



Healing Touch New Zealand

# *Gathering Energy*

Issue 3

August 2017



"Nothing can hold you back without your permission"

*Trent Shelton*

# Yardi Ya



*Hi all*

Winter solstice has gone and we are quickly flowing towards Spring. Nature makes such a good barometer as she prepares for her transformation. The buds are filling, the bare trees are less stark, brave flowers are showing, birds are noisier and lambs are frolicking. Following the last newsletter Karen and I discussed our ability to complete four newsletters and quickly decided that we were not superwomen. It was agreed by the committee that three in a year was sufficient, hence a name change to "Gathering Energy". Also at that time we decided on our next theme "Transformation". It has proven to be so appropriate for this newsletter as we have watched changes flow through Healing Beyond Borders, Healing Touch New Zealand making necessary adjustments to keep in line with our international counterparts, and individuals striving forward on their own course, adjusting as they go.

As always, we hope you have an enjoyable read and do look forward to your feedback.

**Editors:** *Gwyneth and Karen*



[gwyneth75@gmail.com](mailto:gwyneth75@gmail.com) and [karen@ocarroll.co.nz](mailto:karen@ocarroll.co.nz)

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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***

### **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

## NATIONAL

### Committee Speak



The HTNZ 2017 15<sup>th</sup> AGM was held at Addington Haven, 19 Church Square, Addington, Christchurch on Saturday 24th June 2016 at 10am

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

<b>Chairperson</b>	Deb Carter
<b>Vice Chairperson</b>	Ian Thurlow
<b>Administrator</b>	Sharon Gardiner
<b>Treasurer</b>	Carol McDonald
<b>Committee</b>	Berylla Jones Jane Carter Annette Gillespie

### Welcome to our new Treasurer

#### Carol McDonald



Carol graduated in 2015 with a Bachelor of Business Studies, majoring in accounting which she uses in the Chartered Accountants practise she works in today. Carol has been in her current employment for 10 years. Throughout her life she has worked in various positions from Trust Account Administrator in a legal practise to Swim School Teacher/Coordinator before deciding to begin her studies as an accountant. As a mature student and working full-time Carol is well accomplished at life balance; work, study and leisure.

Carol is married to Dag, a furniture maker and has three children; Charlotte, Fraser and Hamish. She has a close friendship with Debbie Carter which developed through the children. Their children participating the same preschool music group and also attending the same primary school.

She believes living life with a holistic approach and is excited to become part of the Healing Touch team and to be involved with Healing Touch techniques and philosophy by completing Foundations of Healing Touch in July. Carol hopes to bring her professional skills and experience to Healing Touch and thanks the team that has welcomed her and Sandra who is handing over her treasury position.



### Message from Membership Administrator - Christine Tuite

Hello everyone,

Current membership for 2017-18 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 payable to:-

HTNZ BANK ACCOUNT 02-0655-0034746-000.

If you would like to chat to me about your Membership renewal my email contact is: [htnzsubs@gmail.com](mailto:htnzsubs@gmail.com)

Thank you for replies from people wishing to be listed on the website Practitioner Listing. One or two are yet to pay membership subscriptions.

#### HTNZ Newsletter:

Up until now we have been sending the Newsletter out to some who are not members, hoping they will be informed and inspired by all the exciting 'goings on' within HTNZ. Those who are keen to join the organisation will receive their three Newsletters per year, but those who have chosen not to become members will no longer receive a copy. As you may be aware the Newsletter is one of the benefits of Membership.

Do you know anyone interested in becoming a member?

If so, please direct them to the website: <http://www.healingtouchnz.com>





## Chair's Corner

### 2016 – 2017 Chairperson's Annual Report to Healing Touch New Zealand (Inc)

By Deb Carter, Chairperson, CHTP/I



This is my first Annual report as Chairperson of Healing Touch New Zealand and since stepping into this position I am reminded of what an amazing foundation we have. Continued development and streamlining by skilled committees both past and present allows us to hold our organisation strong in this technological era and through the most rigorous of changes. One of our most exciting opportunities this year is the upcoming modification of the curriculum. A mandate sent through from Healing Beyond Borders has called for change. This has affected names of courses, technique names, and in some cases techniques. We have also seen the development of a compulsory HT textbook from HBB which will now be available at Foundations of HT courses, for \$55. These textbooks are available to all who have completed a Foundations course (formally Level 1) Information as to how you can purchase these in NZ will be available on the website. I feel very positive. These changes allow for us to blend beautifully, the latest scientific research alongside our energy work, and continue to strengthen our credibility out in the world. All that you have learnt to date is part of our HT history and continues to be so as you use it. Annis' position on the International Board has assisted us in understanding any anomalies. Professional update day workshops with the new curriculum will be made available to you by Annis and myself at all main centres throughout the country. You will also notice there is a small increase in course fees.

It has been a busy year for our team of coordinators, instructors and committee members. Classes have continued to build and expand in Tauranga (due to an alchemical phenomenon we have all come to know as Annis) and Wellington and Christchurch, with enough students to look forward to a "Case Management and Professional Practice" Course (Formally Level 4), booked for Wainui on the Banks Peninsula in November. We offer our congratulations to Annis who has completed her Instructor training at this level and will teach this upcoming course.

From the students who became Healing Touch Practitioners last year in NZ, I would like to congratulate Erika Olsen who has continued on to become a Certified Healing Touch Practitioner.

Our coordinators Pam, Jane, Maureen and Berylla have provided a huge support for the Instructors, Annis and myself, for which we are most grateful. Chris Tuite continues to manage the role of courses treasurer, membership and data base administrator so efficiently. Berylla is nearing the end of her Instructor in Training and I am looking forward to seeing her solo next year and continue to build the HT teaching team.

It is with much gratitude and more than a little hat tipping and sadness that we say goodbye to Sandra Martin as she steps down from the position of Treasurer and committee. Sandra has worked tirelessly over the last five years in her voluntary position, honing, developing and updating our financial systems. She leaves us in a very clear and healthy state to continue on into the next years.



**Deb Carter and Sandra Martin at 2017AGM**

Sandra's experience and background in International business development, education and ethics, has been such a huge gift to HTNZ over the years and she has been most generous of her time and expertise. Sandra you have always brought such wisdom and clear thinking to the team. Thank you..... aside from which we will miss your sense of humour.

