



# BBSH *in Touch*

ISSUE 6 — THE NEWSLETTER OF THE BARBARA BRENNAN SCHOOL OF HEALING — SUMMER 2001

*Dedicated to the Evolution of the Human Spirit*

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## *From Laurie Keene, Director*

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### *Hello Everyone,*

Spring has turned to summer. With the changing of the next season, summer to fall, BBSH will be in full swing again. Just as the earth commits herself to the changes of each season, we too are confronted with the realization over and over again that nothing stays the same.

At the end of class #5 we lost one of our beloved teachers, Barbara Swartz. It was sudden and devastating. She was stricken by an aneurysm while on a boat in Key West. She was flown to Miami where many teachers along with her brother Doug, and her life partner, Barbara DiNenno, held vigil during her passing.

I knew Barbara as one of my students at BBSH, then as a colleague at the Core Institute and finally as both a teacher and friend at BBSH. She was always quick to laugh, ready for adventure and enthusiastic about the training at BBSH. Many people came to school because of her. She cared deeply for her students. I remember many a conversation when she would share her love for each one of them. At graduation she told me that this was her first group of students that she had as Freshmen who were graduating. She was ecstatic. I know all of us in this huge extended community love her and will miss her terribly.

I can only share that I am grateful for this path. Though torn when confronted with loss, by so humanely wanting the physical connection forever, I am comforted in knowing that relationships and love are eternal. Heyoan taught us so much this year about learning to walk in two worlds. My own life experiences have led me to know that indeed, everything is energy and consciousness and though physical form changes, the energy and consciousness held within the form still exists and continues to evolve. As we can open to this understanding, we can experience life in the here and now, in a much more complete and unified way. We can experience it in a way without separation.

The Teachers who were with Barbara that day had many such experiences. I'd like to share one of them with you. As we held her in those last hours, the veil dropped and at one point I and several others could see Barbara helping to determine the recipients for the organs that she had previously arranged to have donated. We watched as she moved from recipient to recipient, lovingly working with each one. We said to each other, "That's just like Barbara, always continuing to give."

In July we received more sad news that we had also lost another beloved member of our community, Ron Wilcenski, who was an Audio Visual Technician. It, too, was sudden and left all of us deeply saddened. He had worked for the school for four years with Bill Capozzi and Marie Ponsot. I have known Ron always as a very kind and sensitive man. I know he believed in the spiritual energy work and had even begun to study it. We will miss his gentle presence.

On behalf of the entire community, we extend our love and prayers to Barbara's family, to Barbara DiNenno, to Ron's family and to all of their friends.



# IN MEMORIAM



*BARBARA SWARTZ*



*RON WILCENSKI*

So, just as we are confronted with change I feel we are challenged also to embrace the permanence of spirit. I feel that with every situation we are asked to open—to ourselves, to spirit, to each other and to the gifts that spirit provides.

I feel that these circumstances spur our souls to ask us, “How do you want to live? What do you want to create? What do you want to give and receive? How can you truly embrace the moment? Strive to live in right relationship. Why would you choose to withhold love at any time? Enlightenment is not in the future; it is possible only now. So, if not now, when?”

I believe Morris West probes these questions when he writes in *The Shoes of the Fisherman*:

*It costs so much to be a full human being...*

*One has to abandon altogether the search for security, and reach out to the risk of living with both arms.*

*One has to embrace the world like a lover, and yet demand no easy return of love.*

*One has to accept pain as a condition of existence.*

*One has to court doubt and darkness as the cost of knowing.*

*One needs a will stubborn in conflict, but apt always to total acceptance of every consequence of living and dying.*

And on behalf of the entire community, we send our congratulations to the recent graduates of the Advanced Studies and Professional Studies programs. We are proud of them and honor the depth of their work and their commitment to living the full spiritual human life.

Again, as always, I look forward to our journey together in the year 2001-2002. As we commence our studies, we will travel to deeper and deeper places within ourselves, while reaching for the higher ground within ourselves and the world around us.

Love, Laurie Keene  
Director

# CONGRATULATIONS

## *New Graduates!*

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### ADVANCED STUDIES CLASS OF 2001

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*This is the first class of Brennan Healing Science Practitioners to have completed our 2-year graduate program:*

Vincent DeRosa  
Linda Dow  
Catherine Fitzmaurice  
Aline Godon

David Jenkins  
Constance Landry  
Sondra Lewis  
Uta Maria Reinbach

Elaine Tucker  
Steven Ullman  
Celia Morgado Vaz  
Christine Whaite

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### PROFESSIONAL STUDIES CLASS OF 2001

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*The following individuals have completed the 4-year Professional Studies program and are now Brennan Healing Science Practitioners:*

Tsuyoshi Abe  
Seema Agarwal  
Natsuko Aimiya  
Kimberlie Alexander  
Jheri Allen  
Keiko Anaguchi  
Sharadha Bain  
Alan Billups  
Susan Lee Blome  
Francoise Bonnal  
Henry Boutros  
Kathryn Brown Proctor  
Marianne Burkholder  
Geert Byttebier  
Lois Cameron-Thompson  
Carolyn Campbell  
Penny Chang  
Lorna Charley  
Jean Conkin  
Amelia Cook  
Moira Davies  
Hendrika Wilhelmina De Grip  
Tjitze de Jong  
James Devine  
Laura A. Dobson  
Fiona Duff  
Carolyn Eberle  
Mary Ehrgood  
Kristel Englund  
Merry Flowers  
Maureen Foye  
Marimer Freiria  
Nadia K. Garman  
Helmut Ralf Giebel  
Ivan Goldstein

