



Healing Touch  
New Zealand

# Quarterly Connection

Issue 2

Fourth Quarter 2016



**“Where does the rainbow end, in your soul or on the horizon?”**

Pablo Nerudo, *The Book of Questions!*



# Yardi Ya

Season’s Greetings and Happy New Year to you all from us both. Issue 2 of our Quarterly Connection is sent out slightly later than intended due to a

tiny hitch in distribution, but better late than never makes it a perfect day to deliver it to your door.

Looking over our shoulders at the 2016 year brings up thoughts and reflections of the many beginnings and endings and vice versa which we have all more than likely experienced during that time. Take for example the voice of the people in several countries around the world who collectively brought about massive historic change - endings and beginnings.

In varying degrees’ change is a constant, close to home and around the world, the earth forever changed by the release of tension from its inner core. When we experience the strength of that mighty release of tension we are also changed on all levels and will reflect on it many times over.

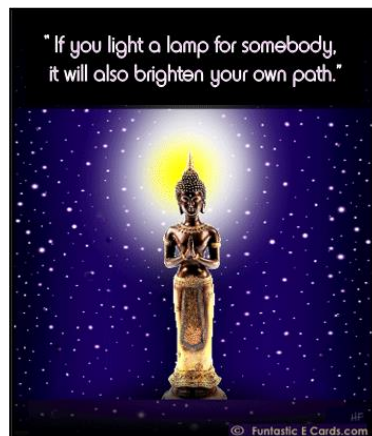
Still the flow goes on and we along with it, connected and affected by 'all that is', how can we not be. As Healing Touch students, our wonderful Instructors gave us the tools to help ourselves through such events in our lives.

So, it seems a good moment in time to flavour this newsletter with some reflection.

We hope you will enjoy our efforts and we thank all those lovely people who have contributed their inspiring articles for this issue. To our hardworking Chairperson, Membership Administrator, Treasurer, Course Coordinators,

Committee and Instructors, and those who work supporting behind the scenes. These people all give of themselves every time, and together they too are constantly reflecting upon, and planning change for the good of HTNZ.

Thank you to Members who sent us messages of support



following our first issue of Quarterly Connection. It's great to get feedback, it is always helpful and we are both very open to suggestions. We have decided to print these messages under a new column Letters to the Editor, we value your input.

Sending you all blessings of peace and happiness.

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**We would like to hear from you**  
 Please contact the co-editors with your feedback, suggestions, questions or items which may be of interest for the wider Healing Touch community.  
**Please submit by 28<sup>th</sup> February 2017**



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### Covering Our Butt

Amateur editors, slightly quirky, both new to this game  
 So, if we stuff up, every now and then try not to focus on blame  
 When we oops on content and copyright, smile  
 Send us love and pink light and heart centred suggestions  
 Please be aware of interesting material presented with pure  
 intention  
 Always look out for the nuts, do not discard they are the best part  
 Instead throw caution to the wind  
 But if by chance we slip up and shock you  
 .... Ground and centre and forget about the doctor



Dear Gwyneth and Karen,

Thank you very much for all of your work and energy that has been the extensive and varied identification, procuring, collation, and presentation of information, thoughts and ideas. I have picked out pieces that have resonated with me, and have made the odd comment.

If the title "Connection, is the intention, then you have done a spectacular job.

Arohanui

Ian

### **My response to Quarterly Connection – Issue 1**

#### **Chair's Corner**

- Support for and encouragement of choices without conditions
- Conscious connection
- Gentle aliveness
- Grounded choices beyond the known
- Challenge to old patterns of belief and the space in which to live anew, without the need for any of the old patterns, to meet expectations of success

#### **Balancing Rocks or Shifting Sands**

"Providing the pattern or flow is maintained or balanced then we experience health."

"We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves." - Francis J Braceland

#### **Remembering the Oneness of Everything that Exists**

"You are implored to forget all past wrongs, as there have been mistakes on every side, and only with a mind of mutual cooperation of a loving heart towards each other, humankind can now proceed into the future."

"Ancient ancestors in Hawaiiki Tautau were Peace Keepers who transmitted a heritage to us, based on the ONENESS of everything that exists.... they did not believe in separation, because we all come from the same Divine Source."

#### **Unfinished Business**

"Often hard this fear to grow  
Not always an easy place to go  
A quest or an attempt to discern  
The more we learn the less we know"

#### **Aiming Straight into the Future**

Individuals begin being who they are. The experience of first, and early involvement with Healing Touch, may of itself move that individual to step beyond their present knowing, believing and being. The readiness to "talk" about Healing Touch may be closer to being manifest.

Now, life includes the challenge of reaching out to embrace the bigger perspective as Annis describes.

My observations note that the degree to which individuals can both embrace the biggest perspective and talk about

Healing Touch, often has to do with the individual's background and experience.

I do the best I can to "talk" about Healing Touch by myself. It is my intention to live Healing Touch as authentically as I am able because that also gives me the most authentic experience of myself, to date. Often my "talking" has no words.

When I live and talk as a part of the group who are Healing Touch New Zealand, I strongly feel the support for both the living and the talking.

What are the collective possibilities for the promotion of Healing Touch, acknowledging all that has been, and is, being done now?

What is the connective component that is so supportive and inspiring when we are "at home" with one another, that could also be present as we reach out, to inform the wider community about healing touch?

What are the possible dimensions of that informing?

#### **To Our Healers**

"A calling, worked at, cherished, developed and celebrated with passionate energy."

"The quality of light and love we offer another person will also be the outcome of who we are, how we honour our own life journey and who we are in the process of creating – being in a special relationship with soul and the Source."

I experience this healing with my connection to the people in Healing Touch (NZ), and especially in Christchurch where my connection, at this time is stronger.



#### **Response from Members continued.....**

Hi Gwyneth and Karen,

I just wanted express back to you both what a fantastic Healing Touch newsletter you have both put together.

Since moving back to Taranaki I have been busy getting survival needs sorted and finishing study. Apart from recently starting some free Healing Touch sessions at the Waitara community house, haven't been involved much with Healing Touch so it was a real pleasure to read your newsletter and I am sure I will go back over the next few weeks to re-read bits.