We wish you abundance in measure. We are also saying goodbye to Karen Wason who although has only been with us for a year has offered her gifts and visions of energy centred business ideas. We are very grateful for the impact you have had already.

In April, this year we held a Special General Meeting to change the rules to enable us to elect a Treasurer with the minimum HT qualification of (Level 1) or having completed a "Foundations of Healing Touch" course as opposed to being required to hold a (Level 3) "Advanced Healer Preparation" qualification. This allows us to draw from a much wider cross section of our membership and beyond.

Our committee continues to strengthen requirements for ethics, governance and management, and futureproofing our organisation through vision planning. Part of our ongoing vision over this last year has been to connect more with our members. Gwyneth and Karen have been fabulous creators, sending out juicy newsletters with the "Quarterly Connection". I want to extend our thanks for their huge voluntary work and their continued commitment to HTNZ. Alongside this we have a team of enthusiastic website re-developers led by Chris Tuite including Sharon Gardiner, Berylla Jones, and Karen Wason. We look forward to having a new -look, interactive website to peruse soon. I would also like to thank all those who have chosen to continue on committee for their vision, support and inspiration over this last year.

Congratulations are due to Wendy Risdon and her drive that has created a HT Study opportunity at the Bone Marrow Transfusion Unit at Christchurch Public Hospital. After years of many practitioners advocating in hospitals we are elated to have this step in. HT has been fortunate, as part of this study, to have eight practitioners offering HT to patients in the Unit alongside Wendy. This has given our organisation a chance to understand the complexities of such a project, the time frame, the protocols required and the joys and challenges associated. We look forward to supporting Wendy in her continued endeavours. If you have any questions around approaching health organisations for studies such as these, I would fully recommend you contact Wendy who can share useful tips.

Over the coming year we hope to continue work on the website to keep you informed and updated. The NZ curriculum is in development and classes will benefit from the new exciting changes. We also hope to continue strengthening the regions through providing more events, professional development, and a social calendar. If you feel drawn to step forward with your skills and talents to join the team which is your committee, we very much look forward to having a chat. Keep sharing your HT experiences with many and keep doing the work. Moving forward together creates a lightness.

Deb Carter June 24, 2017



***Deb Carter, Chairperson, pinning award to Sandra Martin for dedicated and loyal service to HTNZ***



***Congratulations Erika Olsen new CHTP Annis pinning Erika CHTP ceremony***



***Annis about to cut her cake***



***Kiel McEntee playing his lute***

## Annual HTNZ Education Report for the year 2016 - May 2017

By Annis Parker, RGON, AND, DipEd., CHTP, CHTI



Before I go any further I would like to acknowledge the HTNZ Co-ordinators without whom these classes would falter. Namely, Jane Carter and Maureen Stone in the South Island, Berylla Jones in Wellington and Pam Viloen rest of the

North Island. Their work is essential and so supportive of the Instructors and the whole class organization. We owe them a large debt of gratitude.

### Practice/Sharing Nights

**Christchurch** Practice Nights are continuing monthly organised and run by Instructor Chairperson Deb Carter with a fabulous enthusiastic team of CHTPs, HTPs and Students. These extremely useful practice times, the connecting of 'like minds' and creating communities are absolutely invaluable and serve to further create support for Healing Touch in the community.

**Auckland** has a regular sharing meeting once a month under the guidance of Pam Viljoen. This is now set in place once a month and is subject to the fluctuations of people's commitments which is common throughout N.Z.

**Tauranga** Practice Nights and sharing sessions have just been implemented (May 2017) and a schedule put in place for the remainder of the year.

**New Plymouth** Let me not forget the longstanding committed group of people who despite the fluctuations of classes in their area, meet, talk and practice on a regular basis.

**Kapiti Coast** Practice Nights have also been implemented and booked for monthly activity and run by Berylla.

**Dunedin** There have been a variety of conversations with our Practitioners in **Dunedin** with Jo and Rose running monthly practice meetings where possible.

**Hawkes Bay** Not active at present, communicating with local members/practitioners.

### Changes in Curriculum & Materials

In April of this year due to the culmination of extensive legal activity between HBB (Healing Beyond Borders to whom we are affiliated) and HTP (Healing Touch Programme), major technique and workbook changes had to be implemented very quickly. Since that date there has been much activity relating to class materials, a book published by HBB and

collusion with Australia. At the time of writing, this is not completely clear yet. An enormous amount of work and communication has been and is going on behind the scenes, to facilitate a smooth transition and an upgrading of new knowledge in an effort to disseminate these to all HTNZ people. There is also the exciting addition of up to date research, which is coming into play now and will be very helpful for the scientifically minded amongst you.

In the light of the above, a half day education and practice session was held in **Tauranga** in May, to familiarize the students with the changes. Another of these is planned for **Auckland** but not quite finalized yet and on-going practice nights in **Christchurch** will facilitate these.

### Extra Activities

In the **Tauranga** area over the year I have completed two Health Expos, one in November and another in April. Both were to promote HT and resulted in a steady amount of interest which has manifested into a few students, one who did HT with me in **Christchurch** over ten years ago and is now redoing all the classes.

I have spoken to six different groups in the **Tauranga** area up to this moment and there are more planned. I also now have a six week 'Exploration of Chakras' workshop planned to start in two weeks time.

In the **Wellington, Kapiti Coast** area, Berylla has participated in three Spiritual Fairs and two community talks.

In **Nelson** Erika Olsen has opened up a connection with some of the local practitioners to provide a space for regular practices.

In **Christchurch**, of course is the big exploration into the Bone Marrow Unit in Christchurch Public Hospital by Wendy Risdon and her team of eight HT Practitioners working with patients and staff as part of her study. Wendy continues talking to nursing, palliative care staff and to staff and students at Canterbury University.

Deb has presented to the Cancer Society as part of a burgeoning complementary team to support patients, and continues to present to Year 13 students at High Schools in the Canterbury area with HT as a complementary therapy. Ian Thurlow created a Healing Touch stand at a Health Expo in the North Canterbury area sharing a space for other HT Practitioners to join him.

In **Dunedin** Jo and Rose are running monthly practice meetings where possible.

Many thanks to all for spreading the word.





## Happenings at 2017 HTNZ AGM

By Gwyneth Steenson, RGON, CHTP, MHealSC.

