

# Council for Healing

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## From the *Council for Healing*



*Rebecca M. Good*



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### The “Message!”

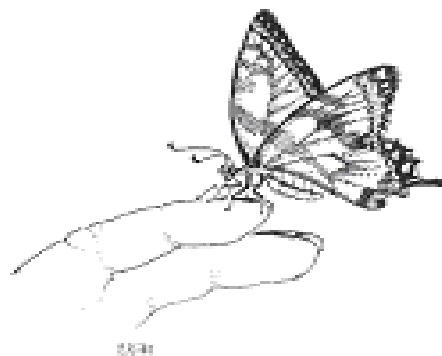
Once again, the Council for Healing has been on the forefront representing healing therapies and healers nationwide. Our Alliance of healing organizations and healers of varying healing therapies collaborated to develop the “Message”. This “Message” to our elected officials and government agencies outlined priorities for the Health Care Reform Bill in process today.

The “Message” has gone out to elected officials and the President. It has been sent out by email to members of represented organizations and published in organizations’ newsletters. The “Message” can be found on the Council for Healing’s website at [www.councilforhealing.org](http://www.councilforhealing.org)

If you have not already read this landmark document, please go to our CFH website and review it. If you know an elected official or organization you feel would benefit from be awareness of integrative therapies needs and wishes, please feel free to send the “Message” to them.

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“Light Touch” © Cay Randall-May 1990



## Therapeutic Touch International Association (TTIA) Connections

### "THE KNOWING" PROJECT



*The following is a letter from Dr. Dolores Krieger inviting everyone who practices Therapeutic Touch and Sustained Centering to participate in the "Knowing" Project.*

Dear People:

I've been given a gift! Thanks to Lynn Brallier, who gifted me with the domain for a website, and Charlie Elkind (formerly from Pumpkin Hollow) who has agreed to become its webmeister, I take this opportunity to announce the official opening of: [www.doloreskrieger.com](http://www.doloreskrieger.com)

Now that I've arrived at the conclusion (at 88-going-on-89 y/o) that retirement really means retreadment, I've decided to turn my attention to expressing more coherently the inner experience of the Therapeutic Touch (TT) therapist during the healing moment.

In contemporary science, such explorations can most feasibly be done from two perspectives, and I will approach the problem from both frames of reference. One method is through the logical analysis of the TT process as it runs through the therapist; this entails empirical theory development. The second approach is participatory, through direct involvement in the event, and this results in personally verifiable experiential knowledge. There is a third important perspective that is concerned with faith, personal beliefs and/or dogmas that warrant considered inquiry; however, that aspect is outside the purview of the present study.

The study itself will be divided into two projects. The logic-bound view of the first project will analyze the variables important to the TT therapist's engagement in the Therapeutic Touch process, and the second project will focus on the experiential knowledge that wells up in the TT therapist during the healing moment. The first study is presently on-going and is called, The "Seeking..." Project. The second inquiry will be called, The "Knowing..." Project.

The above-noted website [www.doloreskrieger.com](http://www.doloreskrieger.com) will be committed to **The "Knowing..."** Project. It is anticipated that

source material for this Project will come out of the citings of personal experiences and the subsequent discussions of those experiences. These communications will be exchanged over the blog pages of the website, and you are invited to use these pages to convey your own experiences when doing Therapeutic Touch or to discuss the experiences of others who blog this site. The blog line is: [dee@doloreskrieger.com](mailto:dee@doloreskrieger.com)

Please note: As with participation in The "Seeking..." Project, all creative materials that are involved with an individual's blogs to The "Knowing..." Project, remain the intellectual property of that individual. The site itself is freely given. Its main function is to act as a focus for dialogue on the TT therapist's experiences during the healing moment.

Do you wish to participate in The "Knowing..." Project? To begin, let us zero in on the first thing one engages as TT therapist, the shift in consciousness known as sustained centering, and consider the following questions:

- \* Can you describe your personal technique for entering a state of sustained centering?
- \* For you as TT therapist, what is the defining experience of any avenue of your psyche that tells you that you are in a state of sustained centering? What does that shift feel like?
- \* Do you perceive differently when in a state of sustained centering? How would you describe your perceptions while in state of sustained centering?
- \* What do you feel is the most valuable effect that sustained centering has on you as healer during the healing moment?
- Does that state of centered consciousness occur at other times than when you are healing? At these times, would you say that the occurrence of a state of sustained centering is volitional or otherwise? Thank you for your contributions to The "Knowing"...Project. I shall look forward to being in touch.