Thank you for your time and effort in putting it all together.  
Cheers. Sharron Maree

Hello Karen & Gwyneth,

*This is the most spectacular newsletter. You have made informative, great pictures, information for the members and all that reminder at selfcare.*

*It is awesome and I commend you both so highly. You are also portraying humour honesty.....oh what a welcome relief in this World in which we live.*

*Thank you both for promoting talking with Tigers. I appreciate that so much.*

*Love in heaps to you both. Annis*

Hi Gwyneth & Karen,

*Just wanted to say great job at your first go at the newsletter. Love the content and how it was presented. Twas as though you're experienced editors! Just wanted to say great and thank you to you and everyone involved.*

*Warmly, Jo-Anne Henderson*

*Hi You two. What a great job. I love the new format and breadth of articles. Well done and thank you!!!!!!*

*Cheers Berylla*

Hello Karen,

*Just wanted to commend you and Gwyneth on the wonderful newsletter you have produced. It is great that you both took this challenge on and in my humble opinion have done a top quality job. I appreciate the time you, Gwyneth and also the contributors have put into this creation. Thank you Rose*

Hi Gwyneth and Karen.

*Wow I loved the newsletter. Well done.*

*I specially waited till I had enough time to relish it. I have saved it into iBooks so I can reread in the future. I look forward to the upcoming reads.*  
Chris Tuite

## Healing Touch New Zealand Treasurer Wanted

We are seeking a member to become Treasurer next year (from June 2017).

Sandra Martin is stepping down after 5 years in the job. We use on-line banking and use a simple package (Xero) to prepare all our accounts at the end of the year. Sandra has documented everything in a very clear way, and will work with a new treasurer for a staged handover. This means that the person taking over would be able to become familiar with one task, and when they are comfortable with this, they will take over the next task.

It involves about one hour per week on average, and does not include any treasurer work on courses. This is done by Chris Tuite our Courses Treasurer.

If you are a systematic person, then this is a way that you can contribute to running Healing Touch New Zealand. If you would like to be involved, please contact:

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## National Committee Speak



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**Do you know of anyone  
interested in becoming a member?**

For further information, please share our newsletter  
or website <http://www.healingtouchnz.com/>



## CHAIR'S CORNER

### Chairperson's Report

By Deb Carter, CHTP/I, Chairperson



A gentle welcome to All into 2017.

A number 1 year in numerology which means many new beginnings, new ventures, friendships and just in general a clearing out of the old paradigms and patterns and the welcoming of the new.

Time to honour the endings of last year and support yourself enough to recreate gently and respectfully with your new tools and ideas.

It is with great excitement that we enter into a whole new era with Healing Touch in New Zealand. January 23, 2017 sees seven Healing Touch Practitioners being inducted into the Christchurch Public Hospital Bone Marrow Unit. This is a Trial Project with Healing Touch being offered to patients within this Unit. This project is being led by Wendy Risdon as part of her current University studies. If the trial goes well, and the plans are passed by the Hospital Ethics Committee, this project may be installed long term within the BMU. This means that NZ will have relevant, current and ongoing research. Fantastic!! This has been nine months of quiet, meticulous planning and negotiations. Congratulations Wendy and what a fabulous opportunity you have given HTNZ to support you. This collaborative process has been so rewarding and is something we can build upon for other community ventures in the future.

The current HTNZ committee is working tirelessly on continuing our updates. Our major focus over this next year will be to modernise the Website and associated advertising material.

We plan to hold Level 1-5 Healing Touch courses this 2017



throughout the country, so gather your friends, family and colleagues together and encourage them to enrol.

Meanwhile.....May your heart be warmed by the kindness of another, your patience be tempered by love, and gentleness be the light by which your heart is directed.

Arohanui

Deb

## Inspiration & Self Care



Because this is the last Quarterly Connection for the year of 2016 that really means Christmas and all that entails is just

around the corner.

Today commenced with massive earthquakes in Canterbury, felt widely throughout other areas of NZ and it was to some of those areas which some people had moved to, from Christchurch. You all know this. However, no matter how well people cope, or appear to be doing, I would like you to consider how the added stress of Christmas, school holidays and intense social pressures can disturb your entire energy structure and the energies of others around you. All this is added to earthquake, over which we have no control.

So, what to do to assist you to have a wonderful, stress under total control, thoroughly enjoyable Festive season and cruise into 2017?

First, a bit of revision, just to encourage you in your 'Self Care' mode.

Stress emanates from your adrenal glands as does your Root/First chakra. This either paralyses you or makes you run away in some way or another. As soon as your Root chakra closes this increases the turmoil inside your body, feels rather like a boiling inside. This then can get the rest of your chakras to shut down in sympathy.

Secondly, in the case of earthquakes, I have noticed that the water within the Planet is violently disrupted. This resonates with the water in and outside all **your** cells and instead of your cellular fluid having a calm pattern it is 'all over the place.'

Then of course there is your emotional, and mental energetic structures.

Possible ideas to help you get through the following months with joyfulness. You **know this**, I am just reminding you.

- Rebalance your own HEF (Human Energy Field) or get a colleague to treat you. Lie down and receive.
- Plan and take just a few minutes 'time out' every day. Meditation is great. Remember you can do this walking or swimming up and down the pool looking at the black line. You do NOT have to sit for hours, you merely have to be totally in the present, appreciating the natural world and have a quiet mind.
- Recognise that many things you worry about are either in the past (those ones you take the learning from) or are in the future (over which you have no control.) The only thing you can change, is the present.
- Honour yourself. You are the most amazing design (and we still don't know everything about that.) It is dishonourable to not pay attention and send love from your heart to your entire internal structure.

Sometime, I will teach you how to feel and then calm your intracellular and extracellular fluid. Should only take a couple of hours.



Have the most wonderful Christmas or end of the Year if you are not a Christmas celebrator.

Go well, have fun and I will see you in 2017.

Annis Parker (RN., ADN., DipEd., CHTP., CHTI.)



## Reflection on a Rainbow

The rainbow is an ancient spiritual symbol.<sup>1</sup> I was reflecting on the rarity of seeing a monochromatic rainbow. In this case a pink one. Is a pink rainbow any different to a coloured rainbow? Being pink it may be symbolic of love, caring or intuition. Witnessing it may just stimulate a sense of wonder, or amazement, even uniqueness.

