violation or even emotionally traumatic exchanges with people in our lives, that we are unable to efficiently digest such experiences and the toxic Ama left behind inhibits job in our life.

Ayurveda and Yoga offer some practical tools to manage these emotional residues and help us move beyond them to live a vibrant and energized life unburdened of the issues and traumas of the past. Below we share several methods from these traditions to help digest emotions from the past, eliminate emotional Ama, and move towards a more unbounded existence. Evaluate and experiment to see what approach or combination of approaches resonates with you.

#### **Emotional Digestion Tools:**

#### **TALK THERAPY**

In the Western context, therapy is seen as a powerful tool to process past traumas and emotions. If we find that we are constantly coming up on the same emotional blockages and recurring limiting belief patterns, a therapist can help you get to the root of the issue and heal it from that deep place. Life coaching techniques, through the power of inquiry, can also get to the root of an emotional issue and help move through it. Even a heart-centered, honest conversation with a trusted friend or colleague can help. The act of talking it out, gets the Ama from its trapped location in our psyche out into the manifest world, and through it we can help digest the emotions surrounding that experience.

#### **WRITING THERAPY**

Journaling is a powerful tool to process emotions and experiences of the past, in a private and affordable way. We recommend purchasing a nice quality journal and pen to make it an enticing activity and find a nice comfortable and supportive environment to work through the emotions that may come up. You can use the "hot-pen" method where you just continue writing without letting the pen leave the paper. Do not worry how messy or incoherent your writing is and do not be attached to re-reading it. The goal is to get the Ama out of its trapped location in your energetic body and into the physical plane



where it can be processed and digested more easily.

#### **FIRE RITUALS**

Fire was one of the first human innovations and we intuitively knew it connected to something deep inside of us. You can see the magnetic power of a campfire in how it brings people together and elicits the deep storytelling over the ages. The Vedic tradition sees fire in its physical form as a visual tool that connects subtly through our energetic body to the internal Agni of our emotional digestive system, to strengthen that digestive fire. Lighting a fire in a ritualistic way and gazing at it can serve as a powerful tool to burn up anything that your internal fire has not been able to. You can create a small fire with some wood and then write on a piece paper themes or emotions you want to let go of. You can chant any mantras you know and say a prayer for release to set your clear intention as you stare at the fire and connect to its energy. Then you can ritualistically put the paper into the fire and as it burns, feel the release in your energetic body, particularly in the location of your belly. You can also burn any journal pages from the writing therapy.

#### **PERSONAL SILENCE RETREAT**

You can create a weekend retreat or even a few hours of silence and sensory fasting. This is the emotional equivalent of a digestive fast and can also be combined with food fasting. As you get quiet and stop interaction with people, phones, news, computers, media, books, etc., you start to become very aware of emotions and limiting beliefs in your psychology. In silence you can sit with those insights and digest them. Though journaling would interfere with this sensory fast, you can journal post retreat to process any insights that have come up.

#### **BODY MOVEMENT RITUAL**

Sometimes it is not necessary to intellectually process the emotions, but instead let your physiology and energetic body do the work. Play your favorite uplifting and energizing music. Dance to this music

for one minute continuously, shaking your arms and legs, and jumping up and down. While you do this, exhale forcefully (without injury!) through your nostrils, similar to the detoxifying breath Kapalabhati used in Yoga.

Then turn off the music and rest for one minute in the Yogic Savasana pose, i.e. lying on your back, with your feet apart and your arms eight inches from your side. Close your eyes and just tune in to the sound of your beating heart. Feel the energetic flow throughout your body.

Turn the music back on and do one and a half minutes of the energetic body moving and exhalations through the nose. Then back to lying down for one and a half minutes, silently observing the body and its energy, letting your body do its own healing and detoxifying of emotions.

Then for a final energetic release, turn the music back on, with even more intense shaking of your limbs and moving for a period of two minutes, but this time exhaling through the mouth loudly, and even with some noise e.g. shouting or loud "ha" sounds.

After the time is up, turn off the music, and this time lie for ten minutes, observing the body, the energetic system and noticing any emotions, anger or frustration that comes up. After this you can also do a meditation for further detoxification of emotional Ama.

This technique is enormously powerful to let go of hidden emotions that cannot be verbalized, and helps with anger, frustrations, repressed emotions, old stories, drama and traumas. It can be practiced daily for a period of ten days to uncover deep seated emotions.

#### YOGA AND BREATHWORK RITUALS

There are two yogic breathing techniques that are particularly helpful with emotions, Brahmaree Pranayam and Lion's breath. Brahmaree breathing

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involves taking a deep breath and during the exhale making a humming sound like a honey-bee. As you practice yoga poses, you can use this technique for additional emotional release. Lion's breath involves sticking your tongue out and downwards while exhaling through your mouth with a roaring sound. This can be done repeatedly ten to fifteen times and releases emotions very effectively. Yoga poses are also powerful tools to release emotions, particularly hip-opening poses such as Pigeon pose and heart-opening poses such as Camel pose.

