



Barbara Brennan, founder of The Barbara Brennan School of Healing, Miami Beach, Florida, is dedicated to the exploration and enrichment of 'healing science', a specialised form of complementary medicine. Within a loving and encouraging environment, students learn holistic, spiritual healing through working with the human energy field, or aura. She answers some vital questions for us.

healing through the human energy field

Barbara, for those of us who may not be familiar with your work, what do you mean by healing through the human energy field? Healing through the human energy field means working on the auric field on all the levels of personality, including spiritual, emotional, mental and physical to effect a change, or healing, to connect the person to his or her 'true-self'. So healing, like the laying on of hands, can be very specific in terms of the skills of working with and repairing, balancing, charging and clearing the energy field.

The human energy field correlates to all of the personality - all of your levels of reality within your personality. Anywhere in your personal experience where you are separated from your true self, it will show in the human energy field and will eventually, as a result of distortions in the energy field, cause an infection or lead to disease in the body.

What exactly is the aura, or human energy field? It's a life energy field that surrounds and penetrates the physical body. It has a particular structure that is directly related to the shape and size of the body and is wrapped around every cell in the body. It looks like a pattern of light beams. If you were to draw your body with very thin neon light tubes, that is what it looks like. It is life energy and consciousness. Every time you have a thought or feeling or any kind of life experience, it shows in the energy field and it doesn't even have to be a conscious experience.

Could you describe what the human energy field looks like to you? I perceive seven levels, or frequency bands, which extend out from the body but also go all the way in through the body. Each level corresponds to one aspect of human life. The first level has to do with physical sensation; for example, when you feel your physical body in movement or exercise. The second level has to do with the personal emotions, your feelings about yourself. The third level represents the mental body, your thinking. The fourth level deals with relationships with others. This level also serves as the bridge between the physical world (represented by levels one through three) and the spiritual world (represented by levels five through seven.) The fifth level is divine will. The sixth is spiritual ecstasy. The seventh is divine mind, the perfect pattern.

What is high sense perception? It is using all of the normal five senses and taking them beyond the ranges that we call normal. For example, seeing beyond the visible light spectrum that is 4 000 to 8 000 angstroms: this is called clairvoyance. The high sense perception of hearing is called clairaudience; of feeling and sensing, clairsentience. These are the ones I use most, for example, sensing somebody's emotions or physical feelings, seeing the aura, and hearing sounds and words of information. Everybody has particular strengths. For example, one person might be able to feel more easily than they can see.

Does everybody have the ability to develop high sense perception? Absolutely. I think that's a normal evolutionary process going on with human beings all over the world.

Is expanding your perception part of what is taught at your school? And what else is involved in your training program? The school meets five times a year for five days each session, with distance learning modules that the students complete between sessions. Students enrol for a year at a time and it takes four years to complete the professional studies program. The curriculum includes psychodynamics, body psychotherapy, basic spiritual training, basic meditation, anatomy & physiology, personal process work - all of which is required to graduate. The healing techniques are essentially based on the anatomy and physiology of the auric field. We teach high sense perception, creativity and how to set up a healing practice - the professional things that people need to know. We also study different illnesses in terms of causes; as well as what a healer can perceive in the auric field; what are the distortions in the auric field that correlate to the illness; what are the psychological issues around it which help correlate to the auric field (as well as the spiritual); and, of course, the treatments at all of those levels.

What do you consider to be the purpose of your school? The personal purpose of the school is to provide a safe and stimulating environment for students to uncover their essential core qualities; learn to deal with central life issues; create healthy, fulfilling

relationships and balanced lives; develop and facilitate the personal creative process; and bring forth and delight in each individual's uniqueness. Though healing science is taught as a course of instruction, healing techniques are only part of the training. The 'real work' is on the self-clearing out all the obstructions we have carried with us that block the flow of universal healing energy.

