



Healing Touch  
New Zealand

# Quarterly Connection

Issue 1

Third Quarter 2016



*"The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man. - Euripedes (484 BC – 406 BC)."<sup>1</sup>*

# Yardi Ya



## Meet your new editors

Well, hello from both of us. It was a very spur of the moment decision to try the hand at writing or let alone organising a newsletter. It must have been a moment of madness or we were carried along with all the exciting things the committee have proposed. Rather than being swept along we looked at each other and thought maybe we could offer our services and be part of this wave. The exciting phase has passed! Now the fear and trepidation of putting together a newsletter needs to pass, so that balance can be restored. Let's face it we are talking energy here.

With gusto we have taken the newsletter by the horns, have thrown some ideas together, and mixed them up a bit to see what transpires. Maybe it's like cooking a cake! "Sure to rise" (Edmonds Baking Powder). Or maybe it is just ensuring the right ingredients are added, a good quantity of the basic with a few added articles of interest to give the newsletter some zest.

Our input is just the beginning; we would like your input too. Feedback, suggestions, questions or your items of interest. Anything you feel may be of interest to the wider Healing Touch community will be considered.

We look forward to hearing from you.



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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



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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 31<sup>st</sup> October 2016***

### **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 - August 2016

By Deb Carter, CHTP/I, Chairperson



As I sit on a craggy point, on top of the Port Hills high above Christchurch with the vista that encompasses all directions, I reflect on the journey that has led me to this moment. Facing East..... I reflect on 'potential' and 'new beginnings' South.....the place of joy and laughter and the lightness or levity in life West.....the place of introspection, reflection and space to quiet the mind, enter the silence and know the deepest wisdom that is available to assist decision making North.....the place of wise action.



I hear many of you speak of the huge value of belonging to a community and the need for a space that offers kindness and acceptance of the gifts and skills that you offer. In this time of chaos, walking a neutral and quiet trail, challenging our inner judgments and tendencies for isolation and separation, we need gentleness. Do we yearn to feel part of a community that reflects our inner most being? If there is a safe place to explore our inner spaces and feel supported in that journey, by others of like mind, there is a potential moment that may give rise to a nourished, healthy and connected community that is Healing Touch.

As I step into this new role of Chairperson I am aware of the responsibility that we have to encourage that connection. I am so very grateful for the huge amount of work that the previous committee led by Berylla, has done, in encouraging connectedness and lifting our organisation status to one that that has allowed us to be fully updated as an incorporated society and have a smooth online banking facility.

I would like to introduce and thank all those new and familiar faces that have stepped forward onto the 2016 committee. Alongside me, the committee stands with Sandra

Martin and her great wisdom with figures, Berylla Jones and her inspired vision as immediate past president, Sharon Gardiner as administrator/secretary, Annette Gillespie our nurse of deep insight, Jane Carter as SI Coordinator, and our new members Ian Thurlow and Karen Wason who bring much community, business wisdom and passion to the team. You will notice Gwyneth and Karen have been inspired to write our newsletters and I want to thank also those who sit just in the background who are willing to be seconded onto smaller groups should the moment arise. Chris Tuite continues to do a brilliant job as an administrator for course finances and reporting. She has also taken on data base and membership and has streamlined our accounting to members.

I feel very excited by this time of change where there is potential for HT practitioners to be involved more fully as a team within the community moving forward. Watch this space for more updates as plans fall into place with a new project quietly manifesting in Christchurch.

Classes for 2016 have been busy in Christchurch with three level 1's, a Level 2 and 3 class, and with another Level 1 and 2 planned over the remainder of this year. Annis and Pam have been busy driving Auckland, Tauranga and Hawkes Bay with a Level 1 in Tauranga, and Napier in a few weeks. Sadly, they have had to cancel some proposed courses in all of these venues. So keep talking and sharing the benefits and wonders of Healing Touch to friends, families and colleagues. Berylla continues to inspire interest in Wellington with a Level 1 coming up in November. We have eleven Level 4 students who continue on with their 18 months of mentored journeying, in preparation for Level 5 next year. I look forward to you becoming Healing Touch Practitioners. Jane and Maureen worked brilliantly together to connect and coordinate the South Island courses, which included a very busy end to 2015, culminating in a Level 5 class and four new Healing Touch Practitioners.

Annis is continuing on with her Level 4 Instructor training and will be doing her solo in Australia. We look forward to being able to run Level 4 class with Annis in NZ in the future. Berylla is continuing her path to become a Level 1 Instructor and I am aiming towards training as a Level 3 Instructor.

HTNZ's focus over this next year is to continue to drive interest in courses and in doing so provide a marketing strategy with ideas for making Healing Touch more visible in our community. Plans to update our website are in process. We also feel excited to offer opportunities for continuing education courses for our Healing Touch communities throughout the country.

My thanks and gratitude go out to all those who volunteer their many hours for Healing Touch in our community. I know that the care and kindness that we offer gives hope to many and makes a difference in people's lives.