Yoga poses are also powerful tools to release emotions, particularly hip-opening poses such as Pigeon pose and heart-opening poses such as Camel pose.

#### **FOOD**

We often eat to deal with our emotions; however, improper eating actually serves to dampen the Agni that we were relying on to burn off toxic emotions. Therefore, to ensure good quality Agni, especially during times of emotional cleanings, it is important to eat light quantities of food, ensuring they are mostly plant based (to conserve the Agni). Taking a break from eating between meals, gives the Agni time to reignite post-digestion. Eating light and plant-based foods for a few days, limited to only 3 food intake times in a day, can help energize Agni to tackle emotional digestion. You can also leverage insight of the mind-body connection, by observing the types of foods your body is craving. It is a clue to emotional needs that are not being satisfied. For instance, a craving of sweet foods suggests a lack of nurturing in one's life while sour cravings might

suggest a need for more emotional stimulation. Spicy foods cravings indicate a lack of passion in life while salty foods indicate a lack of groundedness. In times of stress and lack of grounding we often plop on the couch along with a salty snack to re-ground, an example of this food-emotion link.

#### **MASSAGE THERAPY**

Massage therapists often notice the emotional releases experienced by their client during a bodywork session. Regular massage is a good tool to help heal emotions, especially when combined with some of the other approaches described here. A self-massage release technique you can practice at home starts with taking a warm bath with some soothing aromas such as lavender oil. Once you feel relaxed, dry off from the bath and lie down on your back on a comfortable surface. It also helps to light a candle nearby to help connect to the image of Agni using a nice quality massage oil, massage your belly, in a circular clockwise motion (as if the clock is on your belly, face-up to the ceiling). This stimulates the navel area, which is considered the seat of Agni in the body, and helps to kindle it for both food and emotional digestion.

Continue massaging in this way for about 8-10 minutes, noticing any emotions or thoughts that come up. After this, get up and start writing on a notepad or journal about any emotions you observed. Keep writing continuously for 5-10 minutes before lying down again. Use the oil again for 1-2 minutes massaging in a circular motion, imagining eliminating the negative emotions through your intestines and colon.

#### **MEDITATION**

Meditation is the most powerful of all the techniques listed here to process and digest emotions and experiences from the past. On a regular basis, it is like a daily bath for the mind, clearing off negativity and residual emotions from the previous day and cleansing the mind of past emotional residue and patterned behaviors.



It is a like a reboot for the mind and is a daily "mind fast" similar to the digestive power of intermittent fasting for the gastrointestinal system.

In a quiet, sitting meditation practice, we transcend our mind and connect with a level of our being beyond memories, desires and emotions where Ama digestion takes place. During meditation, we may sometimes experience turbulent thoughts, or past memories and emotions appearing — a byproduct of emotional metabolization. We should recognize that this is just part of the meditation process and mind cleansing, and return to the quiet and gentle focus of our meditation. Over time, we will start to recognize changes in our patterned behavior.

#### **EXPERIMENT**

If you have challenges in letting go of past toxic experiences or recognize unhealthy patterns in your behavior, try some of the techniques above and experiment with what intuitively has the most impact for you. We often hear self-aware clients talking about "triggering" events in their daily life and during interactions with others. Every time you feel triggered, think of the trigger as a clue to emotional Ama, residing in your psychology. Examine those triggers and like a detective, try to identify the root of where that emotional distress is coming from. Once that root becomes known, you can try any of the mind-aware, intellectual approach techniques above to resolve the issue. If the root is not clear, then the somatic techniques of moving the body, or the breathing and meditation techniques can effectively cleanse that emotional baggage.

Over time, the triggers will fade.



Learn more at <u>BusinessCasualYogi.com</u>



Hip-opening Pigeon pose



Heart-opening Camel pose



#### Joan Ranquet

hen I think of self-care, I conjure up images of a eucalyptus steam bath that relaxes all of my senses to dive into reading a juicy book with a mudpack on my face while sipping chamomile tea. I have earned this bliss because I have completed my exercise, yoga, some high caliber, protein/fiber/green rich smoothie after a deep meditation.

Truthfully, if I got all of that accomplished in one week, that would be monumental. And that list feels accomplished or goal oriented, which is the polar opposite of self-care.

Our animal companions do not have any of these luxuries. We are their self-care experts. While many of you do not proclaim to be animal communicators, you must pretend for a minute that you are and imagine you know on a deep level what they need. It is in everyone's best interest to stay as healthy as long as we can.

What would this look like? Let's make a little checklist.

Many people do not realize that animals release their emotions or built up tension i.e. adrenalin through fight or flight, which equals exercise. Animals in our home often do not get enough exercise thus leading to disease or unwanted behavior. Is your animal getting enough exercise? Is this something you can do together?

Many times, we do not realize our animals can be dehydrated. This of course leads to lethargy, an irritable low-grade headache and/or a

slow breakdown of systems. If your animal is not a big drinker, can you add electrolytes? Do you feed hydrating vegetables as snacks?