The 15<sup>th</sup> Annual General Meeting was held on the 24<sup>th</sup> June 2017. There was a large turnout from all over New Zealand. After the initial welcome Wendy Jarr, Clinical Nurse Specialist (CNS) from the Bone Marrow Transfusion Unit (BMTU) and Wendy Risdon, Practice Nurse (PN) and Certified Healing Touch Practitioner (CHTP) from the University of Canterbury were the guest speakers. They spoke of Wendy Risdon's research "Voices from inside the Bone Marrow Transplant Unit. A Healing Touch Study" currently taking place in the BMTU.

Wendy Jarr gave a full overview of BMTU and the path of a patient from being treated for being unwell by the General Practitioner (GP) to a speedy admission into the unit and commencement of treatment for blood disorders, such as leukaemia or lymphoma. This happens so quickly that the patient is frequently shell shocked and do not have time to even consider what is happening to them. Wendy Jarr's focus was to find a suitable therapy to aid the BMTU patient's wellbeing and relaxation. After initial searching with massage therapy and aromatherapy she heard about Healing Touch, contacted Wendy Risdon and a Pilot Study combined with a research project was initiated.

Wendy Risdon then spoke about the three-month Qualitative Research project for her Master's Degree. From conception, last year in July and then eventually commencing in the BMTU in April this year. She spoke of her band of merry men, the CHTP's doing their healing work, and that the project has met with a great deal of success and is likely to continue for the future. I will leave the research description for Wendy which is included in this newsletter.

On completion of the AGM committee election Deb Carter has been re-elected President. She announced that Ian Thurlow will be Vice Chairman until probably the end of the year while Deb is working at full speed updating course material and manuals as a result of changes made to techniques and curriculum in April this year, taking effect immediately. This is a huge workload for Deb.

Sharon Gardiner has been elected as Administrator. Sandra Martin has resigned as Treasurer leaving our accounts in a healthy state for Carol McDonald, accredited accountant, who has stepped into this role. Sandra has also accepted an advisory role for Ethics issues.

Committee members Berylla Jones, Jane Carter and Annette Gillespie continue. Karen Wason has resigned from

the committee. She has been a valuable member to the team for her input with business strategies and the development of HTNZ.

Chris Tuite continues her work with membership and website development, also proving to be a mammoth task. During our lunch break we were entertained by Kiel McEntee playing his lute.

Congratulations to Erika Olsen who was pinned by Annis for achieving her CHTP.

We celebrated on a lovely winter solstice day or Matariki, the heralding in of the new year with Annis on her 77th birthday. Annis revealed that her Maori name was Matariki, which is very fitting. We learnt that it has been twenty years since Annis had set herself several personal tasks for putting processes and objectives in place for Healing Touch. She set up her personal, animal and teaching practices, established Healing Touch courses, forming our organisation Healing Touch New Zealand, established Healing Touch throughout New Zealand, and visualised Healing Touch entering into hospitals. She can proudly tick off achieving all those personal goals. However, there are a couple of things she has omitted to mention. Annis has been an ambassador for Healing Touch New Zealand on a national and international stage for as many years, mentored many of us to become CHTP's, has worked tirelessly for us all to benefit, and also not to mention during this time she wrote her book "Talking with Tigers".

In the afternoon, there was a workshop facilitated by Annis Parker and Deb Carter covering the new curriculum and techniques followed by a workshop of helpful hints for talking about Healing Touch to other people by Ian Thurlow.

All and all a lovely day catching up, meeting new people and learning something new on the way.



*Left to Right - Sandra Martin, Deb Carter, Karen Wason*



## From the Breakfast Table in Tauranga

By Annis Parker RGON, AND, DipEd, CHTP, CHTPI



July 2<sup>nd</sup> 2017

I am looking out at a clearing sky, an extreme quietness and stillness in the outside world and the waxeyes gorging on some elevated hangings I have put out for them. What relevance does this have to Healing Touch I hear you question? What this personifies for me

is the following:

- We are immersed in a World, which is changing very fast and to us (with our limited view) is chaotic.
- For some, this impinges on our own personal lives.

Understanding this, then looking out at the World as I see it this morning, I am reminded again that we have a requirement to create exactly this quiet and calm WITHIN ourselves. We need to take control of our days/lives as much as we can. Only we can do this as it is an 'inside to outside' process. Create the calm within even if only for a few moments every day or for an hour. Everything helps you here. It will alter your world view, as there is so much out there which is not within your power to change. However, you affect every person around you and that is the key. The N.Z Healing Touch family is a clear example of the ripples on the stream spreading outwards from the stone, which was dropped into the pool here in N.Z. over twenty years ago. Don't make it hard or complicated.

As a number of you will know there have been major changes within the HT curriculum. These have been of legal necessity about which I am not at liberty to speak so don't waste any time with that. Look at the class names,

which now reflect what we actually do. Then the name changes of various techniques and in some cases the techniques themselves have changed as well. Go very quietly, embrace the new, which includes some new information and

as time goes along will include more when and if it should emerge.

We are in a changing World, rejoice at that and work at not picking up rubbish but

support each other. We cannot do this alone. Hold the centre of calm and gracefully enhance community collaboration.

Debbie and I will be at the HBB Conference in August and intend to be as up to date as possible before we get there, as we are now teaching with the new information. This will allow us to absorb the details and other information already changed since the Webinars were held, that Debbie and I attended.

Onwards into the future.

Enjoy yourselves my friends..



**"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." Mother Teresa**



## The Next Harmonic: The Buffalo in the Room

by Joel G. Anderson PhD, CHTP, HBB Vice President and Research Director



*"I suppose we oughta ground and center before we start this thing."*

Laura Hart's wisdom is always to the point and accurate. She, Lisa Anselme, and I had gathered for an intense weekend in Lakewood, Colorado, at the Healing Beyond Borders office to begin writing *Foundations and Practice of Healing Touch* in earnest. That Saturday morning, we had moved into the conference room to sketch an outline of the work ahead. We were standing at three points of a triangle, with Laura and Lisa on the other side of the conference room table from me.

In silence, we began to set our individual hara lines, sending these beams of light down into the Earth, past the molten core and into the star at the core of the planet. As we drew up the energy, expanded our individual Core Stars, and continued to raise our vibration, my higher sense perception kicked into high gear and clairvoyance took over.

