

Energy

magazine

Sharing Energy - Transforming the World

May/June 2022 - Issue 121

Shifting the *Energetic Environment*

**Energy Medicine: Shifting
the Energetic Environment
with Cranial Work**

with Merrill Page

**Shifting Focus: Tuning
back in to Nature**

with Michelle McLemore

**Can we Shift the Energy
by Simply Showing Up?**

with Shahina Braganza

**The 3 Steps To Powerfully
Elevate Your Energy**

with Jai Dev Singh

† 3 bonus articles





Letter from the Editor

Dear Reader,

Welcome back! Another turn of the season is less than two months away, consistent with the shifts of change in our lives.

While I have a fondness for the variety that comes with each day, week, and month, I have a soft spot for this transitional time. For me, it feels like adventure; like something I have been looking forward to is finally on the horizon.

For more than two years, we have lived through a historical pandemic that swept across the world and uprooted much of our normalcy. While I've come to the point of audibly sighing at the mention of covid-19, I must remind myself that healing is a slow process when it comes to the grand scope of billions of people on this earth. I myself have been craving this healing and this return to some semblance of stability and normalcy even after all this time.

I was granted with a recent opportunity that nourished my heart and soul. A traveler at heart, the pleasure of seeing new cultures, trying new foods, and exploring a new land came to an abrupt halt in 2020. Along with the various empathetic traumas that many of us are still processing from this hectic chapter of life, I found myself feeling lost without this lifeline of "play" - until recently, when our family embarked upon a dream vacation together to Iceland.

This trip was the first international adventure that included my parents, brother, partner, and best friend - and my first trip since the pandemic. Iceland has been a destination we've dreamed of for a long time, with its dramatic and unique landscape - and of course, the opportunity to see the Northern Lights (we went in the colder months for this reason). After departing from Chicago O'hare airport, it was roughly 3am Central Standard Time in the states, and our plane was somewhere over the

north Atlantic ocean. I had been awake for hours, squeezed into my airline seat between Garrett (my partner of many years) and my brother, when Garrett casually commented about a strange green cloud in the distance.

It was not a cloud at all, but the gently dancing lights of the *Aura Borealis* - right there, outside the window of our plane. I woke up my parents, my brother, and we all crawled over the seats to press our faces against the window and marvel at what we had dreamed of for months and months. It brought tears to my eyes to live in wonder for this moment, and release so much tension I thought I no longer carried, yet the absence felt like a monstrous vacuum that could now be filled with new memories of joy and excitement to heal the wounds of the past 2 years.

It was a good omen; our vacation itself was a change of environment that brought fresh energy and much needed nurturing to each and every one of us. Surrounded by land of intense and dramatic beauty, we shook loose of the lethargy that seemed to cling to our spirit. We stood in awe of crashing waves that peaked at 40 feet and sounded like thunder. We shivered in the mists of glorious winter waterfalls. We ate fresh caught arctic fish with a view of black sand beaches framed by snowy mountains. And of course, we relaxed in a volcanic lagoon, indulging in the Icelandic tradition of going from hot to cold to increase circulation, firm skin, and improve the immune system. (I learned that I do not enjoy ice baths, yet the invigorating high was undeniable.)

Another personal highlight of this time away was a surprise I had not expected; as the sun was setting, Garrett, my partner of 10 years, proposed in front of a waterfall landscape with my family to cheer and capture my shock and merriment on camera. The moment felt, and still feels, like an absolute

dream. While our titles to one another do not impact the health or happiness of our relationship, we both felt a shift in energy from the moment I said yes. There is a new motivation to offer respect and kindness to one another while sharing excitement for all the future may bring.

A change of scenery, a new commitment, a shift in mindfulness...these are all subtle, but powerful ways to encourage our own energy to shift and embrace the new and unknown thoughts and adventures of what could be.

In tying everything together, we're proud to present our next issue to you: May/June 2022 - Shifting the Energetic Environment. This theme may be a bit open to interpretation, but admittedly, that's what we love about it! We have a diverse collection of articles to share exploring the energetics of the space around us, within us, and other influences to our internal and external environments. There are many thought-provoking words in the pages to come.

This month, I challenge you to break the routine; hit your internal reset button, dive into something new, look at something with a new perspective, decorate your home or office space, consider something you've always wanted to do - and do it! This is a time to heal and explore and shift your environment to create a space - inside and out - into an atmosphere that brings out the best in your work and your life.

Cheers to you and to the wonderful moments in your lives,

Anya

Anya Charles
Editor-in-Chief

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—Our Mission—

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

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Merrill Page, RCST, MA, brings to us an integrated understanding and heartfelt illumination of diverse alternatives in Medicine. Her strong foundation in science and biology, Stanford degree in Literature and Latin American Studies, graduate thesis on Craniosacral therapy for Infertility, and a life lived across cultures lends her a unique sensitivity to how we work, both physically and energetically, and the language with which to describe it. Merrill lives with her four sons between Marin County CA and Taos NM and in addition to writing books, has a private practice that includes Craniosacral therapy and Elemental Medicine. www.EarthMedicineTaos.org



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Dear Cyndi

Q. — What are great ways to use your clairvoyance/or clairaudience during sessions?

A. — Years ago, my youngest (five-years-old at the time), decided it would be neat to hear the gnomes he was certain lived in our house.

He patted the bed next to himself and whispered, “Mama, they do not talk to me yet. Will you lay here next to me so I can listen through your ears? After that, can I look into your eyes and see them, next?”

Part the mists of time and you will discover that the world’s most renowned mystical legends and prophecies have incorporated clairvoyance or clairaudience. The most famous healers and intuitives? They too have employed these special aptitudes. Why would we not draw upon them in our energy work? What a benefit to clients, to lend them our inner eyes and ears, like I did with my son.

Clairvoyance means “clear seeing.” It involves the ability to perceive psychic images with our inner or outer eyes. *Clairaudience* denotes “clear hearing.” This awesome gift references the receiving messages that are verbally psychic. We might attune to those within our mind or through our ears. These faculties are so shrouded in

mystery that we might doubt our own clairvoyant and clairaudient powers.

But they are there, and you probably already use them.

I want to help you deepen your application of these gifts by first assisting you with better understanding them. Then, I will provide ideas for how to more frequently engage them during client sessions.

Clairvoyance and clairaudience are two of three main types of spiritual gifts. (The third is a broad category of clair-empathy, and not the point of this article.) All gifts, however, involve transforming messages received psychically into practical and understandable healing energies or practical guidance.

As stated, clairvoyance is pictorial. This aptitude is mainly anchored in your sixth chakra, found in your brow. Interestingly, you can also gain images through your seventh chakra, found at the top of your head. Images related to the sixth chakra are colorful. Those from your seventh chakra are black, white, or gray.

The multi-hued visions of your sixth chakra are descriptive and predictive. They might be literal or metaphorical and shown as single images or like a movie. The blasé visions of the seventh are anything but. Rather, they answer basic questions as related to right and wrong. White refers to a “yes,” black means “no,” and gray says, “ask a different question,” or “the response is still unknown.”

Many of us doubt our clairvoyant capabilities because we have been led to expect flash. My abilities seldom work that way. An image can be fleeting, hard to pinpoint, and visit us during nightly dreams or daydreams. They can also be spotted through the eyes. For instance, my youngest son gets most of his clairvoyance guidance by reading license plates. He asks a question, and the perfect car pulls in front of him.

And sometimes, he asks me to open up a vision for him.

Last spring, he was struggling with a decision. Should he remain at his current school or transfer? The team’s pitching coach had not been able to help him through the debilitating effects of getting COVID-19 in his back. Gabe’s pitching was getting back on-line, but he was not certain another school would want him.



I confirmed I would get a sign for him.

Right after telling him that, I pulled out of a gas station. Right in front of me was a truck. Spread across its back windshield was one word: Gabriel. What was the license plate? YES1. After quitting the school, he was presented with numerous offers.

Clairaudience is grounded in the fifth chakra and secured in the throat. It includes hearing words, sounds, songs, or other forms of verbal data inside of your head or that enter through the external environment. Sometimes, the communiques will sound like your own voice; other times, they are clearly uttered from another being. But even a loud bang or caw of a crow might be a psychic response to a query.

When you are working with a client, I recommend that you decide before the session starts if you are willing to receive intuitive insights for a client.

First, make this choice internally. Do you *want* to be open in this way? You do not have to! If it feels right, you can choose to receive messages for several reasons. One is to guide your healing work. The other can involve offering perceptions to the client.

Either way, set clear boundaries. For instance, decide the door is only ajar for insights from beneficial and loved-based beings, or ideas that are useful. If you want to provide intuitions for a client, ask if they are interested. You can also ask them to receive pictures, messages, and sensations for themselves.

If everything is a go, walk through a pre-set process for a dialogue. I use the same three steps every time, which involves affirming my own spiritual essence, acknowledging the spirit of my client and the essences of the spirit allies, and then connecting to the Greater Spirit. I then surrender to the latter while requesting that energetic parameters be established in my biofield. Often, I also envision gold streams of light falling from the heavens and downward through me.

At this point, you can remain open for inspiration.

The secret to accurate clairvoyance is trusting the visions that appear. If you do not understand a picture, request another one. You can always request that guidance write words underneath a psychic picture to better explain it.

Remember that when you are in a client session, the images belong to the client, not to you. It is not always vital that you correctly interpret a picture. That is the client's task. Simply state what you are seeing aloud and ask the client to reflect on its meaning. If your eyes catch on an item in the room? Ask if it holds meaning to the client.

I work with clairaudient data in the same way as I do clairvoyant images. I pay attention, and then restate what I am hearing to my client. You can ask questions in your head if you do not understand a message and encourage your client to do the same.

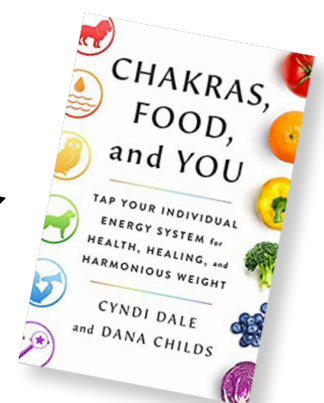
When I become aware of empathic sensations, such as emotions, physical pains, or spiritual awareness that I believe relate to the client, I request that my own spirit transform these into pictures or verbal messages. I can then relay them to my client.

Of course, I share my own ideas about the insights gained as well. I offer my interpretations bound within sentences like this one: "This is my perception. See if it means anything to you."

In the end, all offerings are useful and are offered in love. Be comfortable with sharing—and then let go, trusting that the client will know what to follow or not. €

Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and twenty-eight other bestselling books on energy healing. She has worked with over 70,000 clients and students in the past 30 years. To learn more about Cyndi, her work, books and products please visit: www.CyndiDale.com.

Check out Cyndi's newest book!





Energy Forecast

with Sara Hawthorne

May/June 2022 Planetary Energies

Please note: This information is based on the Sidereal Zodiac (not the Tropical Zodiac used by Western astrologers). Vedic Astrology in India is known as Jyotisha and is translated as the divine science of light on time and karma. The ancient Rishis said that the planets bestow on living beings' effects due to their karmas. Vedic Astrology is thousands of years old and predates Chinese, Egyptian, and Western Astrology.

We start off the month of May with new Moon energy in the sign of Aries, bringing us action, courage, and dynamism. Coming up on May 15th, we will be seeing a total lunar eclipse. The total lunar eclipse will take place during the Full Moon in Scorpio and will be visible from both North and South America, Africa, Asia, and Europe. The eclipse will give the Moon a reddish hue which is why a full Moon that occurs during a lunar eclipse is often called a Blood Moon.

Ideally, at this time, avoid starting new projects or making any big life changes during the two week period between the partial solar eclipse and the total lunar eclipse. Resting, fasting, meditation, and listening to spiritual chants and music is encouraged for a few hours around the time of an eclipse, whether the eclipse is viewable from your area of the world, or not. It is said that spiritual practices such as yoga and meditation are much more profound and evolutionary when performed during the time of the full Moon, and even more so during an eclipse.

With Saturn having just taken a detour into the sign of Aquarius, where it remains weak and retrograde, be patient with problems regarding manufacturing, agriculture and the oil, gas and minerals industries. The weakness of Saturn is also not ideal for the masses, immigrants, the elderly, and working-class persons. Your

trust and patience in others may be being tested. Protect your teeth, neck, back, spine, knees, joints, and ankles during this time.

Luckily, by May 6th, Jupiter ruling husbands, children, banking, religion, education, teaching, publishing, advisory roles, wisdom, morality, and divine grace will finally be strong in degrees in its own sign of Pisces, where it will remain for approximately one year. This represents a positive lift worldwide - especially in the realms of law and justice. This transit is particularly helpful for the Gemini, Virgo, Sagittarius, and Pisces rising sign persons, companies, and countries as this placement is considered a rare "panch mahapurush yoga" (Hamsa yoga) and will bless these signs with even more support.

Mercury goes retrograde in the sign of Taurus from May 10th - June 3rd. Aries, Libra, and Aquarius rising signs may be vulnerable from time to time. Be careful with stocks, writing, business, brokering, finance, technology, communications, and intellectual property.

We will see another New Moon on May 30th, also in the sign of Taurus. Taurus is an earth sign ruled by Venus. Venus is the significator for materialistic pursuits and comforts. The Moon, the significator for caring, tenderness, and affluence, is exalted in this sign. Your emotions should be steady and gentle, full of love and generosity. It's a good time to make plans, communicate with others, and to analyze. You may need to fight feelings of laziness and overindulgence.

The Full Moon will take place again (just as it did during the lunar eclipse in May) in the sign of Scorpio on June 14th. The Full Moon in Scorpio is debilitated. When the Moon is debilitated, it weakens our mind and emotions. Some positives of Moon in Scorpio may be that you feel extra private, quiet, and intuitive, but watch your emotional state and be vigilant around volatile person's and situations.