# 2015 - 2016 Chairperson's Annual Report Healing Touch New Zealand (Inc)

By Berylla Jones, CHTP, Outgoing Chairperson



This will be my last annual report as Chairperson of Healing Touch New Zealand. Pressure of other commitments have forced me to look at where I need to put my energy.

It has been a busy year for the team of coordinators, instructors and committee members. We have expanded in the North Island with classes in Tauranga and an increasing number of courses offered in Auckland with classes in Napier and New Plymouth.

The new coordinators, Pam, Jane and Maureen have provided very welcome support for the instructors - Annis, Debbie and Rosalie (from Australia). We saw a Level 4 and 5 in Akaroa and now welcome four new Healing Touch Practitioners, Janet Barry Martin, Rose MacKinnon, Pauline Leask, Erica Olsen. Congratulations to you for all the hard work that has led to this achievement.

Thanks to Annis and to Debbie for their dedicated work as ambassadors and teachers of Healing Touch. They have had a busy year. Your support and encouragement has been invaluable.



Regional practice groups are now established in Auckland, Christchurch and New Plymouth. We also offer a monthly opportunity in Wellington for people to gather and share, but need a class or two to run for the numbers to increase. Special thank you are extended to the members who have volunteered their time to run and support these events on an ongoing basis.

Sandra continues her work with the books and streamlining our procedures. Chris Tuite has stepped in to provide an important support for Sandra by taking on the work of courses treasurer and now membership secretary. My thanks also to Annette and Michi for their work on committee. They bring valued perspectives to our discussions. We will be saying goodbye to Michi. I will miss you on the committee Michi and have been so thankful for your continued work as secretary.

It is essential for people to step forward to continue to support the growth of Healing Touch. The most valuable attribute for new people is enthusiasm and a vision for the growth of Healing Touch. The vacant positions are

Chairperson and Secretary as well as committee members. We will still have seasoned and knowledgeable members to provide encouragement and support. I have found tremendous support and feel I have grown through my position on the committee. I encourage you to contact committee members to ask for further clarification.

Committee meets around four times a year with some Skype meetings as well. In the last four years we have had two weekend meetings where we can take the discussions deeper and look at long term visions and planning. Many hands make light work so please do consider putting yourself forward.

In the coming year we hope to focus on supporting our instructors to continue their training so we can have a strong base of New Zealand Instructors. We will also be supporting and strengthening the regions through providing more events, professional development opportunities and social events like movie evenings and pot lucks. Continued promotion will be ongoing with attendance at expos and other similar events.



Thank you Berylla (via Michi) for all your hard work as Chair for HTNZ  
We all appreciate you



Outgoing & Incoming Chairpersons  
Best Wishes Berylla and Deb





# NATIONAL

## Committee Speak

The HTNZ 2016 AGM was held at the Student Medical Centre Ilam University Christchurch on Saturday 4th June 2016 at 11am

**We are delighted to introduce your new HTNZ Committee.**

### Chairperson

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## Message from Membership

### Administrator - Christine Tuite

Hello everyone,  
Current membership for 2016-17 is now past due, so a reminder to anyone still intending to renew, we would be grateful if you could go ahead with your due amount. If you would like to chat to me about your renewal my email contact is: [htnzsubs@gmail.com](mailto:htnzsubs@gmail.com)

Do you know anyone who is interested in becoming a member?  
If so, please direct them to the website:  
<http://www.healingtouchnz.com/>

Thank you for replies from people wishing to be listed on the website. One or two are yet to pay membership subscriptions. I have also had some applications for the separate profile listing advertising yourself on our website (Please note we no longer print leaflets with practitioners' names). Please email me for an application form if you have accidentally deleted it and want another.

**N.B. This is only open to members who are HTP (completed Level 5), CHTP (Certified Healing Touch Practitioner), or CHTP/Instructor**





## Balancing Rocks or Shifting Sands – Getting close to nature

By Co-editor Gwyneth Steenson

Several years ago when visiting North Queensland, I was looking at a map and was drawn to the name Chillagoe, three to four hours inland from Cairns. It was an impromptu decision filled with curiosity and a small sense of adventure. When I arrived, I found that Chillagoe was an old mining town and its main resource is marble. There were tours to limestone caves which needed to be pre-booked, and a hill nearby with aboriginal paintings and balancing rocks. Unfortunately, the limited accommodation was fully booked. Needless to say the visit was to be fleeting due to no accommodation and lack of time for my return trip to Cairns. I decided to visit the aboriginal paintings and balancing rocks. When I arrived at the parking area there was a tower of grey rock.

*“So divinely is the world organised that everyone of us, in our place and time, is in balance with everything else. - Johann Wolfgang von Goethe (1749 – 1832).”<sup>1</sup>*

As I gazed from the car I saw a rock protruding off the top of the tower, seemingly defying gravity. Continuing to gaze up I saw other rocks that appeared to be sitting precariously. I wandered into this area of unusual rock forms. It was very still and peaceful. It felt sacred. There were two majestic rocks standing like sentinels balancing on small rocks guarding this rocky grotto. Mother Earth’s signature to art, science and math through beauty, pattern, structure, organisation balance and harmony. Nature’s perfection.

