



BBSH®

In Touch

ISSUE 33 • SUMMER 2011

The Newsletter of Barbara Brennan School of Healing®

What's Inside

2011 BBSH/BBSHE List of Graduates

2

A Milestone of Dedicated Studies and Self-Exploration

By Martin Feijen, BBSHE Year 2 Faculty

6

2011 Class Speeches

7

2011 BBSHE Class Projects

10

The Buster Life

By Steve Stroud, BBSH Year 3 Faculty

It is an honor for me to be here today at your graduation. I have deep respect for you and this journey that you have chosen. I thank you for all the efforts and sacrifice that you have made to be here, and I extend my gratitude to your friends and family who have made this journey with you.

I've heard it's been said that human beings are the top of the evolutionary ladder, that we humans are the most evolved of all the species. I would like share with you what I have learned from one of the so-called lower species, my dog. His name was Buster; he was one of my best friends. He died just a couple of months ago. In human years he lived to be 94, in dog years 12—in my heart, he lives forever. My experience with Buster makes me question which species is most evolved. I'll tell you why and what Buster taught me.

First, he lived a good life. He lived a good life because he saw every day as a day

full of adventure, be it chasing coyotes or lying in the tall grass under the sun. If I saw every day more as an adventure and less as list of chores, I could indeed say, "I live a good life."

Second, Buster was there for me, every day. Regardless of where I'd been, how long I was gone, or how I felt, when I came home, he showed up and he was happy to be with me. He taught me that the simple act of showing up lets others know just how much we care.

Third, he lived in the present moment. In February, he was doing so poorly we called the vet so she could come by and euthanize him. When the vet drove up, he went out to meet her, sniffing and wagging his tail and thrilled to have some company come by to visit. He was certainly not worried about what was to come next. As it turned out, it wasn't his day to die. He lived well for a couple more months. I can only pray

CONTINUED ON PAGE 4



Steve Stroud and his dog Buster



The Newsletter of The Barbara Brennan
School of Healing

Barbara Brennan
PRESIDENT



Barbara Brennan School of Healing
500 NE Spanish River Boulevard
Suite 208
Boca Raton, FL 33431-4559

561-620-8767
800-924-2564
Fax: 561-620-9028

bbsh.office@barbarabrennan.com
www.barbarabrennan.com

EDITOR
Stuart Adams

GRAPHIC DESIGN & PRODUCTION
Henry Corona
henry.corona@barbarabrennan.com

The Barbara Brennan School of Healing;
BBSH; Barbara Brennan; Brennan Healing Science;
Brennan Healing Science Practitioner; Hands of Light;
Hands of Light Healing; Heyoan; Hara Line; Hara
Level; Hara Level; Hara Healing; Brennan Hara
Healing; Core Star; Core Star Level; Core Star Healing;
Brennan Core Star Healing; Core Essence;
Seeds of the Spirit; and the Hands of Light logo are
trademarks and service marks of Barbara Brennan
or Barbara Brennan, Inc. as applicable.

© 2011 All rights reserved.

BBSH U.S.

BACHELOR OF SCIENCE PROGRAM

Jean Marie Hosier
Waterbury, Connecticut
Sonya Nelson
Houston, Texas
Debbie Jo Pobst
Leavenworth, Washington
Geraldine Ann Tijmes
McAllen, Texas
John Claude Abernethy
Wepner
Newton, North Carolina

PROFESSIONAL STUDIES PROGRAM

Jesica Renée Ball
Seattle, Washington
Tricia Marion Balmer
Toronto, Ontario
Robyn Amanda Bradley
Queanbeyan, Australia
Elaine Brennan
San Francisco, California
Caprina Nadine
Marie Brown
Minneapolis, Minnesota
Jennifer Jo Buckloh
Brooklyn, New York
Manel Casanova
Rutlant
Gillette, Wyoming
Tina Davis
Dunkirk, Maryland
Tracey DeGregory
Scottsville, Virginia
Daniela Dentesano
Mexico City, Mexico
Christina Jane Ducharme
Cabot, Vermont
Marie Duffin
Champaign, Illinois
Robin Lorraine Ell
Portsmouth,
New Hampshire
Nora Fazio
Columbus, Ohio
Paula Ann Foss
Edgartown, Massachusetts
Mayumi Fujihira
Chiba, Japan

Mine Fujiki
Nagoya, Japan
Carolyn Jo Gamble
Springfield, Virginia
Joyce Garcia
Miami, Florida
Linda Christina
Ptak Greco
Amherst, New York
Jennifer Helen
Shelemyah Guerra
Miami, Florida
Marianne Stevens
Hidalgo
Hampton Bays, New York
Akiko Honda
Sapporo-City, Japan
Jean Marie Hosier
Waterbury, Connecticut
Suzen Marie Hyde
Wenatchee, Washington
Arisa Ikeda
Tokyo, Japan
Noriko Ikeda
Yokohama, Japan
Chieko Ishizaka
Tokyo, Japan
Tomoko Itagaki
Yokohama, Japan
Miwa Kaizaki
Tokyo, Japan
Young Mi Kang
Daegu, South Korea
Yayoi Kawaguchi
Tatsuno-City, Japan
Nam Nidhan Khalsa
Santa Fe, New Mexico
Kiki Kaoru Kinoshita
Tosu, Japan
Adele von Alstyne
Kristiansson
Water Mill, New York
Tama Kunimoto
Santa Barbara, California
Lynn Landis
Boca Raton, Florida
Claudia Lara Uribe
Miami, Florida
Gui Xiang Loo
New York, New York
Nathan R. Maez
Montpelier, Vermont
Mike O. Margolin
Stamford, Connecticut
Linda Lee Martin
Sacramento, California

Ikuko Miyata
Fujisawa-City, Japan
Kush Luv Modgil
London, United Kingdom
Stephanie Carol Moore
Boulder, Colorado
Anne Myhra
Oslo, Norway
Yoko Nakajima
Tokyo, Japan
Kumie Nakamura
Kurume, Japan
Takako Nanbu
Tokyo, Japan
Sonya Nelson
Houston, Texas
Michiko Nozaki
Kochi, Japan
Jessica L. Nygren
Brisbane, Australia
Yasushi Oomori
Osaka, Japan
Christine V. Pelc
Los Angeles, California
Giselle Perez
Doral, Florida
Bonnie M. Plant
Eugene, Oregon
Susanna Roop
Gonzalez Costa
Gillette, Wyoming
Charles Edward
William Ryan
Little Canada, Minnesota
Melissa Caldera
Scarfone
Boca Raton, Florida
Robert Scott
Shambaugh
Highlands, North Carolina
Sachiko Shiina
Chiba, Japan
Yuko Grace Shiraki
Chiba, Japan
Michael Jeffrey Singer
Santa Barbara, California
Jan Skadberg
Charles Town,
West Virginia
Stephanie Skubis
Scottsdale, Arizona
Lisa Mason Starenko
Weehawken, New Jersey
Laura Ann Sunn
Pleasant Prairie, Wisconsin
Masanobu Suzuki
Sagamihara, Japan