Silvana Grassadonia  
Sara Gruber  
Takako Hagsawa  
Shirley Cox Harty  
Chigusa Hasegawa  
Linda Hayes  
David Herron  
Hisako Homma  
Somi Hongo  
Ann Hurst  
Yuka Ishii  
Luisa Isabella Jaffe  
Leigh Jamison  
Diane Jelen  
Vickie Jimenez  
Guillemette Jooris  
Haruko Kasuya  
Jennifer Katz  
Sabina Keogh-Lahsinat  
Karen Kilby  
Kristina Kincaid  
Purim King  
Susan S. Kline  
Timothy Kunz  
David Landau  
Lisa Larsen-Moss  
Tara Leigh  
Anna Maria DaSilva Leite  
Marta Lopez-Larralde  
Beverley MacDougall  
Lennice Malina  
Claritta Martin  
Kidonia Nitsa Mavromatis  
Sally McAlpin-Carr  
Kariwenhtha McComber

Hilary Meth  
Jolene Mills  
Marilyn Mitchell  
Hiroko Mori  
Leslie Myers  
Yoshie Nakamura  
Nobuko Nakashima  
Ayako Nihonyanagi  
Kazuko Numata  
Hideko Amy Ono  
Tomoko Oshima  
Sarah Paino  
Jenifer Ann Patterson  
Betty Pehlman  
Patricia Peters  
Eddy Prado  
Michael Ralph  
Leyla Raphael  
Serge Rasclé  
Judy Rosley  
Nora Rousseaux  
Rousseaux de Puenzo  
Gwen Rubis  
Isaac Ruiz  
Jason Rumohr  
Free Ryan  
Nancy Sanders  
Liliana Santon-Weinstein  
Rimiko Sasauchi  
Miriam Schafer  
Jeffrey Scheffler  
Elizabeth Schomaker  
Beverly Schomp  
Gloria Seidler  
Virginia Selle

Sarah Shadowitz  
Marcia Sheline  
Naomi Shima  
Marie Singer  
Laurent Sirois  
Jacqui Skelton  
Eva Slanz Slanz-Hug  
Alan Smith  
Karin Solo  
Christiane Stagge  
Cynthia Sterling  
Anne Stolk  
Yoko Sugimoto  
Judith Swanson  
Michiko Taki  
Hwee-Meng Tan  
Lorraine E. Tollan  
Sarah Tresemer  
Susan Turner  
Sheryl Tyson  
Esther Usai  
Biba Veroni  
Leentje Verspeeten  
Christopher Walton  
Morgan Christine Ware-Soumah  
Audrey Weitzman  
Susan Wenzel  
Carol Wierzbinski  
Barbara Ann Woike  
Kent Woodward  
Adam R. Wychulis  
Donee Wyke  
Kanako Yasuhara  
Frederick Zbryski  
Sarah Zoelly

# Barbara Brennan In Touch

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Dear Readers,

Here are four pieces that I thought you would like to see. I think all of these are very relevant to all of us today as we go through this very big transition. They are:

*Heyoan's New Core Essence Work*, which is so beautifully described in the new *Seeds Of The Spirit, 2001*. Here I give a brief overview of the shift in focus from duality to unity in our transfiguration work, which is our next step into the transformed world of the future.

*Karma Changing Meditation* which teaches us how to change our karma through use of the Merkaba. In this meditation we are lifted to the City Of Light where we get a broader view of our incarnatory process of retrieving creative debris to be recycled in our present creative process of



developing the core quality that we long for in this lifetime.

*Tools for a Healthy Lifestyle*, which gives simple keys to remaining centered in self-care and in the Now using the three dimensions of Time, Space and Patience. If you use this practice, you will discover which dimension you have the most trouble with, and learn how to remain in center.

Heyoan's answer to a question, "*How Can I Obtain Constant Infallible Guidance?*" which was asked by a Boston workshop participant. It clarifies the purpose and importance of guidance.

Hope you enjoy all of them. In the meantime, we are steadfastly preparing for next school year. We will see you soon.

Love,  
Barbara Brennan

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## Heyoan's New Core Essence Work

This was a year filled with life and life challenges; birth and new beginnings; death and mourning; completion and celebration. The full cycle.

It was a year filled with a great deal of deep spiritual learning and new teachings from Heyoan. I didn't realize how far we had come until I completed all the editing of this year's Heyoan channeling for *Seeds Of The Spirit*.

In our process work, we are switching over from starting our process with and focusing on our time capsule transformation, to starting our process with our essential Core Essence, and seeing our life task and all life from the perspective of developing and uncovering more Core Essence.

Time capsules are simply seen as either shading our internal radiance, or as road maps of the parts of ourselves that we do not recognize as love. I like the way

Heyoan related our Core Qualities that come so easily to us, to those parts of our Core Essence that shine unhindered. He related them to the higher principles that we all want to live our lives by. He also channeled how our negative beliefs within ourselves in our time capsules specifically relate to the higher principles that we cannot uphold.

For example, if we find it difficult to be kind when under stress, what do we do to or withhold from ourselves when we are under stress? What negative belief do we have about ourselves that makes us unkind to ourselves, and then to others when under stress. This simple equation can be used for any Core Quality that you wish to develop. What is the special Core Quality that you most long to develop or uncover to its full expression in this lifetime?

## *Karma Changing Meditation*

See the large open tube of zero magnetic field from the center of the earth infinitely upward. Feel the empty tube of the hara line, down into the earth and extending up through your body and upward.

Experience your auric field around this tube. Ground down deep into the earth, to the very center of the earth.

Feel the center of your heart in the very center of this hara line, the point of Now, where the crossing of the zero point fields occurs in the very center of the heart.

While remaining still connected deep into the center of the earth, and the eternal Now within the heart, bring your conscious awareness far above your head to find a beautiful six-pointed star.

This star now descends into you along the vertical light line of the hara. As the star descends, you see it is three-dimensional and spinning. Bringing this star down slowly, remaining conscious of your physical body, the hara line connected to the center of earth, and the Sacred Now within your heart

Allow this star to continue downward until it reaches the center of your head, remaining there for a moment. Expand the center of light and energy in the center of your head. Remaining fully connected to the center of earth, the sacred Now in your heart, and the expansion of light in your head, expand spherically, encompassing higher and higher frequencies in your field.