The diet of a companion animal is not varied and often not real food. Nutrition is Energy Medicine. There are many great diet concepts out there. Three to consider are: Species specific, Ayurvedic and/or TCM (Traditional Chinese Medicine). All are a variation based on the personality or species constitution. Is their diet based on any of these principles?

When animals are young or really old, they take the time out to sleep. And sleep hard.

This creates a rest and reset for their system. If you have more than one animal in your home, or if you are alone with one animal, giving them an opportunity to have a "time out" whether that is in a crate or another room is so essential to their ability to decompress.

What we often do not recognize is their need to please us leads to a "self-imposed stress."

By mitigating this stress, we are offering our companion animal self-care. Have you created a "time out" from everything? Including you?

The above mini-tips are the start of helping our companion animals to relax. When it comes to healing, relaxation is the first step to helping an animal with a behavioral, emotional or health challenge.

Learn more about author Joan Ranquet at JoanRanquet.com

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# **Love** is Greater Than the Pandemic



Whenever we face challenges, we have the choice to help ourselves and others by focusing on love as much as we can.

Marilyn Kapp

e are now living in a world where we control so little. With the current pandemic, humanity is facing a major challenge and tremendous loss.

We, and those we love, may become ill and experience trauma, as treatment isolates us from our loved ones. So many have passed without the presence of those they hold dear. People left behind are robbed of the opportunity to offer comfort, a kiss and words of love. To make matters worse, for our own safety, we, depending on the regulations at the time, cannot gather to share or mourn our losses.

These unprecedented circumstances may leave us immobilized. The path to the past no longer exists. So what do we do now?

Whenever we face challenges, we have the choice

to help ourselves and others by focusing on love as much as we can. This orientation allows us to better navigate troubled times with compassion and consciousness.

I have been consistently receiving channeled messages from guides and loved ones, telling us that an opportunity for unprecedented growth is available to us during this time. This is because the vibrational separation between those in body and those who have passed back to the spiritual plane is narrowing.

What does this mean?

Each of us has a personal vibrational frequency. This energy fluctuates with our thoughts and circumstances. People who have returned to the spiritual plane, and who are out of body, are just as viable as we are and now vibrate at a higher frequency. They



are able to hear everything we say to them. So if we talk to them and pour our hearts out, they will receive our messages. This is always important to know but is especially comforting and powerful if we were unable to be with our loved ones before and during their transition. Our love for those who have passed has not diminished and neither has our need to let them know how we feel.

The desire to communicate is just as pressing for those who have passed as well. Our concerns and needs are reciprocal. Do we have the ability to help them as we help ourselves? Absolutely! If we choose to and if we set our intention, we have everything it takes to establish stronger reciprocal communication with those who have passed. How? By raising our own vibrational frequency and aligning it more closely with those who are out of body.

But does this jeopardize the safety and health of our physical existence? No, quite the opposite. The beauty and the bounty of the physical world, including love and laughter, kindness and compassion, nature and the creative arts, are catalysts naturally raising us up and strengthening the immune system.

So the key to increasing our ability to receive messages from the spiritual world is to embrace the physical world! Of course this is more difficult to do when we are fearful and going through a pandemic. And yet, the vibrational frequencies between the physical world and spiritual world are closer than ever.

Why? The overwhelming human response to a pandemic of unknown proportions is fear. Fear may lead to prayer. It certainly will stop us in our tracks as we ask, "Why?" All around the world, people are looking upward, inward — anywhere for answers. When the yearning is global, when we are united in our need, the energy expands. We are opening ourselves to the help that the spirit world can offer. Our pleas are being heard, and those we love who have passed desperately want to comfort and help us. As we reach toward each other, the vibrational disparity narrows and we come to realize that our loved ones who have passed are trying to do exactly what we want to do

for them: love us and comfort us.

We have the capability to give and receive each other's support and love, purposefully and consciously, even as we grieve our physical loss. Futility does not have to claim us. As we maneuver a physical world that will never be the same, there is an invitation to keep our relationships viable in real time.

#### The truth is:

- You did not miss your only opportunity to say everything you wanted to say.
- You did not lose your only opportunity to hear what your loved ones were thinking and feeling.
- You still have the capability to resolve any old pain and misunderstanding.
- You and your loved ones who have passed can mutually ease feelings of separation and isolation even while grieving the physical loss.
- You can maintain true and open communication in real time.
- You can open yourself to the guidance and help that they so desperately want to provide.

We, and those we love who have passed, are on a parallel path of wanting and needing to help each other through life's toughest hardships. During our most painful times, when we collaborate, the healing is inevitable. Whether we are in body or out, comfort and support flows between us as we continue on our soul's journey.



To learn more about author and spiritual medium Marilyn Kapp, visit MarilynKapp.com

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Robyn Youkilis

re you taking good care of yourself? Pause, breathe and think before you answer. Do you find yourself on back to back Zoom calls or late-night scrolling on social media and wondering why you are so tired?

I do... especially as a business owner, wife and mom to a vivacious toddler. I do not get sick often but if and when I did get a little something, it was typically no big deal because I would just up my supplements and immune boosting routine. I could usually shake it off within a day or so.