If a pot of gold is found at the base of a coloured rainbow, what treasures would a pink rainbow hold? Would that pot of gold be any different? For some the pot of gold may hold a monetary value or a tangible form of wealth. For others, the pot of gold may be the treasure held in the depth of their inner selves, their richness emanating from their wealth of knowledge or knowing or being.



Rainbows are explained scientifically and symbolically. A rainbow will appear wherever there is sunlight and water. In the sky a rainbow will form opposite the sun and usually after a storm. Rainbows can also be seen where the sun shines on droplets of water from waterfalls and sea spray. It is a magnificent arc of bright colours formed by reflection, refraction and dispersion of light through droplets of water breaking up white light, just like a prism.<sup>1</sup> White light is all colours. However, it is the angle of the sun shining through the water droplets that separates the white light to form the rainbow colours red, orange, yellow, green, blue, indigo and violet. They can also be monochromatic, like the pink rainbow, depending on the angle of the sunlight through the droplet of water. As you gaze below the rainbow there is amazing clarity.

Is the rainbow a symbol of hope, your heart's desire and purpose, or fulfilment of your dreams? A rainbow speaks to your heart and soul.<sup>2</sup> It is symbolic of the development of our consciousness, the spiritual bridge between heaven our higher or divine self and earth our lower nature or ego.<sup>1</sup> A rainbow is a time to reflect, to hope to dream. It's your pot of gold, and your connection between universe and earth.

Literally and figuratively we are like a rainbow as we reflect, refract and disperse our thoughts and feelings. Our energy fields and energy centres are colours of the rainbow. They may be brilliant or dull, and be any hue or tint found in

the colour wheel. There may even be a dominant colour just like the pink rainbow.

We all reflect in different ways. It could be when we walk, when we take a deep breath and just take a moment to stare into space. It may be when you are gazing at a rainbow, being near water – the sea, a stream or rain, just listening to the sounds. It may be when you empty your thoughts whilst writing in your diary, or being creative and lost to time and place, just enjoying what you are doing or being.

Reflection is a time for yourself. There is no right or wrong method. It is what you feel comfortable with. It is an opportunity to review your day, or something that happened, or something that is bothering you. When writing your thoughts down you may be surprised at the revelations, or when walking a solution is found; or a project leaps forward while being creative. Reflection is an opportunity to ruminate, change course, send it to the universe and perhaps have that revelation. Just like the rainbow we reflect, refract, disperse and have clarity to find within ourselves our own pot of gold or treasures.

It is important that we take the time to sit breathe be present and relaxed to dream the dream, solve the problem, see the revelation, admire the beauty anything that helps to still the mind. Inspiration or clarity WILL COME FROM THOSE MOMENTS IN TIME!

Gwyneth Steenson (RGON, CHTP, MHealSc.)



### References:

1. Tilghman, J. (2013). The rainbow as a divine, mystical symbol. The Spirit of the Scripture.com. Retrieved from <http://www.spiritofthescripture.com/id1855-the-rainbow-as-a-divine-mystical-symbol.html>
2. Love, P. Rainbow Symbolism and meaning Universe of Symbolism 2017. Retrieved from <http://www.universeofsymbolism.com/rainbow-symbolism.html>

### Photographs:

Front cover: Napier, Annis Parker

Top page: Waitomo Caves, Dianne Foreman

Left column: Christchurch, Gwyneth Steenson



## Animal Inspiration

### MY STORY XANTHUS AND I

The project began when Xanthus was a three year old colt with a very serious hoof issue, front ones only. A farrier was consulted, who wanted a veterinary report, then refused to visit. I think he saw 'dead horse still on feet, just'. What had happened was a major separation of hoof from the hoof wall, and most probably involved the rotation of bones within the hoof. The result of which Xanthus, shortly after being confined to quarters, could barely move. We improvised with many things. There was excellent distance support from Thorsten, a very experienced expert in hoof matters - I could not have done what was required without his assistance. Soon thereafter I began with the energy work, mainly simple Chakra Connections and Grounding procedures. This helped us both! As the years went by we both had our health issues, but persevered with the energy work - we were there for each other.

As Xanthus matured his body changed hugely, his movement was very compromised, and he began to have issues with 'body pain', being confined to small spaces, being rugged, and more than a little grouchy at times. But still the beautiful eye was there. And so, we continued with the hoof work (every third day), upped the energy work to include Hands in Motion and Hands Still, Ultra Sound, back work, neck work, and whatever was intuitively presented was adapted to his needs. Many of the procedures changed to actual hands on, as it was a comfort for him to have the physical touch. Daily, whatever Xanthus presented with was dealt with. Sometimes he was fine for up to a week, then another matter would pop up.



Now Xanthus has had the benefit of Melanie, a barefoot hoof trimmer, beginning in May of this year. We have dealt with the hoof issues differently

insofar as balance and changing the structure ever so slightly to encourage hoof growth, and to reduce the physical body pain. It is working!

The body shape is changing. He still has minor issues, he will probably never be a saddle horse, however he is now accepting of bridle, surcingle (a belly strap), long reins, work in hand - all preparatory work for the ridden horse - he is definitely showing great aptitude. It is now a pleasure to spend time training. Though he still is impulsive, impetuous, and VERY intelligent. There are, and probably always will be, the pain memories to consider, but they have shifted to the back seat so to speak.

It has been an interesting journey for us both. It has kept my interest and regenerated my Healing Touch work for which I am most grateful and appreciative. And horses are such absolutely wonderful clients!

Xanthus is now 11 years of age, top photo taken February 2016, the bottom was my birthday hug last December!

Belinda Simons, CHTP



### Rainbow Bridge

*"Just this side of heaven is a place called Rainbow Bridge.*

*When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.*

*All the animals who had been ill and old are restored to health and vigour. Those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.*

*They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent. His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.*



*You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.*

*Then you cross Rainbow Bridge together...."*

Author unknown...