Balancing rocks are found in a number of countries around the world and in some instances they make a spectacular phenomenon. Many balancing rocks have been created by wind, water, chemical erosion or glacial activity.<sup>2</sup> These rocks may be attached to a base rock by a pedestal or stem keeping them secure and giving the impression they are

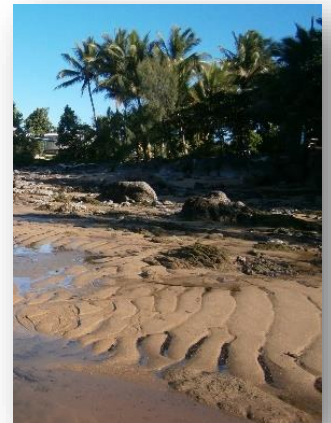


Balancing rocks, Chillagoe

balancing.<sup>2</sup> On close examination, the Chillagoe balancing rocks looked tenuous on their pedestal of small rocks. However, there was a sense of strength, endurance, purity, harmony, balance and tranquillity with these rocks.

Symbolically rocks are recognised as divine and eternal,<sup>3</sup> a house for the spirit, as building blocks for the soul, a home for our deceased or living, or the bones of earth.<sup>3,4</sup> These rocks have organised patterns as does our physical body,<sup>5</sup> rocks are structured as is the human frame, they are balanced just as our cores are, and they are attached to base rocks and earth just as our feet are firmly grounded. The rocks are exposed to elements and forces which alter appearance and destabilise just as the human physical body and subtle energies are.

We look at nature to understand energy. It is never static. When we observe nature all our senses come into play – we see, we hear, we touch, we smell, we taste and we feel. Energy is like shifting sands in a desert or on a beach. The landscape changes on a regular basis depending on the prevailing wind or ebb and flow of the sea. Like the environment the patterns in our energy field changes with the ebb and flow of stressors. Providing the pattern or flow is maintained or balanced then we experience health.<sup>5</sup> However, when that pattern is disrupted we may no longer feel at ease with ourselves or the environment. With stresses in our life it is important that we maintain our own health and wellbeing.<sup>5</sup> In the same fashion as we observe nature and watch Mother Earth’s ability to heal, we can use all our senses to examine our personal space, the subtle bodies, physical body, the core and grounding, our balance, pattern and structure.<sup>5,6</sup> Once we have an understanding of our energetic patterning and any disruptions of flow or structure we can then begin to heal ourselves. This can be done in many ways by just being at one with nature, through art, listening to music, being creative,



Flying Fish Point, QLD

finding a space to relax, meditation and self-healing techniques.<sup>5,6</sup> It is important that we regularly examine our energies for personal healing and to strengthen our ability to work as healers.<sup>6</sup>

*“We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves.*

*- Francis J. Braceland (O Magazine, April 2003).”<sup>1</sup>*

Two Healing Touch techniques which are very useful to balance, strengthen and calm are the Chakra Connection and Mind Clear.<sup>7</sup> Both of these techniques can be self-administered and are included in this newsletter for personal use and can be used as a handout for family, friends and clients.<sup>7</sup>

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**We invite you to share your animal Healing Touch stories with us all.**

*Thank you for sharing the next story with us Annis.*

## Animal Inspiration



### Raining Cats & Dogs

By Annis Parker

*Ok, take your mind to the Island of Kauai in the Hawaiian Group. It is a lovely day. One of my USA colleagues had hired a convertible sports car and was determined to show me the island along with one of my other Healing Touch friends. (We were really there for a conference.)*

*They were ‘shoppers’ which I definitely am not so when they went into the ‘umpteenth dozen’ shop I stayed outside to talk to a cat. This grey cat was curled up on a wicker chair, which had more holes in it than a sieve, but somehow the grey cat, managed to gracefully sleep. I didn’t think she looked in the best of health. How did I know she was a ‘she’ – I don’t know – she just was. I silently told her who I was, what I did and asked permission to check her auric field and chakras. At some level I received a tacit consent, which is what I seem to get, when working with cats, both big and small. I checked her field and chakras and there was absolutely nothing happening. Treatment is always quick and easy, as they know what to do. She then raised her head, looked at me then past me looking down the street. Within a minute there were dogs coming around both corners of the street. They stopped, then sat silently, waiting in order, for their turn. When my friends came out of the shop they said ‘what is happening?’ I said “they just came, so I have to treat them.” My friends went to coffee and I worked with one dog after another. When they had been treated (mostly by draining stress from their heart chakras) they left.*

*What is the learning from this? I know that the animals are telepathic and I am also well aware that I tend to throw out a blanket healing thought to everything at times. No matter what it is, it hears and will come. This does cause an issue and I have to control this in lands with snakes and crocodiles! I know they hear us.*

*It is my perception that some of the newer children coming onto the Planet are also hearing us. We would do everyone a great service if we could clean up our random thinking and send love, peace and calm to all instead of the chaos which we are doing at the moment. This is a work in progress.*





## Remembering the Oneness of Everything that Exists

By Dr. Rangimarie Rose Pere, CM, CBE.

