

# Council for Healing

Volume 1, Number 2, 2009 <http://councilforhealing.org>

## From the *Council for Healing*

We are poised at the edge of a cultural breakthrough - a time that has been prophesied by many ancients - a time of healing painful, old wounds of thousands of years and of harmful actions. This is evidenced by the rising of a new global spirituality that is consciously acting to influence the healing of the waters by harnessing the power of intention and purveying the understanding that we are one with all life. True healing calls for new models and transformational leadership.

The Council for Healing (CfH) was created to enable all healers and healing organizations to exchange ideas, research, and other information between individuals, organizations, and society as a whole. The ultimate purpose is actualizing access to healing for everyone. The CfH is a model organization of alliances between different healing therapies.

As a pioneer in unity among organizations and healers, the CfH uses the consensus model in its decision making. Consensus models are a special way of sharing and decision making in which each member is honored as a valued member not only as being present in body, but as also being present in mind and spirit. In other words, being present in wholeness of being. Peggy Chinn developed the consensus model the CfH follows most closely.

### On Consensus

Consensus is an active commitment to group solidarity and group integrity. Decision making by consensus welcomes differences of opinion and openness to self-evaluation. The group's commitment to decision making by consensus grows out of mutually defined Principles of Unity (mutually shared beliefs and agreements) where each individual is equally valued when group decisions are made. It means moving away from any action that exerts power over other individuals or groups. Rather, consensus grows from a full integration, a coming to terms, with all perceptions that bear on a particular concern, issue or decision.

from *Peace and Power* by C.E. Wheeler and P. Chinn

- Imagine a world where there was collective support in the overcoming of individual limitations, where mistakes weren't hidden but welcomed as opportunities to learn, where there was no reason to withhold information, where honesty was a given. Imagine a world where what is valued most is not power but nurturance, where the aim has changed from being in control to caring and being cared for, where the expression of love is commonplace.
- The very fact that you can imagine these things makes them real, makes them possible.

- Margo Adair Ibid



Rebecca M. Good

Mary J. Frost

Co-coordinators of the Council for Healing

### In This Issue:

- News from the Council for Healing
- Therapeutic Touch International Association
- Remote Viewing Influence of Emotional Healing
- American Holistic Nurses Association
- Healing Touch International
- Association for Network Care
- Remarkable Recoveries
- Media Review



## Therapeutic Touch International Association (TTIA) Connections

Keynote Presentation by **Dolores Krieger PhD, RN:**



### **A GATHERING OF HEALERS: Meeting Beyond the Third Standard Deviation**

*Dolores Krieger is one of the founding mothers of Therapeutic Touch and the first Coordinator of Nurse Healers Professional Associates International Inc. (now TTIA) Dee is an internationally acclaimed author and speaker.*

In our hi-tech world, many happenings that occur during the Therapeutic Touch (TT) healing process are considered a reality only within a very narrow spectrum of the laws of probability, beyond the third standard deviation of the normal bell curve that statistically defines that reality. However, to the committed therapist the several strangenesses attendant upon the working out of the Therapeutic Touch healing process are everyday occurrences; they are just different. Within this framework Krieger discussed several of these functions and how they relate to the TT therapist, such as: the reality of the nonphysical; the shift in consciousness that accompanies sustained "centering"; the validity of the inner work of TT; and the acquirement of "clairvoyance lite" as a fringe benefit of TT practice.



**Presentation by Rebecca Good, MA, RNC, ACRN, LPC, QTTT & Pat Winstead Fry, PhD, RN**

### **Therapeutic Touch and Pain and Anxiety: Present Knowledge as a Springboard for Future Directions and Integration**

Pain and anxiety serve an important purpose in human health. Therapeutic Touch Research demonstrates relief for both. This program discussed research, examined how the chakra complex is moderated by the healer to increase the balance and resonance between patient and healer, and the benefits of TT integration into allopathic medicine for anxiety and pain relief.

**Highlighted Research:** McCormack, G., Using non-contact therapeutic touch to manage post-surgical pain in the elderly. *Occupational Therapy International* 2009; 16(1): 44–56.

*Rebecca Good, MA, RNC, ACRN, LPC, QTTT is a psychotherapist, Therapeutic Touch Teacher, lecturer and consultant, Immediate Past Coordinator for NH-PAI / TTIA, and the CFH Representative for TTIA ( [www.therapeutic-touch.org](http://www.therapeutic-touch.org) ). She can be reached at [rmgood@att.net](mailto:rmgood@att.net) or [www.therapeutictouchprograms.com](http://www.therapeutictouchprograms.com)*

**Photo below to left: Krieger & Krazies at TTIA conference**

## Remote Viewing: Influence of Emotional Content

Remote viewing can be defined as the projection of consciousness to another environment, transcending distance, to gather information. As a medical intuitive and spiritual healer, I use remote viewing to scan my clients' physical and energy bodies. My impressions are more literal and easily interpreted when I have less emotional involvement or attachment to the subject or situation. Here are two examples, the first emotionally neutral (for which I have no personal attachment); the second emotionally charged (for which I have extreme personal attachment).