We will see another New Moon this time in the sign of Gemini, June 28th. You may be feeling more confident, powerful, and communicative during this New Moon. Remember that new Moons bring with them opportunities to grow, learn, and teach. Thus, they are a great time to start a new project, learn a new skill, and boost your energy and thinking. Aim high and expect some smoother sailing coming out of this somewhat difficult two month period! €



Sara can be found at www.PlanetarySara.com.



with Grounding Expert
Amelia Vogler


Grounding your Soul Dreams, manifesting your New Reality

You have an infinitely wise energy within that is self-directing and self-correcting; it is always leading you towards wholeness. That wholeness within is often mirrored in the tiny sacred objects that you place around your home - *as within, so without, is partner to as above, so below.*

On my shelf, I have a small wind up plastic sushi toy. This was a gift from a client who transitioned long ago and embodied such deep wisdom of being in a receptive space of allowing without judgment or harshness and the ability to meet each moment with humor.

This mindful grounding practice begins with a survey of what is around you in the room that represents what you are. What are the sacred items that remind you of inner peace, strength, resilience, love, humor? Take to heart what sacred items are with you and what virtue they lead you to.

When your nervous system is revved up (or revving up), turning to safety or sensory cues of connection and well-being can help you feel safe and relaxed. If you feel that quiver, shiver, tingle, or a little shakiness come up, orient to that sacred item in your room and use it to help you come back to feeling grounded. €

 Amelia can be found at AmeliaVogler.com.

The Origin of You from Star to Body

A short course for remembering who you are.

Available Now!

This short, affordable course:

- Guides you in a meditative journey returning you to your purest source.
- Explains how the energy dimensions create through your story of becoming.
- Provides the meditations for self-care and self-discovery.

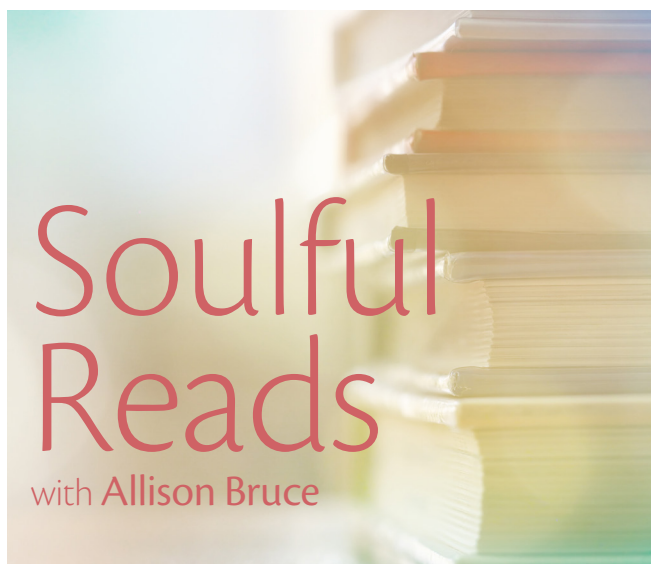
"As I listened to the beautiful story, I wept as I remembered who I really was. This story is more than educational, it is transformational, homing, and grounding in a way that I wasn't expecting."

"Amelia's voice transcends time and space and suddenly I was my pure light essence."

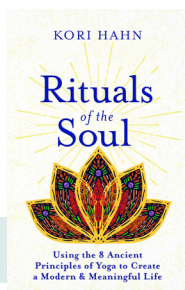


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As this issue of *Energy Magazine* is centered around energetic environments, I thought choosing reading on presence was a meaningful connection. When beautifully present we are our higher selves. I recently read a comment expressed in *Calling in the One* by Katherine Woodward Thomas: "The greatest gift you can ever give anyone is your complete and undivided attention. Never underestimate the importance of simply listening to others." If you are an author or publicist and would like to see your writing featured please email me at allison@flourishintegralhealth.com. Joyful reading to you!



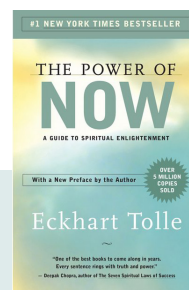
1 | Rituals of the Soul, Using the 8 Ancient Principles of Yoga to Create a Modern & Meaningful Life

By Kori Hahn

"I am a human living my soul's purpose."

Rituals of the Soul by Kori Hahn is empowering, restorative, and educational. Kori offers interpretations and illustrations of the eight principles of yoga including the tools of meditation, breathwork, and affirmations, in a simple fashion. Her aim is beautiful, to help the reader discover and live their dreams. I remain with three valuable takeaways. The first is a steady reminder to bring my presence into my heart space and listen to its wisdom. The second gift is a stronger meditation practice and inspiration to write more meditations. And lastly, I have gained clarity about dreams. I hope you find the adventure the author intends for you in this book.

"As you teach your mind to live in the present, you will start to find the natural peace that exists within you."



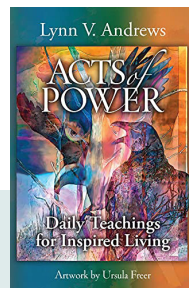
2 | The Power of Now, A Guide to Spiritual Enlightenment

By Eckhart Tolle

"Being is the eternal, ever-present One Life beyond the myriad of forms of life which are subject to birth and death."

For this issue's classic book selection, I choose *The Power of Now, A Guide to Spiritual Enlightenment* by Eckhart Tolle. If you have not read the New York Times Bestseller (as the title alludes) it is about the healing benefits of being in the present moment. This book flows with insight. My biggest take away has been a shift in consciousness. Prior to reading, I thought of my spiritual presence as being mostly outside of my body. Since reading, I am stronger tapped into a higher state of being inside my body. I also gained more comfort with the concept of surrender. *The Power of Now* is a page turner for knowledge and direction.

"Transformation is through the body, not away from it."



3 | Acts of Power, Daily Teachings for Inspired Living

By Lynn V. Andrews

"Healing from the conditioning and changing your patterns, takes time, repetition, and remaining committed

to your intent. But the breakthrough comes, and one day you wake up in your authentic self, and you know it to be true."

Acts of Power by New York Times best selling author Lynn V. Andrews might look minimalistic but it is nothing short of powerful. Lynn shares 365 daily Shamanic readings intended to "offer pivotal insights for living a joyful life." Soon after beginning to read a page each morning for inspiration, I sensed a shift of energy moving through my life that feels nurturing and dynamic. I most appreciate the compelling archival messaging.

"Pray for the betterment of wrongs that you see all around you, and embrace that which symbolizes the holy paradise on this earth. Walk in beauty all the days of your life." €

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How to Find and Use Your Innate Inner Energy: Your "Inner Be" with Qiki Gong
by Ruthie Moriarty and Alan Sanson



How to Make Your Home a Sanctuary with Crystals
by Courtney Francis



Different Frequencies, Different Realities
by Ann Drake

Tap into the Potential of *'Non-Doing'*



Starting with yoga and moving through other more subtle somatic practices (like qi-gong, continuum movement, and 5Rhythms) lead me to the realization that indeed: "less is more."

Elena Litvack

"Those who flow as life flows need no other force."

Lao Tzu

There used to be a time when I tried very hard to shift myself out of my ingrained patterns of negativity, depression, and fear. It was a hard and laborious process that bore little result. Any effort to get better and cheer up or open up would inevitably end in a wall of resistance, self-destructive behavior, or a spiral out of control into an even more menacing cycle.

It has taken me many years and the exploration of many different practices to understand that I was trying too hard. Starting with yoga and moving through other more subtle somatic practices (like qi-gong, continuum movement, and 5Rhythms) lead me to the realization that indeed: **"less is more."**

Forcing effort into "getting better" simply built up

more resistance and solidified my destructive patterns. The key to actually shifting myself out of the negative spiral was to allow my body to unwind and find its own way back to harmony and equilibrium. Once my body is settled, so is my mind, and I find myself back in the energetic flow. This is not a one-time achievement, but an ever-evolving practice.

It is a simple process, yet so elusive. This idea of 'non-doing' is so counterintuitive in our culture. We see it as passive, and judge it as weakness. We have grown accustomed to a very Yang way of life. We are always doing, forcing, achieving and - if things aren't going our way - "just try harder!" We have descended into a vortex of efforting, pushing and tackling any resistance head on. We have become addicted to this fiery way of achieving goals, and in the process, lost the connection to our receptive and flowing aspects. All life has an innate intelligence that seeks to return to harmony and cohesion, and has the potential to do



Tap into the Potential of 'Non-Doing'

so if only given time and the conducive environment.

Energy is everywhere and change is constant. We swim in an interconnected web of constantly fluctuating and spiraling energy, yet we try so hard to grip onto something stable and permanent. This strive to latch onto something fixed, creates an internal conflict that leads to all sorts of resistance patterns and energetic blockages, manifesting as either mental or physical discomforts - and eventually dis-ease. **If only there was a way to relax into the vortex of an always shifting stream of consciousness.**

"The Tao does nothing, yet leaves nothing undone"
- Tao Te Ching teachings

Wu Wei is the Taoist concept of Non-doing that we in the Western world find difficult and often approach with skepticism. After all, how can one achieve something by doing nothing?

Based on the laws of Nature, doing anything is over-doing. Any action can do more harm than good. Just like growing a plant, we can do nothing but provide time and nurturance while the life energy and the innate intelligence of the plant does the rest.

Through many practices, including Qi Gong, Continuum movement and 5Rhythms, I found that the body, just like a plant, needs time and support. Once my body unwinds, any energetic blockages can be loosened and the life force begins to flow again. The process of unwinding and returning to homeostasis takes time (and can be easily interrupted). When my body and mind settle, my full breath returns and I am effortlessly shifted in an aligned and coherent state where everything flows.

Through my own practice and working with clients, I have found this to be true for any situation: depression, anxiety, physical pain, conflict, fight/flight/freeze response, terror in the face of the unknown....

Our instinct to tighten, to grip and try to control in any new or perceivably hostile environment, often

leads us into cycles of frustration or fear and causes discomfort on many levels. **Most things are out of our control; however, we can influence how we relate with our environment.** We can choose to flow effortlessly in our relationship with what is around us.

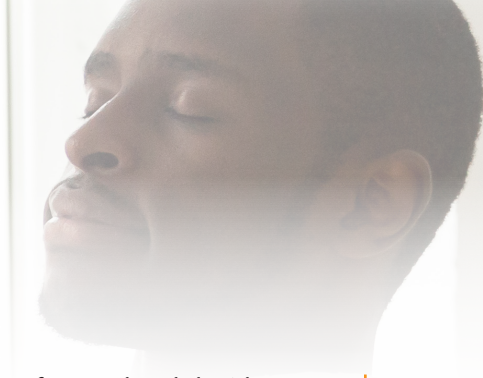
I have found 3 easy ways to shift myself out of my patterns and into effortless flow: take a pause, invite receptively, and trust the process.

I like to **take a pause to give myself time and space.** If I have been trying to solve a problem or pushing hard to meet a deadline and failing, I drop that very thing I am doing. Like water, I know that when I meet an obstacle, I need to follow the path of least resistance. It's very easy to get lost in our patterns, so I take a break. Moving the body is always a good way to shift out of a stuck place. Dancing, qi gong, or gentle yoga work best for me. If I am encountering a conflict that is not resolving, I take a walk and seek nature or a quiet space. It is not distraction, but stillness that allows me to clearly see a bigger picture.

This small shift can have a profound effect, for I have now opened up space and **I am inviting receptivity.** Stepping out of the fiery pattern of doing, I become more like water. I am not seeking the solution; I am allowing it to come to me. This fluid state is nurtured by patience and trust. Once I am able to shift perspective, I know I have to **trust the process.** The resistance I encountered is there to tell me that something isn't working and I can find a clearer way.

Non-doing is not a passive state, it is a shift of our relationship with that which is around us. It longs for stillness, clarity and equanimity and can be applied to everything we do in life. If we can let nature take its course, things get done. If we go against it, little or nothing gets done, no matter how hard we try.

Because non-doing is such a counter-intuitive concept for us, I find it easier sometimes to think of it as *un-doing*. This gives my mind the comfort that it is still working toward a goal. My purpose is to release tension, undo a pattern, create ease and return to



balance. I let go of the grip of control and the idea of directing transformation; I open myself up to that which wants to come in and ride the currents of change. My work here is not to do but to create the right environment and welcome what yearns to unfold. I can only receive what I create room for. A kind of alchemy happens here, in this space of allowing and non-doing. A great amount of energy is freed by letting go of resistance. I have effortlessly shifted myself and my energy into alignment and because I am a part of an interwoven web of existence, my shift cascades and transforms all that is around me as well.

Being a part of a larger network of Life, any shift I experience in my own energetic field will inevitably trigger a larger change. The more ease I invite in myself, the more aligned my outer world becomes. By simply shifting out of the old framework of thinking that I need to work harder or do more, I have already opened up the space for a more integrated alignment and cohesion to exist around me.

Richard Rudd says that at a quantum level, my environment is my attitude, and for me this means that by changing my state of mind, I can effortlessly affect a profound change in my environment for the benefit of all.

Here is a little more on the 3 essential everyday tools to tap into the potential of non-doing:

1. TAKE A PAUSE


- **Take time and space** to get out of your own way, stop feeding the current environment, and enjoy yourself! Take walks, go out, or make art. Find that which nurtures your state of harmony.
- **Spaciousness:** Allow for clear and neutral space, release and let go of energetic blockages. Clear your space with herbs, water, or energy practices such as meditation or breath-work. The clearer your space and body, the easier energy moves. Practices like tapping, shaking, and sounding breaths are powerful tools to release tension in the body.


- **Drop into your senses:** Music, sound baths, salt baths, essential oils, cooking, or drawing will help the nervous system rest and reset.
- **Get physical:** Dance, move, swim, garden, walk, do yoga or qigong. Grounding and rebalancing the physical body create clear and coherent space for the mind and spirit to enter and feel safe. Sounded breaths or chanting are a profound tool to release tension and at the same time enliven your inner vibration.

2. INVITE RECEPTIVITY

- **Connect with your intuition:** Be on the lookout for guidance or synchronicities and support from the subtle worlds.
- **Drop into the beginner's mind:** A state of not knowing or expecting meets any situation with an open heart and mind. Attachment to any outcome can block the energetic flow. Be open and curious.
- **Rituals:** Draw wisdom from the elements, ask guidance from ancestors, spirits or higher beings (or whatever practice works for you). These gestures evoke the spirit of wisdom, and are all ways in which we allow ourselves to be guided and supported. Small and meaningful rituals throughout the day keep us connected with the process.