Befitting our Western location and as if depicted in paintings of the Old West, I looked to the wall past Lisa and Laura, watching as a herd of etheric buffalo stampeded off the flat surface and began to encircle. As these spiritual animals circled us, they grew in size and sound, becoming large and thunderous. I continued to watch, holding the space and raising my vibration, as the animals turned to stampede down the conference room table. Yet, instead of a full stampede, the herd dissipated leaving a lone buffalo to present itself on the table between the three of us.

It was enormous and magnificent. It looked straight ahead at the white board on which we were beginning to sketch out the book, shimmering in its energetic essence. I could feel hara lines merging and aligning between the three of us and then with the hara line of HBB. When these lines all came together, the buffalo in the room changed from brown to white. And as the three of us reached our energetic zenith and brought our attention back into the room, the white buffalo between us disappeared into the ether.

Over the past several years, I have thought a lot about dichotomies. Our organization and community have endured intense strain over the past several years that is now resolving. During that time, resources have been limited and stretched, energy has been high, and we have spent more time focused on surviving rather than thriving. Many may have felt this period as a time of lack, a time of drought and wanting, and a time of energetic frenzy. And, indeed, we have had our stark moments. But I have continued to be guided by the other side of the coin. Rather than seeing only loss, I have been inspired by seeing abundance.

Ted Andrews writes in *Animal Speaks* of the symbolism of the buffalo as a representation of abundance. The white buffalo is even more auspicious as a symbol of the Medicine Woman. How fitting that as the three of us gathered in Denver to begin the intense process of writing this new text that a buffalo of abundance would visit us, and that this buffalo would also be one of healing.

Lisa, Laura, and I spent the next three days working intensely on the new text, pulling together the framework that we would flesh out over the course of the coming weeks. Appointed by the Board of Directors to take on this time-sensitive task, we knew that we had the skill set needed to write and to write quickly, drawing on our expertise from academic and health care settings. And thanks to the intensity and frequency of the energetic vibration - supported by our community and strengthened by all of those authors, educators, and healers who had come before us - we were able to key into this innate, ancient wisdom not only through the classic texts and works of others, but also through exciting discoveries in contemporary literature from physiology, neuroscience, and nursing. Our goal was to produce a textbook that would take us into the next harmonic - raising the vibration of our work into its next natural stage of evolution. I believe we achieved that goal. What I discovered in the process during those many evenings writing into the wee hours of the night was a deepening of my understanding and appreciation for this healing work. Already two individuals that I personally considered to be wisdom keepers and mentors, working with both Lisa and Laura on this book was an experience both humbling and exciting, and one for which I am most grateful.

When I stepped into my first Healing Touch class in 2006 in Winston-Salem, North Carolina, with Deborah Larrimore as my instructor, I never could have imagined this experience helping to midwife *Foundations and Practice of Healing Touch*. But therein lies the beautiful abundance of this work that we do, and the transformative nature of that healing abundance. I doubt any of us stepped into our first class seeing clearly the road ahead or the ways in which we would support the abundance of our community through our individual gifts and talents. But my hope is that as we continue to grow in the education, practice, and research of Healing Touch, we will at least be open to seeing through the lens of abundance and opportunity at a time when our planet and society need our skills as healers desperately.



### References:

Anderson, J.G. (2017). The next harmonic: The buffalo in the room. Perspectives in Healing. A Publication of Healing Beyond Borders, 2<sup>nd</sup> Quarter, p20. Retrieved from <https://view.publitas.com/healing-beyond-borders/2nd-quarter-newsletter/page/8-9>



*"One of the most enduring metaphors for the spiritual path is the transformation of the lowly caterpillar into a butterfly. Out of its own substance, the ground-hugging grub weaves the medium for its metamorphosis—the chrysalis within which it evolves into a beautiful creature with wings. The human being undergoes an equally dramatic transformation, unfolding the path to liberation from within the depths of the soul and emerging, after great struggle, as an expression of divinity in the world."*

## Transformation

By Karen O'Carroll CHTP, Co Editor

**T**eachers are the invaluable component to help guide us through this life changing experience of transformation. In your lifetime you may have many teachers or few. When you are ready, look around, for your teacher will be waiting.

**R**ealisation, a most profound knowing and acute feeling of clarity, shows us that breaking down beliefs and concepts which control us, were all illusions created by our ego.

**A**sk yourself this question "What is taking place in my life today that needs clearing or is being cleared?" Then ask "What might just be falling into place in this moment, which will create the opportunity for me, to realise who I came to this earth to be?"

**N**on-attachment is about realising the truth of yourself. That is, realising that you are an expression of the entire cosmos. That you are in the cosmos, that the entire cosmos is in you in a very real and observable way and that there is no separating the two.

Non-attachment is about living in such a way that you live without obstructions which keep you from realising this.

New attachments can easily be created, so live with the natural flow of all things and respect the impermanence of all life, this is the basis of realising non-attachment.

**S**ummon to the surface of your consciousness, hidden agendas that are keeping you trapped in an emotional state of being. Life is beautiful and very simple when you know how to be free of the emotional entanglement you have created.

People are often terrified of facing the inner void with full awareness. They fear meeting their inner darkness head on and investigating it. However if you don't face it, it is still there, and you will need to develop "coping strategies" to make life bearable.

**F**rom the day we are born we begin to write our story, our play. Fear is what controls us and there are many types of fear, most stem from relationships. These fears create wonderful scripts which we act out in many different ways during our lives, not always fully aware that fear is the base of our life's issues.

**O**riginating from the ego, all attachments become the construct built through years of conditioning and are in no way a "real" part of you at all, but this is what convinces you that you are this separate entity disconnected from all other living and non-living things.

So how does this look in our everyday lives? Your ego is an image, it's who you believe yourself to be and when reality doesn't match up to the image, friction happens and pain occurs.

**R**ough edges gradually smooth as we take hold of this amazing opportunity to recognise each attachment of our ego self, to learn and realise each was created by ourselves entirely. Our reward is the feeling of knowing once we have freed ourselves from the attachments that bind us, we become one with "all that is", a feeling of blending with "all that is", learning that we are nothing and yet we are everything. We are the birds in the trees the clouds in the sky, we are not part of everything, we are everything.

**M**ake room for the new by ridding yourself of the old. It is difficult to write a new story on a sheet of paper already covered with words, but if you are given a clean sheet of paper - a clean slate - it is much easier to create whatever story you would like. When you wake each morning you have everything you need with you.