Reference: <https://www.rainbowsbridge.com/Poem.htm>

# INTERNATIONAL



## Healing Beyond Borders Education Insights

### Celebrating Our Path

by Barb Schommer (RN, MS, CHTP/I, Education Committee Chair)

*"I am pondering on the word "Path" for the Education Insights column this month. "Path" has many and varied connotations and meanings. Paths often have twists and turns in them. They are not always straight.*

*We cannot always see the end of the path that we are on. There may be stops and starts along the way, as life events intervene on our journey. There may be rough spots on the path, as well as a multitude of smooth, pleasant spots filled with beauty.*

*Consider the path of Healing Touch. A person could begin this path through the door of a Level 1 Healing Touch class. Students begin to resonate with Healing Touch during the first morning of the first day of class. They have an experience with energy, and whether they are seasoned energy workers or brand new to energy concepts, there is an excitement as they share their experiences of giving and receiving Healing Touch.*

*Right from the beginning, students are empowered to explore and unfold into their own journey with energy. The sharing they do with each other is such a special part of their learning. By the end of class, when they experience Chakra Spread, they are pumped up with excitement. They have also experienced an elevation in consciousness and their energetic vibrations have been raised. This is often the gift of our curriculum– that people come out of Level 1 class at a higher vibration than they come in with, and they leave with the awareness that they have somehow changed.*

*Keeping that momentum going, helping students continue on their path, excited to take Levels 2, 3, 4 and 5 is the challenge for all of us. I remember thinking, after my Level 1 class, that I could sense energy a little, that people I worked with had shifts in pain, nausea, and anxiety, and that I probably knew all there was to know about energy!!*

*What an ego fog I was in!! It took 1 ½ years for me to get back into Level 2 class, and four years total to become a Certified Healing Touch Practitioner. I now recognize that*

*learning about energy is a lifelong joy that does not end with any particular advancement.*

*What kept me on this path of learning was that I kept receiving in the mail the class brochure for each class that was held in our area. Every year, the mailings kept coming. I finally said "yes" to Level 2, and continued on the path after that. Receiving notices about upcoming classes helped, but what also helped was the support of a community of people who were already Certified Healing Touch Practitioners, as well as those who were attending Healing Touch classes at the same time I was.*

*This community supported each other, and encouraged each other to continue taking classes. It was a supportive group whose participants changed from week to week, month to month, year to year. The purpose of this loosely organized and changeable group was nonetheless constant – supporting each other in moving along our path, whatever that path was, and whatever time frame we chose to do it in.*

*The importance of community in growing our work cannot be underestimated. It is up to each of us, no matter where we are in our journey, to form and support community in our area of the world. Staying in touch with students, supporting the formation of practice groups, supporting Certified Healing Touch Practitioners as they practice Healing Touch, spreading the word about Healing Touch, inviting people to try a class – these and many other ideas will help people start and then continue on their path – the path of gentle, nurturing energy healing therapy. This path is open to anyone who wishes to experience it. Let us be a catalyst in pointing people to opportunities to learn this gentle work, and to become excited about their path".*



#### Reference:

Schommer B., (2016). Education Insights: Celebrating Our Path. *Perspectives in Healing. A Publication of Healing Beyond Borders*, 3<sup>rd</sup> Quarter, p20. Retrieved from <https://view.publitas.com/healing-beyond-borders/healing-beyond-borders-3rd-quarter-2016-newsletter/page/20-21>







<https://vimeo.com/>

## Ego, curse, teacher, friend or foe ...

Uncover your potential, reveal layers one by one  
Fully experience every new revelation  
Each layer formed and stored when you were young

Patiently lying in wait  
Buried for the right moment or day  
Festering, intensifying, gathering momentum, 'til finally  
Time to spend what you have saved

Thought forms gathered we came to believe  
for our ego murmured "it is so"  
A steady stream of actors pass by  
Telling us we were this or that, the ego confirmed it was  
so

Stand alone at the back of the stage  
Watch the movie of your life in front of your eyes running  
on slow  
You, shaped by characters  
All thought they knew better than You know  
Shakespeare the enlightened one wrote of this long long  
ago

Separate the real "I am" from the illusion of a rolling  
movie show

Friend or foe, here to teach  
The ego

**Aveline**



## EDUCATION



## The Need for a Teacher

**A teacher takes a hand, opens a mind,  
touches a heart.**

*"It is very difficult to develop spiritually without the benefit of teachings and at least occasional guidance and instruction. If you are on an inner journey, the question inevitably arises: Do you need a teacher, and how do you find one? A teacher is someone who helps you sort out for yourself what is of essence in life from that which is transitory. A teacher does this by informing, challenging, and setting an example for students, based on what he has learned in his own practice.*

*So how do you know where to place yourself regarding this question of finding a teacher? Maybe the answer is that you only need to be sincere in your practice, staying grounded in the intention that motivates you to practice. There is an ancient saying: "When the student is ready, the teacher will appear." After years of scepticism, I've come to see the truth in these words. Most people begin their spiritual journey in response to encountering hardship and loss or through experiencing a sense of dissatisfaction with life. Out of difficulty comes the need to find greater meaning in life than pursuing immediate ego satisfaction. This in turn leads to a search for what really matters.*

*Inevitably there is resistance, confusion, and confrontation with your own emotional issues. The role of a teacher is to aid you in this inner process, not to make your decisions for you but to empower you in your own journey of discovery. In looking for a teacher, it may be helpful to reflect on the three different kinds of value a teacher can contribute to your practice. First, the teacher can be a provider of knowledge. A second way that a teacher helps is through inspiration, which is different from knowledge, although knowledge itself can be inspirational. Ideally, at some point you find a teacher who both has knowledge and is a source of inspiration. Practice is hard, and letting go of worldly desires is very difficult, so it is of great value to work with someone whose life or practice inspires you. Better still is finding a teacher who believes in you just as you believe in her or him.*

*The third category of value that a teacher provides is what's described as transmission of direct understanding, which does not occur primarily through the intellect. Many people don't believe that there's any such thing as transmission. It is also hard to explain exactly what is meant by transmission, since each of the traditions has its own interpretation.*

### Means of Transmission

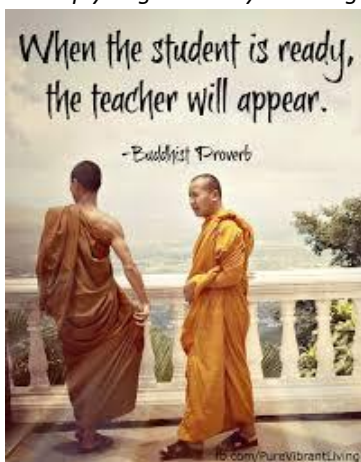
You do not get to choose the experience of transmission. It is something that happens to you. Transmission is most commonly described as a deep feeling of unconditional love, which is so intense it brings about inner change. But rather than look for intense experiences of transmission, I suggest you develop your subtle awareness of how you are altered when you experience moments of fresh understanding or moments of freedom from your usual fears and wants. These subtle moments of clarity are genuinely transformational when fully received. I am not referring to the big emotional releases of anger or fear that often occurs in practice. I mean the small, quiet, inside-your-own-mind-and-heart experiences in which you are grounded in the wonder of life's unfolding. It is through these moments, most of which go unnoticed, that your life is slowly reconfigured. Every wise teacher fosters these moments in you, whether through knowledge, inspiration, or even transmission.