Yoko Takada
Tokyo, Japan
Keiko Takahashi
Hayama, Japan
Jini Tanenhaus
Brooklyn, New York
Mary Tataryn
Winnipeg, Manitoba
Takashi Terauchi
Kawasaki, Japan
Geraldine Ann Tijmes
McAllen, Texas
Ken I. Todoki
Danville, California
Naoko Tominaga
Hamamatsu, Japan
Keiko Uehara
Kanagawa, Japan
Takashi Ukai
Tokyo, Japan
Christine von Ulrich
Mahwah, New Jersey
Tae Yamakawa
Kanagawa, Japan
Miyako Yasumoto
Tokyo, Japan
Hitomi Yoshida
Tokyo, Japan
Zlatina Hristova Zlateva
Tokyo, Japan

**ADVANCED STUDIES
PROGRAM IN
BRENNAN
INTEGRATION WORK**

Dorothy P. Antullis
Davie, Florida
Pamela Devenport
DeWitt, New York
Katherine Gilbert
Oakland, California
Valerie Gale Kemp
Vancouver,
British Columbia
Leigh Pobst
Orondo, Washington
Kim Wamsley
Owen Sound, Ontario
Barbara Tara Woike
New York, New York
Tatyana Yudina
Stamford, Connecticut

**ADVANCED
STUDIES BRENNAN
HEALING SCIENCE
TEACHER TRAINING
INTERNSHIP
PROGRAM**

Matsumi N. Araki
Mito-City, Japan
J. Jorge Barriou
Fair Lawn, New Jersey
Kim Ann Clay
New York, New York
Hisae Tanaka Hochuli
Honolulu, Hawaii
Willow C. Hoffman
Miami Beach, Florida
Maki Nanatawara
New York, New York
Satoe Ogawa
Tokyo, Japan
Edrianna Ruth Stilwell
Franklin, North Carolina
Allison Jill Tardell
Delray Beach, Florida
Janet Barringer Wepner
Newton, North Carolina
John Claude
Abernethy Wepner
Newton, North Carolina

BBSH Europe

**PROFESSIONAL
STUDIES PROGRAM**

Justin Leo Bonnet
London, United Kingdom
Daphne Bouma-Jansen
Den Haag, Netherlands
Tanja Bregar
Ljubljana, Slovenia
Jasper Buschgens
Amsterdam, Netherlands
Marianne Cass
Uckfield, United
Kingdom
Carlos del Barrio Jimenez
Madrid, Spain
Esther Dick
Ghent, Belgium
Eddie Doolan
Overveen, Netherlands
Amber Elderfield
Galway, Ireland

Bettina Grewer
Essenheim, Germany
Steve Jack
London, United Kingdom
Thérèse Keenan
Carrickmacross, Ireland
Anna Kittel
Göttingen, Germany
Henriette Koechlin
Basel, Switzerland
Harriët Frederica Kroon
Amsterdam, Netherlands
Maud Lennkh
Madrid, Spain
Viviana López Guzmán
Barcelona, Spain
Nathalie Lydia Matysiak
's-Hertogenbosch,
Netherlands
Elaine McGoogan
St. Helier, Jersey
Anne-Chantal Misson
Brussels, Belgium
Dana Muszkatblit
Tel-Aviv, Israel
Louise M. Nadim
Horsham,
United Kingdom
Filipa Figueiredo Neves
Lisboa, Portugal
Hans Nielsen
Gothenburg, Sweden
Janne Pedersen
Oslo, Norway
Rebecca Picherack
Toronto, Ontario
Annick Schuerman
Sint-Martens-Latem,
Belgium
David Michael
Sleeman
San Daniele, Italy
Marcus Bach Sorensen
London, United Kingdom
Marleen Sprangers
Wuustwezel, Belgium
Thanh Tran
London, United Kingdom
Sara Trevelyan
Edinburgh, Scotland
Sabine Weeke
Forres, Scotland

**ADVANCED
STUDIES PROGRAM
IN BRENNAN
INTEGRATION WORK**

Lia Sandra Maria Balli
Pistoia, Italy
Jens-Uwe Böhrnsen
Meinersen, Germany
Mimi Dehaes
Wolvertem, Belgium
Kitty Folmer
Amsterdam, Netherlands
Luis Gosalbez
Santacruz
Alicante, Spain
Eef Gravendaal
Amsterdam, Netherlands
Nina Alexa Koren
Graz, Austria
Anne Margaret Miller
Liverpool,
United Kingdom
Róisín Ní Chéileachair
Belfast, Northern Ireland
V'rasana Oannes
Zürich, Switzerland
Mirjam Radilovič
Ljubljana, Slovenia
Ian Ritter
Milano, Italy
Marita O. Rühls
Rio de Janeiro, Brasil
Mojca Vrečar
Ljubljana, Slovenia
Elisabeth Benedikta
Wörter
Salzburg, Austria

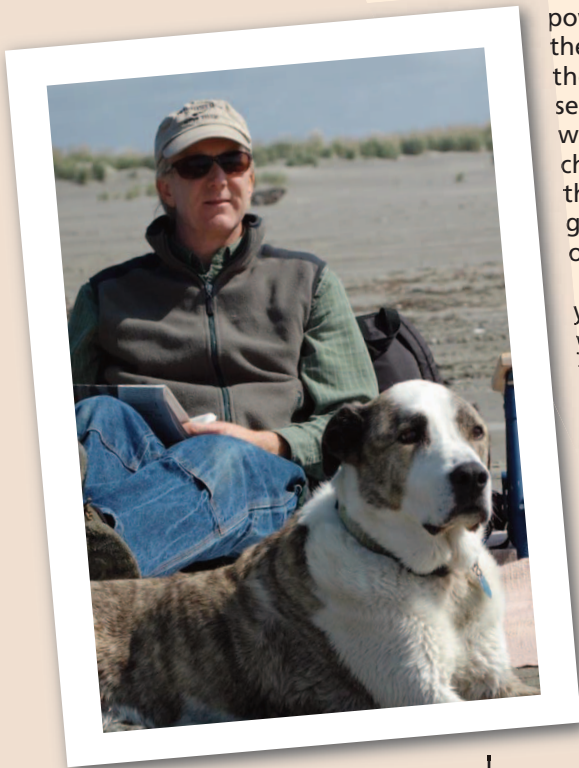
**ADVANCED
STUDIES BRENNAN
HEALING SCIENCE
TEACHER TRAINING
INTERNSHIP PROGRAM**

Christof Huber
Herrenschwanden,
Switzerland
Sintia Mazon
Istanbul, Turkey
Marion Pierschkalla
Graz, Austria
Robert Ungar
London, United Kingdom

CONTINUED FROM PAGE 1

The Buster Life

By Steve Stroud, BBSH Year 3 Faculty



power and information moves from the hands of a few to the hands of the many, where the mystical secrets become revealed, and where we rise up against the chains of oppression—whether they be from an autocratic government or from the shackles of our own belief systems.

It is certainly no accident that you have come to this place in your life at the exact moment that the earth is in such great need for healers, especially healers who have done their own transformational work and are now ready to carry the torch of transformation and conscious evolution forward into the world. You have accomplished a profoundly deep and unique training. And surely you are not the same today as you were on the day that you entered into this endeavor those many years ago. You

that when I go out to face my own death, I do so with such curiosity and with such “in the moment” presence.