*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)*



## Healing Touch International (HTI) - *Perspectives in Healing* Energy Research – Healing Touch International, Inc.

*Study Reported in Perspectives in Healing, A publication of  
Healing Touch International, Inc.  
Vol. 6, 4<sup>th</sup> Quarter 2009*

In an exciting report on evolutionary research conducted by Gary C. Schwartz, PhD at the 13<sup>th</sup> Annual Energy Healing Conference of Healing Touch International, a hypothesis was supported. That is, that focused group intention can bring coherence and coalescence to random cosmic rays. Dr. Schwartz, of the Laboratory for Advances in Consciousness and Health, housed at The University of Arizona, Tucson, proposed and conducted an exploratory experiment involving the effect of group intention on patterns of cosmic rays. Recordings were made and measurements taken of a 15 minute pre intention baseline of random cosmic ray activity on a low light CCD camera system, placed in a completely dark chamber at the laboratory. Then a group of 300 plus experienced energy healers, led by Healing Touch

International President, Sue Kagel, focused healing intention for 15 minutes toward the camera, followed by another set of 15 minute post intention baseline recordings.

Two dimensional spectral analyses of distribution of dots of cosmic light were recorded on a photographic plate and graphed, showing results of all three time periods. Pre and post experimental baselines remained stable, while the 15 minute focused intention period produced a surprisingly much brighter light with much greater structure and patterned coherence. Schwartz reported, "These findings . . . suggest that distant group intentions, provided by skilled practitioners, can have a measurable effect on patterns of cosmic rays."

The full article is available at:

<http://healingtouchinternational.org/images/pdfs/Newsletter/09-dec8%20newsletter.pdf>

*Mary J. Frost, RN, MS, HNB-BC, CHTP, CHTI is the Council for  
Healing Representative of Healing Touch International, Inc.  
[www.healingtouchinternational.org](http://www.healingtouchinternational.org)*

### **WHEE: Wholistic Hybrid derived from EMDR and EFT AKA**

WHEE is the embodiment of Wholistic Healing. It engages people on every level of their being: Body, Emotions, Mind, Relationships and Spirit. Click on the round icons at the top of <http://wholistichealingresearch.com> to see a detailed discussion on the inter-relationships between each of these levels that is addressed by WHEE.

The combination of right and left body stimulation with affirmations is one of the most powerful self-healing approaches for dealing with physical and psychological pains of all sorts.

WHEE is simple to use and easily learned by adults and children like. Within minutes it can reduce physical and psychological pains, even when these have been present for decades. WHEE is also helpful with stress and distress that often contribute to pains and make them more painful and less tolerable. These, too, can be released within minutes.

WHEE has been so successful that I have been able to offer a money back guarantee if anyone has no benefits from WHEE when used as recommended. In 7 ½ years, I have had only 2 people claim this refund.

WHEE was born out of my personal frustration as a psychiatrist. I trained when psychiatry was all about the practice of psychotherapy – helping people to understand themselves and to sort out their problems. Over the years, it became harder and harder for me to practice psychotherapy, as psychiatry has shifted to become all about prescribing medications. This is not what I signed on to do! In my searches to provide psychotherapy within the very limited time frames allowed by insurance coverage for a medication visit, I came upon two brief interventions that seemed to fit the bill: Eye Movement desensitization and Reprocessing (EMDR) and Emotional Freedom Techniques (EFT). However, for various technical reasons, each proved to be non-functional in my practice. However, by combining elements of each, I developed WHEE, which has surpassed all my expectations.

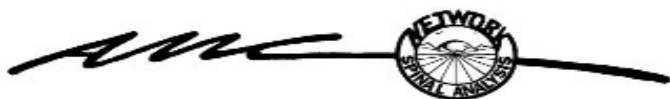
Resources:

<http://www.wholistichealingresearch.com/bookstore2#5> are available for purchase

**THE WHEE METHOD IS FREELY AVAILABLE – ON LINE.  
SEE:**

<http://www.wholistichealingresearch.com/wheearticles>

*Daniel Benor, MD, ABIHM*



## Books and Media Reviews

### *Healing and the Creative Response: Four Key Steps Shared by Healers and Artists,*

with accompanying CD

*By Cay Randall-May, PhD*

*Cay-May Press 2009, Scottsdale, AZ*

Reviewed by Rothlyn Zahourek PhD, PMHCNS-BC, AHN-BC

This is a readable and useful book on healing and the creative process. I am especially happy with the parallels of healing with various forms of the creative process. Dr. Randall-May discusses a broad and useful definition of healing and contrasts that with 'cure'. She shares personal experiences and uses her own and other's art work to illustrate her concepts. The book is built around the *Four Keys* that enhance the creative and the healing process. These are based on self knowledge and include the following:

- Set the intention
- Relax and clear
- Engage and blend
- Attune to the highest good, to Agape love

These may sound simple but can be complex and demanding in application. While she describes these at times as 'steps' I like that she calls them 'keys' which for me is much more palatable than more concrete linear steps of development.

Dr. Cay-Randall describes each key clearly and illustrates these with her own and others' art work and life experiences. She summarizes her keys stating, "No matter what the pain, if we can be mindful enough to use the four keys ... we can experience a core-level peace which sustains us. When we reach out to others it becomes a tangible force capable of restoring them, as well as ourselves".

In addition to the four keys she describes specific forms of healing, i.e., using prayers, visualization, dreams, energy work, healing through Spirit and through objects. She provides concrete examples and ideas for implementing these approaches and then discusses how these are related to creative processes and various forms of artistic expression. The ideas presented are not limited to professional artists who feel the need to compete on the art market but give the reader ideas for self and for working with others using creative processes. Examples include spontaneous dancing, touch drawing, using sound and silence and dreams.