*Kia ora,*

*Greetings to all the esteemed people who have come to this*



*International Gathering of Hands On Healers. While we may celebrate our cultural cloaks with pride we need to remember that we are ONE in the Spirit. I am delighted to be back here in this part of Hawaiiki. I have come from the pulse of Hawaiiki, a part of Earth Mother that is known as New Zealand today.*

*Every day I send out the energy of Healing, through AROHA, unconditional love, to our Earth Mother Papatuanuku and all her progeny. To the children across the*

*world, I send the healing energy to their hearts. To the women across the world, I send the healing energy to their spleens, and I send the same energy to the livers of the men. A group of our Maori people received this following message from our Divine Source:*

*“You are implored to forget all past wrongs, as there have been mistakes on every side, and only with a mind of mutual cooperation and cultivation of a loving heart towards each other, humankind can now proceed into the future. Not to do so, will mean continued disastrous upheavals of Mother Earth, the like of which we have never experienced.*

*Pay attention and cooperate to develop “natural plants” and keep their seed, propagating them, each forthcoming season, in order to always keep a fresh supply. As Keepers of the land about you, concentrate upon growing as many varieties of fruit and vegetables and other plants as possible. The time is fast coming when many people will need food. Cooperation and a loving heart towards working with others for the future of Earth Mother, and the future of your children is imperative. There is NO time for politics, man-made systems must of their own accord, collapse without any help from those of good heart. It is ESSENTIAL that the work of preservation begin without delay, for Papatuanuku’s sake as well as your own.*

*Welcome the stranger with love in your heart and peace in your mind, for he or she maybe your brethren of the past or the future”.*

## INTERNATIONAL Healing Beyond Borders

*Our 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. We are “RA NGATI RA”, the “Living Breath” of the Central Sun, the Divine Spark. We begin and end with the Central Sun.*

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**Are you preparing for renewal of certification?**

**Do you have the required continuing education hours?**

**You may be interested in this.....**

**HEALING BEYOND BORDERS ARCHIVED CONFERENCE RECORDINGS**

These recordings can count as hours towards meeting requirements for continuing education hours for Practitioner Renewal applications. Order sessions from Backcountry Recordings below or call the Healing Beyond Borders for more information!

Were you unable to attend a conference or a workshop you would have loved to attend? The information is available to you now through our Healing Beyond Borders Audio Series. Use these recordings as continuing education towards your re-certification!

**<https://www.healingbeyondborders.org/index.php/education/hti-healing-touch-certificate-program/continuing-education#Recordings>**



## 2nd Quarter Update - Aiming Straight into the Future!

By Annis Parker, RGON, ADN, DipEd, CHTP/  
Board of Directors Member



*"I am an HBB Board of Directors member who lives in New Zealand and while this causes me to see the World through my unique lens, I recognize that there are many commonalities that we all share as we engage with this work of Healing Touch.*

*This means that while our thoughts may be heading into the future we are firmly in the present, working at creating a vibrant country with a solid base to enable Healing Touch to go forward into whatever is ahead.*

*I am sure I speak for a number of international countries when I say we face some common issues, which we are working to address. Like the many volunteers on the committees and boards of Healing Beyond Borders, Healing Touch New Zealand committee members are volunteers who have lives, which of course intervene. We have only three official Coordinators in our home country, with some local people who brilliantly help out in a town where we are hoping to run a workshop. At this point we have only 3 instructors in the whole country and one of those is currently inactive whilst she completes a raft of study.*

*Like Healing Beyond Borders, and its affiliate countries, Healing Touch New Zealand is a not for profit and has never been owned by any one person. This means that legally and tax wise we have to be totally up to date with ever changing legislation. It requires us to constantly be aware of our service and responsibility to the greater public.*

*I also know that the issues of building classes and communities, and moving Healing Touch into the forefront of people's minds is continuous and VERY hard work. We are not 'the only horse in the energy stable', even though I am biased and think we are the best horse. I also believe that the HTI Healing Touch Certificate Program is clear and the very important Standards and Code of Ethics are an amazing benefit.*

*So my question is, how can promoting Healing Touch and training people to increase the numbers, be made easier? Healing Touch is an amazingly vibrant process. It does have worldwide participants, throughout many facilities including health and education, but there is so much more at the grass root level.*

*I view every person as the stone dropped into the pool, with the ripples radiating outwards and influencing their area of contact. They do need to talk though. How can we throw not just one stone, but a truckload of stones, into the lake to enhance this process? I know that this is an issue for all of us.*