And fourth, he held unconditional love every moment. Sometimes when I’m having a really good day I can hold unconditional love for a few hours. For him it was as natural as digging for gophers or barking at the neighbor’s horse. Unconditional love, on a cellular level, 24/7—if that were a PD skill here at the School, how many of us would pass?

Human beings may be on the top of the evolutionary ladder, but my experience of The Buster Life—a life full of adventure, of showing up, of being present, and of living in unconditional love—is something I think all of us human beings could strive for.

There is an old proverb that states “may you live in interesting times.” I think we could agree that we do indeed live in interesting times. Not only are human beings in a profound time of conscious evolution, but we are in a time of great revolution. The universe has signaled to all of us on earth that the time has come for deep and powerful change. We have indeed entered into the Aquarian Age, where

have indeed explored the evolution of the human spirit that the Barbara Brennan School of Healing offers.

You are healers; there is no question about it. And if by chance there is any lingering doubt, I say banish it from your brains. How do I know you are a true healer? Because I have had the pleasure to be in your company and I have witnessed the depth of your own personal healing. It is through our own personal healing that we become true healers. I know I am a healer, quite simply, because **I am healing**. And like you, I continue to be engaged in that ever wondrous, often scary, never ending process of healing. Because of this never ending process, I have become clear that my role as healer is to share in another’s journey, not to carry their burden. And I know that the greatest healing gift I can give another is the gift of my presence.

So if we take all that into account, perhaps the journeys we have traveled are not so different. Regardless of the country you come from, the color of your skin, the tone of your voice, the length of your hair, whether you are tall or short, fat or skinny, happy or filled with turmoil, we are not so different. Regardless of the god you worship, the

food you eat, the language you speak, or who you love, you and I are not so different.

I only say this as a reminder of what you already know. But as you graduate from this school and move out into the world, you will continue to have countless opportunities to, shall I say, visit your defense. And in that defense when you experience conflict with another—be it from hurt, anger, or projection—and you begin to blame the other, I encourage you to remember not what is so different between you, but what as human beings we share in common. And yes, each one of us is unique, but perhaps we are not so different, you and I. For the color of your tears are no different than the color of mine. And it is the human smile that speaks the universal language of love.

So here you are at this great juncture in your life.

But I have some news for you. At each juncture of our evolution, or revolution, the universe will demand more of us. It will demand greater diligence to the noble truths and profound wisdom that lie yet to be discovered in our travels through this life.

When you say you are aware, I honor that and recognize the arduous path that you have traveled. Yet we have to recognize that awareness in and of itself is not the endpoint, but only a platform, a stepping-stone towards even greater enlightenment. And I define enlightenment simply as bringing consciousness to the fact that everything is important and nothing matters.

Or as Byron Katie says, “if you think you’re enlightened, you’ll love having your car towed away.”

Let me expand on what I mean here:

As Chiyomi [Yoshida, BBSH Year 4 Class Dean] mentioned, I’ve been in practice 23 years. I love that word, practice. Can you imagine having a career, getting paid just to practice? I think it important that you remember that you are Brennan Healing Science *Practitioners*, not Brennan Healing Science Perfectionists. There is nothing here about having to be perfect. So set aside any old beliefs that you must be perfect before you can practice your trade.

adventure

I've learned a lot from my patients over the years. In fact, when you pay attention you will realize that your patients will teach you something each and every day. I had this one patient who taught me about the true practice of faith and enlightenment. He and his wife had spent 40 years gathering antiques and collectables to furnish their home. When he was in his mid-60s, he built his dream home, and once it was finished, he moved all his valuable 40-year collection of priceless antiques into it. The next day, he and his wife went to town to do some errands; when they returned, the home was ablaze. It was on fire, and despite the best efforts of the fire crew it eventually burned to the ground. He told me—and this is true—he told me that once the fire was out, but even before the smoke had fully cleared, he got on his knees and thanked the lord. In his own way he knew what was important. What was important was his relationship to the greater mystical journey, the spiritual path. And I thought to myself two things: (1) here is truly a man of faith, and (2) here is a demonstration of the practice of enlightenment. He knew his possessions were important, but they didn't matter. His life was not defined by his material possessions and thus he was free. Liberated, he surrendered to the moment—that present precious moment—when by all appearances he had lost everything.

Perhaps it is the nature of the universe to take everything away and then to calmly ask, Do you have faith?

So where in this moment, in this time, and in this place in your life is the universe calmly asking, Do you have faith?

But I implore you, do not put your faith *in* anything—do not put your faith in yourself or in your partner or in the universe or even in god. For having faith *in* something allows for someone or something to fail you. It allows for the seeds of blame and disappointment to take root and grow. So have faith as one would have breath, breathe faith as you would breathe air. For the embodiment of faith, intention, effort, and acts of love are the underpinnings of the creative life force.

So here we are at the end of this part of our life's journey. Many of you are no doubt wondering, now what?

The great American philosopher Joseph Campbell states, "If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path."

He also says, "Follow your bliss. If you do follow your bliss, you put yourself on a kind of track that has been there all the while waiting for you, and the life you ought to be living is the one you are living. When you can see that, you begin to meet people who are in the field of your bliss, and they open the doors to you...follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be. If you follow your bliss, doors will open for you that wouldn't have opened for anyone else."

In closing, I would like to acknowledge that you have immersed yourself into the territories of personal transformation and that takes great courage. Moving through fears and obligations, gathering guides and mentors, you have crossed the threshold time and time again, and left behind the familiar to venture into new and unknown territories. This is what you did on the first day you enrolled here. And whether you know it or not, you have done it every day since. Yes, it takes great courage, which you have demonstrated.

You have found the place where pureness of spirit has met the blood, sweat, and tears of what it is to be human.

And whether you have crossed the street or crossed the ocean to be here, you have demonstrated your strength—not by holding on, but by letting go. And let go you certainly have.

Perhaps it is the nature of the universe to take everything away and then calmly ask, Do you have faith? To take away our loved ones, our homes, our jobs, even our dreams. To take away that which we have identified as ourselves. You might ask, "Who am I without you, without my home, without the me I thought I was?" When the very core of the ground upon which we

stand moves violently beneath our feet and the walls of who we are in every known sense of safety get washed away out to the depth of the ever changing sea, the universe will calmly ask, Do you have faith?

And in those times in your life when the pain in your life tears at the fabric of your soul and your heart begins to break, I say let it break. I say let it break open. I say let some new light in. Let the winds of change loft your sails and move you into territories unknown and destinations yet to be charted. My highest recommendation and deepest prayer is this: Follow your creative impulse, follow that which interests you, follow your bliss. I say to you: Live The Buster Life, a life full of adventure, of showing up, of being present, and of unconditional love.

commitment

A Milestone of Dedicated Studies and Self-Exploration

By Martin Feijen, BBSHE Year 2 Faculty

It's an honor to be here, now, with you, graduates, family members, friends, and colleagues. Today is a milestone. For you, graduates, after four years (or more) of dedicated studies and self-exploration, it's the end of the line, the roller coaster ends here, today. Finally, some rest, no more DLMS. ☺

For you, family members, it's a milestone for sure. At last, your spouse, son, daughter, father, mother, brother, sister, cousin, or nephew is finally graduating. No more unpredictable and sudden changes in behavior, mood. Back to normal. Hurrah!