3. TRUST THE PROCESS

- **Trust** that all beings have their own innate intelligence and will flourish when given space and time. Take the path of least resistance.
- **Listen:** When at a loss as to what direction to choose, still the mind and intently **attend** to the greater intelligence that speaks without words.
- **Practice Patience:** understand there is a greater purpose. Meditation and breathing exercises like alternate nostril breath can be very helpful to enter a state of equanimity and instill patience. 

 Learn more about author Elena Litvack at www.MyCoherentHealth.com.



Transforming Sick Care into
Genuine *Health* Care

*Caring should be an expectation in our healthcare organizations.
In reality, we have sick providers caring for others in a sick system.
Who provides care for the provider?*

Debra Reis

We are in a healthcare crisis created by many stress factors - Covid, mental health concerns, increased drug overdoses, and more. Combine these factors with short staffing, low resources, and inadequate supplies to care for others, and you get healthcare workers who are frustrated, anxious, and burned out. We don't have healthcare; we work in "sick care." Over 70% of healthcare workers report daily anxiety, depression, and frustration.¹ Organizations with stressed-out workers taking care of ill patients is not a good combination. Transformation of sick care to healthcare is necessary now!

We will all need healthcare at some time, and quality care may not be available. We need to shift the tide from sick care to healthcare. One solution is to embrace the benefits of holistic therapies. There is a great deal of evidence for holistic modalities for patients in clinical settings. Let's consider expanding this movement for supportive therapies as part of the renewal efforts for our healthcare organizations and those who provide care.

CARING SHOULD BE THE HEART OF HEALTHCARE

Caring should be an expectation in our healthcare organizations. In reality, we have sick providers caring for others in a sick system. Who provides care for the provider? Time and resources are precious. Managers get caught up in filling staffing "holes" and putting out the "fires," which take priority over providing care for the nurses and other workers. It's hard to catch your breath when dealing with the chaos all around. However, if healthcare workers don't receive renewal and caring efforts, burnout and turnover happen rampantly across the country. Replacement of healthcare workers is more expensive as nurse recruiting and orientation are costly measures. It only makes sense to invest in our current staff to reduce their stress and bring renewal resources that they can utilize quickly.



CURRENT SOLUTIONS ARE NOT WORKING

The usual approach to help retain nurses and other healthcare workers is to offer monetary incentives, Covid relief bonuses, and sign-on packages - which are not working anymore. There is greater resentment and frustration with those workers who have remained with the organization. We even have the National Guard and travel nurses filling open positions. These temporary fixes do not address the root of the problem.

Many organizations have Employee Assistance Programs (EAP), which offer excellent services to help counsel and support staff. However, recent surveys report that over 50% of nurses don't feel they have any emotional support or resources from their organizations.¹ Others say that they don't have time, cannot adjust their schedule, or EAP does not resonate with them.

Other strategies offered to workers include relaxation apps or teaching handouts. Who has time to pull up an app or find a flier when you are in crisis? Some places do have programs to help staff cope with traumatic events. These can be an excellent service to healthcare staff - but usually occur *after* the event and are not something people can use *during* the crisis.

PARADIGM SHIFT - MIND/BODY/SPIRIT BALANCE

It's time for new ideas to help restore and renew staff. The time is now to move into a "healthy" care system. Instead of reverting to old retention or recruiting methods, why not provide innovative strategies to bring coping and renewal, such as supportive therapies? Therapies can be utilized in less than 5 minutes to bring balance and peace to the individual under stress.

You may not be able to change the chaos you are dealing with in your setting, but you can change how you manage the situation.

SUPPORTIVE THERAPIES DEFINED

Supportive therapies are also known as holistic, complementary, or alternative therapies. These therapies are not typically taught in nursing or medical schools nor integrated with healthcare organizations. However, these modalities are recognized by the National Institute of Health, National Center for Complementary and Integrative Health, which provides significant funding for research in holistic therapies. There are a variety of categories in the National Center, and the Mind/Body category is where many therapies fall that we used in the clinical setting. However, there is little to no research or evidence on integrating supportive therapies and their benefits for health providers in the clinical arena.

THREE PILLARS FOR SUPPORTIVE THERAPIES

The Supportive Therapy Engagement Program (S.T.E.P.) provides strategies in three categories for healthcare providers to select and use for themselves or others within the clinical setting.

- 1. Relaxation Therapies:** include breathwork, visualization, and energy therapy. Use these therapies alone or in combination with other treatments to bring in a sense of peace during stressful times.
- 2. Clinical Aromatherapy** - essential oils are being used more often in clinical settings, primarily with inhalation and diffusion. Consideration must be given to safety and use in practice. The use of aromatherapy can be quick to calm and renew a sense of well-being.
- 3. Gentle Movement** - these therapies such as yoga, Nia, Ageless Grace, and even walking are gaining more importance in plans for patients. Still, they are equally crucial for healthcare providers to integrate energy renewal and stress reduction into their day.



WAYS YOU CAN UTILIZE HOLISTIC THERAPIES TO CALM THE CHAOS FAST:

- Consider specific breathwork to soothe yourself under stress.
- Use a portable aromatherapy inhaler with Rosemary or Peppermint essential oil to aid mental clarity.
- Stretch to have your arms over your head - which releases tension in your neck and shoulders and takes less than 30 seconds!

Once you have these supportive therapies, you can bring in one or more to guide you and those you serve, to gain peace and balance both quickly and effectively. You may be in a stress-filled environment,

but you don't have to let that stress bring you physical and emotional health concerns. Consider holistic therapies that can be used in 5 minutes or less to relieve stress and cultivate peace with balance. Supportive therapies can be used successfully by busy healthcare workers in clinical settings for their well-being. This action is one step to truly transform our current sick care system into healthcare. €

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 For more information or to reach Debra visit: www.DebraReis.com

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Developing
Intuition
with the *Chakras*

Intuition can bring a measure of clarity to a confusing and complex world, saving you from danger, as a fail-safe pre-programmed setting.

Lori Hops, PhD, DCEP

Intuition. The aha moment. The flash of insight. Suddenly solving a vexing problem. Gooseflesh on your arms as you meet an important stranger. A sinking feeling in the gut just before receiving bad news. Our bodies can register nearly instantly vital information for our well-being and growth, and our minds slowly play catch up trying to make sense of it all.

INTUITION DEFINED

Intuition is hard to define, but easy to recognize.

Intuition is:

- knowing that you know
- without knowing how or why
- without conscious reasoning
- your built in GPS
- protecting and guiding you
- the still small voice
- hard to quantify
- easy to dismiss
- vital to honor

HOW INTUITION HELPS YOU

Intuition can bring a measure of clarity to a confusing and complex world, saving you from danger, as a fail-safe pre-programmed setting. For instance, it can suddenly tell you to stop your feet from crossing into unexpected traffic, despite your mind's plans to walk ahead. Though a natural occurrence for safety's sake, you need to deliberately focus on developing intuition in order to benefit from its gifts of subtlety, creativity and depth of awareness. By activating your free will to summon intuition on demand, it will assist you with life's challenges, reveal secrets, and become a source of trusted advice.

THE BODY IS PRIMED FOR INTUITION

You were born intuitive. Recent empirical evidence suggests how this works. For more information you can read my article in the [2016 Energy Field!](#) as well as listen to this [podcast about the science of intuition.](#)² The right brain is designed for the hallmarks of intuitive processing of information: global thinking, seeking coherence, pattern recognition, and rapid processing



of nonverbal information. The body's physical receptors capture vibrations, light, sound, and touch which flood the stomach, heart and nervous system with information for the brain to decode, as we very slowly think with our left brains. Our commonly overrated left brains are primed for logic, sequence, language, limited data storage, mapping onto expectations, flavored with opinions, sifting through the onslaught of data from the body and right brain. Then we react, sometimes too late, possibly never. Intuition bypasses the slow left brain for a quick message to the right brain. It's up to us to pay attention to the messages of intuition, act on it, or ignore it.

PHYSICAL AND SUBTLE INFORMATION

If we decide to pay attention to intuition, it accesses the physical body as a conveyor and container, translating between physical and subtle information. Physical information is represented by three-dimensional reality, such as objects. Subtle information is represented by nonphysical reality, such as thoughts. Here are some commonly known intuitive systems which pass through sensory systems, though the list is not exhaustive.

The eyes register and capture physical light variation, by wakeful time in form, by dreamtime or reverie in metaphor. **Clairvoyance** is clear seeing, with the mind's eye.

The body's skin and organs measure weight, pressure, and temperature in response to the outside world and inner realms like thoughts and feelings. Gustatory reactions lead to **clairsentience**, or clear feeling, with chills, gut reactions, sudden fear or relaxation as instant signs of subtle messages.

The ears react to vibrational waves coursing through the air. Hearing someone's voice, or even their thoughts (telepathy): **clairaudience** is clear hearing with the ears, what is unexpressed or intended but not physically spoken.

The mind memorizes facts, decodes puzzles with formal knowledge, and almost magically can also understand without obvious reason, instantly grasping a knowing beyond expectations or conventions, beyond space and time. **Claircognizance** is clear knowing all at once, appearing effortlessly and often unexpectedly.

Lesser recognized is the nose receiving odor which is not in the physical, or **clairauience**. It is clear smelling, such as catching a whiff of grannie's old perfume no longer present, when no one is around.

THE CHAKRAS AND INTUITION

In order to be a clear and grounded recipient and sender of intuitive information, it is important to be fully present in the body. Steadiness on the earth, rooted with the lower body and the bottom of the spine correctly aligned, hips balanced, healthy and open for creative exploration, and clarity of power in the belly sourced from integrity are a recipe for success with intuition. Chakras are seats of energy, and hubs of information and communication, recognized by many healing systems from around the world. Primarily located along the spine, although found throughout the body, the chakras are related to physical organs, endocrine glands, colors, sounds and concepts; esoteric and practical wisdom is contained in them to enhance life. Chakras process internal and external information and are translators from the physical to the subtle and back again.

The root chakra (Sanskrit for wheel) is at the bottom of the spine, the sacral chakra is in the pelvic area below the navel, and the solar plexus chakra is in the abdominal region above the navel. Once these lower chakras are developed and stable, then the upper body can follow suit with the relational heart chakra, clear voice communication in the throat chakra, third eye chakra between the eyebrows for visioning and the crown chakra associated with higher dimensional and mind-based intuition.



THREE LOWER BODY CHAKRAS AND MATCHING ELEMENTS

The Root of the Matter: The first or root chakra connects you to home, the earth, grounding. Like the soil which nourishes new life, the root keeps you alive and vital, or can bury or poison you. The element of earth, which is associated with the root, builds, protects, and soothes, as well as repairs and rebuilds when necessary. Intuitive messages from the root are part of your sense of family, place, history and legacy, and all it represents. Stability, trust, safety and the absence of such, like fear and mistrust reside here.

The Ways of Water: The second or sacral chakra in the hip area is characterized by creativity, reproduction, and emotion. Like water that soothes, washes, cleanses, and absorbs, and can be frozen or fluid, the sacral chakra offers generativity or stagnation. Intuition through the sacral chakra can release writer's block, relieve pent up emotion and memory, and explore the themes of guilt, pleasure and forgiveness. Sexual reproduction and expression are found in both the root (location of the genitals) and sacral (womb, ovaries) chakras.

Solar Fire: The third chakra or solar plexus is associated with the various organs in the belly below the ribcage, creating agency, will and self-image. Your personal sun, sending and receiving messages of power are connected to the element of fire which eliminates, purges, builds excitement, and heat. Intuitive messages about relative position and interaction within hierarchies, systems and community reside here, shaping and being shaped by how others and you perceive your self-worth, shame, pride and effectiveness.

Triad of Manifestation:

Intuition with Earth, Water and Fire

When the elements of earth, water and fire combine as part of the three lower body chakras, intuitive work accelerates with manifestation. Intuitive knowing, which is grounded in the rooting of earthiness,

tempered by the watery flow of emotion and creativity, and ignited from the fire power of interacting with the world combine into a triad of manifestation. Sourcing your intuitive nature with these features sets you in an optimal place, when balanced with wisdom, to bring alive your truth. It readies you for working with the upper chakras, through the prism of the heart center, to align the physical world with the heavenly world. It all starts with learning how to nurture your natural intuitive senses, following the messages you discover, testing out what you learn and staying open with discernment for new experiences.