**A**wareness of "living in the moment" is sharpened further by the realisation that the moment is all there is and a "State of Mind" has become the "No Mind State". Achieving a "No Mind State" ensures you remain alert and in the moment where there is nothing else, only the moment. Awakening you to the "I Am".

**T**ransformation is limitless, if you think your transformation is complete, then you are mistaken for there is no end to transformation.

**I**n order to transform your life things may appear to be falling apart, but are they actually falling apart? Or falling into place? A lot of what makes up your life is out of your control but every negative thing that happens to you has happened in order for you to be able to turn your life around.

**O**ccupy the role of the Observer, become the spectator, onlooker, watcher, witness, sightseer, even when you are involved in busy activities with many people, you can still remain the Observer, be aware of your senses, involving yourself as an Observer does not prevent you from also being a participant. The Observer, the “I Am” is totally present, this will allow you to flow through situations and remain detached, instead of reacting you will act.

**N**ow is always the perfect moment to begin transforming your life, to re write your story, your play, every new day. Every moment is an opportunity for your transformation to begin. Hit rock bottom? Hit a brick wall? Can't see the wood for the trees? Can't break out of patterns of behaviour? Surrender, these all symbolise the perfect moment for you to decide to make changes and begin to transform your life. It is not hard, you think it is hard, but that is due to the illusions you have created and surrounded yourself with up to that moment.



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## What's Happening

### Australian National Conference – 2017

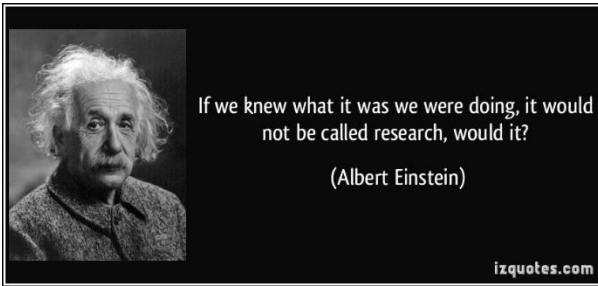


***Theme: Inspired dreaming together***

The 2017 National Conference  
will be held at Novotel Cairns Oasis Resort  
from October 20-22, 2017.

Further information can be found at <http://www.healingtouch.org.au/events.htm>





## RESEARCH

### Are we there Yet?

By Wendy Risdon, RN, CHTP



Wendy Risdon shares the ups and downs of getting a “Healing Touch Pilot Project” off the ground in Christchurch Hospital Bone Marrow Transplant Unit.

On the 2<sup>nd</sup> November 2016, I received a letter from the Master’s Coordinator at Canterbury University accepting my enrolment to the Health Sciences Department as a Master’s Thesis Research Student. Now it was time to complete the first of many forms to register my full thesis proposal. My working title was: **The Effectiveness of Healing Touch Bio-field Therapy, On Health Related Quality of Life (HRQoL) in Patients Hospitalised With Leukaemia.** I have until October 2020 to submit my thesis.

One of my early questions related to sample size and I received a very helpful reply from a Statistician who said, “If it is a pilot study, you will not need to worry about sample size or power at this stage because you are trying to establish basic statistics about treatment effects. So, in your case you can test the recruitment rates, the response rates of potential participants, and the logistics to set up a full study. These are important in themselves.”

Now I was able to complete the “Human Ethics Committee Application” and the “Request for Maori Consultation.” It looked daunting but I took one question at a time and in the process learnt how to insert screen shots and it made me clarify my proposed research methods, plan and purpose. One of these questions was; describe how this project arose? I have inserted my answer here as it is relevant to the lead in time and what had been occurring behind the scenes with the Clinical Nurse Specialist and one of the Haematologists at The Bone Marrow Transplant Unit (BMTU), at Christchurch Hospital.

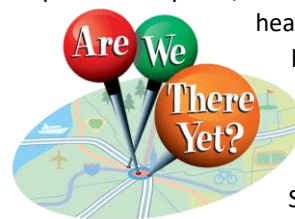
After presenting a talk about “Healing Touch and Relaxation Therapies” to the Palliative Care Course at the Health Sciences Department, I was contacted by a nurse on the course who was working in the BMTU. She was inspired by what she heard and suggested I meet with the Clinical Nurse Specialist and Haematologist to discuss their vision for the BMTU. They wanted to offer patients supportive care and improve patient quality of life while they were undergoing hospital treatment. I met Wendy Jarr and Dr Emma-Jane McDonald on the 31<sup>st</sup> May 2016 they suggested I put together a draft proposal for a

three-month Pilot Project. I remember thinking I could do it over the Easter break. I was very clear from the start that this could only succeed if it involved a group of Healing Touch (HT) Practitioners and didn’t rely on just one person. We needed to be consistent in our approach and reliable in keeping appointments. One thing I knew from the period of time when my Mother was a leukaemia patient in the BMTU, was that you could not visit if you had even a slight cold. I began thinking about who would be available and interested in delivering Healing Touch sessions to these specific patients. After that first meeting with Wendy and Emma-Jane, I walked back to my car and felt a great surge of excitement, I laughed out loud, “Yes” I yelled to myself and the powers that be. Since 2008 I had been stating my goal; to integrate complementary therapies into mainstream medicine. From that point on I was quietly confident we had boarded a train gathering momentum to an unknown destination. The timing was perfect and many things were coming together as if they had been set in motion years earlier and had been pre-requisites for bringing this moment in time into fruition. I gained the enthusiasm and support of eight wonderful Healing Touch Practitioners, to form a team, who could offer patients Healing Touch sessions on a regular basis.

As the next phase of the project was created I put together a Power Point presentation to talk about the scientific basis for Healing Touch, which I presented to the BMTU medical staff on the 5<sup>th</sup> November 2016. I suggested a more formally delivered and evaluated project than had originally been envisaged by Wendy and Emma-Jane which could then form the basis for my Masters Research Thesis.

So poor Wendy Jarr, on her first day back from holiday, heard my talk and wondered how it had turned into a multi-pronged approach instead of the simple straight forward project she had left behind. She arranged a one to one meeting and skilfully guided me back on

track and suggested I would struggle to manage all the data I was imagining gathering and at the end of the day her vision was simply about helping the patients to feel better and not burden them with questionnaires. Wendy also said it didn’t



really matter what the nurses and doctors had to say about HT either because if the patients liked HT and found it helpful then it would continue to be offered and even expanded.