For you, friends of the graduates, it's a milestone. Today is the day to be happy together with your friend. They have reached their goal. They've told you about their adventures here in this school, and sometimes it seemed weird. Maybe you are not quite sure who your friend is right now. One thing you know: they have changed.

For you, fellow students, it's a milestone. You are witnessing an important transition in the life of those who went before you. And maybe, probably, you long for that same moment to happen for you in the next couple of years. You are happy for the graduates of today and it gives you hope and satisfaction for your journey.

And for all others—teachers, alumni, people from logistics, everybody who came here to be with us—it's a milestone. The end of this year of studies, pleasure, working, and learning at BBSH Europe. Summer break!

So what's next for all of us? What's the next milestone, the next destination?

As a young boy I did shopping for a lady who owned a store and couldn't do her own shopping because she had to be in the store. During my walks to the shop I often reflected on the meaning of life. Sometimes I asked myself how I knew that this was reality. Could there be a parallel life where I would be the same person but in different surroundings, with different people, doing something else than what I was doing now? Dazzling thoughts.

Around that same time I had my first experience with music. At the end of the church service I prepared to leave and then, there it was, I was: the organ player had started a piece of music that hit me like lightning.

http://www.youtube.com/watch?v=DKejYzB3ak&feature=mh_lolz&list=PL4A997B703855B024

I could not move anymore. All I could do was listen and let the music take me into a parallel universe not of this world. No words to describe it. Another dazzling experience. How could this be?

I told myself that I just had to be patient and wait until I was old and wise and then I would know! I looked at old people and said to myself, "they know."

Now I am 55. Is that old enough to know? What is the

meaning of life? What is the meaning of my life? What is my life task? Of course, this "task thing" wasn't there yet when I was young. I didn't ask myself the question about the meaning of life from a personal perspective. No, it was about life in general, about humans in general, about this world in general.

And how about you? What were the questions about life that you asked yourself as a young boy or girl? And what are your questions now? See any difference?

I do not have the answer to the questions about the meaning of life. Not in general and not about my life. I do know this. I have spent many, many hours playing and listening to music. Usually the reason for doing this was connected to some goal. I wanted to do a music exam and I had to study in order to meet the requirements. I also spent a fair amount of time in sports. I was an ultradistance athlete and I trained at least two hours a day. My races lasted several days. And initially this was also goal oriented: I wanted to prove myself, I wanted to win this race.

Over the years this has changed. Today I only run once a week, or I bike when the sun really shines. I go into nature and I enjoy the run or the ride. I only play the piano for pleasure. I don't practice a lot and I make mistakes when playing. But it gives me pleasure doing it, especially when I play together with my old friend Wim when we play four-handed piano. It also gives me tremendous pleasure to offer music to others, to compose a playlist of pieces that are beautiful to listen to. It gives me great satisfaction and a deep feeling of

belonging to see the music in the faces of people who come to listen. I see their essence. There's no goal anymore in doing all this. For me it's all about the journey, not the destination.

So yes, today we are at a milestone. Look at it, cherish it, embrace it—be proud and happy. Celebrate. You indeed have arrived at a destination! Maybe not the one you expected, and maybe you're not sure yet about where you have arrived today. Good! If I may offer you just a tiny little bit of my meaning-of-life wisdom: make the next step, keep going with your unique journey, even when you don't know where you are going. It's the journey that gives you perspective, not the destination. Rest a little, take a look around, and then, while listening to the sound and the beat of your own unique music, move one foot forward. The other one will follow. When you feel the excitement, the anticipation, the life force flowing through your body, that's all you need to know. You're on the right track!

Travel light. Follow your music. The following music is my little present for you today:

<http://www.youtube.com/watch?v=GkX4MyDelqI&list=PL4A997B703855B024>

Thank you.



representing

2011 Class Representative Speeches

by Mike Margolin, BBSH 2011 and Young Mi Kang, BBSH 2011

Questioning My Misguided Beliefs About Life

by Mike Margolin, BBSH 2011

Before I came to this school, anyone who would have met me would have considered me an educated, no-nonsense, and fairly well-adjusted man with a bright future. I made the dean's list at a respected university, then moved on to good evaluations at most of my jobs as I explored the notion of a career. Like most people, I was attempting to live the life I was supposed to, accumulating assets, relationships, and experiences. Unbeknownst to me, however, I was running on empty.

I am here because up until four years ago, deep down, I was actually afraid of you, the unpredictable and beautiful human beings that you are. I was convinced I had nothing valuable to say and would get nervous when it was my turn to speak. I was someone afraid of his truth and its ability to upset the people I loved. I felt helpless challenging thoughts in my head that brought me no peace. I was afraid that my heart's longing would forever be stifled and that by imitating those around me, I could successfully resign to a life lived on the surface, in denial of my own depth, vitality, and autonomy.

I came to this school because I wanted someone to hear my story. I wanted someone to question the misguided beliefs I had about life, but this time, to do so from a place of wisdom and love. I wanted to rewrite my history and create new stories. I came here because the sorrow of repeatedly shrugging off the erosion in my soul had become too great.

And as with each student here, there was an intense desire to live a more joyous life, the life we all quietly dream of when we let ourselves dream. Each of us wanted to learn how to galvanize inner resources to heal ourselves and others. This yearning led us to BBSH, a place with a reputation for strong soul medicine. We've journeyed from every corner of the world to get here, willing to undergo the demanding coursework that would help us live strong, live sacred, and live from the heart.

Looking back on our journey, my classmates and I have been collecting precious pearls, and we leave here with a knapsack full of gleaming treasures. Dear tribe, what are the pearls most precious to you? The friendships that saw you through your moments of despair or elation? The sacred spring of love you've discovered flowing from your heart? Is it the tree of wisdom rooted deep within you and your lineage? A profound sense that you're so much more than you ever knew, and that the

person in the mirror isn't so bad after all—that you now actually like the person in the mirror? Or, have you gained the faith that you are a healing presence in the world?

I have to admit the pearls I am most grateful for are tears of joy. For the modern man, catching up on lost tears would have been good enough because of their capacity to heal. They can soften a shield around the heart and clear crippling trauma. But tears of joy are something else—they come with a renewed lease on life and fill us with ecstasy. The most mesmerizing sight my eyes have seen was our tribe, shining brilliantly, reflecting core essence. Bathing in this sea of Light penetrated my being, and the magnitude of this experience can never leave me. These moments of witnessing gave birth to tears of indescribable joy, and I am forever the keeper of our sacred beauty.

What else have we learned? With every piece of ourselves that we reclaimed from the grasp of unconsciousness, we learned the value of facing our fears. We learned about humanity, our own beautiful humanity. We learned how to let ourselves be vulnerable, to ask for help, and not to go it alone. As we stared down into the abyss, we needed someone else to be truly present with us. Thanks to our teachers, we dared to approach the edge of the cliff. Dear teachers, you filled our being with enough love, wisdom, and trust that when we dove into the unknown, what we were diving into was our own rebirth.