Until a couple of years ago when I got legit sick. I

could not move, talk, type or text. It was bad. And what I realized was that although the supplements and immune boosting foods were great, there was one key thing I was forgetting (maybe not forgetting per se, but definitely not prioritizing) and that was my own personal self-care.

Since then, I committed to real change going forward. Taking care of me first so I can take care of everyone else, and for me, that means prioritizing self-care and sleep.

Busy wife and mother or not, we all need to turn selfcare up a notch during the winter months because with the cold weather, flu season and lots of time cooped up indoors, it is even tougher to stay physically and emotionally well.

So what is a busy gal (or guy!) to do? After all, we can't usually just up and hit the spa for the day whenever we are feeling wound-up. How can we sprinkle self-kindness into our everyday lives without sacrificing too much and ending up feeling guilty?

Here are some of my favorite, totally accessible ways to love myself up on the regular:

#### Winter Self Care Tips:

- somewhat unusual self-care suggestion that I LOVE (especially during the dark and dreary winter months) and that is shaking out your body. Yes, literally standing up and shaking your arms and your legs (anything you can move, shake it!) for a few seconds. When you are done, take a few breaths and notice how you feel. Feel your breath, feel your body, feel connected to yourself again. It works every time. If it feels weird, throw on your favorite song and call it a dance party!
- practice self-care every single day is by taking care of my gut. 90% of the body's serotonin is made in the digestive tract so when our guts are happy, we are happier too. I recommend that my clients drink bone broth year-round, but it is especially comforting and beneficial in the colder months. The collagen that breaks down from the connective tissue of bones helps heal the lining of the gut and creates a happy home for the healthy bacteria. Healthy, happy gut = healthy, happy YOU!
- 3. **SWEAT IT OUT!** Moving your body is the best way to care for yourself, physically, mentally and emotionally. Find an activity you enjoy I love LEKFit because I get to jump around like a kid on

- a trampoline, but do what excites YOU and make it part of your daily routine. Do not let the weather stop you! For an extra sweat, I like to heat up my space with a portable heater before going in to work out. It feels like a hot yoga class so satisfying!
- self-care. I learned this from Marianne Williamson. Sometimes we think of self-care as a physical act like getting a massage or taking a bath or journaling, but I love this idea that right now, you have the power to energetically send yourself to the spa for the weekend, just through the act of forgiveness. Thinking about how you can forgive yourself a little bit today or how you can forgive someone else in your life can be such a healthy moment of release. Let go of something you have been holding onto and watch how much lighter you will feel.
- 5. ASK FOR WHAT YOU NEED. Taking a moment to tune into you and see what you need in that moment is a powerful act of self-care, too. If you are wearing many hats (I see you mama, wife, boss, virtual party planner) it is important to let others know if you need some me time to recharge and making a plan to make that happen.

Remember, if you deem it self-care... it is. Give yourself permission to take a minute in whichever way feels right for you. That is the simple formula!

Learn more about author Robyn Youkilis at Robyn Youkilis.com

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## Leveraging how you deliver your service is one of the best forms of self-care.

Jesse Koren and Sharla Jacobs

s you grow your business as an energy practitioner, it is essential that taking care of yourself is a big part of the equation.

One way to make sure you are including self-care as part of your business model is to create more leverage in your business.

The definition of leverage is "to use something to its maximum advantage." It means using less effort to achieve more. Sounds great in theory...

But what does leverage mean in the context of your energy healing or holistic business?

There are two ways to get leverage in your business:

- 1. Leverage in Client Attraction
- 2. Leverage in how you deliver your service

Let's talk about how both forms of leverage can help you get more clients with less effort.

#### Leverage in Client Attraction

It can be exhausting to talk to one potential client at a time. You might have to put 10 hours in to get 4-5 new clients. But what if you could talk with 20 potential clients at once and get 4-5 new clients in one hour?

One way to get leverage in your Client Attraction efforts is to speak to groups — whether online or offline.

Duff Gardner discovered how to use leverage to get new clients. Before coming to one of our events, he



always felt nervous about going on stage. But after a single weekend of coaching from us, he discovered how to create a simple speaking model that gets amazing results.

#### As he put it:

"I answered the challenge and signed up new clients in my first speaking gig, a meetup of 5 people. Now, speaking is an integral part of my business."

Duff offers a great example of using leverage in Client Attraction. He used a one-to-many approach instead of the one-to-one approach. This meant that he got to speak to five people at once, which saved him a ton of time.

Imagine how much longer it would take to speak to all five of those people individually!

How does this work?

Speaking is an amazing way to gain leverage but think about how much work you would need to do if you had to fill the room. If you are the one inviting people to come to your event, you would be spending valuable time that you would likely rather spend on creating a transformation for your clients.

While it is not a bad idea to learn the valuable skill of filling online (or offline) events, you can get leverage here, too.

Instead of being the one who is responsible for filling the seats, imagine that you have a conversation with somebody who regularly brings people together for their own events. You can offer yourself up as a speaker for their event and you have instantly created leverage. They fill the event and you just show up and talk to a group of people.