Enter with us into the City of Light where we of the Hierarchy live and have our being. Do not lose connection with your physical world, for this is not a meditation of leaving the physical. It is one of connecting, encompassing.

Continue bringing your conscious awareness to expanded levels and walk with us into this beautiful City of Light – your natural home – the home out of which you wandered so long ago, with your curiosity of creation, wishing to become co-creators of the beautiful worlds of God.

Come with us now through the Hall of Records, the great libraries filled with what has been created in this great endeavor that we have accomplished together.

For all of the generations that have gone before you have left a great heritage for each human being. Every generation lifts the next to a higher level and sends it forth into the worlds of creation.

Come with us into the great halls, the great amphitheaters of learning. Learning creation with joy, music, love. Marjorie is here with us, pleased that she has enough harp strings. Hear the music of the spheres, the wisdom of the ages, the rhythm of celestial beings far greater than you have ever imagined, greater even than each galaxy.

There is no limitation to creation. The only difference is that there is no pain in creation here. And so soon, very soon in the future, as you call it, all of your self will be here. The greater part of your self is now.

You have projected only a portion of your conscious awareness into the physical world of duality to retrieve your creative debris. They are not only your personal creations from this lifetime. They are the creative debris of all of creation. You would not take on such a small task as clearing only your personal creative debris, or only those from your family lineage. Because if you go backward in time, all humanity is connected and related through the relational cords.

Return to the Sacred Now which exists in the physical plane within the center of your heart. It is the only place of creation, of co-creation. Your human, beautiful human, physical vehicles have been built for the purpose of co-creation. You are transformers of energy consciousness.

You are retrievers of the creative debris from all of the creations that have occurred in the co-creative process. Incarnation is an opportunity to become co-creator with the Divine. What is created is Individual Divine Essence.

Here in this Sacred Now that you can find within your heart, while utilizing the Merkaba in the center of your head to expand your conscious awareness, to experience the Sacred Now of all levels of your being, you will experience the existence of the spiritual worlds, like the City of Light, at the same time you experience the creations of the physical world.

## *Tools For A Healthy Lifestyle*

The three dimensions are tools  
to help you return to unity.  
If it is Time you lack in your life,  
you have moved out of the Now,  
and far into your imaginary future.  
Stop. Give yourself time now.  
You will be surprised how little it takes.

If it is Space that you need,  
you have limited your boundary  
and self-identity to an unhealthy degree.  
Stop. Spherically expand  
your beautiful core essence  
in all directions out as far as you wish.

If you have no Patience for yourself,  
you have disconnected from your center.  
Simply sit down, center yourself,  
soothe yourself with love and say,  
“It is okay if it doesn’t happen right now.”

These are simple keys to a healthy life style.  
You will be surprised how easily  
you eat the right thing,  
rest when needed, feel your heart,  
and discover that in the Now,  
time expands to Forever.

## *How Can I Obtain Constant Infallible Guidance?*

What do you expect to gain through infallible guidance?  
What is it within yourself that you may then avoid facing in  
terms of early childhood pain? Or in terms of a certain  
longing within you? That longing for freedom and love –  
the longing to experience the power within yourself, rather  
than being told what to do moment to moment.  
Otherwise, why have you chosen incarnation?

As you may know, angelic beings have not chosen incarna-  
tion and, therefore, most inexorably follow the divine will  
of God. But then, they do not experience individuality,  
which is the gift of incarnation.

However, many eons ago, you did choose to go through  
the eye of the needle of humanity. And so here you are,  
and now there is no turning back. The only way home is  
forward – forward and inward. And so we recommend  
that rather than look to us to take on your self-responsibili-  
ty, that you center in your core to find the enormous bril-  
liance and beauty there.

So what if you make a mistake? Mistakes, as you call them,  
are simply spirals of learning. And that spiral, I guarantee  
you, will take you into the deeper self – the deeper truth  
of self. For in the long run, you have chosen individuality  
here. It is, shall we say, too late to make the other choice.  
But I assure you, you have made the appropriate choice  
for your soul.

Do you not feel the longing in your high heart that tells  
you what it is you wish to become? It is only through these

cycles of learning that this becoming can take place. I  
assure you, we are with you. We will make sure that you  
do not trip and stumble too hard, and that any so-called  
mistakes will be reconcilable.

Within your mistakes you will find self-judgment. And  
within the self-judgment you will find the portion of your-  
self that you have separated from and no longer love. The  
challenge of incarnation is to love yourself—to lovingly  
bring these pieces of yourself back home into the loving  
space of your heart that you have ex-communicated  
through your judgments. It is within those pieces of self  
that you have disowned, that your freedom lies. You must,  
then, bring them home.

So we say to you, enjoy your mistakes, as you call them,  
because they will lead you to the portions of your self that,  
right now, you don’t even understand are you. It is within  
the seed kernel of truth that is, perhaps, covered by self-  
judgment and pain, where you will find that which you  
seek from us. You will find it inside of yourself, already  
existent, but covered with the debris of creation. Creation  
of what you ask? Your creations, ever since your first incar-  
nation.

So take these pieces of yourself, gather them into the  
alchemical caldron of love deep within the center of your  
heart, and learn to love and trust your self. It is through  
this process that you will become the divine being that you  
long to be. We will accompany you, but we do not wish to  
run your life for you.

# Letter From the Alumni Director

PATRICIA PFOST, ALUMNI DIRECTOR

*Dear Alumni,*

I'm delighted to succeed Marcia Klam as Alumni Director. Marcia created this position, bringing her great heart, warmth and fun-loving, down-to-earth ease of being to everyone she greeted. She makes every one of us feel special and seen and somehow, life seems easier when she's around. Thanks, Marcia! We love you and hope to see you at the alumni gatherings in Florida.