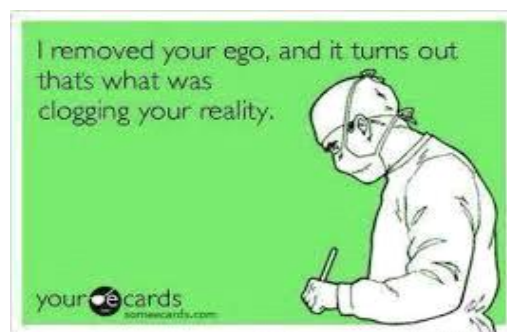
*We all have a need to maintain as big a Global view as possible. This is a very big ask when we can only work in the immediate area and in the present. However, this is the challenge... learning as much about the International World as possible, recognizing and maintaining the basic work of Healing Touch regardless of cultural differences of each and every country. This means all of us having our minds open others' differences, embracing and enhancing the qualities of the heart, which we know.*

*This requires a lifting of all our frequencies, not being caught up in the minutia of our lives but working for the "good of all". The strength of any organization is not in the individual parts but is in the sum of all the parts. So no matter what form our practices takes, the end goal can best be likened to us each being a cell of a big body, which we cannot see in its entirety. If you can think of yourself as one liver cell, you cannot even see the whole liver let along the entire body. However if, as that one cell, you decide not to work with your colleagues, sit with your arms folded on the couch, then the effect will be that this will spread and dis-ease results. This is not helpful.*

*Let us all lift our frequencies above the dross, defrag that which no longer serves, look at the Global picture (which we cannot conceive in detail) and move vibrantly into the next few years in a positive, loving attitude."<sup>1</sup>*

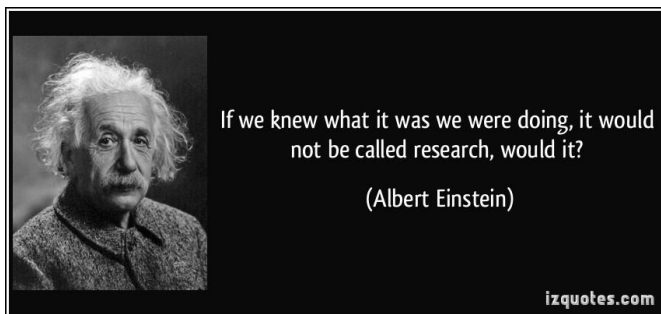
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**Check out  
Annis Parker's book in the  
Book Nook at the end of  
this newsletter**

**Talking with Tigers**



## RESEARCH

### Summary of topics on research and strategies for the future

#### A message from the Research Director

By Joel G. Anderson, PhD, CHTP

Research Director and Board of Directors

*“The purpose of this publication is to revise and synthesize the previous Healing Touch Research Survey into a document setting. Previous versions of the publication provided an overview of the current state of knowledge of Healing Touch research, as well as studies in progress. This older publication included a brief summary or abstract of each Healing Touch study or project, and identified whether these studies were published in peer-reviewed journals, Perspectives in Healing, presented at conferences, or were unpublished theses or dissertations. This new publication is different in many ways, as described below.*

*Why this change? The current focus of healthcare in the United States and internationally is on evidence-based practice. Healthcare providers look for and incorporate into practice research findings that have been peer-reviewed. Evidence-based practice involves a systematic review of the available evidence and ranks this evidence in a hierarchical fashion. While several different ranking hierarchies are used in health care (ex. Levels 1-4, Levels 1-5, Grades A-E), all focus on peer-reviewed publications. While all research related to Healing Touch is of value, either to determine efficacy, study design, methods or areas of focus, only those studies that are published in peer-reviewed journals will play a major role in supporting the evidence-based practice of Healing Touch and its inclusion in conventional medical care. Toward that aim, this new publication focuses only on those studies that have been published in peer-reviewed journals. Additionally, you will find evidence grades (A, B and C) for each section related to clinical research results. The historical listing of studies found in previous editions of the Healing Touch Research Survey is archived and accessible on the Healing Beyond Borders website. Additionally, a current bibliography of peer-reviewed articles involving Healing Touch can be found on the website.*

*Another significant change in this new publication is the inclusion of research that does not involve Healing Touch specifically, but is related to biofield and mind-body therapies. Evidence-based practice considers all of the evidence that relates to the clinical area of interest. In gathering evidence to support research studies and projects, investigators must review research related to the patient population of interest,*

*the disease process under study, or the symptoms to be managed. By including additional research related to biofield and mind-body therapies, such as Reiki, Therapeutic Touch, qigong, and meditation, the new publication gives a clearer picture of the state of the science in biofield therapy research, specifically as it relates to Healing Touch.*

*Finally, the new publication includes research strategies and priorities for future research involving Healing Touch. This synthesis of research findings related to Healing Touch would not be complete without including identified knowledge gaps and priorities for future research.*


*The intention of the Research Committee in creating this publication has not changed. The publication is meant to provide a reference tool useful for stakeholders to promote, encourage, and engage in research involving Healing Touch. It is hoped that this new format and approach will add clarity to that intention.”*

#### References

Anderson, J.G. Healing Beyond Borders. (2016). *Summary of topics on research and strategies for the future. A message from the research director.* Retrieved from <http://healingbeyondborders.org/index.php/shop/product/18-healing-touch-research-brief>