As part of that talk, you make an offer for a next step with you. To make you feel less nervous about making an offer, we recommend you offer a free gift, such as a free consultation. When you use our "Get Clients" Free Consultation Formula, you simultaneously deliver great value and move those who are a good match closer to saying Yes to working with you in your program or package of services.

Let's look at how this can work in your business. Someone invites you to speak for 30 minutes at their online event where they have 30 people attending. You deliver great value and offer a free consultation. It is likely you would get 10-15 consultations from this one online speaking event! Through those consultations, 5 of these people say Yes to your package or program.

If you have a \$500 package of sessions, you just earned \$2,500 from this single speaking gig. This is the power of leveraged client attraction in action. You attract potential clients to you as a speaker and then leverage this position to have the right people turn into paying clients.

Speaking to groups is one of our favorite methods of leveraged client attraction. And collectively, our clients have gotten thousands of clients by speaking to groups.

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The secret to great speaking is to offer immense value while ensuring that this value moves people closer to your offer. Whether that offer is a free consultation, a package or something else is entirely up to you.



#### Leverage in How You Deliver Your Service

Leveraging how you deliver your service is one of the best forms of self-care. Once you find a way to work with multiple people at once, rather than one at a time, you can free up your time to refresh and rejuvenate yourself.

Most of us are taught to trade time for dollars in our work.

There is nothing wrong with that. However, when you get leverage in how you deliver your service, you switch from trading time for dollars to trading value for dollars.

One way to get leverage in how you deliver your services is to create a group program.

In a group program, you can deliver value both through the content you teach and the community you create. The result is that you will likely take back a huge portion of time that you can now use however you like.

Trading value for dollars means you can make more money with less work. Amazingly, it also means that you can help more people.

Creating a group program is just one example of how you can get leverage in how you deliver your service.

Before working with us, Kalyna Militec felt like a starving artist. She had one client paying her \$50 per session.

Then she came to the Client Attraction Summit and started using our step-by-step process for creating and filling her group program. She earned \$15,000 with her first 90-day group program! That is the power of Leverage!

#### Do You Have Leverage?

This is perhaps the key question to ask yourself now. You may find that you do not have the leverage that you need to create the business that you envisioned.

If that is the case, ask yourself, "How can I get leverage?"

Could you start speaking to groups so that you can leverage client attraction to your benefit? Or do you want to create a group program that allows you to offer greater value with less of your time?

Perhaps you can do both?



To learn more about authors Sharla Jacobs and Jesse Koren, and how to create more leverage, sign up for our 3-day Client Attraction Summit at http://giftfromthrive.com/energymag

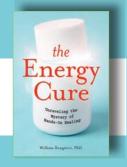
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Jennie Lee

have always loved questions. They are an essential part of my self-care routine. In looking back over almost 40 years of journals in preparation for writing my latest book, *Spark Change*: 108 *Provocative Questions for Spiritual Evolution*, I was amazed by the repetitive nature of my own inner questioning. I tenaciously asked the same things over and over, until I worked my way into a satisfactory answer. Practicing introspection with a relentless willingness to keep going deeper to answer the questions that matter is one of the most self-honoring things we can do.

I wonder if you can relate to a few of the core themes that came up for me.

The first is self-improvement. It took a lot of hardship for me to see that everything I went through was a growing opportunity, something I was meant to learn through. Like many people, when I was younger, I rebelled against difficulties. But when I accepted them as fuel for my inner fire, I was able to overcome challenges much more quickly. Now, I enjoy the opportunities challenges bring because I understand that they are helping me to evolve further on my spiritual path.

The second theme was relationships and a desire to understand what was keeping me unfulfilled. My soul knew love was possible and able to be expressed in many ways, but my mind took decades to accept

that it was possible for me. The many iterations of human love I explored in my quest for this fulfillment eventually brought me to the third theme, which was love itself. How to give love and live it in a spiritual sense, with all of humanity. This remains an everpresent challenge that I strive to deepen daily.

Finally, the last theme I saw weaving throughout my self-reflections was longing, the desire to know and follow the longings of my heart and soul. This I have done, and through my own successes and failures, I now have a toolbox to share with others, through my writing and coaching. Below you will find ten questions to ask yourself on these themes and more to help you dive deep into caring for your inner spirit. I share some of my personal answers as well because I continue to make self-reflection a daily practice. Let's celebrate our journey together as we evolve each and every day.

## Ten essential questions to ask yourself

#### 1. WHAT IS LIFE ASKING OF ME NOW?

This is mindfulness practice, moment by moment, noticing what the learning opportunity is in front of us. We must show up to our inner work with radical accountability and watch how our egos try to block our spiritual growth. Regardless of the specifics, life is always asking us to choose love over fear and unity over division. In my twenties, I had lofty goals but a surprise pregnancy changed my direction as life asked me "Can you set that aside and focus on being a good mother?" In my thirties, faced with divorce and financial hardship, life asked, "Can you support yourself and survive as a good single mother?" In my forties, after doing much soul searching to determine what aspects of myself needed changing, life asked, "Are you ready to get serious?" Now in my fifties, I know that our circumstances at any given moment are perfect for the purpose of our evolution, if we are listening to what life is asking. It is crucial that we pay attention to what life is asking

us in the moment, our questions will change and grow as we change and grow.