### Provider of Knowledge

The teacher-student relationship isn't supposed to be perfect. You can be quite disappointed with the teacher while also finding his teaching valuable.

Currently, I study with a meditation teacher I find to be both knowledgeable and inspirational, who tells how he was so taken with his own teacher upon first meeting him that he essentially stayed with him from that day until the teacher died many years later. He once went to the teacher with a list of his faults and suggestions as to how the teacher could improve. His teacher listened to the complaints then said: "Well, I am glad to know that you are not confusing me with your own perfect Buddha nature." What a wonderful teaching for us all.

As a student, often you will not be able to immediately perceive the real lesson in an instruction, story, or interaction. Understanding requires cultivation, repetition, and reflection. When your mind is locked, it may well be that the best way for a teacher to help you gain clarity is through creating so much confusion or frustration that your mind finally lets loose. This is never fun and can seem so illogical that you doubt the truth of it. It is also true that a teacher may not know what you need to learn. It is up to you to periodically check in with yourself and see if it feels as though you are learning what you need to know.

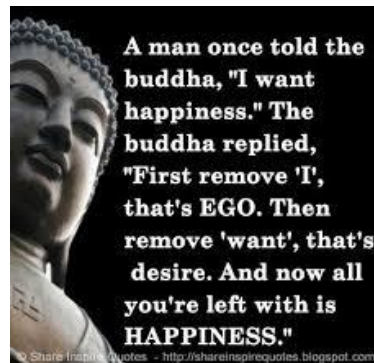


### Source of Inspiration

I was not someone who easily took to working intensely with a teacher. I knew that I needed one, but which one? I was too aware of the human flaws of each teacher I met. Accustomed to relying on my own counsel, I sought knowledge from one teacher after another without extending the trust that would have left me feeling vulnerable. I made many mistakes along the way because I

didn't have a teacher to help me interpret my experiences at key junctures in my life.

A good teacher can inspire by their manner of teaching or by the state of their own inner being as reflected in their words and actions. They may create an atmosphere in the room that stimulates your practice, or may be such a great listener or storyteller that it kindles your enthusiasm. It may be the teacher's life story or specific experiences that inspire you and keep you going in your practice.



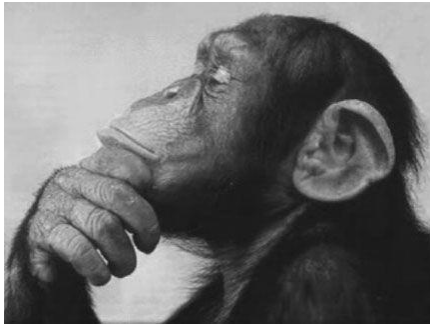
Because of the tendency to glorify the ego, you are always called on to honestly work through the motivation of your spiritual seeking, owning the fears, the escapism, and the spiritual ambitions that are inevitably there.

Gradually, you begin to uncover your heart's spontaneous yearning to be aligned with the ground of life itself. Sometimes it is hard to believe that this innocent, sincere yearning is in you, but it is there, and a teacher's job is to hold that faith with you and help you find it for yourself. "

### Reference:

Moffitt, P. (2011). DharmaWisdom. *When the student is ready*. Retrieved from <http://dharma wisdom.org/teachings/articles/when-student-ready>





## The Pendulum

### "Dowsing" or "Divining"

"Pendulum dowsing has also been called "divining" for its ability to provide information and predict the future. The term "pendulum dowsing" is often used to refer to the search for specific targets, whereas the term "pendulum divining" is most often used when seeking precise information.

#### History of pendulum dowsing

Historically, dowsing has been known for its ability to locate water, gold, oil and other minerals, but it has also been used in many instances involving issues of life and death. In France, physicians have used the pendulum to assist them in making diagnoses; the use of the pendulum is officially considered to be a science known throughout Europe as Radiesthesia or in French "Radiesthesie".

Pendulums have an amazing range of uses and have been employed by many different cultures for thousands of years. The oldest known recorded pendulum use is eight thousand years old, recorded in ancient cave drawings in Algeria. Chinese emperors used pendulums to predict the future. Moses used one to discover water hidden in a rock. Pendulums have fallen in and out of favour over the years, and at times were outlawed and feared. There are a lot of misconceptions about pendulums even today. There is nothing to fear here. It is human energy, working in concert with the natural world around you that makes the pendulum swing in a meaningful way.

#### How does pendulum dowsing work?

Just as radios pick up information from unseen radio waves, the pendulum is a powerful antenna that noted physicist, Albert Einstein, was known to perform impressive feats with such dowsing tools. He believed that it had to do with electromagnetism: just as birds migrate following the earth's magnetic field, dowsers react to energies that are unseen and still not fully understood.

Some people say that the pendulum creates a bridge between the logical and intuitive parts of the mind. Some say that the pendulum connects them with a higher power and call it "divining" as the information is believed to come from a divine source. Research by many scientists indicates that the pendulum responds to electromagnetic energy that radiates from everything on Earth.

No one knows for sure how the pendulum works, but the important thing is that it does work! As Thomas Edison is said to have replied when asked about electricity: "I don't know what it is, but it's there, let's use it."

Other famous dowsing advocates in history include Leonardo De Vinci (inventor), Robert Boyle (father of modern

chemistry), Charles Richet (Nobel prize winner), and General Patton (U.S. Army).

#### Where does a pendulum get its answers and how does it work?

Ideally, you want your pendulum to get its answers from your "higher self" - aka your intuition. Each time you use your pendulum you need to cite the source of the pendulum's answers to ensure that you're getting info that comes from your intuition.