The universal purpose of the school is to enhance human consciousness and planetary evolution; dissolve the imaginary veil between the spiritual and material worlds; facilitate humanity to the next step of evolution; honour our ancestral, religious and cosmic heritage; recognise the human heart as the central healer and preserver of humanity; and witness the pain on earth, touch it with love and surrender it to healing.

How does someone know if they can be a healer? How do you know if you can do anything? There is a very important way; everybody is born with a life task. That task includes the personal life task, which is the personal transformation process, and there is also the gift that comes out of that which you give to the world. So after you've gone through a certain amount of self-evolution, then automatically your gifts start flowing out of you.

How do you know what your task is? It's easy. The thing you want to do more than anything in the world, the thing you've been telling yourself you're not good enough to do. It's in the chest, and you can actually feel the ache in the upper chest area above the heart, in the middle above the heart. That is what I call the spiritual longing. So if you have said, 'If only I could learn how to do...' and then you say, 'No, who do I think I am?', then that is what you came here to do. That is why you have chosen the perfect body, the perfect set of energies - to do that work. What that work is, is different from anybody else's, it's unique. It might be similar to what somebody else is doing, but it's completely unique. And that is a path of healing for that person. If it means being a teacher or a mathematician or a bus driver, then that's what it is. It's whatever you want to do. And that will also lead you on the path of transformation, transcendence and transfiguration. It's automatic. And that's what life is about. Coming in and learning your lesson. My second book, *Light Emerging*, addresses exactly these topics.

What effect does experiencing that expanded state have on you? The effect on my entire life has been tremendous. My life experience has been growing more positive every year; the time that I spend in happiness and joy is much greater. Of course I have pain and problems. I hit my unconsciousness like everyone else. Each of us at the cutting edge of our reality will experience a part of the self that is asleep. But the period of joy in my life is becoming more integrated - I feel grateful to be doing this work.

Many times after I do the goddess healing I am brought up into a room where I see a long table and many guides or spiritual beings around it. They are running the show; they have a plan for healing the Earth. Once can actually feel the energy come over the room. If we can get the entire room to synchronise on the level of this plan, we can feel it in the cells of our bodies, and then we can feel a connection to the entire planetary grid structure. When we align this way, we are aligned with the great plan; we are 'on purpose', not only with ourselves, but over the face of the Earth.

Please tell us about your background and your thought processes at key points along the way that contributed to you being the teacher you are today. Well, when I was a kid I spent a lot of time in the woods alone, being very still and the animals would walk on my feet and I thought that was just the most fun. Another thing I used to do was walk around with my eyes closed and feel or sense the trees long before I got there. I later got a Master's degree in Atmospheric Physics and worked for NASA for five years, developing light-sensitive detectors that were used from satellites to measure the ultraviolet and infrared spectrum; in other words, the light emitted from Earth. That was in the late 60s and the 70s. What is interesting about that and the work I do now is that both are about working with light. There was a lot going on with civil rights and human rights and I got involved in the 'human potential' movement. I resigned from NASA and started training as a bio-energetic therapist. When I was a therapist, I began seeing the energy fields around and inside of people and I began correlating everything I saw with what was going on psychologically. That's how it started. Then because the energy fields were giving me so much information, my work switched over into healing. I could connect with what was going on in the physical body. Because I could perceive the energy fields, I began to be able to interact with them and it turned into healing. By the time I had a therapy practice in New York my therapy practice turned into a healing practice. And people kept saying, 'Why don't you teach?' So I started teaching but got tired of answering all the same questions so I wrote down all the answers. One day I sat down to paint with my daughter. I didn't know what to paint, so I painted some auras. That's what began the pictures and *Hands of Light*. All the answers to the questions became chapters of the book. I really didn't even know I was writing a book for a while.

What will someone learn by attending one of your workshops? I channel my guide Heyoan. We allow time for questions and answers, including channelling answers to personal questions. I do several healing demonstrations during the workshop, and then teach how to do it. Everyone does hands-on table work. Toward the end, I do a healing with a very powerful energy, which we call the goddess.