**Tip:** Be patient with yourself as you transition through life. Change takes time. Never beat yourself up if you do not quite meet an inner aspiration. Self-reflection does not mean self-judgment. Just keep paying attention to what life is asking of you now.

#### 2. WHAT ARE MY FOUNDATIONAL VALUES?

Life presents everyone challenges daily and if we do not have our core values identified, we can easily get off course. Our values help us make good decisions, ones that support our well-being and move us in the direction of our dreams. Maybe the values of harmony and love anchor all your choices and decisions? I know they do for me. Notice how your values might guide the words you choose, the projects you accept, the media you follow, the relationships you maintain, or the intentions you set. In striving to answer the first question about what life is asking of us now, I rely on these core values to stay the course of learning the lessons in front of me to evolve.

**Tip:** Give yourself daily space and time for self-reflection. If you are too rushed, stressed or overwhelmed, you will not be aligned with your best self. Write down the foundational values that you want to form the basis of your life decisions and actions.

#### 3. WHAT QUESTION HAVE I BEEN LIVING MY WHOLE LIFE?

Looking back at your life, relationships, career etc., try to identify the question that kept pulling you forward. Your soul embodied for a reason, to learn and give in certain ways. By identifying this macrolevel question you begin to see why you made many of the choices you made in the past. This is meant to be challenging. Try to keep writing it in new ways as you find new layers, as self-reflection is an on-going process. My question has to do with love, and there is no way to put words around the fullness of what love is. So here is my best attempt at it for now:



What is pure love and how can I be inside it?

**Tip:** In your time of self-reflection, be gentle. Do not worry if you don't have the answers. Be compassionate and patient. Choose kind thoughts and go easy in how you talk to yourself. Your answers will come in the right time.

#### 4. WHY AM I HERE?

Knowing our reason for being is fundamental to living a purposeful and intentional life. To know ourselves at the soul level brings much greater meaning to our human journey. When I sit with this question I come back time and again to a simple answer. I am here to serve love. Nothing else makes sense to me and every other choice and purpose is informed by this anyway. I do the best I can to serve love through what and who is in front of me each day — my family, friends, readers and students. I do this by opting for love instead of fear in my choices, by asking compassionate questions and by practicing selflessness and compassion. I do not always succeed, but I never doubt my reason for being.

**Tip:** Start by *choosing to believe* that indeed you are here for a special reason. Practice looking to the goodness in yourself and others, seeing through eyes of love. As you do this, your reason for being will become clearer and clearer.

#### 5. WHO AM I?

Humans have studied 'self' for millennium through the lenses of psychology, philosophy, religion, meditation and just plain living. Through these many layers of self-analysis, we come to know ourselves through outer roles such as daughter, son, mother, father, wife, husband, friend, teacher, student, etc. But there is another dimension of higher Self in which we can know ourselves as love, light, energy, joy, stillness and so much more. Bridging the worlds of human self and divine Self to become fully integrated is the journey of being.

**Tip:** Write a description of your spiritual self, not

your outer roles and relationships, but what makes you, you inside. Then consider how much you are expressing this in your day to day relationships and activities.

#### 6. WHAT GIVES MY LIFE THE MOST MEANING?

A sense of meaning is a universal human desire, but it does not mean you have to change the world! Meaning is felt in thousands of simple ways too, such as preparing a loving meal for your family, sharing a moment of connection with a stranger, offering to help a friend in need. For me, the things that provide the greatest sense of meaning are loving relationships, purpose driven projects, spiritual growth, marriage, parenting and trying to serve whomever I can each day. When you start this question do not focus so much on what you think should be your answer but go with the first thing that comes to mind. The rest will follow.

**Tip:** Assess what brings meaning to your heart. If you have a lot of activities that do not contribute in some way, consider replacing them with ones that do support what feel meaningful to you.

#### 7. WHAT DO I KNOW FOR SURE?

For a long time, Oprah Winfrey asked this question of her guests. It is a wonderful question that can have such a grounding effect for keeping us in the moment, anchored in simple truth. Sometimes the answer can be as basic as, "Well I know I am breathing." Here are a few things I know for sure:

- We are one big human family and compassion and empathy are our keys to survival.
- Change is not easy for anyone, but when we are ready, it can happen in an instant.
- We are all imperfect and evolving but we find joy when we act from love.
- We do not know the half of what we do not know.

**Tip:** Give yourself some time in stillness each day to listen to your heart. Start with the simple check in around what you know for sure. This will ground you



in the moment and help you approach the day from a more secure state of mind.

#### 8. HOW CAN I BE OF GREATEST SERVICE?

It is amazing what connection occurs when we ask this simple question. Far more than giving advice or stepping in with solutions, if we show up for the people in our lives, with willing ears and humble minds, and we ask, 'how can I help?' all manner of shared blessings unfold. We cannot always help others, and we are not responsible for their answers or solutions, but we can always ask.