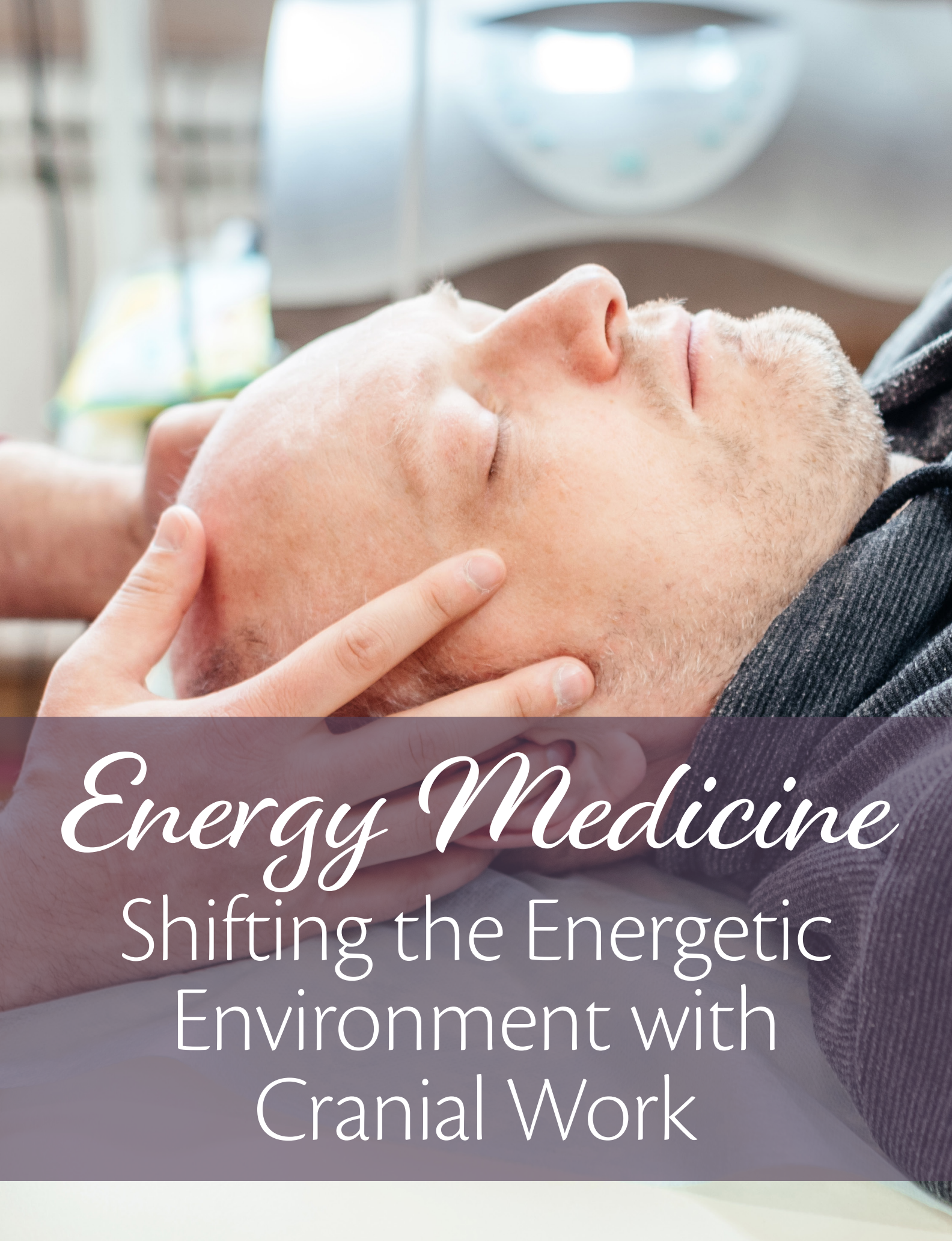
You can combine intuition and chakra work with energy psychology, extending the practices into a therapeutic format for clients. Advanced Integrative Therapy, founded by Asha Clinton, PhD, uses all of these modalities from a psychodynamic perspective, amongst other approaches. Another approach is John Diepold's Heart Assisted Therapy, which combines energy psychology with heart-based chakra work with conventional psychotherapy methods and mindfulness. €

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To learn more about Dr. Lori Hops see www.DrLoriHops.com.



Energy Medicine
Shifting the Energetic
Environment with
Cranial Work

“Cranio-sacral Integration engages with the deepest healing forces, both within the body and in the surrounding matrix, in order to enable re-organization and re-integration of mind, body, and spirit.” —Thomas Attlee, teacher and practitioner

Merrill Page, RCST, MA

In her new book, EARTH MEDICINE : A FIELD GUIDE, healing in seasons and cycles, contemporary mystic and author, Merrill Page, shares how Craniosacral therapy is used to shift an energetic environment, helping to improve not just mood and sense of well-being, but biological systems and health ecology as well. Here is an excerpt from her book:

After Chalita’s Acupuncture treatment, I later received a Craniosacral treatment. With it, all of my longing went away. That was what I noticed most when I got up off of the table. That feeling that haunts me of wanting something more than what is. When it lets go, I feel ease and fullness. As if everything that was holding in my body or clenched in my jaw has let go. I don’t even notice the holding or clenching until it has been removed. But once it’s gone, my feet feel different on the floor. My face feels softer and my skin more supple. My ability to be complete where I am is easy. I’m reminded of a word I learned in the years I danced tango: surrender.

The session started with a simple question, “What are you needing?”

“Well, I reached out because my right eye was twitching. It’s better now, after an Acupuncture treatment. Chalita treated my spleen and did some liver points,” I told him.

“Mmm,” Jonathon nods. He is no stranger to this language, having just completed a full degree at the College of Acupuncture in Oakland. “I am noticing perhaps a twist in your sphenoid,” he adds. He’s looking at my forehead and the bone behind my eyes. With his eyes, sensitivity, and years of cranial study and practice, he can assess my body physiology for balance and energetic tone.

“Ok. Could be. I’ve been well, but tired. And we are going through so many transitions here at home,” I said.

We talk another minute before I climb onto the table,



fully clothed, as is done in Craniosacral work, and lie down, face up, on top of the sheets of a massage table.

He starts with a gentle touch at my shoulders, then moves down to my feet and ankles to see if they are even and to assess for tension and fluidity. The touch is gentle and, like Acupuncture, assessment is part of the treatment. It's his ability to see inside of me, my energetic field and my body physiology, that begins to effect change. It's quantum physics. Matter changes when it's observed.

Now Jonathon, he has a magic way where he offers up what he sees/or feels/or hears. It's what we are taught in our Milne Training for Visionary Craniosacral Work®. "Don't miss the chance to tell your client/patient what you see," Hugh tells us. Your observation and insight may change his/her life. So today, Jonathon, in a language he knows that I speak, says to me, "It feels like maybe the left temporal bone is stuck or blocked. As if there is something you don't want to hear." Or the last time he worked on me, "I get the feeling you are a castle filled with treasures and not yet convinced the world is worth sharing them with." These are the kind of morsels that torture and delight a patient like me, leading my vision inward, to inquiry, where it belongs. This is part of finding peace.

Like that time when Hugh Milne was teaching us to work with mandibles and teeth trauma through contacts inside of the mouth. He had his gloved hands, or fingers to be precise, resting on the tops of the teeth in my lower jaw.

"I get the sense you love to be kissed," he offers up. These sorts of insights are, after all, the key to the magic.

"Ha," I express, as well as one can lying supine with gloved hands in their mouth. But then I can't stop. I am giggling and giggling, as quietly as possible because of the other 50 students and teacher/practitioners also working in the room. The more I realize what he just said, and that it is true, the more I laugh. I love to be kissed. I guess I hadn't realized that about myself. Until Now. Yes. It is true! I do love to be

kissed, I think to myself, then struggle to direct my mind to another thought that will release me from the delight of hearing, and now knowing, this.

"Cranio-sacral Integration engages with the deepest healing forces, both within the body and in the surrounding matrix, in order to enable re-organization and re-integration of mind, body, and spirit, overcoming the depleting effects of trauma, injury, disease and stress and enabling profound transformation in health and wellbeing." —Thomas Attlee, teacher and practitioner.

So there are many layers and many possibilities within this discipline called Cranial Work. Its efficacy depends on one's willingness. Willingness to be seen. Willingness to surrender. Capacity to trust that they are safe, in present time, to feel whatever it is that is offering itself up to be felt.

"You can pay now. Or you can pay later," Sofia Diaz, my beloved Yoga teacher used to tell us. "But either way, you have to pay. You have to feel the pain for it to leave your body. There is no other way."

This is what I mean by willingness to feel. It's like our willingness to be held. And loved. If we can't let ourselves be held and loved, we are not able to be nourished the way a full-fledged human needs to be nourished. That's just how it is.

Lying on the table with Jonathon saying nothing now, my body reorganizes itself around the midline. This is what we call it in cranial work. It is the center place occupied by the spinal column. A practitioner's touch is supposed to help regulate the fluid bathing the spinal column, the craniosacral fluid. It flows at a slow and rhythmic pace that nourishes the nerves and helps regulate the nervous system. It is also called the breath of life.

Craniosacral therapy can be described in so many ways, from esoteric and metaphysical terms, like "breath of life," to osteopathic or scientific terms, like "torsion in the sphenobasilar joint." And the shape and condition of the bones within themselves and



in relationships to each other impact us on both a physical and a metaphysical level. So, when we touch or receive touch with this level of awareness, we have the ability to alter reality within the physiology and beyond. That's just how it is. Then it's up to the patient to perceive and choose to embody the changes in his/her life.

Jonathon continued the treatment with a contact at my sacrum, or tailbone. Here, with his hand, he can unwind any tension or compression along my spinal column, alleviating pain or discomfort along a vertical axis up into my occiput, which is the bone at the back of my head said to be a mirror to the sacrum. His contact feels gentle and kind, but also clear and safe. There is "a listening" to it. We are taught to listen to the bone and how it is in relationship to the other bones it is touching. To listen to the fluid and how the cranial tide moves or doesn't move along the spinal column. To the energy and how it expands or contracts, expresses or doesn't express, through the immediate bodily systems and beyond. It is slow work. It takes time.

Listening takes time. But it's just like talk therapy or counseling where once somebody has expressed themselves and feels heard, they can let go. They can move out of the narrative that has them trapped in repetition or some contracted state and expand into present time. The body is like this: it wants to be heard. Seen. Received. Understood. Nudged in just the right way where it can release what it is holding and move on. A good practitioner does this. We finish with a contact at my head. His hands are over my ears listening into the many expressions there, from the state of the temporal bones to the health and plasticity of the cranial nerves that have pathways into the ears. Entire treatments can be done simply with a contact at the ears, listening and directing intention to clear blocks and resolve issues from tinnitus to headaches, a twitching face, to grinding teeth. The implications are infinite, and the treatment so subtle.

I have to get right up off the table when we are done and dart off to school to pick up boys. But I don't

forget to notice the contact my feet make with the ground when I get up off the table, so solid and clear. Or the feeling in my face, that is let down and tired, like after a good night's sleep. The heaviness in my body is indisputable and delicious. The fatigue I can actually feel now is rich and re-centering. I couldn't feel it before.

It's easier to sit that evening outside and watch the boys hit baseballs in the backyard and jump on the trampoline. I sit easily there and feel a togetherness with them that I do not have when I am not cared for in these intimate and gentle ways.

HARVESTING TREASURES FROM WITHIN

"These are the kind of morsels that torture and delight a patient like me, leading my vision inward, to inquiry, where it belongs."

As an adult, I have come to truly savor the moments of surrender, when I can let go of how I think things need to be and simply feel what is. There, when my body is at ease, and my mind lets go, is the moment of grace. It's where our vision can turn inward, to inquiry and observation. Such is the lesson of the Western shield, and the requirement of an adolescent.

At first though, it's torture. Who really wants to let go of that ecstatic moment of movement, engagement, and sensual fulfillment to pause and look inside? Unless we are guided and taught to notice the treasures of an internal, self-reflective practice, the idea is anathema, and the exercise is impossible. It is the job of a culture, and the adults who inhabit it, to teach their young to do this. When we do not, they cannot harvest the gifts that they bring to us.

It's that simple, but the ritual practices required to really teach our adolescents how to look in, to feel, to notice, and to bring out the gifts hiding there inside of them are not laced into our cultures the way they were in older, earth-based cultures. Luckily, new forms of earth-centered therapies are reclaiming them and offering outdoor programs with supervised camping solos where our youth can discover, in an embodied



way, what “old” cultures used to know.

As a mother and a practitioner of Craniosacral Therapy, I have come to understand in every cell of my body that what we feel and how we feel is as central to our health and well-being as what we eat and what we do. What we feel is informed by what we think and believe to be true.... Here at the threshold of a new era in health and medicine it is time to open our minds to the expanding awareness of who we are and how we actually work. Ancient systems of medicine, including Chinese Medicine, Ayurveda from India, indigenous Shamanic Medicine practiced in discreet tribes have known this. Their systems

thoroughly address the intimate relationship between our minds, bodies, and spirits - and how they work in the context of place and culture. If we dip back into this ancient wisdom and learn to apply them to our current models for health, as is done in Craniosacral therapy and in Earth Medicine, we have hopes for resetting the entire energetic environment in which we exist. The promise of health unfurls from here. €

 Learn more about author Merrill and her book visit www.EarthMedicineTaos.org.



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Redefining
"Out There"

Energy practitioners must not wait for greater external acceptance. The field must intrinsically acknowledge itself as valid. It must stop accepting its default regulation to the fringes and choose its own place and empowerment.

Stephanie Marango, MD, RYT

Years ago, I appeared in a video for Lotus Wei, a wonderful flower essence company. Behind the scenes, one of the questions the interviewer asked was, “Do you believe in woo-woo medicine?”

My short answer was: “Well, it depends how you define ‘woo-woo.’”

The longer explanation entailed: If, by that term, you mean, ‘different forms of healing that have been experienced by many individuals but that cannot be rationalized within the current tenets of modern science and hence require an openness of mind,’ then yes, I believe in woo-woo medicine.

‘Woo-woo’ is one way to describe today’s energetic environment. ‘Marginalized’ is another, so is ‘esoteric,’ ‘occult,’ ‘metaphysical,’ and so forth. What these terms have in common is a sense of being ‘out there,’ ‘fringe,’ not classically understood...not mainstream.

Well, energy work is out there, and all around us... though it is not well understood (yet). We live in a

universe that was born of energy working toward some end; in its beginning, there was no matter until photons (packets of light) decayed into particles. Now, billions of years later, there is still a mixture of matter and energy, approximately 95% of which is unknown (i.e. dark energy, dark matter). That leaves roughly 5%, which we are able to observe with our five senses and modern technologies (i.e. infrared detectors, Geiger counters, decibel meters). Interesting that such a small fraction of the universe is what we consider ‘normal.’

Fortunately, the seemingly vast realm of unknown lies beyond only *current* understanding. Over time, perspectives shift and measurement tools develop, and what once seemed some form of magic becomes a mechanism, whether it is dark energy or energy work.

Take, for example, the hummingbird’s flight, which was once considered a metaphysical phenomenon. In the 18th century, these birds were classified in an order called *Apodiformes*, which means “without feet” — for it was incorrectly believed that a hummingbird had no feet, as they had no need

to perch; they were thought to be always in flight. Over a century later, their unique flight is still being understood by physicists and biologists, and is attributed to a combination of anatomical features like hollow bones and larger chest muscles, as well as a mechanism that allows the wings to stroke forward and back.¹

Magic stops being magic when we understand how it is done. But in order to reach that understanding, the knowing must come from a greater place of not-knowing. As Erwin Schrodinger, a Nobel-Prize winning physicist and father of quantum theory said: ‘In fact, if we were to cut out all metaphysics, it will be found to be vastly more difficult, indeed probably quite impossible, to give any intelligible account of even the most circumscribed area of specialization within any specialized science you please. Metaphysics includes, amongst other things - to take just one quite crude example – the unquestioning acceptance of a more-than-physical- that is, transcendental – significance in a large number of thin sheets of wood-pulp covered with black marks such as are now before you...A real elimination of metaphysics means taking the soul out of both art and science, turning them into skeletons capable of any further development.’^{2,3}

It is unfortunate that elements considered unfamiliar or unknown in our current culture may be viewed negatively. It is a perspective that can lead to dismissing entire ways of experiencing the world; for instance, through energy medicine. Of course, nothing is all-or-nothing and plenty of pockets in the world accept energy work. But, as with everything else, constraints exist...as does a time that comes to expand through those constraints. To this extent, energy practitioners - especially in the West - must not wait for greater external acceptance (though it is already happening). The field must intrinsically acknowledge itself as valid. It must stop accepting its default regulation to the fringes and choose its own place and empowerment. In my view, there is purpose to it all; I want an Emergency Room when my arm is broken; I want acupuncture for my postpartum recovery.