To explain how it works, let's use an old-fashioned radio as an analogy: Your body is the radio antenna, your intuition is the radio receiver - and signal descrambler. The pendulum is the radio speaker. Your body, the antenna, with its many senses, is constantly picking up data (seen and unseen) from the world around you. This information is unconsciously conveyed to, stored in, and processed by your intuition. When you "ask your pendulum" a question, your intuition looks at the vast array of data it has at its disposal and transmits the answer to the question by way of a signal, using your body's nervous system. The signal runs down your arm, through your wrist and out through the pendulum. The pendulum, your radio's "speaker", announces the answer to your question using a signal which you "listen to" with your eyes - observing the direction and intensity of the pendulum's swing. Continuing with the analogy, we consider a weak pendulum swing to be a "quiet" response and a big swing, a "loud" one. In fact, when you're using your pendulum, you can tell it to "Answer louder" if it's not swinging big enough to discern the signal.

#### How to use a Pendulum: a step-by-step guide

Learning to use your pendulum is easy and it won't take long before you master the skill. Practice does help though, so in the beginning, start with easy questions to get the hang of it.

1. **Make your mind ready** – Free yourself of internal and external noise. Relax and focus. Clear your mind of worries. Use your pendulum anywhere at any time.

2. **Position yourself and your pendulum** - Ideally, you should sit up straight and if possible, both feet flat on the floor. Grasp the top bead or fob between your thumb and forefinger - or if you prefer, you can grasp anywhere along the chain, as long as you leave at least 8-10 cm between your fingers and the pendulum's weight stone. Arch your wrist slightly, steady your forearm (but not your hand) on something solid, like the edge of a table or arm of a chair. Let the pendulum just dangle. Try to hold very still, but don't worry if your hand shakes a little, it won't affect the outcome.



3. **Program your pendulum's signals.** You only need to do this step once, unless you decide to make changes afterward.

Before asking any questions, you must establish signals for each of these answers:

**Here are some common, easy-to-read signals that you may choose to use:**

1. Front to back - Neutral or Undecided (wait for a more definite response)
2. Side to side - Maybe (wait for a more definite response)
3. Clockwise circle – Yes
4. Counter clockwise circle - No

To begin, first decide what your signals are and then demonstrate them one by one. Tell your pendulum what you want it to use for "yes" - as you demonstrate what the signal looks like (and feels like). Then do this for a "no" signal, again while demonstrating it. Then finally for "maybe" or "Undecided". Here's an example of how to program the "yes" signal: Holding the pendulum in position, say "When I ask a question and the answer is "yes", move like this, in a clockwise circle." (if that's the signal that you chose for yes). Say this as you swing the pendulum in a clockwise circle.

**4. Verify the signals.** To test out the trustworthiness of your programmed signals, ask a couple of test questions, such as "Is my name Billy?" Or, "Is today Tuesday?" (or Friday, etc.) Basically, you want to verify that yes is yes and no is no. If the signals are not coming out right, go back to step 3 and reprogram the pendulum.

**5. Program your pendulum's source:** Include this step every time you use your pendulum. Establish where the answers will come from. If you skip this step, your pendulum will only access your subconscious mind. You really want it to tap into your intuitive, or higher self. At the beginning of each session, say "I call upon the higher self to answer these questions. I seek only absolutely truthful answers, which are aligned with the highest and good for all concerned." Whether you say this out loud or inside your head is up to you. Do what you are comfortable with, and of course, feel free to tailor this language as you see fit.

**6. Ask your question.** Ask questions that can be answered by YES or NO. Be as specific as you can in your phrasing. Avoid asking for opinions or using the words "should" or "supposed to" in your questions.

**7. Wait for the answer.** Be patient. Concentrate on your question (closing your eyes may help), but do not concentrate on what you think the answer should or will be. Remain detached about the answer and focus only on receiving a correct, unbiased answer. When the pendulum swings, look at it - observe its direction. This is your answer. If it doesn't move right away, give it time, or if it's unclear what the signal is, try rephrasing the question and do it again. When the pendulum swings with great force, it's answering loudly. If it swings with only light force, you can interpret this as a quiet, perhaps less committed response

**8. Clear the pendulum** at the end of each question by touching its weight on to the palm of your free hand or on another surface. This signals that your question has been answered and you are ready to move on to the next question.

**Protect your pendulum when not in use.** A great way to do this is to wear it on a neck chain. That way it will receive your energy all day long, and will be readily attuned to your

body's energy and vibrational level. Or keep it in a pouch, safely protected.

#### Helpful Tips

1. Relax, Quiet your mind, enjoy the connection.
2. Be open, neutral and definitely do not try to predict answers or outcome.
3. Be clear in the way you phrase your questions.
4. Be patient, be present.
5. To get a stronger response, say "respond louder please" or "be more clear."
6. Cup your other hand underneath the point or weight stone to help focus energy.
7. Be objective
8. Be unemotional"

#### References:

1. Ask Your pendulum (2016). *Teach yourself how to use a pendulum*. Retrieved from <https://www.askyourpendulum.com>
2. Pendulums (2017). Retrieved from <http://www.pendulums.com>



*"In ordinary waking consciousness, you touch your finger to a rose and feel it solid, but in truth one bundle of energy and information – your finger – is contacting another bundle of energy and information – the rose. Your finger and the thing it touches are both just minute outcroppings of the infinite field we call the universe."*

- Deepak Chopra



#### Reference:

- Chopra, D. (1995). *Journey into Healing: Awakening the wisdom within you*. London: Rider.