The Alumni Representative Network is well on its way! Twenty-two alums so far have enthusiastically volunteered to be Alumni Representative for their country or area. Each will be gathering local BBSH alums to organize activities that will support alumni, your professional practices and BBSH. Listed below are the names and contact information for the reps. They will be contacting everyone in their immediate area but if you would like to contact one close to you (or even not so close) to join a BBSH Alumni group, please do. And please contact me if you would like to be a rep for your part of the world.

We look forward to seeing many of you alumni at school this year. Your part of the school week at the Radisson Deauville in Miami Beach begins on Friday at 8:30 AM for the Heyoan channeling. We will meet as a group from 2:00-5:00 PM for sharing and a professional supervision session. Friday evening is the HMD lecture. The Goddess healing begins at 8:30 Saturday morning and is followed by healing sessions with fellow alumni. The day ends at 2:30 PM after a group closing. Please come and join us. Call me before so I can plan for your arrival.

Whether you are able to join us at school, be part of a local BBSH Alumni Group, send in news to the newsletter, or call or write to make contact, we invite you to stay in touch with your BBSH community.

Love,  
Patricia

## U.S.A.

### California

Sandra Foster '99:  
sandycmt@home.com  
Rosemary Parker '99:  
RPWUWUDR@aol.com

### Colorado

Susan Denison '00:  
sudenison@aol.com

### Maine, New Hampshire

Gayle Hannan-Robins '00:  
gaylehannanrobins@yahoo.com

### Maryland/Washington, D.C.

Melissa Eichner '96:  
meichner@energetics.com

### Massachusetts

Judy Rosley '01:  
413-229-6044

### Michigan

Tricia Eldridge '00:  
enrgytouch@aol.com

### Mississippi

Sandra Dietrich '98:  
sdietrich@jam.rr.com

### New Jersey

Karel Eastman Bodamer '95:  
karele@earthlink.net

### New Jersey (continued)

Carol Tokar '98:  
carolt22@aol.com

### New York State, Northern

Elizabeth Barrett '00:  
eabarrett@hvi.net

Kelly Moeller '00:  
kellymoeller.com

### New York City

Felix Ellis '00:  
FelixL.EllisMD@aol.com

### New York, Suffolk County

Irene Rebecca Bodendorf '00:  
Smile-on-Irene@worldnet.att.net

### North Carolina

Alessandra Shephard '96:  
horizons@mindspring.com

### Virginia, Northern

Anne Beckley '99:  
etheranne@earthlink.net

### Vermont

Gloria Seidler '01:  
glo4477@yahoo.com

## INTERNATIONAL

### Brasil

Anna Leite '00:  
annaleite@vol.com.br

Zaquie Meredith '00:  
zmeredith@uol.com.br

Celia Morgado Vaz, AS '01:  
celprit@uol.com.br

### Mexico

Gisela Koidl '00:  
gkoidl@internet.mail.com.mx

### Switzerland

Don Curdy '99 (interim)  
d.curdy@mydiax.ch

*Thanks to all of you. Have a great time!*

# News From Alumni

CLASS OF 2000 — GAYLE HANNON-ROBINS REPORTING

The class of 2000 held its first reunion in June after week five of BBSH and graduation of the Class of 2001. Congratulations! It was held at the home of Carol and John Stanley on their beautiful farm in Dawsonville, Georgia. Approximately 30 alumni and some spouses attended a three-day event, which included lots of connecting, swimming, dancing, walks in the Enchanted Forest and catered food to the MAX. Awesome host, John Stanley, cooked a delicious breakfast each morning. At our first bonfire together we welcomed in all of our classmates who were not present in the physical by ringing our Tibetan Singing bowls. It was beautiful.

Catherine Vajda, former teacher provided some spiritual exercises. Of course miracles happen wherever BBSHer's go. During one of Catherine's exercises, walking in a circle while chanting a prayer, the group discovered a large Earth vortex/chakra right outside the tent. More miracles happened throughout the event, including group healings in the vortex. An issue in one of the healings was self-care. As the healing progressed it became apparent that it was of a global nature and one healer stated that the vortex on the other side of the planet also opened. We have the approximate latitude and longitude from where we were but have yet to investigate further. Those of us working directly with Earth vortexes would be interested in hearing if anyone has found

that his or her self-care has gotten easier (Gayle Hannan-Robins and Debi Sinclair). We named the vortex "The Vortex of the Sacred Human Heart".

What would a reunion be without music and dancing? Danuza gave Samba lessons and Liz gave a movement class in the afternoon which was a combination of Yoga, Pilates and QiGong. Clayton brought the biggest soccer ball on the planet to kick, roll, and meditate on around the field.

A guest storyteller from the area, Shabari Bird, came to our second bonfire. Her late husband, Christopher Bird, co-authored *The Secret Life of Plants*. After a story or two she invited us to ask for a vision to come to us. Many beautiful visions were expressed as we passed an eagle feather around the fire. It was a great way to end our time together. It is truly amazing the amount of loving creation that pours forth from each person's essence.

On behalf of all of us, I wish to extend much appreciation to Carol and John for giving us a place to gather which was so loving and open to the flow of creation. Thank you for allowing us to share in your home and opening your generous hearts to the Class of 2000. Many Blessings.

P.S.

Congratulations to Rhonda Beauregard and Denis who were married July 22, 2001, and to the newly engaged Carol Anne and Michael.