The companion CD is clear and pleasant to listen to and one can watch the ever changing kaleidoscopic pictures if played on a computer. Dr. Randall-May's guiding voice provides directions for use and helpful examples.

The book is less theoretical and research based but is grounded in practical approaches for fostering self and others' growth. It is a useful adjunct for healers of various backgrounds as well as for anyone who wants to enhance their own growth and healing

*The best way to order this book is through the web site, [www.HealingCreativeResponse.com](http://www.HealingCreativeResponse.com).*

### *Intentionality: The Matrix of Healing: A Qualitative Theory for Research, Education, and Practice*

*by Rothlyn P. Zahourek, Ph.D., APRN, BC, AHN-BC*

*2009, VDM Verlag, Dr. Mueller, Saarbrücken, Germany*

Reviewed by Cay Randall-May, PhD

## New Book Explores the Role of Intentionality in Healing

This bold and important new work provides comprehensive and scholarly insights into healing which the author defines as, "a shift or transition to a new wholeness."

Zahourek focuses on what she identifies as the 'heart and soul' of healing: intentionality, a subject which is often minimized in the literature. She compares and synthesizes the perspectives of healers and those who receive healing as she formulates an integrative theory of healing.

The author's extensive research on the interactions between nurse healers and their clients leads her to assert that intentionality is a complex, focused, purposeful mental process that results in actions and behaviors. Her research is formulated on observations of both distant and in-person healing using a variety of modalities including Therapeutic Touch, Amma Therapy, Ericksonian Hypnosis, Reiki, and Reflexology. Based on her observations and information gained from these

subjects, the author concludes that more than *mere* intention, which can exist without healing, is present. She affirms that intention or intentionality is dynamic and that healing doesn't occur without intentionality on at least one of several levels. Zahourek goes on to identify three progressive levels: generic intentionality (GI); healing intentionality (HI); and transformative intentionality (TI).

She has observed that the first of these, GI, is often initially held among healers and healees (the persons receiving the healing), irrespective of their experience or backgrounds. This Generic Intentionality usually evolves into either of two additional levels. In the most common level, (HI), the healer stresses conformation to particular, well-defined healing protocols or methods. Attention is usually focused on a particular desired outcome, often achieved through the expenditure of a great deal of effort. Although very effective, this level, according to the author, is more usually seen in less experienced practitioners.

The third level, (TI), according to Zahourek is more frequently exhibited by more advanced healers. Manifestation of the greatest good is the end goal of this level of intentionality. Exploring this level of Transformational Intentionality, Zahourek asserts that it has the potential for positive impact on the healer as well as the healee. Ultimately the healing which follows (TI) is difficult to predict as unexpected benefits are frequently observed. For instance, in the case of a physical complaint or symptom not only may it be relieved but also other circumstances in the life of the healee may be altered for the better. Transformational Intention affects all parties involved in the interaction, "when healers heal others, they too experience benefit. The individual can be both healer and healee". This illustrates the nonlinear, holographic nature of (TI).

This book possesses the solid academic merit of a superlative textbook while at the same time serves as a primary resource for information useful to healers and to those who seek to be healed. This is not a dry academic tome, but an engaging account of actual healing experiences set in the context of a literature overview and the subsequent proposal of the author's theory of the relevance of intentionality to healing. It sets a high standard for information content and thought-provoking investigation into the healing experience.

***This book is available through [Amazon.com](http://Amazon.com)***

## **Media Review**

### **Documentary DVD:**

***[Something Unknown is Doing We Don't Know What . . . A Renee Scheltema Film](http://www.SomethingUnknown.com)***  
***DVD – Color/104 minutes © TELEKAN [www.SomethingUnknown.com](http://www.SomethingUnknown.com)***

Review by Mary J. Frost

The filmmaker, Renee Scheltema, narrates this fascinating look at real, but unexplained phenomena. She had three very potent episodes in her life that set her on a journey to discover what information she could find on psi – psychic phenomena by interviewing some of the world's experts. A visit to her former university professor, Dr. Charles Tart, is the first stop, and he gives an overview of how research scientists are now looking at new concepts of quantum physics and transpersonal psychology to understand that everyone and everything is interconnected. He also outlines the five major, well researched categories of psi: telepathy, clairvoyance, precognition, psychokinesis, and psychic healing. Each category inevitably brings interviews with leading edge thinkers, such as Edgar Michell, astronaut, physicist, author and founder of the Institute of Noetic Science; and completes with Larry Dossey, MD, holistic physician, and prolific author, who discusses the role of the mind, prayer, and indigenous practices in healing beyond medical intervention. An appearance on film by Council for Healing co-coordinator, Rebecca Good, brings attention to how a hands-on, heart centered modality can bring relief of intractable pain in a surgery patient with a Therapeutic Touch treatment. This is a film well worth more than one viewing.

This DVD can be ordered by visiting [www.SomethingUnknown.com](http://www.SomethingUnknown.com)