

# Barbara Brennan School of Healing

## A Specialized Form of Complementary Medicine by Roger Windsor

An Interview with Barbara Brennan  
- Spiritual Leader, Healer, and Educator -

The Barbara Brennan School of Healing (BBSH) is dedicated to the exploration and enrichment of Healing Science, a specialized form of complementary medicine. Within a loving and encouraging environment, students learn holistic, spiritual healing through working with the human energy field, or aura.

Barbara Brennan is a world-renowned spiritual leader, healer, and educator. A pioneer and innovator in the field of energy consciousness, the former NASA physicist has been researching the human energy field... and realms of human consciousness... for more than 30 years. Her best-selling books—*Hands of Light* and *Light Emerging*—are considered classics in the field of complementary medicine. She is the founder and President of the Barbara Brennan School of Healing in Miami Beach, Florida.

*Q: Barbara, for those of us who may not be familiar with your work, what do you mean by healing through the human energy field?*

*BB:* 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, laying-on-of-hands can be very specific in terms of 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 a disease in the body. Either it will weaken the body so an infection can come in or it will cause disease.



with neon light tubes, that is what it looks like. It is life energy and consciousness. Every time you have a thought or any kind of life experience, it shows in the energy field. It doesn't even have to be conscious experience.

*Could you describe what the human energy field looks like to you?*

The former NASA physicist [Barbara Brennan] has been researching the human energy field... and realms of human consciousness... for more that 30 years.

*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. It's wrapped around every cell in the body. It looks like a pattern of light beams. If you were to draw your body

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,

Continued on page 16

**We get by with a little help from our friends**



**Adopt-A-Manatee.**  
**Help a species survive.**

[www.savethemanatee.org](http://www.savethemanatee.org)  
1-800-432 JOIN (5646)  
Save the Manatee Club

**DEERHORN SHAMANIC SERVICES**

[www.deershornshamanic.com](http://www.deershornshamanic.com)

**WORKSHOPS FOR THE SOUL**



**TRENT DEERHORN, SASKATOON (306)978-5300**

## DO YOU WANT TO LOOK AND FEEL GREAT?

Finally, a ladies circuit with more!

The 30 minute workout **PLUS:**

- Personalized Fitness Consulting
- Nutritional Counselling
- Regular Weighing and Measuring
- Cardio Equipment
- Free Weights
- Exercise Bands and Balls

*Why would you start a fitness program?*

- Doctor's Advice
- Sleep Better
- Stress Management
- Fat Loss
- Energy Level
- Flexibility
- And **MORE!**



Call today and find out about **OUR NO JOINING FEE FOR THE FIRST 50 MEMBERS AND OTHER SUPER OPENING SPECIALS!!**. CALL 955-2755 or stop in at #4 – 501 Gray Avenue in Forest Grove, Saskatoon, SK

*Continued from page 14 - Barbara Brennan School of Healing*

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 of 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.

### WHOLife Statement of Purpose

We believe in providing information on the abundant choices that are available in order to fulfill a healthy and whole lifestyle. We believe there is a need to maintain a connecting link among all those who have a common goal of good health and well-being. We believe that communication is a vital element in our community's growth and development. We know that the mind is unlimited in its potential and we thus encourage our readers to share their ideas and thoughts with us for the good of all.

*Is expanding your perception part of what is taught at your School? And what else is involved in your training program?*

The Barbara Brennan School of Healing meets five times a year for five days each session, with Distance Learning Modules that the students complete between sessions. Students enroll 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 and 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, the human energy field.

We teach High Sense Perception, creativity, how to set up a healing practice—the professional things that people need to know. We also study different illnesses in terms of causes and what the problems are; 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 the Barbara Brennan School of Healing?*

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 flood of universal healing energy flowing through us.

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; recognize 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 have 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 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



**Aromatic Touch Training**  
**Dana Clay Young**  
 - International Expert on Essential Oils

Learn to use oils to assess  
 the body's responses in seven target areas!!

Are you dealing with: Pain, Fibromyalgia, Low Energy,  
 Challenges with Immune System, Hormone Imbalances, Digestion,  
 Diabetes, Arthritis, MS, Alzheimers, Asthma and much more...

Aromatic Touch Training - Edmonton, Alberta  
 Friday Sept. 30/05 & Saturday Oct 1/05 9am-6pm

For more information or to register call:  
 Karen Nahirney Toll Free# 1 888 264-1151

**"Your body speaks volumes... are you listening?"**



**Experience Kokopelli's...**  
 Delightful accessories for your home...  
 your family... your friends... yourself!

From wall decor and worldly treasures to personal  
 discovery books, crystals, angel cards, oracle, tarot, etc.

Located Downtown Swift Current  
 in the Carmel Mall  
 at #1 - 244 1<sup>st</sup> Avenue N.E.  
 T/F: 306.773.8035

**Kokopelli's**  
 Purveyors of Neat Stuff

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 will someone learn by attending one of your workshops?*

The workshop will introduce you to the work taught at BBSH and it is also an educational and spiritual experience on its own. We cover an overview of the human energy field and how it relates to healing. We do a lot of hands-on work with regulating the healer's energy and the auric field. We also concentrate on High Sense Perception; how to perceive the auric field; psychodynamics of the field; how energy fields interact; how we characteristically are in relationships; how we interact with our energy fields in relational ways by the way that we touch and in the way that we do or don't transfer energy.

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.

**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 I started.**

*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 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'm 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. One can actually feel the energy come over the room. If we can get the entire room to synchronize 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 also 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 your 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 the most fun. Another thing I used to do was walk around with my eyes closed and feel (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 the infrared spectrum; in other words, the light or the energy coming from the Earth. That was in the late 60s and 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 a healing practice.

And people kept saying, "Why don't you teach?" So I started teaching... and I 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* book. 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.

*Barbara, what do you feel is the most important component of healing ourselves and facilitating that process in others?*

Self Love. Self-Acceptance.

Acknowledgement: This interview was conducted by Roger Windsor, Editor of *Spectrum Magazine*, and originally appeared in *Spectrum Magazine*. E-mail: Spectrum@SpectrumLink.com. ©1999 Barbara Brennan, Inc. All Rights Reserved. Trademark Information.

*For more information on the Brennan Healing Workshops in Saskatoon see the Calendar of Events, Nov. 9-10, 11-12. \**