*One of the beautiful dances performed by the graduating class.*



## BBSH in Touch

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*Dedicated to the Evolution of the Human Spirit*

**Barbara Brennan** — PRESIDENT  
**Laurie Keene** — DIRECTOR

Barbara Brennan School of Healing®  
500 NE Spanish River Blvd. Suite 108  
Boca Raton, FL 33431-4559

Tel: 561-620-8767 / 800-924-2564

Fax: 561-620-9028

Email: [bbsh.office@barbarabrennan.com](mailto:bbsh.office@barbarabrennan.com)

Website: [www.barbarabrennan.com](http://www.barbarabrennan.com)

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### EDITOR:

Patricia Pfost

P.O. Box 2005, East Hampton, NY 11937

Tel: 914-466-2917

Email: [pfost@netstep.net](mailto:pfost@netstep.net)

### CONTRIBUTORS:

Gayle Hannon-Robins, Lisa Van Ostrand, Nancy Privett,  
Laurie Thorp, Sy Zachar

### PRODUCTION:

Martha Wasik/Graphic Arts

# *New Track in Advanced Studies for Training of BBSH Teachers*

BY LISA VAN OSTRAND, DEAN, ADVANCED STUDIES PROGRAM

Starting this year, the Advanced Studies program will offer a new track. Named the Advanced Studies-Education track, AS-ED, it is an extensive two-year training program that will prepare graduates of the four-year Professional Studies program to teach within BBSH. AS-ED replaces the current Teacher-Training program. We are excited about offering this training because it provides what we feel is necessary for students to fully move into their teachership, embodying the skills that are necessary to teach from one's essence. For those of you who are currently students or have been students at BBSH, I'm sure you can remember at least one teacher who has significantly affected your life. The opportunity to train for teachership at BBSH is an opportunity to quicken not only your own evolution but also to assist and serve others in their evolution. I highly recommend it!

The first year of AS-ED consists of the normal 26 days of resident training attended by all students plus 7 Distance Learning Modules and approximately 96 hours of internship. The internship is fulfilled by attending the two days prior to each of the five classes and helping at either one IBHS 3-day workshop or alternatively 3 days at the BBSH office. The Resident Training, the internship and the Distance Learning Modules prepare the AS-ED students for their future roles as BBSH teachers by helping them to bring out their personal best and to reveal areas where work still needs to be done. Students are presented with both theory

and observation of teaching, both one-on-one and in groups. This occurs within the small class and large classes. Students are then supported as they learn to do, evaluate and teach the Healing Science, Awakening and Creative Arts skills and hold the Professional Practice curriculum.

AS-ED students who successfully complete Year 1 receive a 3-year contract with BBSH. Year 2 consists of a 5-day intensive in September, in preparation for the role as Assistant Small Class Teacher. Like year 1, there the same 26 days of Resident Training and the 2 days prior to the five classes. Second-year students spend their training time on one of the four teaching teams as an Assistant Small Class Teacher, most probably on either the PS1 or PS2 teams. As part of the internship and like the previous year, second-year AS-ED students are also required to do another IBHS 3-day Workshop or alternatively 3 days at the BBSH office.

Finally, upon successful completion of the 2-year training, students attend a 5-day Teacher Training Intensive in September at no-charge, at which promotion to full Teacher is determined.

If you have not received an application in the mail and are interested in applying, you may download an applications from the BBSH website. Applicants are accepted into the program through a process of application and review. Please feel free to call me if you have additional questions at 212-721-9910.

*Faculty and students of the Advanced Studies Class of 2001*



# Spreading the Word, Igniting the Passion

BY LAURIE THORP, PS 1 TEACHER

Do you remember the first time you heard about the Barbara Brennan School of Healing? I sure do. It was a glorious spring day and my kids had gone down to the neighbor's house to play. I was sitting on my deck, reading the Omega Institute Catalogue and meditating on all those wonderful workshop possibilities.

I came across the description of an introductory workshop given by someone named Barbara Brennan and her teaching staff from a school called the Barbara Brennan School of Healing. I felt like I was on fire! I had never even heard of Barbara Brennan. I vividly remember, as I sat there feeling this fire of excitement inside, that everything began to look different to me. The very trees around me seemed brighter, more alive. I heard a clear voice of guidance saying, "And this is what you are going to do in your life." I tried to ignore my inner voice because of my doubt and excitement, but I knew it was the truth.

I attended that Introduction to Brennan Healing Science (IBHS) at the Omega Institute in New York and the earlier fire and excitement that had sprung from a longing deep inside of me were stirred up, never to be silenced again. Thus I began this most incredible healing journey.

Both as a student and as a teacher, one of my great pleasures has been to work at the IBHS. This two-day plus one evening workshop is a powerful doorway to healing. I continually feed the fire inside of me as I watch the light flicker on in the eyes of the participants. I see their longing, their doubts, their passion. It all gets stirred up at the IBHS.

After many months of planning and creating, BBSH staff have developed a program to make the IBHSs more available to potential students. There are, at this point, ten trained and seasoned teachers from the school who are authorized to teach the IBHS workshops throughout the United States.

We want to continue to spread the word about BBSH. We want to let people have a small taste of what this incredible school has to offer. There is a place for everyone to spread his or her wings.

We invite graduates to sponsor an IBHS program in your area. It is a win-win opportunity for everyone involved. BBSH benefits by the word-of-mouth advertising and graduates who sponsor and assist at an IBHS benefit through deepening their healing skills, making new contacts, growing their healing practices and reconnecting with the school community.

We would also love to have current students participate by being on the support team for the IBHS. Simply being on the team and being in the energy is healing. And, guaranteed, you will learn so much. It is an awesome experience. Kahea Morgan is administrating the initial phase of this program. She can be reached at:

kahea@barbarabrennan.com

or at the BBSH office at 1-800-924-2564.

The Teachers currently authorized to teach the IBHSs are:

Rebecca Ellens, [rjellens@cs.com](mailto:rjellens@cs.com)

Donna Evans-Strauss, [destrauss@aol.com](mailto:destrauss@aol.com)

Phyllis Lehman, [plehman@warwick.net](mailto:plehman@warwick.net)

Luci McInnes, [rmcinnis@massmed.org](mailto:rmcinnis@massmed.org)

Tina Mulhern, [tmulhern@bellatlantic.net](mailto:tmulhern@bellatlantic.net)

Catherine Nelson, [cnhobbit@aol.com](mailto:cnhobbit@aol.com)

Dean Ramsden, [deanr@attglobal.net](mailto:deanr@attglobal.net)

Laurie Thorp, [LTHORP@mindspring.com](mailto:LTHORP@mindspring.com)

Cristie Torrenga-Furth, [blueseas@earthlink.net](mailto:blueseas@earthlink.net)

Lisa Van Ostrand, [lisavano@webspan.net](mailto:lisavano@webspan.net)

Please contact us if you are interested in having an IBHS in your area or if you have any questions. We are all so excited to be a part of this new program. Help us spread the word and ignite the passion!