Carl Jung said, "Who looks outside, dreams. Who looks inside, awakens." My

dear classmates, as we leave here and return to our quiet islands, bustling towns, or rowdy cities, our challenge now is to stay big and to let the drumbeat of our hearts awaken our communities with love. Our challenge is to remember the magnificence of who we are individually and as this tribe. And for moments of forgetting, these words may be of help: "Love is all there ever was, is, and ever will be." Take care for now and know that I will always love you.

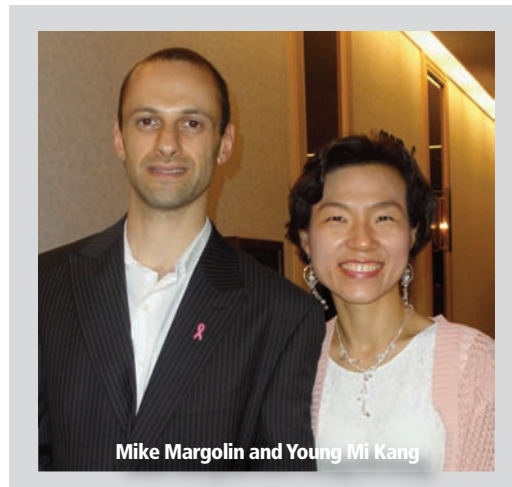
Surrender to the Divine Flow of Life

by Young Mi Kang, BBSH 2011

Hello everyone. I'm Young Mi Kang, as Chiyomi introduced me. I'm from Korea (it's so far!). I'll be the first Korean citizen to graduate from BBSH. So I feel really honored to be here with you all.

Originally I started my healing study in Japan in 2007 when the BBSH Japan school opened. I prepared for one year to enter the school by persuading my boss and studying English and Japanese. And many of you also prepared and waited for a long time to be there—for awakening, for professional

CONTINUED ON PAGE 8



Mike Margolin and Young Mi Kang

2011 Class Representative Speeches

healing work, for being healed, or due to unknown guidance or just curiosity. We were the pioneers and the BBSHJ body grew spiritually and materially.

When we became junior students, we were so happy!

But then BBSHJ closed last year, suddenly and inevitably, so I along with other BBSHJ students had to move to this school. We were angry, sad, and frustrated, because it was never easy for us to be here. But we chose to surrender to the divine flow of life. And you welcomed us with a sweet heart and a warm heart. Finally this school became a crucible furnace of diverse cultures, races, ages, and love.

When I prepared this graduation speech, many thoughts and feelings came and went away. Among them, my main issue through four years was communication and contact. I had difficulty with communicating and making contact with other students and teachers. Actually, I couldn't make contact with myself often. So I felt lonely, separated, and frustrated.

At first, I thought it was because of my poor Japanese and English, and also a cultural difference. But gradually I found that it wasn't that. It was because I didn't open my heart due to fear of being hurt again. When I opened my heart, I could see my fellow students' and teachers' efforts to count me in this healing group. You smiled and said "hello" to me in the corridor, explained lectures that I couldn't understand

after class, asked me to have lunch with you, massaged my body when I was exhausted, wiped my tears when I cried. We could communicate and make contact without knowing the exact words.

This school taught me how to live as I am, and gave me the chance to see others' transformational process mirroring my process. I saw and felt your pain, wound, and sorrow—and also courage, love, beauty, generosity. I saw and felt mine at the same time. It was really touching, courageous, and so beautiful.

Actually, we have gone through a similar process as a group. Four years ago, many of us separated ourselves, were not grounded, and had much fear. But now we are here as we are, shining our core essence, contacting each other, not escaping from our body, from each other, or from our reality. We've been changed and we have evolved a lot.

We are graduating now, but I think this is really the new beginning for our real lives. I am so happy and confident because I know all of you will be with me in the new life. My dear friends and teachers, I love you so much and appreciate you from deep in my heart. And I'm also sending much love and support to those who can't graduate this year for whatever reason.

Thank you so much.

Great Gratitude

by *Eddie Doolan and Henriette Koechlin*,

BBSHE 2011 Class Representatives

Dearest family members and friends, dearest teachers and fellow healers.

Last week in class, two of my teachers, Anne Hoye and Gundi Schachermaier, asked us in regards to graduating, "Did you get what you came for?" My answer—and I am sure many of fellow classmates would answer the same—is an absolutely resounding YES! I did! I now have heaps more of myself. I feel the life force pulsing through every single cell of my body. I embrace life fully with every single breath I take and, as some of you know that I am the surrender seeker, I surrender completely to what life brings. Every cell of my body is filled with pleasure every day. So indeed, the answer is yes.

Coming here to school is comparable to a trip around the world, traveling to foreign countries—the only difference being that this trip journeys to our inner countries and worlds,

to the inner nature of our unique being. This four-year journey at the Barbara Brennan School of Healing Europe leads us into the most unexpected places at the most surprising moments. Sometimes coming here may feel like being tossed into a huge black cooking pot, or stirred in a giant witches' cauldron. The great transformation process leads us through our deepest life pain in which we find the most beautiful pearls of our being. On the way some of us go through hell and come back. For others the relationships with their intimate partners fall apart. Yet others wait and wait with great expectation for something to happen, and then ever so softly, without their even noticing it, there they are one day. In all of these different processes we are basically remembering bits of ourselves that we have lost along the way or that were deeply buried during our life's

path, sometimes while still in the womb. One way or the other we were transformed, transfigured, and transmuted into Healers and Light Bearers.

And so it is with great gratitude, appreciation, and surrender that we stand here before you today:

Gratitude to our families, our partners and spouses, our children, parents, ancestors, friends, and colleagues—to all who have supported us at home in this process and watched us change. Sometimes you even became a part of the transformation process too as big changes happened within us. We realize this was often not easy. Thank you!

Gratitude to our teachers, whose love and dedication know no bounds; always present with compassion to hold us, individually and as a group; ready to be with us in the many moments of process work, of questing as we sought to integrate our newly found truth; ready to help us take the next step when we did not know how or even where we were. Your loving presence, your clear intention, your faith in us in our



2011 Class Representative Speeches

deepest pain, your authentic sharing and passion for life itself—all of this again and again motivated us to keep going on this sometimes very stony path. Thank you all!

Gratitude to you, our fellow classmates, with whom we have been in ever deepening contact over this school period, and with whom we have grown together into the fullness of our beings. It is through you that I really learned how completely different the needs, fears, and longings of human beings can be. This could only happen by you trustfully offering me an insight into your true being and by offering a trustful holding of my true being, so that we could meet as we truly are and no longer as how we thought we needed to be; and finally, to be with each other as we unfold and blossom in our beautiful shining core essences. This level of contact is a deeply touching and life-changing experience for me. Thank you all!

Our class offered a place to belong that was constantly shifting. Some fellow travelers left us early, others joined us later, and today not all of us will graduate. Dear ones, we feel sadness for the fact that we cannot finish this journey together and we honor your path and trust in divine precision. We hold you in our hearts.

Gratitude to Barbara for the work that she has done in laying the foundation for this School by bringing together and holding so many aspects of humankind, and for the wonderful healing techniques that she has created. We thank her and we honor her.

Gratitude to our Guides, Spirits, and Angels that have supported and guided us unconditionally. We have only to ask for their help.