Example 1: A client who wished to attend a prayer meeting called to say she couldn't find her purse, which held her wallet and car keys. I intuitively 'saw' her purse in her bathroom and told her. "No, it can't be there. I've looked all over the bathroom," she responded. About 15 minutes later she arrived, having found the purse in her bathroom clothes hamper.

Example 2: My son used to drive my car to his work. One day during lunch I suddenly felt compelled to go to a local pet store to purchase some trivial item. As I approached the store I saw my car crumpled in the nearby intersection. My son was standing unhurt, on the corner, speaking with a police officer. I had the strong, sudden urge, but had missed the connection to my son in danger.

When I'm centered and calm my intuition is clearer. Fear, anxiety, worry, or over-expectation of success can be minimized by daily meditation, relaxation, and

emotional detachment. These practices can be well used as a major part of a healer's or medical intuitive's training and daily routine to maintain clarity.

*Rev. Cay Randall-May, PhD Represents Medical Intuition and Prayer Healing on the Council [www.cayrandallmay.com](http://www.cayrandallmay.com) Author of *Healing and the Creative Response* to be published this Fall.*



"Light Touch" © Cay Randall-May 1990



## American Holistic Nurses Association (AHNA)

AHNA hosted its annual conference in Madison, Wisconsin in early June. Numerous papers, workshops, and posters highlighted both the theme of the conference “Reflective Practice” and scope and breadth of holistic nursing practice, education and research. New AHNA President, Mary Enzman Hines, was installed by Lucia Thornton, former CfH representative and past AHNA President. Sonya Simpson will serve as Mary Hines’ elder on the Leadership Council. Other new board members include Mary Koithan education coordinator and Vicki Slater practice coordinator.

Several research studies were conducted at the conference itself. One that has special relevance to the CfH is a study conducted by a group that represents several institutions and areas in the country. The purpose of the study is to describe how holistic nurses view and experience healing.



Healing Touch International has hosted its 13<sup>th</sup> Annual Healing Energy Conference, ***Creating Flow: Healing Globally***. This exciting gathering was held September 3-6, 2009 in Tucson, Arizona and included a variety of dynamic

keynote speakers and educational workshops. Featured keynotes who presented were: Jan Phillips, Visionary Thought Leader and award-winning author; Belleruth Naparstek, LSW, Pioneer in the Field of Guided Imagery; Gary Schwartz, PhD, Laboratory for Advances in Consciousness and Health; Stuart Hamaeroff, MD, pioneer in consciousness studies; Sue Kagel, RN, HNC, Canyon Ranch Therapist, University of Arizona Integrative Medicine; Tony Redhouse, Navajo, Sound Healer, Spiritual Teacher, Hoop Dancer.

[www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)



As the first step in this multi-site and multi-method project, conference attendees were asked to write a story about a time when they experienced healing. This could be a personal healing or one that they participated in with another. The stories will be analyzed using a narrative analysis method and a selection of those will be chosen for further study by the investigators. Eventually we hope to create a meta-story of healing as told by holistic nurses. The IRB for the study was granted from The Cristine E. Lynn College of Nursing, Florida Atlantic University.

*Rothlyn (Rorry) Zabourek, PhD, PMHCNS-BC, AHN-BC is a certified clinical nurse specialist in psychiatric mental health nursing and a certified advanced practice Holistic Nurse. She is coordinator of research for the American Holistic Nurses Association and represents that organization on the Council for Healing. Rorry can be contacted at [rroryz@aol.com](mailto:rroryz@aol.com)*

### Healing Touch International (HTI) - *Perspectives in Healing*

**The Healing Touch India Project**, which began in 1999, has continued to educate many men and women in this hands-on approach to healing. Classes have been held in Auroville, 40-year-old international intentional peace community just south of Pondicherry, as well as those from surrounding villages. In 2008, a total of seven classes were taught to 82 local and international students from eight countries. Martha Rather of Nashville has organized past trips and another is planned for the spring of 2010. The trip is open for those interested. It is truly a remarkable, trans-cultural and healing experience. She can be contacted at [martyrather@comcast.net](mailto:martyrather@comcast.net) for information on the trip.