Instead of trying to fit into society’s existing narrative, then, it may be time to write a new version. One way to do this is to create a system specific to energy medicine. Its own means of standardization, organization, visibility, and accessibility. Shared tools for practitioners to access other practitioners, tools for clients to access practitioners, and tools that make operating a practice that much easier. Energy practitioners should want to serve as many individuals as may benefit from their work, and putting it *actually* ‘out there’ will help make this happen.

How can a new system begin? There are many different ways. From my vantage point, I propose incorporating at least the following considerations:

ACCESSIBILITY – Currently, wellness practitioners at-large operate as islands. For the most part, they tend to run individual practices based on some combination of referrals and social media marketing. There is no insurance directory or Zoc Doc or state Office of Professions to search. This makes it challenging for clients (as well as practitioners) to find practitioners; I would argue that, amongst all the wellness modalities, energy practitioners may be the most challenging to find. In many cases, a client does not know where to search and, given there is no easy ‘how’ at everyone’s fingertips, the search may be over before it even begins. Accessibility can take shape in many ways, like online directories (e.g. Kensho), as well as educational and event platforms (e.g. The Shift Network). When more of these avenues develop, and then combine forces, it will become increasingly easier for energy practitioners to be found by clients and referring practitioners, alike.

COMMUNITY – Now, imagine if a directory and event platform worked together to support offerings; the exposure would be amplified. It is like drawing a web by connecting a scatter of dots. And webs are strong (in fact, silk from the golden orb spider is stronger than steel).⁴ Meaning: by coming together, the energy practitioner, yoga instructor, and bodyworker can coordinate care to strengthen a client; they can also strengthen their approaches

to a client by sharing information and learning from one another. Community is a place of discourse and exchange in which the whole becomes greater than the sum of its parts. To this extent, private and confidential forums beyond Meta (Facebook) pages will be necessary for groups to interact with each other in long-term and meaningful ways (i.e. Upledger Institute alumni staying engaged), as well as interact with other groups (i.e. Upledger students and Reiki Institute students discussing approaches to migraines). Online networks like Mighty Network are already stepping up with broad feature sets to support generic group endeavors, but they can't maintain the confidentiality and interconnectivity that health and wellness discussion deserves.

ORGANIZATION – These discussions and interactions will, in time, derive greater efficacy from greater efficiency. Some standardized processes can help harness power; like how a water mill harnesses the power of moving water to generate electricity. To this extent, ways of automating a practitioner's or center's back-end can help create a streamlined, supportive process that allows the practitioner(s) to not only better excel at the tasks at hand, but also use the saved time (and mental space) for other endeavors. It may also aid pattern recognition, helping practitioners observe trends in their work that were not apparent otherwise. I do not know that energy practitioners currently need full-fledged practice management software, but some ability to take notes, keep books, and automate marketing would be a fruitful step. Then, at the collective level, we can take that organization and apply it to further understanding what works and what doesn't work in the field by collecting data and agreeing upon common standards.

There are a lot of systems in our world that no longer work. We have the ability to learn from them, and craft a more informed solution that fits the energy field (pun intended).

And I walk my talk. To be transparent, I am developing a chart-and-chat software for wellness

professionals, including energy practitioners. Its ultimate goal is to network the wellness world. So, for example, an energy professional can collaborate constructively with the bodyworker and yoga instructor she regularly refers to; in order to integrate care; to best support the client; to learn more about health and wellness; and explore the questions and resources necessary to keep developing both.

As already mentioned, I am not the only one; there are many companies, apps and offerings in the works. It is happening! But that does not advocate for passivity. Energy professionals should not sit by and 'let it happen.' The time is now to proactively construct a system with intention, integrity, inclusivity and as many other words as the practitioners themselves choose to define their energetic environment. €

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To learn more about Stephanie Marango visit www.MyCoherentHealth.com.

Shifting Focus:

Tuning back
in to Nature



The biophilia hypothesis suggests that humans possess an innate tendency to seek connections with nature and other forms of life. In doing so, it balances one's physical and mental health.

Michelle McLemore

Simply paraphrased, “environment” is that which surrounds one and that which affects one’s state, quality, and length of life. To determine if an environment *needs* shifting—if it is out of balance and may have a negative impact on us—we must start at the core...the spirit. Not what you expected? Breathe with me for a few moments.

You have most likely heard the paradigm shift, “We are spirit having a human experience.” We are energy at every level. That internal, eternal (refer to Einstein’s Law of Conservation of Energy) portion of your Self, however, is not in an insulated vacuum. If energy cannot be destroyed only transformed, there is a constant shifting of energy universally (and possibly multi-versally or cross dimensionally). We are connected, but more so, we are physically and energetically a part of the continuous flow of Life. To accurately determine if we should impact another sphere of this Life, we need to be able to think,

process, and see clearly...objectively. That requires work on our body-heart-mind connection which often taints the truth of reality for our observing spirit. Ego may subconsciously be driving the need to intercede with energy work instead of allowing ourselves to be absorbed into the larger natural energy field and let that work its own healing—a healing modality which predates human history.

Still, before wading into the work of clearing one’s individual perspective (which can take serious effort), let’s first see how working with, and accepting from, our Earth host can support our health without us taking on the need to orchestrate it.

THE PERMEATING INFLUENCE OF EARTH

We may experience sickness, fighting, trauma, and accidents in various physical locations. The emotional imprint in our minds, biofields, muscle memory, and hearts can make revisiting those sites feel as if the air itself is heavy, smoldering, or even suffocating.



Sometimes there truly is additional bacteria, viruses, or energy spirits in the location that would behoove us to clear. (In this case, consider smudging through water, oils, herbs, fresh air, and sunshine.) However, a key truth requires us to acknowledge that the bulk of the clearing needed at a site is for the human experience and collective consciousness...not so much for the land.

Radiometrics date the earth at about 4.5 billion years old. Photos in urban areas during the first few months of COVID-19 shut down showed just how quickly air and water can clear by themselves. Certainly energetic sharing with our plants, water, and planet may help in subtle ways, but Grandmother Earth is a survivor. Change is the only constant and though we fight for consistency, the earth keeps going. Changing, but adapting.

The biophilia hypothesis suggests that humans possess an innate tendency to seek connections with nature and other forms of life. In doing so, it balances one's physical and mental health. This is supported by an increasing number of research studies showing a positive impact on mood, health, productivity, and learning when natural elements are added into a setting.

In the last few decades, biophilia has become a global architectural phenomenon for internal and exterior structures. Cities have begun replacing run-down urban real estate with parks and gardens. Living green walls have been installed down the sides of high rises. Rooftop gardens are sprouting. New construction for business, hospitals, and schools frequently synthesizes biophilia tenets because of the impact on human wellness.

Three components guide the biophilic design: Nature in the space, Natural analogues, and Nature of the Space. 'Nature in the Space' refers to the incorporation of plants, water, and animals into the built environment. 'Natural analogues' focus on nature-inspired textures, shapes, and patterns. Based on the Fibonacci series or the Golden ratio,

precise ratios and complex structures in nature like shell spirals and hexagon beehives intrigue and simultaneously calm the human mind. Nature prefers curves and smooth angles versus straight lines. Finally, 'Nature of the Space' refers to how humans respond psychologically and physiologically to different configurations.

In addition to spring cleaning, this month may be the ideal time to re-envision the full energy flow of your physical surroundings at home, play, and work. Biomorphic forms and patterns could be introduced through paint, texture, facades, floor finishes, and accessories both synthetic and natural.

CONSIDER LIGHT AND COLOR

Each color of the visible light spectrum has its own energy frequency and has been studied for its effect on healing. Understanding the impact of light energy can help you achieve your goals throughout the day.

Purples, blues, and greens have all produced helpful healing and calming effects in research study participants. Frequent-migraine sufferers gravitate toward purple and blue-to-green filters to aid visual comfort. Another study showed elementary students in a classroom with light blue walls, and full-spectrum Duro-test Vita-lite lights, had 22 percent less off task behaviors and nine percent lower blood pressure readings than the control group in a standard white-walled, cool-white fluorescent-lighted classroom (MDM). Blue light has been found to be the best treatment for neonatal jaundice as well as pain reduction, healing injured tissue, burns, and lung conditions (Azeema 2005). Additionally, pink light has a tranquilizing effect. In a study, prison holding cells were repainted in pink to treat aggressive prisoner behavior. The results show there is a reduction of muscle tension within 2.7 seconds. (Yellow and red, however, have proven to be stimulants.) Additional supporting data from a study at Minnesota State University found that subjects exposed to a red room had higher stress rating scores compared to green room conditions.

Blue, purple, and scarlet are even specifically emphasized in *The Bible* regarding Tabernacle decorations. The frequency intervals of such range from 600 THz and higher. Perhaps there was more to the choices than simply the color that only kings could afford.

Choose your color schemes to help support your desired attention and activity levels in each location. For example, my client intake room has rag rolled emerald and forest green walls with a deep green carpet. Natural wood furniture with multiple spiral wall hangings have elicited most of my clients to comment how comfortable and peaceful they feel as soon as they walk into the room. I can see the strain immediately begin to lighten and their body positions soften the longer they sit within this color and among the spirals.

At the end of a workday, let Life support and cradle you. You don't have to control it all. Let it help you. It is time to remember we are a part of the whole—not apart from it.

PONDER PLANTS, TREES, AND THEIR REPRESENTATIONS

The Romanticism art movement strove to show the full glory of expansive natural landscapes and show humanity as a small part within that nature. A literary style in the same time period, Transcendentalism, took that message and added that understanding nature can lead to a metaphysical truth that all are a part of the universal soul—a shared Divine Consciousness across all aspects of nature and life, including us.

Incorporation of plants, windows with natural light and green views, and landscape paintings can support your total health. Proximity to, and viewing greenery, has a positive effect on people's memory, mood, creativity, and productivity. A 2014 study¹, for example, found that adding plants to an office can increase workers' productivity by 15%. Other studies exploring the impact of window views of nature, revealed that in hospitals, people recovered

quicker, had less complications, and requested less pain medicine if their room hosted a green landscape view (Ulrich, 1984). Experiments at the University of Michigan demonstrated that both walking in nature (in contrast to an urban setting) as well as viewing pictures of nature for at least ten minutes in one sitting, reduce stress levels and improve focus, attention, and memory. Additional studies showed that 10 minutes looking at a green landscape (real or pictorial), or of a plant, helps recover from technology screen fatigue, reduce anxiety, high blood pressure, and several other unhealthy life side effects.

Still, before you jump into obtaining a host of potted plants, may I remind you the Life connection is deep: plants ethically require a similar responsibility as a pet. Research has clarified that plants do show a stress response and can get lonely. They also demonstrate loyalty. (They purposely share resources with siblings in the same pot while denying resources to a plant of a different species or mother.)

Other interesting research has verified that plants will grow more quickly and fully if spoken to, and more through a female voice than male. (The tonal range and frequencies are being looked into as the reason.) Life is Life. If you don't feel ready to care for real plants indoors just yet, consider first incorporating green landscape wall hangings so you can begin to make the connection and reap the benefits of associations with nature.

If you are ready to cultivate a plant indoors, NASA researched which house plants do the best job to filter the air (not only producing oxygen from CO₂, but also absorbing benzene, formaldehyde and/ or trichloroethylene. Note, some plants are toxic to indoor pets. See the following list for easy to maintain plants.

- Spider plant (*Chlorophytum comosum*)
- English ivy (*Hedera helix*)
- Snake plant or mother-in-law's tongue (*Sansevieria trifasciata*'Laurentii')
- Golden pothos or Devil's ivy (*Scindapsus aureus*)



or *Epipremnum aureum*)

- Peace lily (*Spathiphyllum 'Mauna Loa'*)
- Bamboo palm or reed palm (*Chamaedorea sefritzii*)
- Selloum philodendron (*Philodendron bipinnatifidum*, syn. *Philodendron selloum*)
- Red-edged dracaena (*Dracaena marginata*)

I can vouch that the Spider plant, Ivy, Snake Plant, Philodendron, and succulents are very easy to grow. Spider plant babies can even survive in Styrofoam cups of just water for several months. (My level II Stress Management high school students adopted and cared for them during a trimester.)

Looking for maximizing effort and rewards? Consider a kitchen garden: grow your own sage, thyme, rosemary, or basil. I've heard it may even be possible to grow lavender inside! You could be growing your own smudging supplies (inside or outside.) There are also a multitude of vegetables which can be regrown after their use. I've had success regrowing sweet onion, celery, and lettuce from their unused bases in pots near a northern-facing window. Though we don't always think of vegetables as affectionately as our regular house-hold plants, perhaps if we move to honoring and acknowledging all of life as a shared existence, we won't feel guilty about the vegetables. We all have a function. The goal is to give, as well as receive, to the larger collective existence.

Another plant initiative is the Home Grown National Park Initiative. The idea is that landowners can purposely replant native species on their acreage by re-naturalizing the meticulous green mowed open lawns inspired in the 1950s. Porch or balcony plants of native species are also encouraged. The idea is to use less pesticides and chemicals, creating more food for the bees, butterflies, and other pollinators. If you have a yard, how much do you actually use, and how often? Is there room to downsize for more equitable use of the area?