On the 15<sup>th</sup> December 2016 an email arrived from Wendy Jarr saying Dr Emma-Jane McDonald had sent out an email to the doctors and the consensus was that we go ahead with the Pilot Project. She wrote, “Great news. I think we should plan to start in February 2017. I do need to say thanks for your enthusiasm and commitment to this project”. (That was nice). On the 23<sup>rd</sup> January 2017 the HT Team of eight, met at the BMTU for an orientation session with Wendy Jarr and had their first exposure to the location of the patients they would be allocated to in the coming weeks and months. Some of the Practitioners had experiences at the BMTU with friends, relatives or clients but for others it was a new and scary world altogether.



Way back in July 2016 I organised a study day for our team, with Annis Parker, who happened to have been a Charge Nurse in the BMTU many years earlier. Annis

was able to give us a medical and an energetic perspective about the type of patients we would encounter. Early in the process Deb Carter, Chairperson for HTNZ, alerted me to issues that could arise and needed to be addressed, things I hadn't considered and found negative. That was an instance when I felt discouraged because something that started off, simple and straight forward to me, was turning into a minefield of negative possibilities. There was a brief moment in time when I wanted to walk away from the whole thing but I felt I had been gifted this unique opportunity and I had a responsibility to the Healing Touch Community in NZ and to the Universal Consciousness.

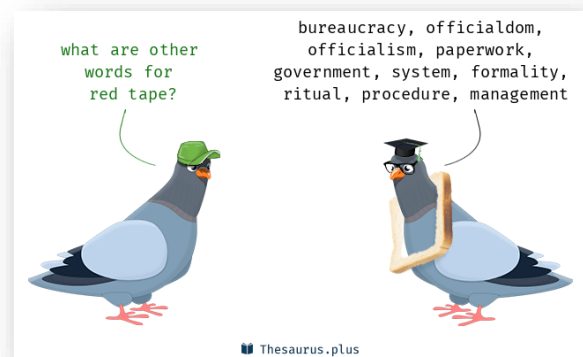
There was something much more far reaching and spiritual preventing me from deviating from this path. It is with much gratitude and appreciation I re-read the document Deb created to guide all HT Practitioners to provide HT sessions to patients in the BMTU. The document is called the “Professional Protocol for Practitioners Working in the Bone Marrow Transplant Unit and it includes; The Code of Ethics/Standards of Practice, Statement of Scope of Practice, Ethics Process Summary and Business Ethics, all documents from Healing Beyond Borders, the International body for “Healing Touch” education and certification based in the USA. We arranged an afternoon on the 27<sup>th</sup> January 2017 from 2-4pm where the nurses could experience a HT treatment before or after their shift. This was to familiarise them with the modality and provide an opportunity to experience a treatment so they could talk to their patients about it, when the time came to start the Pilot Project. We saw twelve nurses, one doctor and a psychologist.

On Friday 17<sup>th</sup> February at 3:40pm, I heard back from the University of Canterbury Ethics Committee, it was a long email and was asking for what seemed like a lot of clarification. Once

again, I felt a bit despondent but I had been warned to expect some questions yet this was nearly every item.

On the 3<sup>rd</sup> March 2017 the University Ethics Committee Application was approved but we were still waiting for the Maori Consultation reply, I had received an email to say they had my application. And at this point I thought I was nearly there, “JUST” the CDHB Research Office Locality Audit Form to complete. My supervisor had helped me establish that I didn't need to do a Health and Disability Ethics Committee (HDEC) application as well and I was able to convey that to the CDHB Research Office. Another form had been emailed to me once I registered with the Research Office. This one was all about the budget, I couldn't believe what I was reading, for a start I didn't have a budget I sent it to my Supervisor and asked for help, he did what he could and sent it back to me. I was drowning in bureaucracy and to make matters worse Wendy said the Pilot Project didn't even need Ethics Approval from her end. She had spoken to the lawyers for the CDHB and had obtained advice that what we did need was a “Visiting Health Professionals Agreement” to be signed by each of the Practitioner's and each would also need Indemnity Insurance, Wendy would let us know about MRSA swabs and police checks.

I attended a meeting on the 13<sup>th</sup> March with Wendy Jar to streamline and edit the CDHB Locality Authorisation Audit Form and get it signed off by the Head of Haematology Department. It was no longer a mixed methods study, it was a qualitative research project getting simpler by the day and there would be no use of focus groups with staff either. Well, that would make my life easier further down the track. This document was ready to be signed on the 23<sup>rd</sup> March and “JUST” needed to be sent to the CDHB Research Office. We planned a new start date on the 3<sup>rd</sup> April. I emailed my team with the exciting news. A little premature as it turned out but they were getting used to false starts.



On the 31<sup>st</sup> March I visited the Research Office (RO). I had been to the RO some weeks earlier and was told I didn't need to submit my research proposal to the Te Komiti Whakarite (TKW), the Maori Consultation Committee for the Canterbury District Health Board, but I had just emailed it to Catherine Grant, so then I emailed her again and said to disregard it. A

week later I turned up unannounced in person at the RO Office on 5<sup>th</sup> Floor of the Christchurch Hospital and found Rebecca Coombes who was very helpful and proceeded to tell me I did need to do it after all, there are no exceptions but if I had the letter from the UOC Maori Consultation process, showing it had been reviewed and approved I could apply for an expedited process for a letter back from the TKW otherwise it would be another month until they sat as a committee again.

The 3<sup>rd</sup> of April was a Monday and the day we had planned to start getting information out and consents signed to begin seeing patients. I sat in the carpark at the University and thought I might have to stake a 'sit-in' at the Ngai Tahu Consultation and Engagement Group Office. I thought I would try phoning once more and to my surprise the elusive man himself answered. He apologised for the time delay noting my first contact in January 2017 and proceeded to tell me it would be ready the same afternoon. At 4pm that afternoon I had it! The letter I had waited for 3 months to get, had materialised and now the next step could occur. I had a little cry out of frustration at meditation that night. It was a lesson in patience and perseverance.

On the 12<sup>th</sup> April I visited the BMTU and collected two signed consent forms. I then completed the first Initial Intake Interview with these two young men and engaged them in the first Healing Touch Initiative offering twice weekly treatment sessions. I enlisted Deb Carter as the first practitioner to see a patient and we were on our way. This was a chance to iron out any problems that may occur unexpectedly.