**HEALING TOUCH RESEARCH BRIEF**

A SUMMARY OF TOPICS ON RESEARCH AND STRATEGIES FOR THE FUTURE  
2015 Edition



Healing Beyond Borders  
Creating and Cultivating Healthy Self

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## INSPIRATION & SELF CARE

### Deep breathe your way to relaxation!

*“Deep breathing is a form of relaxation you can learn and practice at home using the following steps. It's a good skill to practice as you start or end your day. With daily practice, you will soon be able to use this skill whenever you feel stress.*

1. *Sit in a comfortable position with your feet on the floor and your hands in your lap or lie down. Close your eyes.*
2. *Picture yourself in a peaceful place. Perhaps you're lying on the beach, walking in the mountains or floating in the clouds. Hold this scene in your mind.*
3. *Inhale and exhale. Focus on breathing slowly and deeply.*
4. *Continue to breathe slowly for 10 minutes or more.*

*Try to take at least five to 10 minutes every day for deep breathing or another form of relaxation.”<sup>1</sup>*

#### References

American Heart Association. (2014). *Four ways to deal with stress*. Retrieved from [www.heart.org/HEARTORG/HealthyLiving/StressManagement/FourWaysToDealWithStress/Four-Ways-to-Deal-with-Stress\\_UCM\\_307996\\_Article.jsp#.V9eNfJh97IU](http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/FourWaysToDealWithStress/Four-Ways-to-Deal-with-Stress_UCM_307996_Article.jsp#.V9eNfJh97IU)



*Take your hands off the control panel  
Surrender feel the flow find peace  
"You can't fight City Hall" - Aveline*

## Everyday Healing

By Barb Schommer, RN, MS, CHTP/I

### “We learn how to heal- ourselves, others, the world”

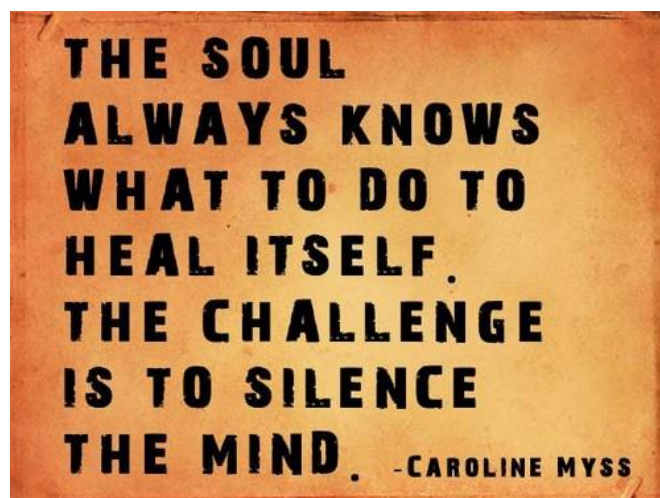
*Healing - it is what we are all about! It is why we come to Healing Touch classes Perhaps you have taken one Healing Touch class, or several classes, or been certified, or never taken a Healing Touch class, or taken a class a long time ago. You might be thinking “I don't even remember much about that class.” Perhaps the techniques and interventions you learned in that class or classes have slipped away from your memory or from your active practice.*

*The beauty of this work is that even if you think your brain has forgotten exactly how to “do” any one of the interventions, your cells “know” what to do. You reach out your hands and heart each and every day, offering healing to yourself and others. It can be as simple as a smile, a warm hug with intention to share heart love, looking another person in the eyes, letting your heart lead you into a room, filling a room with heart-centered loving energy. You use healing in your work life, in your home and family life, with friends, with strangers. It is allowing your healing presence to expand and fill the space around you. It is allowing yourself to live intentionally, with an awareness that you can raise the vibrations of the space around you.*

*Let your awareness expand into all the many ways you offer healing during your day. Celebrate this awareness and tap into it as you go about your daily life. Let “everyday healing” infuse you and radiate inward to yourself and outward towards others. Claim yourself as an everyday healer.*

#### References

Schommer, B (2012). *Education Insights. Everyday Healing. Perspectives in Healing. A Publication of Healing Touch International, 1st Quarter 2012, p23*. Retrieved from <https://www.healingbeyondborders.org/images/Newsletter/2012-1stQuarterNewsletter.pdf>



<http://www.lovequotesmessages.com/healing-quotes/>



## Self-Mind Clearing

*Adapted from Rev. Rudy Noel*

A light touch technique that balances the energy flow in the brain.

**Purpose:** To promote relaxation and peacefulness.

**Uses:** To focus or quiet the mind and clear stress-related headaches.

This technique may be done either sitting or lying down.

All hand positions are to be done with light touch.



**1** Hands on collar bones with arms crossed.



**2A** One hand across forehead, other hand cupping the back of the neck just under the skull.



**2B**



**3** Thumbs under base of the skull and fingers resting on back of the head.



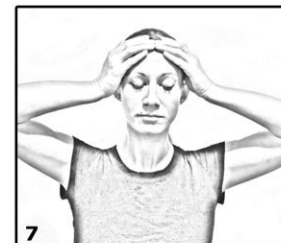
**4** Index and middle finger on the crown of the head with thumbs resting on the back of the head.