As energy therapists, we often respond with the need to give energy to support all in our surroundings—to send to others, situations, foods, plants, and even the

network of light globally. Being good stewards of our physical environments, and reconnecting our lives to the natural flow of all Life, is a strong way to respect and honor the healing energy frequencies that occur around us—without us having to do energy interventions. As a part of Life, it is respectful to work with, and not always force a change on energy biofields. Trust that Life has compassion for you as its brother, sister, or child.

BACK TO OUR GREATEST IMPETUS FOR CHANGE: OURSELVES

Charles Swindoll's most famous phrase may be, "10% in life is what happens to you, and 90% of life is how you react to it."

Whether you call it the higher self, spirit, Atman, the I am, or The All, the first "environment" to balance, to affect change in or on, is within ourselves. Doing this enables us to clearly witness each next bubble, or layer, of a physical and energetic environment. To see truth requires patience and objectivity. It requires seeking the causation of behaviors, fears, and hopes. For in understanding root motive, we can assist and guide to balance without reacting out of our own flesh defensiveness, ego, or cravings. We respond and act through compassionate objectivity, rather than through attachment, for the betterment of all Life.

Spring is the time for new growth, to breathe in fresh air, and emerge from the winter season. Whereas there is a season for reflection and conservation, there is also a time we must shake off the slumber and step out. The impetus should be to live, not merely exist, and to do so in a manner that benefits, not harms, the rest of Life flow.

To begin the focus shift from ego/personality/physicality to the clarity of the spirit BEing, spend time clarifying any, or all, of the following that resonate with you.

Does your physical vessel crave something? (psychological, emotional, social, physical?) If so, what and why? What is the originating root cause? Examine the deeper questions which follow:

- Is it a necessity to the body's physical existence to seek or obtain it?
- Will satiating the craving add to your vessel's health and/or increase energy frequency?
- Will it assist your spirit-being to assist others, or other environments, for their highest and greatest good?

If the answers to the deeper questions are “no,” take time to ponder: what needs to be understood about the craving and inciting incident? What is the larger truth about Life that left you wanting more, or something different, versus accepting the continuous flow and changes? Breathe, and listen for your internal highest truth. If you are struggling to bear the truth, seek mentors or guides to help you explore.

Take heart in the Lakota saying shared by White Buffalo Calf Woman: “The power of the universe will come to your assistance, if your heart and mind are in unity.” ☺

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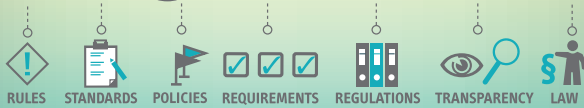
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ENERGY MEDICINE

Laws and Regulations



Energy Medicine: Laws on Touch and Physical Boundaries

Welcome back! We continue to look at current laws and regulations impacting the energy medicine industry. In our work to continue growing and protecting our industry, we'll continue to highlight some of the laws and regulations either helping or hindering the practice and success of energy medicine within the US.

In this article, we are focusing on physical boundaries and the laws on touch and how they impact energy medicine practitioners and licensing.

THERAPEUTIC TOUCH

Therapeutic Touch (TT) is a largely used nursing practice anchored in mysticism but has a scientific basis. The practitioners have been proven to improve or heal various medical problems through the manual manipulation of the human energy field, which is perceptible above the skin of the patient. Furthermore, Therapeutic Touch stimulates and detects recuperative powers through the healing intention. The practice guides in this field elaborate on three primary basic steps that would not necessarily require touching the body of the patients.

The first step is known as centering. Here, the practitioner majors on their intent to assist the

patient. It resembles meditation and is helpful to both patient and the practitioner. The second is called the assessment, and this is the stage where the practitioner places his or her hand from a distance of about 2 to 3.5 inches, sweeping over the body of the patient from the head up to the feet. It attunes to the condition of the patient by identifying the changes in the sensory cues in the hands. Intervention is the third step, and it is whereby the hands of the practitioner repatterns the energy field of the patient through the elimination of the congestion smoothing out all the ill-flowing areas and replenishing depleted areas. The final energy balance stems from disease, hence allowing the patient's body to heal.

UNITED STATES ASSOCIATION FOR BODY PSYCHOTHERAPY

A body psychotherapist recognizes the fundamental unity of the human being within our somatic nature. Therefore, body psychotherapists operate in ways that foster the integration of bodily movement and affect thought and sensation to encourage the psychotherapeutic concern's resolution and more integral human functioning. The psychotherapeutic methods such as touch, gesture, and language, when used in competent, ethical, and responsible ways, lead to an essential contribution to the process of body psychotherapy by introducing the often alienated and missing aspects of the human being that are anchored within our bodily experience and nature.

ETHICS OF TOUCH

Body touch has a valuable and legitimate function as a body-oriented means of intervention when used with good clinical judgment, sensitive application, and clear boundaries. Since the use of touch can at times make clients vulnerable, a body-oriented therapist pays serious attention to the potential for erotic transference, infantile, or dependent and seeking healthy repression instead of therapeutically inappropriate accentuation of the states. Of course, any kind of sexual touching by a body therapist is **not** appropriate.

Several laws guide body-Therapeutic Touch, and these laws differ from one state to the other. For instance, in **Alaska, Statute Sec. 08.61.080. (7)** regulates a person performing techniques that involve resting the hands on the surface of the body of another person without delivering pressure to or manipulating the person's soft tissues. Furthermore, a person cannot

practice Reiki without acquiring a Massage Therapy license if it involves any form of touch.

Similarly, in New York, a person needs to be licensed in a given profession if they are practicing the techniques that involve diagnosing and treating a person's physical condition, disease, pain, or disorder. However, the **Pennsylvania Massage Therapy Act 118** states that states such as Pennsylvania do not restrict the practice of a person using touch to affect the overall energy system. It is only advisable they do so within the established code of ethics and standards.

State laws also highlight the dual relationships between the therapist and the client. In almost all states, such as California, the therapist is not supposed to get into any intimate relationship with the client during the session and even after at least two years after the sessions. Some of the laws and best practices discussed via [Codes of Ethics](#) prohibit therapists from accepting as a client anyone once intimate with, at any point in life. That means that as a therapist, you are not allowed to attend to any of your former lovers/partners.


Most states require a practicing therapist to acquire a license... In fact, many of these states need the therapist to undertake some official courses in recognized institutions before getting a license. However, situations have occurred recently where some people falsely act like the legal bodies offering licenses, but end up robbing innocent citizens of their money.

The Bureau of Professional and Occupational Affairs (BPOA) recently received reports a person pretending to be from the State Board of Massage Therapy is calling licensees about the status of their license requesting money. This shows situations whereby there have been official reports of such access. It shows how some of these laws on touch and physical boundaries can make therapists vulnerable and puts them at risk.

Consent Form for The Use of Touch in Therapy
Informed consent is an essential aspect of counseling and psychotherapy. Just like any other consent, the consent to touch may be explicit or implicit, implied or expressed, non-verbal or verbal, or written. Client-initiated ritual hugs and handshakes at the end of the

session are categorized as implied consent to touch. Furthermore, a client may give non-verbal consent through an approving nod to the question of whether the therapist can touch them. Verbal consent is a simple statement given by the client accepting that they have been having consented after being informed about the recommended form of touch. A special-consent form used in touch therapy should be written in a simple language people can easily understand. The consent form should not include complicated, professional jargon, and therapists need to consider the mental state of the client as well as their level of comprehension, cognitive functioning, and intelligence. Clients need to read, understand, and sign the consent form before the therapy session commences.

CONCLUSION

Therapeutic Touch is increasingly becoming accepted in various parts of the world. It is a field that is sensitive and needs to be handled with a lot of professionalism. Most importantly, as the [Zur Institute](#) states, there is a need today for both the client and the provider to get to a legal agreement before starting any session. The agreement can be done through a written consent form that is easy to understand. 

Please take two-minutes now to join our [Legislative Activism Contact List](#) for when pending legislative action or regulatory rules are proposed in your state! Or email us directly at info@nationalhealersassociation.org

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Author Heather Carmichael can be found at www.NationalHealerAssociation.com.



Can we Shift the Energy by Simply Showing Up?

Shahina Braganza

Being an emergency physician requires a person to be at the top of their game at all times: ready to lead the resuscitation of a critically unwell patient; able to insert a chest tube in the midst of a fraught setting; comfortable to deescalate an agitated or aggressive person; and confident to deal with conflict between treating teams.

Recently, however, I have had encounters that have led me to ponder, “Is 80% of our value in simply *showing up?*”

Just before Christmas last year, our department experienced an overwhelmingly horrendous shift. We lost three young children in 12 hours. I wasn’t working that day. In fact, early that afternoon, I’d just settled down for a short rest ahead of a run of busy shifts commencing the next day.

As the opening credits of my Netflix show were playing, I heard my phone buzzing. No Caller ID. Normally I would let this go to my message bank to check later, but something compelled me to pick it up. It was the Nurse Manager from our operating theatre.

“You don’t know me,” she said, “But I’ve been asked by our senior doctor to contact you. We’ve had a rough case up here and I wondered if there might be someone available to support our staff.”

It took me a few moments to process the sequence of events - what was being requested, and how I might be able to help from my position on the couch. I checked the Emergency Department roster and identified that my excellent colleague (and dear friend), Christa, was working that day. That immediately took the edge off my heightened state: there was no one better than Christa in this setting.

I phoned Christa, told her I knew about the case, and imparted the request from our theatre colleagues. She told me she was available for whatever was needed, but right now was about to enter the Relatives’ Room to talk to the child’s family. She promised she would follow up.

I ended the call, sat back and was hoping to hit Play on my show. Instead, I picked up my phone again and texted Christa: “*Do you want me to come in?*”

A few moments later, I figured Christa would be with the family and focussed on them, not on her phone; I figured that I actually really wanted to go in, that all I was really seeking was permission; I figured that if the roles were reversed, Christa would just miraculously appear.

I sent another text: *"Scratch that. I'm coming in."*

I arrived as Christa was conducting the first hot debrief in the ED, and sat unobtrusively at the edge of the circle. I witnessed her check in with the team, provide comfort and reassurance, and touch on some pragmatic points, pitching it all just perfectly. I suddenly wondered what I was doing there and why I had felt my attendance may be necessary. The situation was completely in hand and I felt quite redundant.

As the team dispersed, I approached Christa. She greeted me with, "Thank you for coming in. I feel so much calmer just because you are here."

Over the next couple of hours, we met with various teams together. She did most of the talking, and did it superbly.

I received a couple of texts: *"Hey. Heard it's been rough at work and that you've gone in. Thanks so much."* I replied to them with *"I've honestly done almost nothing but people seem to appreciate me being here for some reason."*

The *reason*, as it turns out, may boil down to simply *being with* people during times of distress.

80% of our value may be in merely showing up.

How we show up also counts. Doing something meaningful after you've arrived has obvious value, but it's worth considering what is actually *needed*. Very rarely does the team need me to jump in and take over. I work in a big and busy ED that is staffed with skilled and experienced people. Mostly, in situations like this, they simply need me to reflect back on

their synthesis of the case, support their clinical judgement, and enable their plan.

They mostly need me to impart: "You got this." "And if at any point, you don't quite have this, then I'm right here with you. Not because I'm better at this than you are, but because I'm 100% willing to struggle through it together."

Showing up (and the trust that you will reliably show up time and time again) is what helps the team feel safe. Our feeling of safety promotes our ability to perform well and to deliver excellent care.

My experience is that when we struggle or feel unsafe, as healthcare providers it is often because we feel alone, isolated, perhaps even abandoned.

I checked in on a junior doctor working in a separate pod last week. "It can feel a bit lonely out here. I'll check in on you regularly, but here's my number if you need me." It's an automatic patter for me; however his grateful response reminded me just how important it is that we address this real or perceived sense of being alone as healthcare providers.

For me, it means providing support to the night team in the same way that a senior specialist would support me when I was just a junior trainee on my first night shifts in charge of the ED: "I'm on call tonight. Phone me for anything – you don't need to justify waking me. You may need an extra brain, or you may need an extra pair of hands, or you may just need a friend. Any of those are excellent reasons to phone me."

As I approach what I'm calling the autumn of my professional career, working to stay current with medical advances and no longer the best proceduralist, I am encouraged that my willingness to show up will be an enduring component of my value and contribution. €



Learn more about author Shahina, at www.ShahinaBraganza.com



A Mindful Approach To Stress

Our mind is immensely powerful and possesses infinite capabilities to heal our bodies...we simply need reminding how and then we can grow into our full potential.

Dean Fraser

There is an old saying - image, ordain and manifest.

In other words, think about something deeply, keeping that image strongly focused there in your mind. Then say it out loud and the energy wave transmitted makes it happen for you. This practice still holds 100% true.

Phil's greatest fear was losing his mind! Having witnessed his much older brother succumb to dementia, Phil dreaded the horror of his own life following the same path. Although he was perfectly fit, ate for optimum health and led an extremely active lifestyle he nevertheless fixated upon the unlikely chance of developing a similar illness. For sure his brother had died through this illness, however, this hardly compelled Phil to also go ahead and experience the same fate. By "fixate," I mean he read everything there was to know about the subject, often verbally expressing just how much he did not want to get the illness or lose his mental faculties. Sure enough, he did eventually find his life turned upside down. Phil did not get dementia, sadly though he did develop a benign, inoperable brain tumour. With only a few short months of life ahead of him, Phil finally had the opportunity to make the

connection between the thoughts of fear he had vocalised for years and where he now found himself. Did Phil's thoughts attract his illness? He told me he was certainly convinced they had...

At the other end of the scale, the energy from our own thoughts can bring about little miracles. Another man I know also found himself diagnosed with a growth in his brain. He first noticed it due to persistent headaches and cognitive challenges manifesting as quite noticeable short-term memory issues. Eventually taking himself off to get checked by his chosen healthcare provider revealed a colloid cyst lodged in the centre of his brain. Three separate specialists in turn had 'the conversation' with him, explaining the position of the cyst meant it would be inoperable, inevitably it would grow and eventually lead to sudden death— with no warning.

This man quit work for a while, not to wait for his imminent demise, but rather to work on himself every single day through meditation, refining his dietary input and envisioning living in a future of his own choice, free from pain or limitation. It took three years of continuously empowering mindsets as he gradually re-gained all his cognitive faculties; his once poor short-term memory now fully functioning



again, the debilitating cluster headaches passed to never return. He leads a significantly fuller and richer life than ever before his diagnosis; and with a renewed passion for experiencing new things wherever and whenever possible.