## BUZZ

BY SY ZACHAR, DIRECTOR, BUSINESS AFFAIRS

Ever go to a great movie and tell your friends about it? Word-of-mouth or "buzz" is considered by Hollywood studios to be the best form of advertising. No amount of money spent on ads in newspapers and television can match it. Word-of-mouth is how everyday movies become box-office hits or an unknown book such as "The Red Tent" becomes a best seller. BBSH will be using new advertising techniques to spread the word about the school, but no ad or article can match the effect of word-of-mouth.

**Don't be afraid to give the school "buzz"! Your friends will forever thank you.**

# The Sacred Blueprint

BY NANCY PRIVETT

*Nancy Privett is a 1991 graduate of BBSH. She has a private practice in Westhampton, New York. Her new book, "Stepping into the Aquarian Age: A Guidebook for the New Evolutionary Cycle", was published in April 2001*

What if you were told that you were about to undergo an initiatory ordeal that would require you to use every bit of your courage, wisdom and compassion? What if you were told that the initiatory experience would take many of your former beliefs about the way life works and stand them on their heads? What if you were told that you could emerge from this experience with a connection to an internal power source that would forever after change the way you lead your life?

Sound interesting, if a little unsettling? Here is something we may already be aware of, and need to remember to pay attention to: We are living at a time, on the cusp of a new evolutionary cycle, when the prospect of both personal and planetary initiation is not only probable, but necessary. We are here on earth at the time of a momentous transformational shift of expansion of consciousness, and the question to ask ourselves is: "How can I make the most of what is happening?" Working in the healing arts, we are leaders in the consciousness movement, whether or not we are aware that we have signed up for the job. The people we work with will look to us for guidance and for answers about the new evolutionary cycle, popularly called the Aquarian Age, with which we have already begun to dance. Forecast as the Golden Age, the Age of Aquarius is a time when it has been promised that humanity will discover the secrets of the universe and uncover an internal power source beyond our wildest dreams. However, its coming has also long been associated with cataclysmic events and upheavals, a sign that we will be forced to become responsible administrators of this internal power or suffer disastrous consequences. The good news about all this is that we have a map for the process. The keys to understanding the universe's blueprint of consciousness are the astrological ages.

## Mirrors of Humanity: The Astrological Ages

The astrological ages are actually astronomical cycles of approximately 2,160 years, based on something called the precession of the equinoxes, discovered by Hipparchus in the fourth century BCE (Before Common Era), and later explained by Galileo. Each age is a specific cycle of evolution of consciousness, with very distinct challenges and lessons. Because each age is associated with a sign of the zodiac, we can use astrology as a language to translate what the age is about and give us some direction and guidance about deciphering and working with the age's tasks. By examining past astrological ages we find that

when we translate the zodiacal sign associated with the age, and then look in the history books to see what was going on on earth at the time, the same exact vocabulary emerges. The two areas of astrology and history reflect each other and tell a story of unfolding opportunity for evolution of consciousness.

For example, here is some of the astrological translation for the sign of Taurus. It is associated with fertility, making things grow, agriculture, and structures of permanence. Its totem is the bull; it is an earth sign and a feminine sign with the archetype of the Love Goddess. During the Age of Taurus, from roughly 4000 BCE to 2000 BCE, what was happening on earth? Villages and cities were expanding into great civilizations, wealth was accrued, farming and raising cattle were the prominent occupations, fertility rites were common, as were goddess religions, and the very permanent structures of the pyramids and Stonehenge were built. The icon of the Taurean totem, the bull, was prolific during the age, appearing in myths, religious beliefs, architecture and household items. Religious beliefs many times paired the image of the bull with the image of the goddess.

But when the age shifted into Aries, around 2000 BCE, the icon of the bull became that of the Aries ram. Now we have Old Testament stories of the Hebrews smearing lamb's blood on their doors to save their firstborns from being slaughtered, the sacrifice of Abraham's son Isaac being replaced with the sacrifice of a ram, Moses on Mt. Sinai, angry at the worship of the golden calf, a throwback to the Taurean symbolism. Aries was an age of masculine fire and so the Age of Taurus priestesses were replaced by priests, now called shepherds. The myths were of Theseus, the bull-slayer, Jason rescuing the Golden Fleece, and rams' horns decorated statues and temples. The energy of Aries is that of aggression, the ego in action, the desire to succeed and the ability to direct the will, and so this was the age of the great, if ruthless, military leaders, like Julius Caesar, Alexander the Great, and Nebuchadnezzar.

Heralded by the birth of Buddha and then Jesus of Nazareth, the Age of Pisces followed the Age of Aries. Pisces' archetype is the Mystic, the one who seeks God, and its energies are associated with love, sensitivity, service, compassion, and martyrdom. Its totem, the fish, came to be the symbol of Christianity, one of the myriad great religions born of the age. Cathedrals, churches and mosques were built, rather than the war-related architecture of the Age of Aries, like the Colosseum or the Black Obelisk. Associated with the water element, the New

Testament stories contained many references to water – Jesus teaching from a boat, walking on the water, calming a storm at sea and the rite of baptism. Meditation, dreams, broader planes of perception – all are energies of the Age of Pisces, which just recently began its waning period. Of course, any age has its shadow energies, and those of Pisces included victimization, slavery, self-undoing, scandal, delusion, fanaticism and the abuse of alcohol and drugs.