We stand here today with appreciation for the gift we have been able to give ourselves by coming to this School. Appreciation for whom we have become, the Light Bearers of 2011. Appreciation for the endless beauty of Mother Earth who supports us every step of the way in this life process. Appreciation for the unbelievable master plan of the Universe that at each turn manages to produce in our lives precisely that which we need in order to make the next step.

And we stand here in surrender to the truth that everything is absolutely perfect, as it was/has been in the past, and as it is today and tomorrow, even if things turn out to be drastically different from what we expect. Surrender to our longings and the corresponding missions that we have come to carry out in this lifetime. Surrender to all that happens so that we can be more present with everybody and everything and see the beauty and perfectness of it in that particular moment! Surrender to the path we will follow as Light Bearers as we move into service. For, as Heyoan says, what we bring is love; what we serve is the divine God within each individual.

We now ask you, the graduating class of 2011, to please stand and face the audience. [Together as one:] "Beloved Family Members, Friends, Teachers, Fellow Healers. Together we stand here before you today and we ask you to open your hearts and bless us, the graduating class of 2011, as the newest group of Light Bearers from this School as we go forth into the world. Thank you. We love you."

Class you may be seated.

Thank you, thank you, thank you

by Luis Gosalbez, BBSHE ASBIW 2011

Student Representative

Hello everybody. It is for me a pleasure and an honor to be here today with all of you. The Advanced Studies Program is amazing, and it is so amazing that it gets you out of your mind. And let's say that you want to write a graduation speech and you don't have a mind. Suddenly you have a problem.

But luckily not all is lost. Now I also have a body that has the will to feel and has impulses. And Martin was talking about gifts today. In my body there was the impulse to share with everybody the gift that I got this year. And that gift is the group.

In a moment you are going to see me and my classmates walking on stage to get our diplomas. That is the individual experience. You are going to be able to feel everybody in their uniqueness. But some of you will wonder, how is it when they are together? So I am going to ask my classmates, would you guys come here on stage and join me, so that everybody gets a taste of how it is when we are together? [My classmates come on stage and there is silence.]

So for me this class is an example of what is going on the world these days. There is a revolution; it is silent and everybody is leading. And I have the privilege and the honor to have these wonderful co-leaders. I love you guys. Sometimes I hate you too; well, you already know that.

Representing my class I am going to add to the gratitude that the Year 4 representative expressed before. Thank you, thank you, thank you. Our gratitude.



Trauma Release for Frontline Medical Professionals

by Marcus Bach Sorensen, BBSHE '11, London, United Kingdom

While they try to help others through challenging circumstances, medical professionals face traumatic situations as part of their everyday working life. As there is often no opportunity, time, or inclination to get help with these experiences of trauma, it can get stuck in their body and field, leading to emotional imbalance and physical disease—and the helpers become victims themselves.

During my studies to be a medical doctor, I have had frontline experiences of trauma, surgery, and deeply distressed patients. For example, I completed a surgical placement in a plastic and reconstructive surgery center specializing in very severe burns. It was an enormous challenge to stay present with those patients. I remember standing drenched in blood up to my elbows after several hours of surgery on a patient, experiencing that patient's pain and fear, with any notion of "normality" turned completely on its head. It became clear that I would need to learn how to deal with trauma in myself if I were to survive my medical studies intact!

A number of techniques can be used and taught to assist with releasing trauma before it starts manifesting as imbalance and disease. These include bodywork, hypnotherapy, energy work, and biofeedback. In fact, preëemptive daily trauma-releasing exercises could potentially allow for experiences to pass through one's body and field without leaving a trauma signature in the first place.

While there do not appear to be any existing resources specifically created for frontline medical professionals to deal with the unfolding trauma they experience, Belleruth Naparstek, author of *Invisible Heroes: Survivors of Trauma and How They Heal*, has a series of highly acclaimed guided visualization CDs. They were created specifically for people with Post-Traumatic Stress Disorder (PTSD), and developed in close collaboration with those patients. The idea is not to engage the patients cognitively with their rational brain, as that may result in reliving the trauma repeatedly without shifting it, but instead engaging the creative right brain through metaphor and installing a deep sense of safety and relaxation in the physical body. This helps the trauma to be shaken off from the cells, much like animals do



after being threatened and playing dead: they shake all over and then quite happily move on.

Many other guided visualization CDs are available, such as Barbara Brennan's own, although these are much more general in nature. Various cognitive-behavioral hypnotherapy scripts would also be suitable for PTSD patients, which work on the same premise as Belleruth Naparstek's visualizations, inducing segmental relaxation and a deep sense of safety and quiet control over one's being.

Other techniques, such as Dr. David Berceles's Trauma Releasing Exercises (as shown at www.traumaprevention.com), work by allowing neurogenic tremors from deep chronic muscular tension to be expressed. This can be used as a daily self-help technique to induce relaxation, in a similar way that biofeedback techniques, facilitated with devices such as those sold by www.HeartMath.com or www.WildDivine.com, assist people in taking control of their sympathetic/parasympathetic nervous system balance through their breathing. Some techniques require external assistance, which may be less practical on a day-to-day basis, but the Psoas Release taught in the BBSH Anatomy & Physiology II course, combined with its deep tissue massage version familiar to experienced bodyworkers, can also help relieve internalized trauma. The psoas major is the muscle we use to bend at the waist to assume the fetal position, a natural defensive instinct that our social conditioning teaches us to override. Much tension is therefore kept in the psoas as we want to curl into a ball when we experience trauma, but we do not let

ourselves, so the movement never comes to completion. This tension can be gradually and gently relieved through a series of mobilizations of the legs.

I have benefited in particular from using the trauma-release techniques described by Levine (1997) in *Waking the Tiger* to start working on the trauma stored in my own body from medical experiences. I usually do this when I am feeling comfortable in my bed at night. I allow myself to become aware of the movements and positions that my body wants to go into, a bit like the "open awareness" phase of continuum sessions. The positions are sometimes quite strange and contorted, but like twisting a dishcloth to squeeze out the water drops, the positions trigger somatic memories in my body—movements I wanted to make, but was too frozen to do at the time, or movements I did make, with traumatic consequences. I start to shake, my body temperature changes, my jaw chatters, and I start to feel waves of emotion moving through me. This is the most difficult part of the experience for me, as my mind kicks in and wants to analyze the experience so it feels less out-of-control—I fear the emotions will devastate me and will never end if I let them run freely. However, if I stay with my body and trust that the emotions are just part of its "felt sense" and nothing that can harm me in the present, the experience of release runs through to completion. My body then slowly starts to untwist and it feels heavy in the bed. I then feel very tired but peaceful inside, recognizing that I just did something life affirming for myself, choosing movement and release over frozen death.

Before discovering this form of trauma release, my coping mechanism had been to talk or write about it. While that helped my conscious mind make more sense of the experiences, it is only when I also allow my body to "talk" that the trauma can truly move through me, instead of becoming a part of my nervous system's underpinnings. I am learning to trust the great wisdom of my body in healing itself, and I hope to help my future patients and medical colleagues discover their own inner healing powers as I continuously strengthen my ability to stay present with unfolding trauma.