# What's Happening

## 'From Chaos to Coherence: Thriving in a world of extremes'

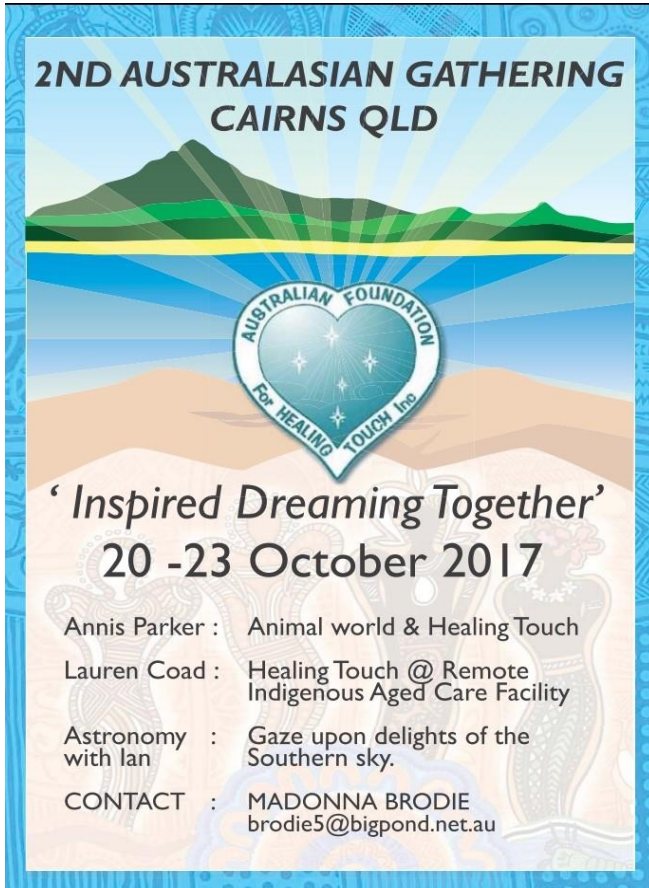
Presented by Gregg Braden and Dr Bruce Lipton  
at the Pullman Hotel  
on the 15th of February 2017.

They are only sharing the stage in Auckland for one evening.

The evening will be fast paced and full of the most recent research and scientific discoveries that overturn 150 years of conventional scientific knowledge.

More information about the evening is available at this

link: <http://www.chrishooper.com.au/gregg-braden--dr-bruce-lipton-2017.html>



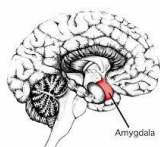
**2ND AUSTRALASIAN GATHERING  
CAIRNS QLD**

**'Inspired Dreaming Together'**  
**20 -23 October 2017**

Annis Parker : Animal world & Healing Touch  
Lauren Coad : Healing Touch @ Remote Indigenous Aged Care Facility  
Astronomy : Gaze upon delights of the Southern sky.  
CONTACT : MADONNA BRODIE  
brodie5@bigpond.net.au

## Amygdala Connection Course

July 2017



A useful healing technique for  
Post-Traumatic Stress Disorder (PTSD)  
Chronic patterns of fear, panic and anxiety

Instructor: Deb Carter

**Date and venue to be announced**  
**Pre-requisite: Level 3 HT and above**

## Caroline Myss



Many of us have read and re-read the amazing array of books Caroline Myss has written over many years. Several years ago, a number of us

were lucky enough to attend a most enjoyable one day event workshop with Caroline Myss in Auckland.

Caroline is an internationally renowned speaker in the fields of human consciousness, spirituality and mysticism, health, energy medicine and the science of medical intuition. She established her own educational institute Caroline Myss Education (CMED) in 2003. It offers a diverse array of programs devoted to personal development drawing students from all over the world. Caroline maintains a rigorous international workshop and lecture schedule.

Many of our Members may not be aware of Caroline's free resources available to them online, below is a sample of what is available to us all - Enjoy!



Open the Tool Box

### Caroline Myss: Free Online Resources <https://www.myss.com/section/free-media/> Free Media

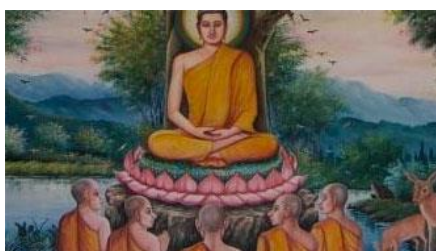
CMED's Free Media Centre, features a selection of sixty-five free to watch and listen, audio and video workshops and events. Caroline is committed to offering these valuable programs for free so that everyone can benefit from the wisdom of our leading spiritual teachers.

**More Free Resources that include** tools, inspiration and information you'll find most helpful on your path to becoming a more conscious, powerful, energized and healthy person.



### Sacred Contracts and Archetypes

To help you understand and fulfil your Sacred Contract, you have been encoded with a set of 12 primary archetypes.



### World Religions

Learn about the similarities and distinctions among the world's many spiritual traditions.



### Your Daily Practice

Each day is a new beginning. Your task today is to learn the practice of consciously entering your body and your day.



### Take Charge

Learn how to take charge of your money, creativity, health, relationships and spirit. Intention without action amounts to nothing, so take charge today!



### Chakras: Your Energetic Being

Explore your seven power centres and see how they reflect what's happening in your body and in your life.



### Entering the Castle Online Feature

Discover what it means to be of service to this world as a person who has the soul of a mystic while leading an ordinary life.



### Visual Meditation

Begin and end your day with this powerful, practical and inspirational meditation.



## HTNZ's Course Co-ordinators

Wellington	Rest of the North Island	South Island
<b>Berylla Jones</b> 06 364 0356 021 047 2913 <a href="mailto:berylla@ts.co.nz">berylla@ts.co.nz</a>	<b>Pam Viljoen</b> 021 862 302 <a href="mailto:pvee24@hotmail.com">pvee24@hotmail.com</a>	<b>Jane Carter</b> 03 332 2113 021 130 6563 <a href="mailto:janecarter@paradise.net.nz">janecarter@paradise.net.nz</a>

## PRACTICE NIGHTS

### **Christchurch Practice Nights:**

First Tuesday of each month.  
 Canterbury Student Health Centre. 90 Ilam Road, Christchurch.  
 Time: 7.30 - 9.30.  
 Call Deb Carter  
 Mob: 027 601 6800

### **Taranaki Healing Touch Support and Practice Meetings:**

First Wednesday of each month  
 Egmont Village Community Hall  
 Time: 7.30 - 9.30.  
 Call Yvonne Geeraedts  
 Mob: 06 755 2998

### **Wellington Practice Nights:**

Third Wednesday of each month.  
 22 Panama Street.  
 Call Berylla 021 047 2913 or Janet 021 963 666

### **Auckland Practice Nights:**

Second Tuesday of each month  
 Browns Bay Community Centre (Inverness Room), 2 Glen Road, Browns Bay, Auckland 0753  
 Time: 7.30 - 9pm. Please arrive from 7.15pm to help set up.  
 Cost \$5.00  
 Contact Pam Email: [pvee24@hotmail.com](mailto:pvee24@hotmail.com)

**We wish you  
 a  
 Happy New Year!**



## CLASSES FOR 2017

Please register your interest on the HTNZ Website: [www.healingtouchnz.com](http://www.healingtouchnz.com) or with the appropriate Coordinator above.