Some sub-questions you might want to use with this are:

- Can you help me understand you better?
- How can I best support you?
- In what way can I show you more love?

**Tip:** To begin, ask the three sub-questions above to yourself. Fill your inner cup first so you have the capacity to help others. Then pay attention to the many ways, big and small, that you can help others each day.

#### 9. WHAT DO I NEED TO LEARN FROM THIS SITUATION?

This is our accountability question. It is great to ask whenever you feel frustrated or stuck. I ask it when I feel the blame monster rising in my mind or when I feel fear about to sabotage my courage and power. It is definitely not easy, but by striving to see challenges as blessings in disguise, a lot changes, especially inside ourselves.

**Tip:** Keep your sense of humor as you look for the lessons within the challenges. It is always good to be able to laugh at ourselves.

#### 10. IF I COULD, WHAT ONE THING WOULD I CHANGE ABOUT THE WORLD?

It is useless to sit around waiting for others to change — we must act. Considering where we want to see

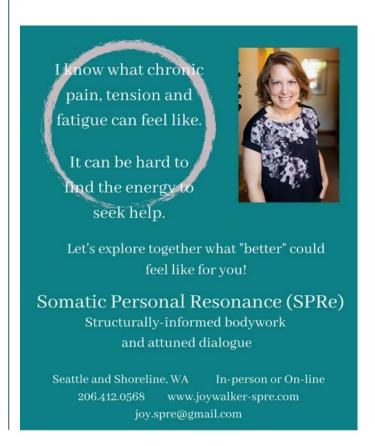
change in the world is a great indicator of where we can step into service. The change I want to see in the world is a change of consciousness. Maybe yours is as simple as peace or something more complex or personal.

**Tip:** Trust that you have something of value to share with the world. Whatever is in your heart, offer it. Everyone has something essential to contribute.

These ten big questions are ones to return to again and again. As we evolve, our answers do too. Self-reflection is an essential aspect of self-care and by committing to your own personal, spiritual development, you naturally play a part in uplifting the collective consciousness as well.



Learn more about author Jennie Lee at JennieLeeYogaTherapy.com



# Safe Practice What is Your New Year Self-Care Ritual? Focus on Your Success A 6-Part Series Sponsored by the Energy Medicine Professional Association

Mary Ann Mace

ituals can play an important part of your Energy Medicine practice. Perhaps in preparation for a client, you silence your inner voices and call upon yourself to summon the power of your healing energy. Once your client has joined you, whether it is in the same room or virtual meeting room, you harness your abilities to reach out and connect with your client. Without going through this mental and spiritual preparation, you might not feel aligned with the healing skills that you share with the world. You are accustomed to taking certain, ritual-like steps when preparing for a client or for preparing yourself for the day.

With the new year having just began, you probably have already taken the same thoughtful actions to welcome all the possibilities a new year has to offer. A question to ask yourself: have you done the same thoughtful preparation for your energy practice? Have you assessed the prior year to help you determine the actions which contributed to the health of your practice and those that held you back from success? It is still early enough to make an inventory of the components that comprise a successful business and then an assessment of each so you can identify what works best for you, your practice and your clients. The list does not have to be exhaustive, in fact, you can keep to a simple list of five components:

- 1. Your product (scope of practice)
- 2. Liability protection
- 3. Risk management
- 4. Business management
- Online presence

You can always add to the list, but you would not want to omit any one of the five components listed. Each of these is an essential part of your practice and key to keeping everything running smoothly and balanced. So, what are the steps you should take with each one of the components to ensure your practice, and you, are receiving the attention it deserves? Here is a recap:

#### 1. SCOPE OF PRACTICE.

You want to accurately represent yourself to the public in accordance with your credentials and the modalities that you offer. Conduct a self-check making sure your Energy Medicine modalities that you offer fall within the scope of your training and experience. Are you certified by an organization that has a professional certification program or received training for each modality? If your state requires licensing or credentialing, make sure that you are current with each of these. If relevant for your state, make sure that the terminology you use to describe yourself and your practice falls within the laws and regulations in your state. We recommend that you check with your

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state's health licensing and credentialing regulations to make sure that you are compliant and represent yourself within the legal limits.

#### 2. LIABILITY PROTECTION.

Having insurance protects you and your business, and it is a critical player in a self-care plan. Insurance coverage communicates you care about your business and the people you treat. Don't we want to protect the aspects of our lives that are important to us? You probably have life insurance and medical coverage. Then take the same precaution by safeguarding your practice with liability protection. Don't you usually check to see a company is insured or bonded when checking out a business? Insurance coverage delivers a message of pride in one's work and stability as a business. This something you want your clients to know about you.

#### 3. RISK MANAGEMENT.

How you present yourself publicly is one of the most important aspects of risk management. If you have laws and regulations in your state that restrict what you can call yourself, then make sure you comply with this. As part of your self-care steps for the new year, check your social media presence, website language and any other marketing medium to make sure you are not using any language that could misrepresent you. If you need to replace any wording that you currently use to describe your services, consider these suggestions from YL (www.youngliving.com) which are posted on its website:

• Aids in • Provides • Helps • Promotes • Enhances • Balance • Harmony • Relaxation • A sense of • Clarity Facilitates
 Supports
 Improves

By taking these steps, you are not only managing the image that you present to clients and potential clients, but you are also helping to avoid any misunderstanding of client expectations or perceptions. You are being pro-active with your efforts to mitigate any potential risk of misrepresentation with the public.