## Interface Chaos

Before we go on, let's take a look at something significant. From one age to the next, humanity is asked to make quite large leaps in consciousness. Taurus' planted, rooted feminine energy was met head-on by Aries' masculine fire, aggression and urge for forward movement. If there is anything Aries can't tolerate, it is passivity and rootedness, both Taurean energies. Aries' aggressive, take charge, conquer-all energy was then met by the Piscean urge to love, forgive and seek connection with a Higher Power. Pisces seemed to say, Forget the world of matter (in which Aries was immersed) and look to Spirit instead.

The transition between two ages is characteristically a turbulent, chaotic time during which the "intermingling" of very different energies takes place. Each age has an initiatory period of several hundred years before the main 2,160-year phase. There is also a waning phase which is several hundred years long. The waning phase and the initiatory phase of consecutive ages overlap. During this time the new lessons of expanding consciousness can be seen to want to supplant or negate what we have just been trying to learn. So we feel like we have just worked hard to learn how to plant the field; after much labor, the crop is finally coming in and we are smugly sure of exactly how to resow the field for the next crop. Then along comes the new age and tells us: "Rip up the field. We are going to try something brand new." This has the potential to set the stage for some major temper tantrums among humanity, as the energies of the two ages become polarized and see each other as the enemy. Some become entrenched in the waning age's energy and launch a formidable campaign to stop the new age's energy from coming in – a quite useless task. Others who are already moving with the energies of the new age can fall into the trap of seeing the old age as something bad to be eradicated.

And that brings us to the present, because right now we are in such a transitional time period, with the energies of the Piscean Age waning, and the incoming energies of the Aquarian Age beginning to get stronger. When we look at the history of the last century alone, we see it filled with turbulent, chaotic events that threaten to undo any spiritual lessons learned. In order to move forward gracefully, we need to find out as much as we can about the energy of the incoming age, and figure out how best to interlace it with the evolutionary cycle from which we are emerging. Although we are far from immersed in the

main stage of the Aquarian Age, which will run past the year 4000, we have been feeling its energies from the middle of the nineteenth century.

## Aquarius: The Golden Age of the World Community

Here is some translation for Aquarian energies already in play, already affecting us and growing stronger by the moment. We can correlate many of the energies with events that have already taken place, or are happening now. The sign of Aquarius symbolizes the energy patterns of coexistence, the community, the collective situation of humanity, how people relate in groups, brotherhood and sisterhood, the greatest good for the greatest number of people, sharing material resources, humanitarianism and utopian ideals. It wants us to acknowledge the Oneness of life and demands a synergistic society where the needs of the individual and the needs of the group are reconciled. It is also associated with the energies of challenging tradition, exploring, liberating and inventing. The sign rules nuclear physics, astrology, space travel, high technology, democracies, and declarations of independence. Aquarius is tolerant, holistic, respects all faiths and asks us to live in the moment.

Its symbol is the Water Bearer, an androgynous being who pours water from an urn. On the physical plane, water represents a substance we need to live. Metaphorically, it can represent consciousness.

Esoterically it represents the One Thing from which all other things arise. The glyph for Aquarius ♒ represents lines of energy — x-rays, electricity, sound waves, light, holograms, lasers, the universal energy field, the human energy field and kundalini energy. In the physical body, Aquarius rules the rods and cones of our eyes, which enable us to see colors and are involved with the ability to see the invisible energy of auras.

Although Aquarius' symbol is the Water Bearer, Aquarius is not a water sign like Pisces, but an air sign, and as such is associated with the mind – the higher intellect, intuition, innovative thinking, abstract concepts and the ability to focus our attention. As an air sign, Aquarius contains the characteristic of liking people and connecting with them simply for the pleasure of hearing their ideas and thoughts. In doing so, there is the ability to be detached emotionally, in order to gain greater objectivity with regard to the ideas being shared. The shadow side of this detachment is a coldness and isolation, a non-caring attitude, as only the ideas, rather than the humanity of the person, are valued.

One of Aquarius' ruling planets is Uranus, the planet of genius and intuition, symbolized by a lightning bolt. The vibration of Uranus is very high, and it moves forward rapidly, provoking sudden change and new awarenesses as it stirs and awakens our higher consciousness. Uranus does not tolerate structures which need to be revitalized; its electrical energies destroy old structures in order to make room for new concepts and ideas. Uranus' energy

is unpredictable and has to do with experimentation, revolution and defying authorities. It is aligned with truth and a respect for freedom. Its shadow side manifests as extremism and willfulness. Aquarius' other ruling planet is conservative Saturn, which represents discipline and accepting responsibilities, radiating the qualities of patience and reliability, the ability to organize and set boundaries. Its shadow side manifests as rigidity, coldness and repression.

The archetypes of Aquarius are several: the Liberator, the Inventor, the Common Man/Woman and the Magician. Its shadow archetypes are the Autocrat, the Mad Scientist, and the Evil Sorcerer. I am sure that we could assign a news headline from the last century to each one of these models.

## Challenges of the New Evolutionary Cycle

Our job as leaders in the consciousness movement is to model how to incorporate the new energies into our lives, while at the same time we carry forward the pearls from the old age. So let us look at some aspects of Aquarius that will help us prepare ourselves and our clients and patients to "go with the wave" of the incoming Aquarian energy, as the undertow of Pisces still pulls at our feet.