Barbara, what do you feel is the most important component of healing ourselves and facilitating that process in others? Self love and self acceptance. ○

1 READER GIVEAWAY of Barbara Brennan's Guided Visualisation Vol 1 on tape, can be won, valued at R200.

1 NEW SUBSCRIBER GIVEAWAY of Brennan's Channelled Healing Vol 1-3, can be won, consisting of 3 cassettes a volume, valued at R600. Visit www.odysseymagazine.co.za for info on the cassette titles.



US BBSH GRADUATE

Anne Hoyer is a 1998 graduate of the Barbara Brennan School of Healing. Anne is currently a senior faculty member at the school, teaching in the graduate programme, ASED, which is the programme training teachers. She is also a graduate of the Brennan Integration Practitioners/Supervision programme. Anne has a background in Bodywork, Alcoholism and Chemical Dependency Treatment Services, Chronic Pain and Stress Management.



She is from Northern Ireland and currently lives in the US. She has spent the last four years working in Northern Ireland, addressing the issues of conflict resolution both in her private healing practice, and working with the Northern Ireland Women's Coalition political party. This is one of the parties involved in the signing of the Good Friday Peace Agreement.

As well as time spent visiting Israel and Egypt, amongst other countries, Anne spent time in India and during that time worked with Mother Theresa's Missionary Sisters of Charity.

Most recently Anne has been training in Bert Hellinger's family constellation work and Worldwork with Arnold and Amy Mindell, authors of *Sitting in the Fire* and *Dreambody*.



SA BBSH GRADUATE

Margot Lochrenberg, from CT, is currently one of two BBSH graduates in South Africa, along with Sylvia Slaven from JHB. After four years of training at BBSH and currently doing the teacher training program, she went to BBSH for the first time in 1998. Margot says: 'I was clear that I would leave the course after the first week if it didn't work out for me. Then I walked into the Professional Studies I class, along

with 180 classmates and as we walked through two rows of teachers, they called out "welcome, welcome". Have you ever been welcomed to an event or an educational institution in such a way that your cells tingle, your heart swells, tears jump to your eyes and you feel that your presence is specifically welcomed and treasured? That is what it was like for me. At the school and workshops, the words and the teachings are embodied by those who teach it - the words spoken come from a place of clear and positive intent and an open heart and, for a "listener", this multi-dimensional communication can be profound. And so started a 4-year - and ongoing - journey of deeper embodying of all that I am, of recognising wounds and the untapped potential they hold, learning about energy in relationship dynamics, learning hands-on healing techniques, clearing my energy field and so much more.'

Visit www.odysseymagazine.co.za and go to links for more info

An Evening Lecture That Can Change Your Way Of Thinking...And A Weekend Workshop That Can Change Your Life.

"THE FUNDAMENTALS OF BRENNAN HEALING SCIENCE"

Cape Town Weekend Workshop

Date: 12, 13, 14 March 2004

DF Malan Recreation Hall, Groote Schuur Hospital
Anzio Rd., Observatory, Cape Town



Plattenberg Bay Weekend Workshop

Date: 19, 20, 21 March 2004

Venue to be determined.
Please call for information.

Presented by Barbara Brennan School of Healing® Faculty Anne Hoyer

This enlightening system of personal transformation combines spiritual and psychological processes with powerful, loving, hands-on healing techniques. You'll discover a sophisticated and powerful model of the Human Energy Field (Aura)...learn how to transform personal and professional relationships through a new awareness of energy dynamics...and you'll experience powerful energy healing techniques as taught at the premier healing institute in the world. Come experience this healing environment, and return to your life renewed, open-hearted and transformed!



Weekend Workshop: \$180 (Includes Friday Lecture. \$50 deposit required to reserve your place. Friday Lecture only: \$10.)

For more information or to register, contact Margot Lochrenberg at:

021-788 6435 • workshopsa@iafrica.com