Finally, on the 27<sup>th</sup> April I received the email I had been waiting for; Please find attached the following document as confirmation that the project **"Healing Touch, a bio-field therapy providing relaxation and supportive care, for hospitalised patients receiving treatment for leukaemia)"** is authorised to be conducted in CDHB: -The fully signed CDHB Locality Authorisation was attached.

Progress since then has been steady with nine patients consenting to participate, six males and three females so far. Seven HT Practitioners have been matched with the nine patients and sessions offered twice a week whenever possible and booked at the time of the last session, to suit the patient and the Practitioner. All the necessary paper work is held in the silver briefcase with a combination lock in the BMTU Office. There is a Visitor's Book within the briefcase, so each practitioner signs in and documents arrival and departure times and the person they have treated. I arranged a meeting on Tuesday 9<sup>th</sup> May for the HT Team to discuss how the process was working and make changes to things that could be easily improved. At that time point twelve sessions had been delivered to five patients. One of the things we hadn't counted on was the amount of coming and going from the Unit by patients out on leave. Those having chemotherapy or stem cells or bone marrow transplants, were in isolation until their blood counts came up and then they may go home for a

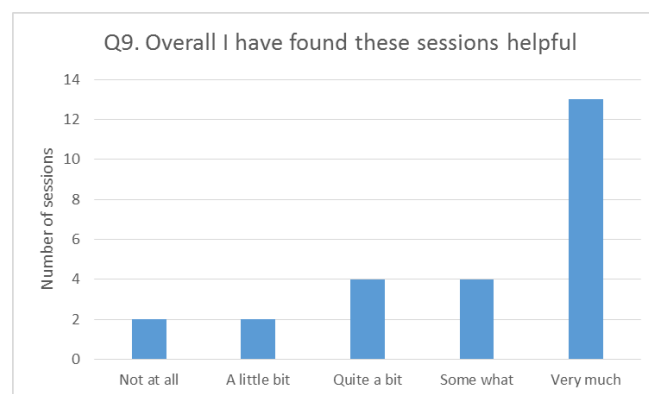
week or more and come back ready to start the next round of chemo. Everyone is very individual and at different stages along their journey with their illness.

The other issue identified by both the patients and Practitioners was being interrupted during treatment sessions. We are going to suggest a notice on the door to say, "Treatment in Progress- if you must enter please do so quietly." The interruptions tend to be from visitors and the ancillary staff. The nurses are very supportive and respectful and patients may have family present who are invited to stay and sit quietly if the patient is happy for them to do so.

On Monday 29<sup>th</sup> May a second afternoon was arranged for staff to experience Healing Touch. Two Haematology Registrars, the Occupational Therapist and five nurses took advantage of the sessions.

On the same day, I had a Progress Meeting with Emma-Jane and Wendy and we looked at the evaluations thus far. They seemed very positive and the feeling in the Unit is that patients are enjoying this complementary therapy and apparently there is no plan to stop HT after the three-month Pilot Project is completed.

There is a Haematology Conference in Sydney in October and we have submitted an abstract and if accepted we will create a poster presentation about the project findings.



Graph 1: Perceived helpfulness of Healing Touch sessions to patients







much is enough “one sentence is too short and one hundred is too many.”<sup>1</sup>

Reflective writing or journaling is meditative and focused. “Unlike traditional diary writing, where daily events and happenings are recorded from an exterior point of view, journal therapy focuses on the writer’s internal experiences, reactions and perceptions.”<sup>8</sup> It provides clarity to thoughts and feelings about issues or concerns enabling a deeper understanding of self and experiences to relieve stress and tension and improve health and wellbeing. Venting emotions is not enough it requires the knowledge gained from the writing process to receive the positive benefit.<sup>8</sup>

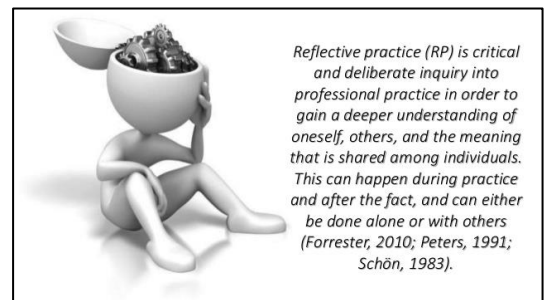
Ideally journaling is done without too much thought, just writing the story without concerning yourself with grammar and spelling. This keeps the analytical, rational left brain busy writing paving the way for the creative, intuitive right brain to remove mental blocks clarify thoughts and feelings. It enables an understanding of self and increases feelings of happiness and confidence, whilst reducing stress, aids problem solving and resolves issues.<sup>9,10,11,12</sup> Science has demonstrated there is improvement in mood, stress and depression.<sup>6</sup> When writing regularly it strengthens the immune cells reducing the impact of stressors on the physical health, and has been found to reduce symptoms enabling the body to withstand stress, fight off infection and disease.<sup>10,12</sup>

Challenge yourself to journaling or try one of the frameworks included in this article, or google a new framework. A useful thing to remember is “do not over-think the process of reflection but do not under-think it either: be balanced!”<sup>1</sup> Reflective practice is an opportunity to learn and grow from your life experiences, self-healing and Healing Touch practice.

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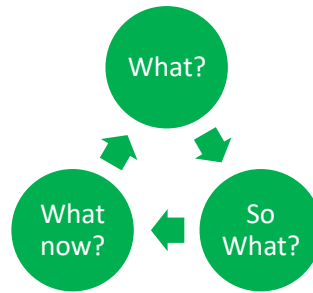
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## Reflective practice frameworks

1.



Descriptive	Knowledge Building	Action
<b>What....</b> ...is the problem/difficulty? ...was my role in the situation? ...was I trying to achieve? ...was the response of others? ...were the consequences for client, self, others? ...feelings did it evoke in the client, self and others? ...what was good/bad about the experience?	<b>So what....</b> ...does this mean/teach me about care, attitudes, relationships with clients and others? ...was going through my mind as I acted? ...did I base my actions on? ...other knowledge I can bring to this situation? (experience, personal, scientific) ...could/should I have done to make it better? ...is my new understanding of the situation? ...broader issues arise from the situation?	<b>Now what....</b> ...do I need to do in order to feel better, resolve the situation? ...broader issues need to be considered if the action is to be successful? ...might be the consequences of this action?

Rolfe et al Framework (2001) adapted from Terry Borton's (1970) model

2.