Science is a good place to start because people "believe in" science; there is no need to make a leap of faith to do so. The science of the Aquarian Age is modern physics; the science of the Piscean Age is Newtonian physics, and with this model alone, we can begin to teach how the concepts of "how life works" will be upended. Newtonian physics is a mechanistic model, which explains the universe by breaking it down into component parts, much like a machine. In it, everything is composed of building blocks of matter, there is a cause for every event, and an effect that follows the cause. It is a comforting paradigm, in that the entire universe can be taken apart, analyzed and described. But in the early 1900's scientists began to see things that did not fit the Newtonian model. The basic characteristics which the new scientific theories ascribed to the universe were attributes of unity, interconnectedness and change. Interestingly, these characteristics are also descriptives applied to the universe from the viewpoint of ancient wisdom and spiritual philosophies. What had previously been two opposing factions – science and spirituality – now moved into not only compatibility, but what seemed to be twinning. Just read Fritjof Capra's 1970's classic *The Tao of Physics*, to see how we cannot distinguish between the statements of the mystics and the statements of the modern physicists. It seems that the universal laws of ancient wisdom continue to be "discovered" in the laboratories of modern physics. Holography, Bohm's implicate order, Sheldrake's morphic resonance – all describe a universe that is a dynamic Whole of interconnected and interrelated phenomena. The bottom line: We are all in this together, and everything we do, think or say has an

effect on everyone else.

One of the paradigm shifts that emerges from modern physics is "life as energy" (rather than "life as matter"), so energy literacy will be of utmost importance. The nature of energy, the properties of energy, our relationship with energy, as well as understanding energy anatomy and the human energy field, comprise a basic primer humanity will need to negotiate the new age. One of the characteristics of the Aquarian ruling planet Uranus is that it forces us to see the discrepancies between superficial outward presentations and the truth or essence of something. As we know, we can read energy fields to distinguish the same thing, and not only that, but also work through the energy field to transform the negative configurations in order to allow the essence to be the constellating factor. Although we do not at this time have the sophisticated technology that gives us a clear visual of the energy field, it is inevitable that it will come about during the age, making the whole field of energy healing an essential factor in a "new medicine" based on a holistic model.

One of the consequences of learning to understand life in terms of energy is that we see deeper meaning in events that we might normally read superficially. By looking for and exploring the energetic configurations that are blocking the Essential flow of an event or experience, we are led to unveiling and translating spiritual guidance. This is the art of symbolic interpretation, of finding spiritual directives all around us, when we extract wisdom and clarity from whatever touches our lives. As students and masters in the field of energy, it is our job to interpret events in this way, and then translate events to others in a way that can put them in touch with the Divine guidance encoded within the event, and at the same time, bring some solace. Because we are in the interface period between two evolutionary cycles, initiations will come fast and furiously. Humanity needs to understand these times of what seem to be merely crisis and bad luck from a broader perspective. Seeing initiation as an opening, a spiritual breakthrough, from which we can emerge stronger than when we went in — more whole, more compassionate, more wise — helps us get through times of pain and chaos. The way we define our own initiatory experiences will be an essential guideline for others in a time when change may seem to be coming too quickly.

If there is one thing we absolutely must bring forward with us from the Age of Pisces into the Age of Aquarius, it is what we were supposed to have learned about the power of the heart. For the past two thousand years, we have been urged to explore the alchemical energies of love, compassion and forgiveness. One of the mandates of the Aquarian Age is to create a world community. If we neglect to put heart into the relationships and communities we create, the result will be the disaster that encompasses much of the world today. Without the warm Piscean heart energy, the emphasis on Aquarian reason and ideas can spawn cold, emotionless concepts, inventions and theories which are detached from the passions of life and leave the "human" out of "humanitarian". All

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## *The Sacred Blueprint: Challenges of the New Evolutionary Cycle (CONTINUED)*

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the facets of learning how to open the heart need to be reviewed and practiced, over and over, including the fact that having an open heart does not mean we relinquish all our boundaries. The radiating heart energies create a force field around us that not only protects us and makes us spiritual warriors, but contains the magic that turns things to gold, that makes treasure out of baser elements. The true dangers for ourselves, individually, and as a planet, lie not in the tests and trials that we will face, but in keeping our hearts closed as we go through them. There will be no substitute for the initiatory trials set before us and our ability to pass our initiatory tests will depend on the strength of our hearts. I can think of no better story to illustrate this than the one from the 1999 winter issue of *Spirituality & Health*, told by the Dalai Lama about a friend of his who had spent almost twenty years in Chinese labor camps. His friend said that during the time he was imprisoned, he had sometimes faced real danger. When the Dalai Lama asked him what kind of danger, he replied, "The danger of losing compassion for the Chinese."

One of the promises of the Aquarian Age is that during it we will discover our internal power, a force so magnificent that full access to it right now would literally blow our physiological circuits. This creative energy allows us to create the life we want. On a larger scale, when used in accordance with universal law, it will facilitate the creation of the Aquarian ideal of the perfect global commu-

nity. However, as we well know, power can be misused, and if we are not responsible managers of this tremendous internal dynamic, there will be terrible consequences. We have the choice to be the archetypal Aquarian Magician, or the shadow archetype, the Evil Sorcerer. The one thing that distinguishes the Magician and the Evil Sorcerer is the connection to or disconnection from the heart energies. As leaders in the consciousness movement, we need to practice the conscious and heart-connected use of the creative process, so we know it well and can begin to teach it to others. In this interconnected universe, how we hold and manage our own energy, how we live our lives, can have the most healing and wondrous effect on the entire world.

The new cycle of expanding consciousness will require our utmost focus, and will demand that we give up every belief we hold that is shallow, ignorant, empty, uninformed, superficial or devoid of Divine Force. The consequences, if we do not, will be severe. There is no way to avoid the oncoming journey of awakening. We are not going to be asked to give our permission to allow the surging forward of change and evolution. The new age will dawn with or without our voluntary support. However, humanity's continuing, organic and relentless evolution is the wonder of the universe. As the waves of celebratory energies begin to engulf us, we learn to master the art of riding the waves, and pass on our mastery to others. In doing so, we fulfill our potential as healers.

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Former BBSH Programs Coordinator, Lisa Johnson, husband Ron and children Brooke, 4-1/2; Erica, 2-1/2; Jake, 1-1/2; and a new little one on the way.



# *2001 Graduation Festivities*



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