**5** Fingers just above the tops of both ears.



**6** Hands cupped over the eyes with fingers on the forehead.



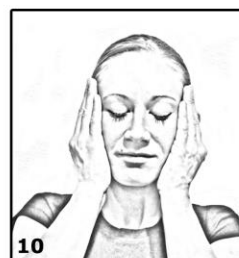
**7** Hands across the hairline with fingertips touching.



**8** Massage lightly over the jaw joints with fingertips.



**9** Gently sweep fingers from the mid-forehead to the chin then off.



**10** Lightly hold both the cheeks with cupped hands.



**11** End with hands on collar bones with arms crossed.



## Self-Chakra Connection

Find a comfortable position and follow the steps in figure 10 below. This technique may be taught to clients for self-care.

















|   |   |  |   |
|---|---|--|---|
|    |    |     |    |
| <b>1. Open Foot</b>   | <b>2. Ankle to Knee</b>   | <b>3. Knees to Hip</b><br>(Repeat 1-3 on opposite leg.)                              | <b>4. Both Hips</b>   |
|   |   |    |   |
| <b>5. Root to Sacral</b>  | <b>6. Sacral to Solar Plexus</b>  | <b>7. Solar Plexus to Spleen</b>   | <b>8. Solar Plexus to Heart</b>   |
|  |  |   |  |
| <b>9. Heart to High Heart</b>   | <b>10. Wrist to Wrist</b>   | <b>11. Both Elbows</b>   | <b>12. Both Shoulders</b>   |
|  |  |  |  |
| <b>13. High Heart to Throat</b>   | <b>14. Throat to Brow</b>   | <b>15. Brow to Crown</b>   | <b>16. Crown to Transpersonal Point</b>   |

Illustration: Self-Chakra Connection (Keith Austin, adapted from Mentgen, 2001)



### To Our Healers

*“Being a healer is a calling that has to be worked at, cherished, developed and celebrated with passionate energy. Moreover, the quality of the light and love we offer another person will not simply depend on the training we have had or the hours we have had or the hours we have put in, but rather is the outcome of who we are, how we honour our own life journey and who we are in the process of creating. For the New Healer, like the indigenous healer, this means being in a special relationship with soul and the Source.” (p. 40)*

*“The New Healer understands that healing is nothing less than the deep healing of the entire human family, the healing of the Earth and the Earth family.\* It can be done when each community becomes a place where soul is invited in. Then healing will be a celebration of life, of the journey of the soul and of being.” (p. 286)*

#### Reference

Angelo, J.D.L., Angelo, J. (2001). *Sacred Healing: A soul-based approach to subtle energy medicine*. Somerset, UK: Piatkus.

*\*Earth family: all other beings, apart from humans, who inhabit the Earth (to distinguish them from humans), such as animals, plants, etc. (p. 287)*

## Unfinished Business

Relaxing into meditation can be a wonderful state  
With the intention of resting one's mind and body  
Images arising are the icing on the cake

Unraveling one's life as the layers peel away  
Invites past experiences  
Creating new awareness  
How our past often influences  
The decisions we make

Past present and future  
Intermingled connected at once  
Can take us on a journey  
Of what is often referred to as fate

Again and again a key awaits  
To unlock and explore  
All the knowledge we already know  
Behind a waiting door

Rewards of understanding  
Of why and wherefore  
Can come at times with a need to know  
Available for all to explore

Unfinished business  
Knowledge infinite  
Treasures in the deep chest  
An opportunity to assess

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

By Co-editor Karen O'Carroll  
September 2011



## EDUCATIONAL

### Introducing HTNZ's Course Co-ordinators

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

## PRACTICE NIGHTS

### Christchurch Practice Nights:

First Tuesday of every month.  
 Canterbury Student Health Centre. 90 Ilam Road, Christchurch.  
 Time: 7.30 - 9.30.  
 Call Deb Carter  
 Mob: 0276016800

### Taranaki Healing Touch Support and Practice Meetings:

First Wednesday of the month  
 Egmont Village Community Hall  
 Time: 7.30 - 9.30.  
 Call Yvonne Geeraedts  
 Mob: 06 7552998

### Wellington Practice Nights:

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

### Auckland Practice Nights:

Second Tuesday of the 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  
 All students are welcome, no matter their experience. The group's goal is sharing with fellow enthusiasts to grow our confidence/skills and support/ guidance will be offered as required.  
 Contact Pam Email: [pvee24@hotmail.com](mailto:pvee24@hotmail.com)