Enhancing the Sacredness of Your Healing Space

by Eddie Doolan, BBSHE '11, Overveen, Netherlands

The effect that sacred geometry has on the cells of your body is what I call Sacred Geometric Homeostasis. To experience this effect, look at the six geometrical figures in Figure 1 and pick out the one that most appeals to you. Now open your sensorium and drink in the form you have chosen. After doing this for a while you will probably feel calmer, like your parasympathetic system has just kicked in big-time.

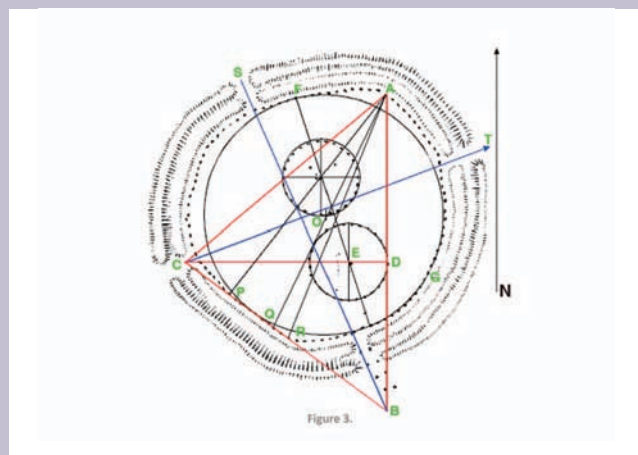
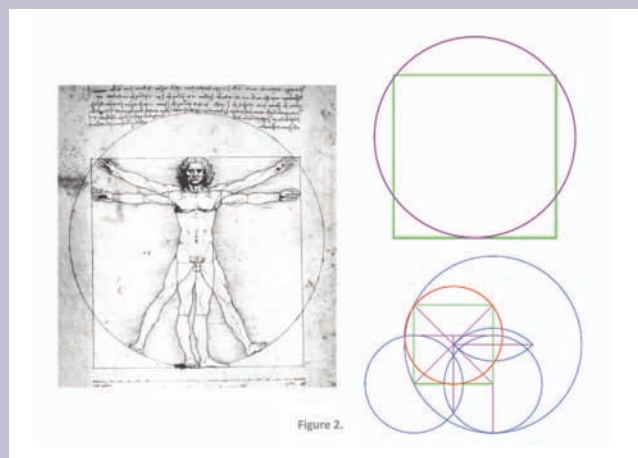
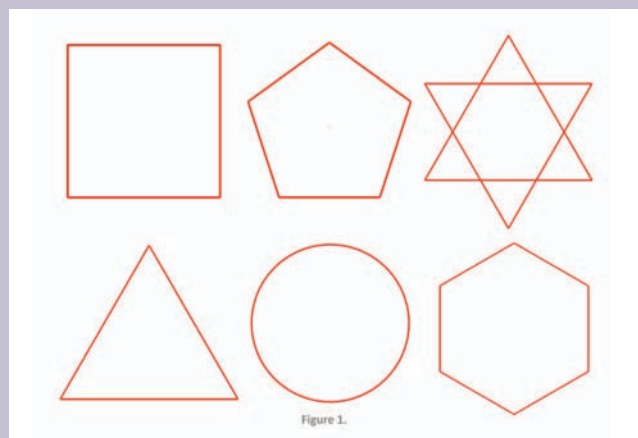
What always works for me personally is the form in Leonardo da Vinci's *Vitruvian Man*. In Figure 2, you can see this form along with two others: one version without the human canon and the other showing the hidden or occult geometry behind this form, i.e., all of the various lines and circles which need to be drawn to get to the final form.

All sacred geometric forms have an occult aspect that can be extremely complex. In fact, even Celtic stone circles, which look simple in the extreme, are actually complex geometric forms. Figure 3 shows some of the occult geometry associated with the Avebury stone circle in England. Professor Alexander Thom measured many of these stone circles in Ireland, England, and Brittany, and came to the staggering conclusion that they all used the same unit of measurement, which he termed the megalithic yard (MY), or 86.96656 centimeters. If you want to read about how the Stone Age people did this work using Venus and a simple wooden window frame and pendulum, then read the fascinating book by Knight and Butler, *Civilization One*. In Figure 4 you see how this measurement expresses important relationships of our universe in terms a human being with ten fingers living on the earth can grasp, so that the MY is a unit of measurement that connects us to the heavens (represented by the sun and the moon) and to the earth on which we live.

At BBSH we learn to open sacred space before our healings, so our healing space becomes a temple. By bringing in sacred geometry we can augment its sacredness and healing potential. Let us look briefly at the seven age-old principles of temple building (for more information see the DVD by Freddy Silva). The first two are about attracting water and magnetism to the place where you intend to locate your temple. The third is about establishing a system of sacred measure that links you to the space, earth, universe, etc., in which you live, like the megalithic yard we talked about. Having a measurement system allows you to delineate the space for your temple that you anchor in place with, for example, crystals or votive candles. The fifth principle is about incorporating sacred geometry: the qualities that you want your temple to have and how you achieve this (more on this later). The sixth principle is about how you orient the entrances (en-trance!) to further emphasize those desired qualities. Here you can play with the directions of solstices, equinoxes, lunar standstills, or any other direction that is significant to you. You can orient objects in a chosen direction—for example, your healing table, where you sit in healing space, what you do with any windows, skylights, etc. Think about those qualities you want to express, look for a direction that embodies those qualities, and line up with it (see Figure 5). The last of the seven principles is the principle of intent. With intent you integrate all of what you have brought together and build it into one living energy system that works for the highest good in you, the highest good of the local spirits, and the highest good of all.

To use sacred geometry in your healing space, think again about those qualities you want that space to embody and incorporate an associated form into your space. In healing terms, you can think about yourself and your client from a sacred geometric homeostasis perspective. You do not need to put down a specific geometry for each individual client. By being aware of all the geometric forms that you have in your space, you can tune into the relevant ones for the client in question.

CONTINUED ON PAGE 12



Each geometric form has a set of core qualities (see Figure 6). To bring in the geometry, you can make two-dimensional forms from any material you like and place these in and about your healing space. Or you can draw the forms on the floor. Drawing figures in white chalk on a red carpet (7th/1st chakras) creates a sensational effect. When you are done you simply take out the vacuum cleaner. You can also use crystals or votive candles to mark the corners. Alternatively, you can draw the figures on a large sheet of paper and you put it under a rug, and then change the orientation every day or every session if you so desire. And do not forget the ceiling (the client is lying on the table looking up at the ceiling) how well do you think that sacred geometric homeostasis kicks in if the client is actually looking at the forms as you work? Remember, the forms can overlap and you can accentuate their presence by using color, line styles, etc.

So I hope I have given you some flavor of how you use sacred geometry to enhance the healing potential of your space. It is lots of fun. The opportunities are infinite. Pay attention to the things that interest you, look at their sacred geometry and then take that geometry into your space. You do not always have to be aware of the all the qualities of the forms you use. Let your body, mind, spirit, and guidance draw you.

May you be blessed with joy and love as you play with the wonder of this material.

Relationship of MY to the Universe

1 arc second (1")	Length MY	NASA length (kms)	% difference
Polar circumference Earth	366	39,941 km	0.2%
Equatorial circumference Moon	100	10,921 km	0.1%
Volumetric mean radius Sun	40,000	4,373,097 km	0.0%

Figure 4.