ALL HEALING IS ESSENTIALLY SELF-HEALING

If we go along the conventional route to health, taking ourselves off to a GP and embracing orthodox medicine, it is still essentially our own body which is healing for itself. Prescribed drugs or medication simply will not work if we believe they are not going to be effective. Conversely there have been well documented cases of individuals making full recoveries from illnesses or injury, while having taken nothing more than a placebo pill, their trust in its effectiveness being strong enough to bring about healing.

Our mind is immensely powerful and possesses infinite capabilities to heal our bodies...we simply need reminding how and then we can grow into our full potential.

THE 30 SECOND DE-STRESS

I want to give you something which, although never intended as a long-term cure, represents a more instant way of just taking ourselves away from a stressful situation, calming things down to re-centre and look at whatever we need to deal with more within context.

I do need to add a word of sensible caution before we carry on, obviously this technique is never intended to be a substitute for the attention of your chosen healthcare provider. If you are feeling persistently unwell seek professional help.

Perhaps though it is just one of those days, one challenge after another has presented itself and we feel like we are about to go pop!

The 30 Second De-Stress

- Sit still and close your eyes.
- Concentrate on the colours you can see behind your eyelids, even if this is only black, no rules here. Whatever colours you see are fine.

- In your mind, start to count slowly back from 30 to 0.
- 30 (pause and breathe) 29 (pause and breathe) 28 (pause and breathe) 27 and so on, until you eventually reach 0.
- When you have arrived down at 0, you can open your eyes.

Many people, from all walks of life have found this simple little exercise incredibly useful. It is something I have been teaching for well over twenty years and everybody who has adopted it into their lifestyle has found some degree of benefit from it.

The beauty is the 30 Second Destress can be practiced almost anywhere at any time. I mean clearly when it is safe to do so – if you are driving please find somewhere safe to park-up first or if operating heavy machinery do move away before using this exercise! On a more serious note though, feel free to share this once you have proved to yourself that it works. The more people who know about the 30 Second De-Stress, the sooner we can collectively bring a little more peace into this World...

By taking this opportunity to go within ourselves for a few moments we psychologically disconnected from the immediate cause of the stress there before us. Like I suggested this is never intended to be a long-term cure, what it does though is place our personal power back into our own hands, rather than feeling events are running out of control. When feeling more centred we are for sure able to deal with any possible challenges we find ourselves presented with in a level-headed way.

When teaching others, my primary aim is for my audiences or clients to be able to quickly take complete control of their own lives and destiny. What would be the point in anyone relying on someone else to solve all their issues for them whenever a challenge in life happens along? Far better we all develop the inner strength and confidence in our own ability to deal with whatever crosses our path. €



Learn more about author Dean Fraser at:

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The 3 Steps to Powerfully Elevate Your Energy

Jai Dev Singh

There are times in all of our lives when we need a definite shift. It's what I fondly like to call a 'space change,' and I find it is one of the most valuable skills to cultivate in order to live with greater happiness and emotional vitality. When we are feeling stuck and in a rut, angry or frustrated, anxious or depressed...eventually we want to transmute and elevate the energetic space in which we find ourselves.

What doesn't typically work is over thinking. Endeavoring to rationalize ourselves out of a challenging emotional state is simply non-effective. Have you ever tried to rationalize yourself out of a bad mood? Have you ever tried to rationalize your significant other out of a bad mood!? Instead, we need an energetic shift which *bypasses* our thinking and emotional mind altogether. We need a *space change*!

There are many ways to create a space change. Perhaps the most obvious is to do yoga or meditate. With a substantive amount of time, yoga and meditation are going to work for us ten out of ten times. Will they solve all of our problems? Of course

not. Will they give us the energetic and emotional vitality to deal with our challenges through love, intelligence, and wisdom? Most definitely.

However, there are many other ways to create a space change. In fact, meditation isn't always going to be the most ideal (I'll explain why in a bit). A space change has three primary steps:

1. Slow Down & Feel
2. Engage The Physical Body
3. Transport The Mind

STEP 1: SLOW DOWN & FEEL

Probably the most common mistake we make when working with our emotions is trying to bypass them too quickly. There is a principle in yoga that I find incredibly helpful to keep in mind: 'all emotions are energy in motion on the path to becoming love.' Our anger, worry, and depression is all energy endeavoring to experience love. That energy needs to be metabolized. So what is the first thing to do if I feel sad? I need to *feel* sad! If I'm feeling worried, what should I do? I need to slow down and *feel* the

sensations of worry in my body and mind. I need to acknowledge how I feel and allow myself to *feel* before trying to make any adjustment at all. This is the crucial first step.

STEP 2: ENGAGE THE PHYSICAL BODY

Now that we've spent time with our feelings, and allowed a sense of self-compassion to arise out of our feelings, it's time to engage the body. Engaging the body is crucial as it is the key ingredient to get out of our head and to stop over-thinking. Perhaps you do yoga, tai chi, or go on a run. Maybe you love to go to the gym and work out. Sometimes a simple walk will do. A long walk in nature almost always works. How long do we need to spend engaging our body? It depends on the intensity of the emotion. If you are feeling really frazzled, you might need a solid hour or more. Everyone is different but in general you need to match the amount of exercise with the intensity of the emotional state.

Pro Tip: Sometimes, when we are really upset, it is hard to get ourselves to do the things that are supremely good for us (such as yoga and meditation). It's wise to be real about that and to have a variety of ways in which we can transport our energy to a higher octave.

For instance, I love to play basketball. Basketball is physical and it requires solid concentration in order to play well. An hour of hoops will completely adjust my energetic space. If I was feeling frustrated, angry, or even depressed, I can almost always adjust my energy with a solid sixty minutes of basketball. Then, when I return to the other activities of life which may have been causing me stress, I can do so with fresh energy!

Of course, you may not be into basketball. What do you love that is physical, that makes you sweat? The key is that you find something which you really enjoy doing. That way, the subconscious mind won't resist as much and you'll be more consistently successful.

STEP 3: RECALIBRATE THE MIND

Now that we've moved our body and effectively got out of our heads, we can now mindfully revisit the situation that initially triggered us with greater wisdom. When our emotional energy is extremely high, our wisdom energy is very low. If it was an argument with our spouse that triggered our emotional energy, now we are ready to reflect on the situation with grounded energy, and thus greater wisdom. This final step is important as it helps us be mindful of what caused us to become flustered in the first place, and helps us to not fall right back into the same emotional pattern.

Try these three steps for creating a space change and energetic shift. The more you work with this formula, the more effective it will become. The hardest part is often slowing down enough to remember what we need to do in order to shift our vibe. The steps themselves are not hard. Disrupting our old patterns and creating new healthy habits is the real work. If you have a significant other, consider sharing these ideas with them. Not necessarily as a suggestion that they follow them, but rather to let them know that this is something you're going to try out in order to improve relationship dynamics. After all, it is in our relationships where most of our emotional triggers are found. If they are aware of these ideas, the next time there is great tension, you can simply say 'I need to give myself a space change,' and they will be more sympathetic to your process and more respectful of your space.


All the best to you and wishing you great happiness and beautiful space! ☺

 Learn more about author Jai Dev Singh, at <https://teachings.jaidevsingh.com/life-force-academy-home/>

Food for Life

Through the
Chinese
Medicine
Lens





*Your body is your sanctuary.
What would you do to protect it from harm?*

Helene Anne Fortin

About 12 years ago I got struck down by Lyme Disease. I followed the Western medical route and ended up at the Centre for Disease Control (C.D.C.) hoping to get a diagnosis and some semblance of relief.

Why was I seeking help? To put it bluntly, it was like my previously well-functioning high-energy body had been taken over by an alien: night sweats drenched my body from head to toe to the point where I would be changing sheets over and over throughout the night.

And then there were these thousands of ants (that's what it felt like) running up and down my spine making sleep impossible for months on end. And finally, the brain fog that rendered me a vegetable. C.D.C. dismissed me saying it was all in my head.

I live in Canada in a crazy tick-infested area. The Canadian medical approach is that Lyme disease does not exist. Little help is rendered to those suffering from this complex and multi-faceted disease that

eventually eats up your body (not to mention your mind and your spirit).

It was like this "thing" had taken over my body and my energy had gone completely mad. I was no longer in control of this vehicle I called "home." I was petrified.

I eventually found a Lyme-literate doctor in Canada (many Canadians with Lyme go to the States for help) who figured out I had Babesia (one of the many strains of Lyme similar to malaria, hence the crazy sweating.) Within two days of starting the malaria drug, my symptoms started to disappear. I began to rebuild my life and my business. The drug had moved the disease into latency.

Fast forward 8 years: the very wise Lyme-literate doctor I worked with was cautioned by the medical board to stop treating Lyme patients (remember, Lyme disease is ignored here). I lost access to my life-saving drug. This was about 2 years ago now.



Realize that I was one of the lucky ones. I actually got a reprieve for that period of time. A touch of normalcy. Most with Lyme disease do not get a second chance.

I knew that without my malaria medication I would again be rendered a vegetable — so I dove even deeper into Eden Energy Medicine and Chinese Medicine that I had been studying for years.

Eventually, I found a postscript on a Chinese Medicine paper referencing Lyme Disease, *divergent channels with the name “Jeffrey Yuen.” I knew it was important. That led me to an amazing woman, Ann Cecil-Sterman, a Classical Chinese Medicine acupuncturist in New York who had written the definitive book on Divergent Channels (having studied with Master Jeffrey Yuen, this brilliant Chinese Medicine teacher, for 30 years). I wrote to her asking for help. She kindly agreed to assist.

The first phone call with Ann changed my life. She introduced me to her knowledgeable husband, Andrew Sterman, a Classical Chinese Medicine herbalist and dietary specialist. At that initial meeting Ann said simply: “You cannot heal without first improving how your body digests food. The body needs to be strong in order to divest itself of this pathogen.”

I subsequently learned that an arm of Chinese Medicine (C.M.) was diet. And C.M. saw foods as either aiding or disrupting health. Well-ingested foods are seen as medicine, as a healing tool.

I was initially full of disbelief. How could the food I was eating be affecting an illness deeply embedded in my body for over a decade? At the time, I thought I was eating well, certainly better than most (my ego boasted).

That was just two years ago when I weighed in at 150 pounds. Realize that I am short: 5 foot nothing... (yes, shrinking into my 75th year posture). I was swollen around my middle. Long gone was my 26” waist. I

looked like a little round elf.

Yet within a short period of trying out what Andrew Sterman was teaching (eating foods that my body could digest easily and eliminating those inflammatory/toxic to my body), I lost 30 pounds.

The more I learned, the more I used my body as my test tube. If I ate “x,” what would happen? Did I cough gently after ingesting that food? Did I burp? Did the food I ate cause the stomach to distend? Did I feel lighter? Sleepier? Or have more energy? Were the symptoms of Lyme disease greater or lesser?

This is how our bodies speak to us... could these be the precursors — the early rumblings — not only of energetic weakening within the digestive system, but the birthing of long-term dis-ease?

And the Lyme disease? Yes, I still have it but we are now moving that disease from latency into my strengthening body, hoping to eliminate it soon. So, diet is a major player in my healing, as is holding acupuncture points each day, dealing with my emotions, and attending weekly acupuncture sessions.

Today I cope well with the dis-ease and lead a productive life as a mentor (focussing on energy, emotions, foods, and creativity) as well as being a portrait photographer.

Working now under my own power I realize I would not be this well without learning (and now teaching) foods through the Chinese medicine lens.

If you are dealing with any form of illness, pain, or sleep issues, please learn more about the effect that food is having on your body. That applies to supplements and all liquids you allow into the sanctuary of the self.

Consider investigating the Chinese Medicine approach to dietary well-being first. Diagnosis is key as is the



willingness to let go of the long-standing beliefs about what food is good for you right now. Remember your energetic dietary needs will be different from mine.

Learn what you need to thrive. Find someone who can read that energetic blueprint and guide you to the right diet to start to alleviate what you are experiencing.

Your body is just that, your sanctuary. What would you do to protect it from harm?

*Divergent Channels - A term from Chinese Medicine. These channels divert pathogenic factors away from vital organs, keeping them latent or dormant for a period of time. €

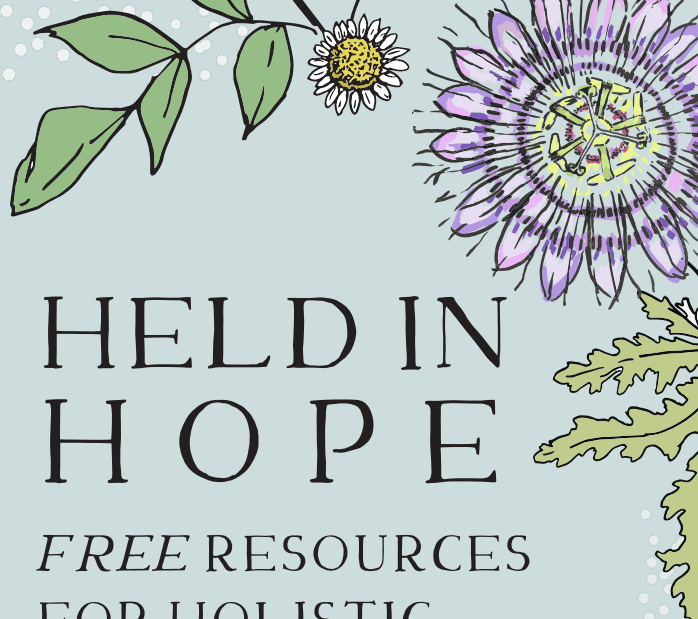
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Three Steps to Shifting your Household for the Animals in your Life

Joan Ranquet

Animals thrive in mindful households. Not everyone knows what that means and that's okay. And even if your household isn't perfectly mindful, that's also okay. Honestly, they love us no matter what. AND, we could make their lives easier. This is always my intention. If you're reading this magazine, it is safe to say it is your intention as well.