## CLASSES FOR 2016

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>   | <i>to be confirmed by the coordinator</i>  | Tutor: Annis Parker<br>Date: Sept. 24 <sup>th</sup> – 25 <sup>th</sup><br>Time: 8.30am-5.30pm<br>\$350.00   | Tutor: Annis Parker<br>Date: Nov. 26 <sup>th</sup> – 27 <sup>th</sup><br>Time: 8.30am-5.30pm<br>\$350.00 |  |
| <b>Christchurch</b>   | University of Canterbury Health Centre<br>90 Ilam Road,<br>Christchurch              | Tutor: Debbie Carter<br>Date: Oct. 1 <sup>st</sup> – 2 <sup>nd</sup><br>Time: 8.30am-5.30pm<br>\$350.00<br><b>Early bird payment is due Sept. 2<sup>nd</sup>.<br/>Full payment due Sept. 16<sup>th</sup>.</b> | Tutor: Debbie Carter<br>Date: Nov. 5 <sup>th</sup> – 6 <sup>th</sup><br>Time: 8.30am-5.30pm<br>\$350.00  |  |
| <b>Wellington</b>   | <i>to be decided</i>   | Tutor: Debbie Carter<br>Date: Nov. 19 <sup>th</sup> - 20 <sup>th</sup><br>Time: 8.30am-5.30pm<br>\$350.00   |  |  |
| <b>Tauranga</b>   | Masonic Centre<br>Cnr State Highway 29 &<br>Hairini St<br>Hairini 3112               | Tutor: Annis Parker<br>Date: <i>to be decided</i><br>\$350.00   | Tutor: Annis Parker<br>Date: <i>to be decided</i><br>Time: 8.30am-5.30pm.<br>\$350.00                    | Tutor: Annis Parker<br>Date: <i>to be decided</i> .<br>Time: 8.30am-5.30pm<br>\$350.00 |
| <b>Auckland</b>   | 2 Kingsland Terrace<br>Kingsland<br>Auckland   | Tutor: Annis Parker<br>Date: <i>To be decided</i><br>\$350.00   | Tutor: Annis Parker<br>Date: <i>To be decided</i><br>\$350.00  | Tutor: Annis Parker<br>Date: <i>To be decided</i><br>\$350.00                          |
| <b>New Plymouth</b>   | New Plymouth Vet<br>Group<br>235 Devon Street East                                   | Tutor: Sharron Maree<br>Date: <i>to be decided</i><br>\$350.00  |  |  |
| <b>Nelson and Dunedin</b><br>We are keen to run classes in both these cities. | At the moment, <b>we are hoping to run a Nelson class tentatively for April 2017</b> |   |  |  |

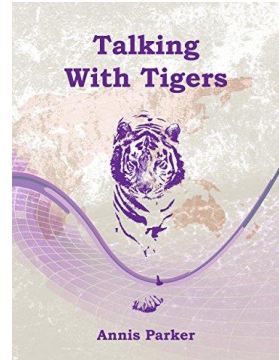




## BOOK NOOK

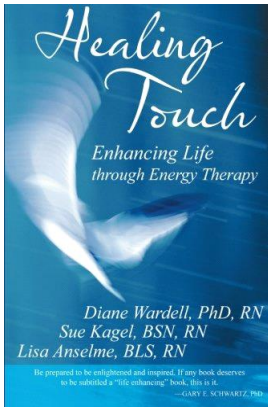
### A Sneak Peek at Annis's book

*"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."*



**Enhance your life.**

**Learn how Healing Touch can benefit you personally or professionally. This book is for those who are curious, interested, work in health care or healing arts fields.**

*Healing Touch: Enhancing Life through Energy Therapy is a book of wisdom and guidance for those interested in learning about energy healing, holistic*

*health care and further developing their skills. Forty-four contributors from around the world share expertise, experiences, passion, and caring exemplifying how to use Healing Touch to better our lives, community, and world. This guide was carefully edited by Diane Wind Wardell, Sue Kagel and Lisa Anselme.*

**Available from Healing Beyond Borders online store for US\$28.00. Retrieved from <https://healingbeyondborders.org/index.php/shop/product/176-healing-touch-enhancing-life-through-energy-therapy>**

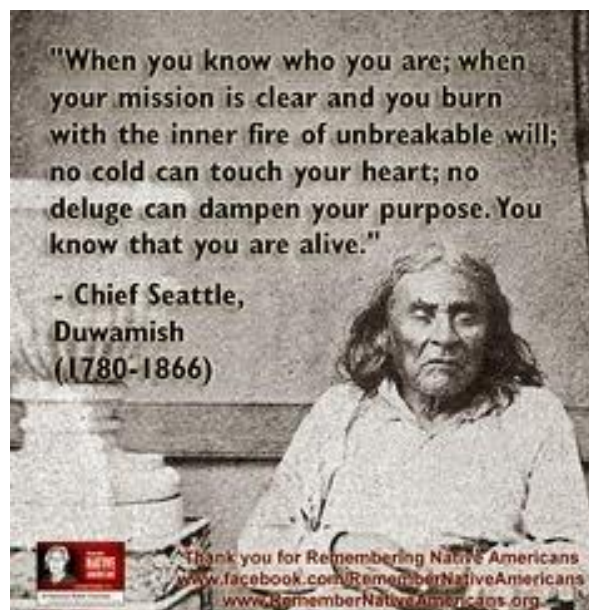
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written by Annis Parker**

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

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and packaging**

## Who Will Have the Last Say?



**"When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive."**

**- Chief Seattle,  
Duwamish  
(1780-1866)**

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