Gibbs Reflective Cycle (1988)





## 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>  <b>Maureen Stone</b> 03 331 7573 027 441 2373 <a href="mailto:stone-m790@xtra.co.nz">stone-m790@xtra.co.nz</a>

## PRACTICE NIGHTS

### Christchurch Practice Nights:

First Tuesday of every month.

Canterbury Student Health Centre. 90 Ilam Road, Christchurch.

Time: 7.30 - 9.30pm.

1<sup>st</sup> Call: Deb Carter

Mob: 027 601 6800

2<sup>nd</sup> Call: Wendy Risdon

Mob: 027 622 4061

### Taranaki Healing Touch Support and Practice Meetings:

First Wednesday of each month

Egmont Village Community Hall.

Time: 7.30 - 9.30pm.

Call: Yvonne Geeraedts

Mob: 06 755 2998

### Wellington/Kapiti Coast Practice Nights:

Second Monday of each month.

Pukerua Bay.

Time: Come at 6.30pm for a cuppa and share food. Practice from 7 - 9pm

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 Please arrive from 7.15pm to help set up.

Cost \$5.00

Call: Pam 021 0298 6950

Or contact Pam Email: [pvee24@hotmail.com](mailto:pvee24@hotmail.com)

## Remaining Classes for 2017

**\$50.00 Early Bird discount in all classes if paid one month before the class starts**

*Please register your interest on the HTNZ website and we will contact you when the numbers are sufficient for a class to run.*

*If you do not see a class scheduled in your area please register your interest (on website) and we will contact you.*

Advanced Classes	
<b>Level 4: Case Management and Professional Practice</b>	Tutor: Annis Parker Venue: Wainui YMCA Conference Centre, Banks Peninsula, Canterbury Date: Nov. 10 <sup>th</sup> -13 <sup>th</sup> (Friday – Monday) \$600.00
<b>Level 5: Self Evaluation and Professional Development</b>	Will be held early 2018, date, venue and more details to be announced closer to the time

City	Level 1: Foundations of Healing Touch	Level 2: Energetic Patterning and Clinical Applications	Level 3: Advanced Healer Preparation
Christchurch		Tutor: Debbie Carter Venue: University of Canterbury Student Health Centre, 90 Ilam Road, Christchurch Date: Sept. 9 <sup>th</sup> – 10 <sup>th</sup> Time: 8.30am-5.30pm \$450.00	Tutor: Annis Parker Venue: Addington Haven, 19 Church Square, Addington, Christchurch Date: Sept. 30 <sup>th</sup> – Oct. 1 <sup>st</sup> Time: 8.30am – 5.30pm \$500.00
Auckland	Tutor: Annis Parker Venue: 2 Kingsland Terrace, Kingsland, Auckland Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$400.00	Tutor: Annis Parker Venue: 2 Kingsland Terrace, Kingsland, Auckland Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$450.00	Tutor: Annis Parker Venue: 2 Kingsland Terrace, Kingsland, Auckland Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$500.00
Wellington	Tutor: Debbie Carter Venue: Women's Health Centre, Mill Road, Otaki Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$400.00 <b><u>Please register your interest</u></b>		
New Plymouth	Tutor: Sharron Maree Venue: New Plymouth Vet Group, 235 Devon Street East Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$400.00		
Tauranga	Tutor: Annis Parker Venue: Masonic Centre, Cnr State Highway 29 & Hairini St, Hairini 3112 Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$400.00 <b><u>Please register your interest</u></b>		Tutor: Annis Parker Venue: Masonic Centre Cnr State Highway 29 & Hairini St Hairini 3112 Date: Sept. 9 <sup>th</sup> - 10 <sup>th</sup> Time: 8.30am – 5.30pm \$350.00
Napier	Tutor: Annis Parker Venue & Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$400.00 <b><u>Please register your interest</u></b>	Tutor: Annis Parker Venue & Date: <i>To be announced</i> Time: 8.30am – 5.30pm \$450.00 <b><u>Please register your interest</u></b>	
Nelson and Dunedin	We are keen to run classes in these cities. <b><u>Please register your interest only</u></b> in a class here and we will contact you when the numbers are sufficient for a class to run.		

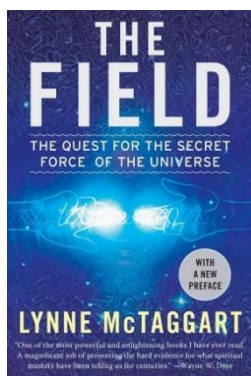


## BOOK NOOK

### Recommended reading by HTNZ

#### **“The Field” Lynne McTaggart**

*‘You never were alone. You were always part of a greater whole.’*



*In this ground breaking classic, Lynne reveals a radical new paradigm – that the human mind and body are not separate from their environment but a pocket of pulsating power constantly interacting with this vast energy sea, and that consciousness may be central in shaping our world. Considered the seminal work of the New Age, The Field*

*provides a scientific explanation for so-called ‘paranormal’ phenomena, from ESP and spiritual healing to the collective unconscious.*

*The Field is a highly readable scientific detective story presenting a stunning picture of an interconnected universe and a new scientific theory that makes sense of supernatural phenomena. The book explains that everything is connected by the Zero Point Field (ZPF), a sea of energy that reconciles mind with matter, classic science with quantum physics, and science with religion. The Field has inspired hundreds of thousands of people from*

*various walks of life, including religious leaders, physicists, healers and, most important of all anyone who seeks scientific evidence for the innate sense that we are not separate, but were always part of a greater whole. It’s now required reading in some university courses and courses for many healing disciplines around the world.*

**Ref:** [lynnemctaggart.com](http://lynnemctaggart.com)

*A book which gives scientific proof of the paranormal. Psychic activity, remote viewing, the power of prayer and homeopathy are all discussed in this book which The Ecologist called ‘one of the most thought-provoking reads of the year’. Sales Handles: A highly readable scientific detective story which reveals how ‘the Field’ a vast cobweb of energy connecting everything in the universe, past and present, is responsible for many of the most profound human mysteries. How psychics can read the future and the past; how remote viewing works - and how such techniques have been used by the CIA; how energy healing works; why homeopathy works and all sorts of other mysteries are explored by the frontier scientists Lynne McTaggart has interviewed.*

**Ref:** [Amazon.com](http://Amazon.com)

## Who will have the Last Say?