#### 4. BUSINESS PROCEDURES.

Documentation serves to both protect and formalize business procedures. One of the first documents you want from a new client is an implied? informed consent form. This document affirms the client consents to the type of practice and services the practitioner

will be providing. Before beginning any treatment, you would also want to assess the client to ensure your services meet the client's needs. Once treatments begin, you want to record each session with accurate notes using a client treatment history form.

#### 5. ONLINE PRESENCE.

With all the various forms of energy healing, you have chosen to follow a specific modality or several. Likely, you were drawn to the type of practice you provide to people. In a way, choosing a certain path defines who you are. This is what you want to communicate to the world. This is your brand. Whether you have a website, blog, brochure or social media sites, communicate your brand through a choice of words, messages and images. Anyone who sees or reads your content will get a sense of your identity (i.e. brand) and mission as an energy healer. Additionally, in managing your online presence, you will want to accurately reflect your scope of practice and follow risk management protocols as part of your protection plan. These efforts culminate into a peace of mind and energy source for the task at hand: energy healing for your clients.

The new year is a time to self-affirm. Not just yourself, but your energy healing practice. Use this time to review your processes, assess the scope of your practice and protect your practice. Purposeful action is reserved for the things we care about and are important to our happiness. You likely share this message with your clients so extend this supportive message to yourself. This reaffirms your services as legitimate and deserving of the care and attention each of us deserves.

Disclaimer: This article is provided for educational purposes only and is not legal advice or opinion. This general information is meant to raise questions, educate, create discussion and dialogue around the ethical and legal issues of teaching, learning, studying or practicing alternative and complementary energy healing modalities. You are advised to seek an attorney for any of your professional legal issues, concerns or needs.



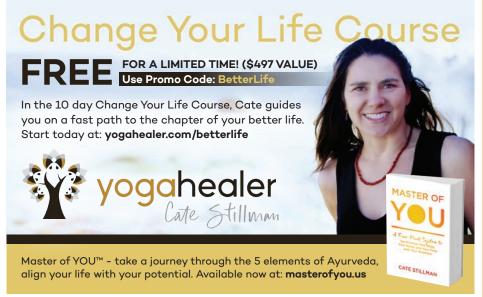
Mary Ann can be reached by emailing support@energymedicineprofessionalassociation.com



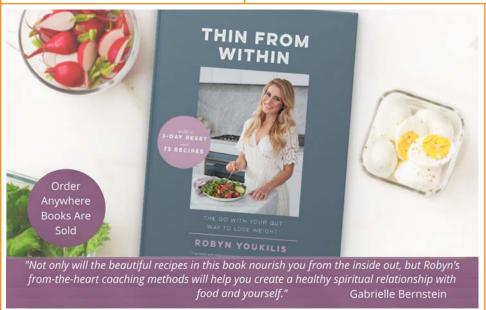
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Author Intuitive Healer

#### **Intuitive Assessments**

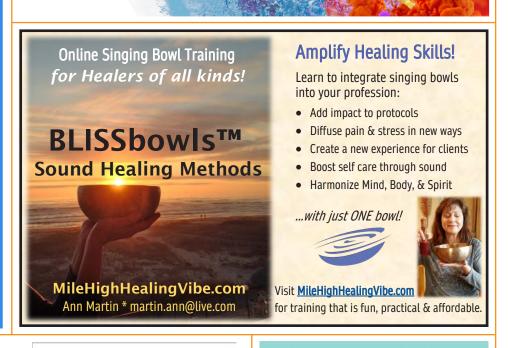
Cyndi directs her psychic vision, sensing, and hearing to tune into your relationship, healing, or work matters. Trained in shamanism and healing, her gifts help you decide how to make practical changes to achieve your desires.

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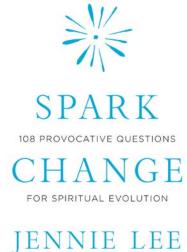
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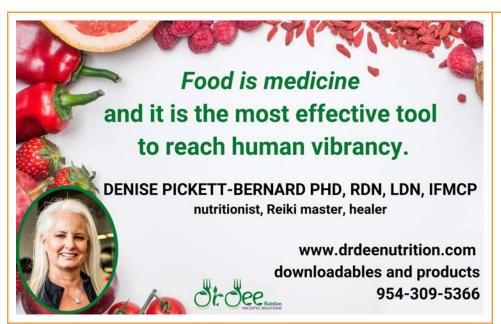
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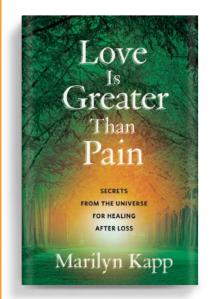
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