**Energy Research – *The Lived Experience of Postoperative Mastectomy Patients Receiving Healing Touch*** by Valerie S. Eschiti, PhD, RN, CHTP, AHN-BC and Betty Ann Baker, LMT, CHTP. This pilot study was undertaken to collect and describe the thoughts and feelings of women who received Healing Touch (HT) treatment within six months after a mastectomy surgery. The women subjects were treated through a volunteer program, HT Buddies, of Jupiter, Florida. The interview data collected showed that the treatments served as preparation for surgery, social support, multi-aspected healing (physical, mental, emotional and spiritual) and describing HT practitioner attributes. Full details of this study can be viewed by going to on-line news journal, *Perspectives in Healing* pp.11-13 web page link, [here](#).

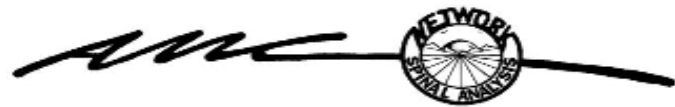
*Mary J. Frost, RN, MS, HN-BC, CHTP/I, is the Healing Touch International representative to the Council for Healing and may be contacted at [Tothealt@aol.com](mailto:Tothealt@aol.com). For information on Healing Touch, Classes, research & more, please visit: [www.HealingTouchInternational.org](http://www.HealingTouchInternational.org)*



## Remarkable Recoveries

Some people with serious, medically incurable illnesses recover unexpectedly. People with cancers, multiple sclerosis, scleroderma, Crohn's Disease, fibromyalgia, and many other diseases have returned to health - with no conventional medical explanation for how they managed to do so. Modern medicine has occasionally reported the occurrence of these "spontaneous remissions" but has not delved into them to explain how people recover without medical interventions.

For example, we have a report of a (so far) 90% remission of advanced symptoms of scleroderma in a 52 year-old woman with the help of the Emotional Freedom Technique (EFT). *International Journal of Healing and Caring* - online, [www.ijhc.org](http://www.ijhc.org) 2009, 9(2), 1-16.



Council for Healing Member, Dr. Dan Lemberger, and former Council member, Dr. Donny Epstein, co-published an article in the May 2009 issue of the *Journal of Alternative and Complementary Medicine* (JACM) with Dr. Simon Senzon titled, "Reorganizational Healing: A Paradigm for the Advancement of Wellness, Behavior Change, Holistic Practice and Healing."

Speaking of the article, Dr. Kim A. Jobst, Editor-in-Chief of the JACM, states, "There can be no doubt that we are

I am inviting wholistic therapists, particularly those who practice healing modalities such as: Therapeutic Touch, Healing Touch, Reiki, Prayer healing, etc., to submit medically documented case reports of Remarkable Recoveries for publication in the peer reviewed *International Journal of Healing and Caring* – online. We have institutional review board (IRB) approval for publication of these reports. For ethical reasons, it is best that if you are the therapist, the treatment should have been considered completed before you approach a client for permission to publish the case report. We also welcome clients' reports to complement therapists' case studies. See our collection of reports so far at [www.remarkablerecoveries.com](http://www.remarkablerecoveries.com)

Daniel Benor, MD, ABIHM  
Editor in Chief  
*International Journal of Healing and Caring*  
[www.ijhc.org](http://www.ijhc.org)

witnessing the birth of a powerful method of healing [in ROH], grounded in rigorous scientific fact, that will become integral to future systems of healthcare." The full article is available free at [www.liebertpub.com/acm](http://www.liebertpub.com/acm). For more information on Reorganizational Healing visit [www.reorganizationalhealing.com](http://www.reorganizationalhealing.com)

Dan Lemberger, DC, is the Council representative for the Association for Network Care.  
For more about the association visit [www.associationfornetworkcare.com](http://www.associationfornetworkcare.com)

## Media Review

### Documentary DVD:

*The Living Matrix*

*A Film on the New Science of Healing - New Insight into our Bodies, Minds, and Health*

70 minutes, ©2009 The Living Matrix, Ltd. and Becker, Massey, LLC. Order a copy at [www.thelivingmatrixmovie.com](http://www.thelivingmatrixmovie.com)

For anyone wishing to increase their knowledge about healing and the scientific evidence for remarkable instances of healing for untreatable illness, this DVD is a must see. Notables in the field, Eric Pearl, DC; Bruce Lipton, PhD, MD; Marilyn Schiltz, PhD; Arielle Essex, DO; Rollin McCraty, PhD; Lynn McTaggart; James L. Oschman, PhD and Peter Fraser, lead the viewer on a journey of exploration into the amazing world of healing acute and chronic disease by various methods. Individuals with cerebral palsy, chronic fatigue syndrome and inoperable brain tumor are interviewed, as are their practitioners, and treatment modalities such as Reconnective Healing, Neuro-Linguistic Programming (NLP), and Nutri-Energetics Systems (NES) are explained. A discussion of new physics concepts is threaded throughout the film that introduces epigenetics, the quantum field, biophotons and morphogenetic fields, among other tantalizing subjects. Overall, an excellent presentation of this new world of healthcare.

Reviewed by Mary J. Frost, RN, MS