We will contact you when the numbers are sufficient for a class to run.

**Reminder - All members can do refreshers for 50% discount**

City	Venue	Level 1	Level 2	Level 3
<b>Napier</b>	Tennis Pavilion, Heipipi Road, Esk Hills, Eskdale	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00	
<b>Christchurch</b>	University of Canterbury Health Centre 90 Ilam Road, Christchurch	Tutor: Debbie Carter Date: March 11 <sup>th</sup> –12 <sup>th</sup> Time: 8.30am-5.30pm \$350.00	Tutor: Debbie Carter Date: April 29 <sup>th</sup> – 30 <sup>th</sup> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: Sept.30 <sup>th</sup> –Oct 1 <sup>st</sup> Time: 8.30am-5.30pm \$350.00
<b>Wellington</b>	<i>to be announced</i>	Tutor: Debbie Carter Date: April 1 <sup>st</sup> – 2 <sup>nd</sup> Time: 8.30am-5.30pm \$350.00		
<b>Tauranga</b>	Masonic Centre Cnr State Highway 29 & Hairini St Hairini 3112	Tutor: Annis Parker Date: Feb. 18 <sup>th</sup> – 19 <sup>th</sup> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00
<b>Auckland</b>	2 Kingsland Terrace Kingsland Auckland	Tutor: Annis Parker Date: May 6 <sup>th</sup> – 7 <sup>th</sup> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00	Tutor: Annis Parker Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00
<b>New Plymouth</b>	New Plymouth Vet Group 235 Devon Street East	Tutor: Sharron Maree Date: <i>to be announced</i> Time: 8.30am-5.30pm \$350.00		
<b>Nelson and Dunedin</b> We are keen to run classes in both these cities.	Please register your interest on the HTNZ Website: <a href="http://www.healingtouchnz.com">www.healingtouchnz.com</a> We will contact you when the numbers are sufficient for a class to run.			

## Advanced Classes for 2017

Level	Date	City	Venue	
<b>Four</b>	Nov. 9 <sup>th</sup> – 12 <sup>th</sup>	<i>to be announced</i>	<i>to be announced</i>	More details to be announced closer to the time
<b>Five</b>	Dec. 7 <sup>th</sup> – 10 <sup>th</sup>	<i>to be announced</i>	<i>to be announced</i>	More details to be announced closer to the time

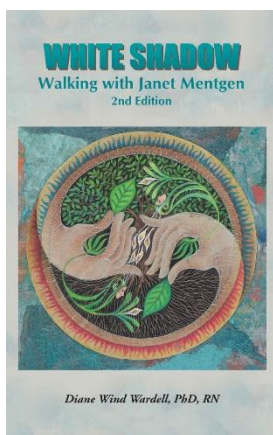




## BOOK NOOK

account of an insider's view of how Janet worked and lived. writing the *This is a glimpse into the way in which Healing Touch instruction was delivered in Janet's time and sharing in some of her personal life is a gift to those who do this work.*"

Available for US\$28.00 from  
<https://www.healingbeyondborders.org>  
<https://www.amazon.com>



Janet Mentgen was a master teacher and healer. She was the founder of Healing Touch. The central focus in this second edition of *White Shadow: Walking with Janet Mentgen* is the teachings of Janet, which are augmented by additional quotes and excerpts from her journal writings and personal communications and interviews with others.

### About the Author

Diane Wind Wardell, PhD, RNC, CHTI is an Associate Professor of Nursing at the University of Texas Houston Health Science Centre where she teaches graduate nursing courses, is a women's health care nurse practitioner providing care for pregnant teenagers and has a Healing Touch practice through the university's health services. She is the Research Director for Healing Touch International and teaches in the Healing Touch program.

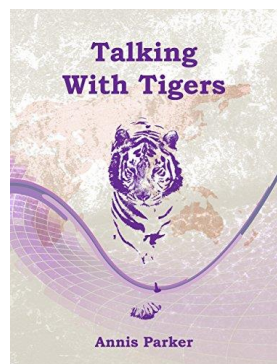
### Segments of customer reviews taken from Amazon.com

*"Diane Wardell has written a very moving account of her mentor and her own life changing experiences. In White Shadow Ms. Wardell has given us a wonderful insight into the art of Healing Touch and the lives of those who are dedicated to its practice. While the book is directed towards health professionals and those who strive to acquire the ancient skill, it is also enlightening to anyone who wishes to learn more about Healing Touch. White Shadow is a very personal account of the people involved in bringing this art into modern times and western medicine. I was very taken up by this story, educated, and touched. Wardell has given us an opportunity to see how an individual can awaken the healing abilities that lie within us all."*

*"This is the sort of book one likes to dip into, ponder its lessons and return to savour again and to chew on."*

*"As a HT student, I really enjoyed this book. Wardell is like a wonderful older student or big sister who helps you with your homework. I learned more about Healing Touch and got a better sense of the spiritual aspects of the work."*

*"As a Healing Touch student and now practitioner, I was keenly interested in learning more about Janet Mentgen, the founder of Healing Touch. It was intriguing to get a first-hand*



*"This is a collection of stories and lessons from a life experience that finds absolute delight in teaching people how to view and work with animals - increasing their understanding of what the animals have to teach us."*

*"Talking with Tigers' is to be transported into Annis' world, a place of remarkable experiences, fascinating stories and compassionate and deep understanding of almost any creature that you can imagine."*

*"Annis helps us understand and get to the bottom of an animal's distress and how to relieve it. She describes perspectives and intelligence in creatures so often not sensed by well-meaning humans. An invaluable guidebook for animal communication, energy work and healing."*

To purchase a signed copy of

**Talking with Tigers**  
 written by Annis Parker

Please contact Annis directly  
 Email: [annis.parker8@gmail.com](mailto:annis.parker8@gmail.com)

Available for NZ\$25.00 plus postage  
 and packaging

**Who will have the Last  
 Say?**

*"Dare to love yourself  
 as if you were a rainbow  
 with gold at both ends." – [Aberjhani](#),*

Journey through the Power of the Rainbow: Quotations from a  
 Life Made Out of Poetry. <https://www.goodreads.com/>