Animals, including us human animals, respond to pressure. Whether that is atmospheric pressure, or pressure from the leadership in the organization of the pack, pride, flock or herd. Pressure isn't "bad" or negative, it just is. And that's how all modern training has been created. It's called pressure, release. Imagine, if you will, that as I ask a dog to sit, I'm leaning in on them mentally and the minute they sit, we feel a "PHEW" and we back off and that is the release portion of the pressure release.

I love to share this story in my talks. Imagine there is a little duck, happy as can be, floating on a pond. In the distance, it sees a fox who is intending our duck friend

to be his dinner as he stares through the leaves. The duck responds through instinct, fight, flight, fright or freeze. The first moment the duck sees the pair of fox eyes intently focusing upon him, he freezes. And then the adrenaline kicks in and the duck takes flight.

Through the lift off, the movement of his wings, and the intention of safety, the duck dissipates the adrenaline coursing through his being and makes a spectacular landing on the neighboring glassy pond and sees his duck friend. They share notes about what a beautiful day it is and for today, that duck is safe. The fox created the pressure in the duck's life that the duck responded to. The duck's flight created the release. Even animals in the wild are in a pressure, release state, all the time.

This is all animals ever want. It is a fundamental need for all beings. In fact, safety is the first measurable step in creating a thriving animal lifestyle of good health, harmony and enrichment.

Animals as constant companions don't have much

choice when it comes to absorbing what you are going through. Unless they have lots of exercise and plenty of time and space away from us (could be just resting in the other room), they are in a constant state of pressure.

This gives you an idea of some of the pressures we create:

- Our moods
- Our emotions
- Our stress
- Constant change (although some animals may say “bring it on!”)
- Toxic relationships
- Chemicals in the household

This gives you an idea of some of the ways we can create “release” to those pressures:

- Exercise
- Resting space (crate, other room)
- Play
- Enhancements like ways of feeding differently, games, mind/body exercises like labyrinths
- Healthy relationships where the animals feel emotionally safe
- Nature, sniffing, being outside

No matter what, as great as all of these experiences in our own lives may be, like:

a new boyfriend, a raise at work, a celebration, a job loss, a family member getting ill, all of these things cause pressure on us and if we don't have a means for releasing it, it ends up sitting like an atmospheric gaseous blob right in the living room!

And our households tend to have their own experience, meaning, *our household and all of the beings in it (including plants)* has its own energy field that is imprinted through all time, space, and infinitum that has its own memory, its own signature and each member draws upon it and contributes to it.

Dr. Rupert Sheldrake, author of “*Dogs that Know when Their Owners are Coming Home*” calls this the

morphic resonance. Morphic resonance, a field of energy that conveys a collective instinctive memory that holds its own signature.

This signature memory within this field, holds on to memories and the past becomes present. That alone means we need a certain awareness that we are not continuing patterns that are etched into neural pathways that are hard to break (more on that in a moment).

And there can be fields within the fields. I live with 3 dogs, 4 cats and 3 horses. The horses have their own dynamic outside. The dogs and cats have a dynamic together. Yet, when the dogs get treats in the other room and the cats frolic in their own “cat” field of energy. The dogs and I go out to hike, go on playdates, have different adventures, and invite dog friends over. The horses, dogs and cats have individual fields of energy within this “family field.”

Then there is the field of energy that is each of their individual relationships and their specific personal relationships with me! And that is not even counting the human morphic field that comes with me! That includes cultural memories, rituals, ancestral and the past becoming present.

We can see that even within the breeds of animals. They have certain instincts that get played out over and over that get cemented each time they do it. I always laugh that I have two herding dogs and one dog that is NOT. The one that is not, Abby, is a lab/Shar Pei cross. She is anything but a herder. And her dynamic in this morphic resonance creates hilarity and fun when the other two play out their ancestral memories!

When I look back on the 30 years I was in service as an animal communicator, I could see patterns getting etched in stone within households. I now teach an advanced course in Communication with all Life University called Animal Communication Level 3, Behaviors and Dynamics. A lot of this is breaking



apart the patterns and reframing the picture. One of the most amazing things about this field of energy is the biggest thing that would and could change it is INTENTION.

In both of my books, *Communication with all Life* (Hay House) and *Energy Healing for Animals* (Sounds True) I talk about being the emotional leader. And I talk about the pH of your household, the potential for harmony. What does that mean?

If we were to look at a flock of birds, a pride of lions, a colony of feral cats, a pack of wolves, a herd of elk and on and on, they all have a leader. Someone who guides them. There are other players involved who inform the leader. In fact, all beings are part of the whole. Hmm, sounds like a morphic resonance. Because safety is the number one thing all wildlife and domesticated animals and humans need to survive and thrive, emotional leadership becomes paramount in order to achieve this.

It doesn't mean it needs to be some "alpha" position. It doesn't need to be some bitchy lead mare. It can simply be someone with the idea, the intention, within this morphic resonance called your household that says: HEY, let's have harmony.

Harmony means congruence, accord, coherence. Going back to the above while describing a morphic resonant field of energy in our homes, it is a force field that members draw upon and contribute to. Therefore, autonomy is key for all beings. Meaning, we can't sit and worry about one or the other, we need to truly hold each other up.

Holding each other up means on a grand scale, all for one, one for all. But it also means we get to each individually deal with our own crap. That is called autonomy. And when a number of autonomous souls come together with the intention of harmony, anything can happen. And I mean, anything really amazing can happen.

But someone needs to be the emotional leader and hold that intention of harmony.

Maybe you are or aren't seeing yourself as the emotional leader yet. Maybe you have a cat that rules the neighborhood or a dog with more sass than anyone on the planet. Or a horse that dominates only because of his/her fear or spookiness. Regardless, there are simple steps to creating that sense of emotional leadership to shift the household for your animals. And we all thrive in a more mindful setting!

1. GROUNDING.

I will say this all day long: an animal's superpower is instinct. Our superpower is logic. Therefore, we have to use our logic to always stay grounded for them. The one thing that the leader of the pack, the pride, the herd, the flock is they make a decision from a grounded position. They take in all of the emotion and say "let's go over here."

If we want to exhibit great leadership for and with our animals, we must be grounded.

- That might mean taking deep breaths
- That might look like feeling into the bottom of your feet
- It definitely means feeling like you have a sense of what is going on around you.

2. MOVING THROUGH EMOTIONS AND NOT LETTING THEM RUN YOU.

Feelings are like ocean waves. They come over us like a sheer sheet and they drift away as fast as they came in. Yet, we hang on to these feelings and that is when they become challenging emotions.

Our animals feel feelings and then those feelings pass them by. If they get stuck in a behavior, it is often because they have been stuck in more of an emotion (a feeling that won't naturally subside) when a person is also attached to that story or emotion.



It is our duty to not only see our own feelings and emotions, our patterns, our pathology! And not let these things run us. As we observe our own feelings and emotions from a neutral standpoint, we can also see others feelings, emotions and behaviors from a very neutral standpoint.

3. BECOME AWARE OF DESIRED OUTCOMES

When we are aware of the desired outcome, we are aware from the superobjective of the entire home and then all of the individuals. PLUS our supersized emotional, (to them) our sometimes seemingly narcissistic selves.

Even if we are in the throes of a divorce and our animals are watching us cry and writhe in pain...or our animals are watching us bounce off the wall with excitement because we got the job, the book deal, won the championship, all the great kinds of stress, we have to be aware of the household outcome. Ultimately, for me, that means a really clear picture of all of my animals' perfect health, perfect well being, all of their personal needs met through exercise, fun, enrichment and relationships as well as being aware of any personal intentions/goals.

My dog Abby (the same dog that is not a herder) had a birthday coming up. I know she loves to roll in cow poop. On her birthday, I arranged for her to go to the Gentle Barn to roll in cow poop. Of course, that one time, she did not. But I made it possible. It's all about being creative.

The term "read the room" really becomes a daily, moment by moment occurrence. We are constantly reading the room of our own family/morphic resonance. Eventually, this literally becomes a 6th sense, almost like a little luminescent bathrobe we slip on and off to be able to

make sure the entire family (all species included) are in harmony.

And harmony can mean that one dog is sad that a dog friend died while a cat is grateful for the new cat tree and the human is fuming at the neighbor. Harmony means we all get to be where we are. We continually vibrate, fluctuate and evolve.

That's where again, grounding, moving through our feelings and awareness of intention play key roles in creating harmony, mindfulness, peace and unconditional love for and with our animal companions. Not to mention, creating a little peace for us human animals. €



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Mindfulness as a Risk Management Strategy

Do You Know Your 4 A's?

Sponsored by the Energy Medicine Professional Association

Mary Ann Mace

We were all taught our ABC's, but do you know the four A's? The four A's have to do with managing stress, and as you know the issue of stress is as applicable in our professional lives as it is in our personal ones. Applying the four A's can help you better manage the sort of decision-making and stress that you encounter as a business owner.

Do you recall the exhilaration of starting your own practice or perhaps joining a practice for the first time as an energy medicine healer? As exciting and wonderful the venture is for you, it can also be an exhausting one. You perform a juggling act of helping your clients and developing your business or client list. Likely, you are investing more hours than you worked at a "regular" job. Or, if you work part-time as a healer, the second half of your life has other obligations. All of this leads up to stress that should be managed, so you can sustain sanity and your profession.

This is where the four A's come into the picture. How can you be expected to manage a business and make sound business decisions if you are stressed? Applying the four A's is a stress management solution that helps you achieve perspective so you can make sound business decisions as opposed to knee-jerk reactions to stressful emergencies. Think about how you would react if a client slips and falls, if you get a negative review in Yelp, or if your computer (with ALL your client information) crashes. It's all about whether you choose to change your reaction and reposition how you react to stress. The four A's can help you to navigate this.

WHAT ARE THE 4 A'S?

The mindset of the 4 A's is a bit like flight or fight. Consider how you react to stressful events. Do you think through a sequence of possible reactions or do you immediately kick into a stressed out reaction out of habit? When you're considering how to respond to

an event, reflect upon your options to either **avoid, alter, adapt, or accept** the situation. The intensity of your response as well as your choice of response might also depend upon the circumstances.

How do the four A's relate to stress management and your practice? Understanding how the four A's fit into your life is the first place to start.

AVOID: AVOID UNNECESSARY STRESS

There are many variables associated with an energy medicine practice - yet don't take the approach that these variables are not manageable. For example, you might stress over a misunderstanding that could occur between you and a client. You are not helpless. It is for this type of situation that professional liability insurance was developed. Insurance offers peace of mind that you are financially protected and includes protection from disgruntled clients, whether or not they have a valid case. Can you feel the stress melting away?

ALTERATE: CHANGE THE SITUATION

This would mean you make a conscious decision to alter your circumstances or situation. How does this correlate with your practice? Look around your front office and treatment rooms. Is there something you could change in the physical surroundings that would benefit you? How about your client communications? Are your clients kept well informed about your scope of practice and limitations? These are things you control and alter so you do not have to stress about them.

ADAPT: CONFORM TO THE SITUATION

If the stressor cannot change, this would mean you are called upon to change yourself. While you approach your profession and services ethically and honestly, some things are beyond our control and we must adapt. We can never know when something stressful could arise; sometimes we must adapt, learn from the event, and continue - having learned a new lesson. As it concerns your business, you can only prepare yourself as best as possible for any unexpected stressor. Risk management practices are the best way for you to be prepared. This entails your having liability insurance, completed client forms, and signed client consent forms. There might be an occasion when a client situation arises, and you need to revise

a form or adjust your scope of services. So you handle this and continue.

ACCEPT: ACCEPT THE THINGS YOU CAN'T CHANGE

Never forget, you cannot control everything, especially other people. There are things beyond our control, and it is then we must step aside. When you have established all the liability safeguards, you might still have to contend with the issue of a claim. However, with the protection of liability insurance, you have the coverage and the legal services to assist you. As it concerns a claim, you would have the financial backup and professional expertise at your side.

CONCLUSION

Stress can occur predictably or unexpectedly; yet, your choice of reactions remains the same. You can choose to **avoid, alter, adapt, or accept** the situation. While you might think you have few options or no option at all in handling a stressful event, you actually do have a choice.

In the area of your energy healing practice, you can take initiative and address potentially stressful areas before they become an issue for you. Then if the unthinkable occurs, you are prepared. As a result, you have set up a mindful course of action for yourself. For your business, mindful decision-making means you have planned ahead and taken the necessary steps to reduce risk. You know you are protected from an event, such as a slip and fall incident, for example. You can deflect stress because you are prepared. Mindful thought for your business means you have looked ahead at the possible stressful events that could occur, and instead of having to react, you are prepared and manage the situation like the pro that you are. €

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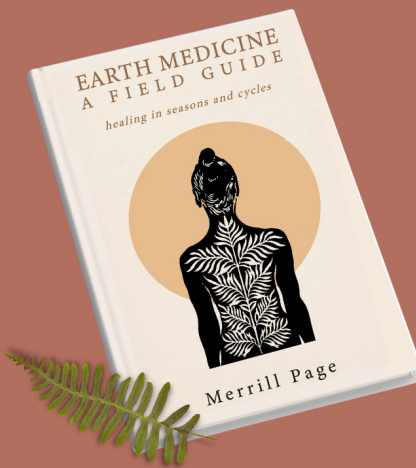


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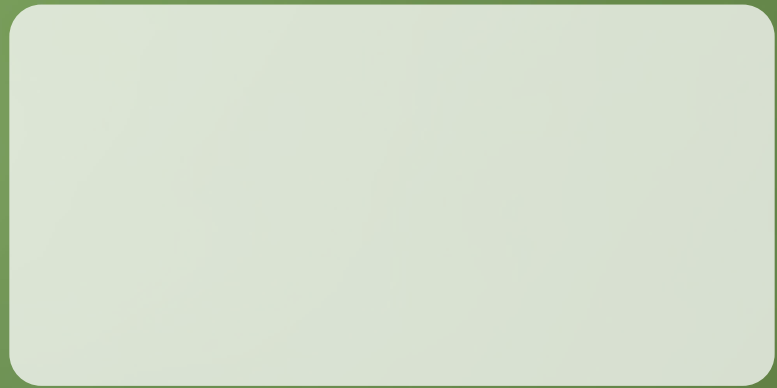


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