Properties of Orientation

Cardinal / Ordinal Direction	Qualities	Cardinal / Ordinal Direction	Qualities
North	Element earth. Connects to others. Initiation and transformation.	South East	Fertility, birthing, growth and creativity. Fertility of mind as well as body.
South	Element fire. Light, strength, power, protection & the spiritual warrior. Personal power.	South West	Manifestation of plenty in one's personal life. Triumph of light, harvest, celebration.
East	Element of air. Awakening and healing. Understanding.	North West	Veil to other dimensions is particularly thin. Spirituality, introspection.
West	Element water. Travelling & communication in the underworld. Communication.	North East	Wisdom of the ancestors, enlightenment.

Figure 5.

Properties of Form

Cardinal / Ordinal Direction	Qualities	Cardinal / Ordinal Direction	Qualities
North	Element earth. Connects to others. Initiation and transformation.	South East	Fertility, birthing, growth and creativity. Fertility of mind as well as body.
South	Element fire. Light, strength, power, protection & the spiritual warrior. Personal power.	South West	Manifestation of plenty in one's personal life. Triumph of light, harvest, celebration.
East	Element of air. Awakening and healing. Understanding.	North West	Veil to other dimensions is particularly thin. Spirituality, introspection.
West	Element water. Travelling & communication in the underworld. Communication.	North East	Wisdom of the ancestors, enlightenment.

Figure 6.

Clarity of Being—Embodying Our Goddess Self Through Vision and Inner Knowing

by Elaine McGoogan, BBSHE '11, St. Helier, Jersey, Channel Islands

When I see someone who is fully present in their body, that to me is Beauty. So often in life we try to escape from our bodies—I don't want to be here, I'd rather be with Spirit, be a blip of pure energy whizzing around the cosmos! However, looking back at myself when I had those images, and looking at myself now, there's a huge difference in how I look physically. And that difference is I am choosing more and more to be here, in my body, enjoying the experience.



For many women who have gone through a major trauma—bereavement, divorce, perhaps the loss of confidence that can happen with menopause, or sleepless nights that come with motherhood—I'd like to offer them the possibility of getting back in contact with who they are, helping them through times of transition to remember who they are, to remember the Goddess within and to express the Goddess within on the outside. I'd like to help women rediscover their magnificent Goddess being. I'd like to help them embody who they truly are, on the outside and on the inside, as I believe one nourishes the other.

The devaluation of physical beauty (in response to advertising or the pressure to be perfect) is a split, a cutting off of creativity and sexuality from the heart and soul. It splits us from being fully present in our bodies. However, despite advertising pressure, there are many archetypal energies and role models to help us begin to embody the core qualities they represent or hold for us. As valuable as these archetypes and role models are (as they can help us begin to embody the core qualities we hide from ourselves), what I want to help uncover is not a mythical figure or an image, but their own core essence, higher self, lower self, ego—the great bits, the good bits, the not-so-good bits—to accept

who we are as individuals, the total package expressed as loving essence.

So how am I going to do this? It's a big job covering lots of areas of our lives that I've broken down into six areas:

Brennan Healing Science, to start clearing blocks to deeper contact with the self and in our relationships, working on the haric dimension to strengthen intention to be here, and to strengthen our longings and to rediscover contact with our own essence. I also want to work with relational cords. I believe working with cording can profoundly change our relationship to ourselves and our perspective on the world.

Grounding and stability—as my client comes more and more into her body, she'll start to have a more visceral experience of what being grounded really means.

What we eat to nourish and care for our bodies is another big piece for health and well-being. It can be very confusing, though it is essential to being able to express who we truly are. One book tells us we need to eat according to our blood type, another tells us we should only eat protein. So how to choose?

There are a couple of methods that I describe in my project that particularly interest me. The first is *The Mood Cure* by Julia Ross, a pioneer in the field of nutritional psychotherapy. She has researched the links between biochemistry, emotions, and addiction. She classifies addiction as anything from drug dependency to cravings for chocolate or carbs. She says that if we address and heal our brain chemistry, the false moods we experience in our body through thyroid dysfunction, adrenal exhaustion, and low levels of serotonin and endorphins are eliminated. We can then tackle the true problems and issues in our lives through therapy, process, and/or healing.

The other is the ancient Ayurvedic system that looks at an individual's constitution or makeup to help achieve well-being and balance on all levels of our being—to help us uncover our essential spiritual self. These are only a couple of examples of the many ways there are to support our bodies. As I've found for myself, different things work at different times in our lives.

goddesses

The next area I looked at is **how we look**, how looking good on the outside can improve our confidence and well-being on the inside. There's a Navajo prayer which expresses this beautifully:

May I walk with Beauty before me.

May I walk with Beauty behind me.

May I walk with Beauty above me.

May I walk with Beauty below me.

May I walk with Beauty all around me

As I walk the Beauty way.

Since the beginning of time people have been adorning their bodies with makeup, with jewelry, tattooing, using products that heal as well as enhance our looks. And more and more it is recognized how important it is for women who have had cancer, for example, to feel more confident about how they look. In my research, I came across a clip of a father-and-son team of wigmakers in the US. They do amazing work in helping women by making wigs with the women's own hair before they lose it during chemotherapy treatment. There are also companies who enhance looks through tattooing. They train medical tattooists to help women who have had breast reconstruction or scarring.

The next area I looked at is **movement** and how important it is to free up the body. There are a million ways out there to move our bodies. How do we choose which one works best for us? The truth is how our bodies need to move can change from day to day. And our predominant character structure can also determine what our body needs. To paraphrase a fellow student, when she's in her psychopathic wounding she likes biking, as it releases emotions and she feels strong, but yoga doesn't work, as she pushes too hard and can hurt herself. However, the same person biking while in her schizoid wounding wants to lie down and give up—plus the city and traffic noises are too scary.

The final step I look at is **vision**, clear seeing on the inside as well as the outside. At BBSHE we used vision in many ways through our High Sense Perception, not just with our eyes or seeing visual pictures. We learned to see in body through feeling, hearing, knowing, and smelling, as well as through some of the Psych-Spiritual tools we learned to use, like Witness/Asking/Experiencing, hearing what the superego tells us, hearing what our bodies have to

say, and applying discernment. These are all ways of seeing clearly, not just through our eyes or our Third Eye, but by using all of the body's senses to see clearly.

The above are all tools to see the magic and beauty in our lives, to embody on the outside the beauty on the inside, and to explore what life looks like when lived from the fullest part of our being.

I will offer a flexible package of services, adapted to what the client needs, over a period of four to six months, including ten healings, five hours of listening and support time, one permanent makeup procedure, one personal shopping day, and one day of meditation and movement. The potential benefits range from inner clarity and freedom from limiting beliefs and images to increased self-confidence and more flow in life. To measure the benefits I'll start with a questionnaire to assess the client's needs and what areas in their life need support, and I'll end with a similar questionnaire to evaluate changes.

The people I'm aiming to reach with this service are people who are stuck in their lives and need help in moving forward; who have had a serious illness, are in recovery, and need help in getting back in touch with who they are; who have suffered the loss of a spouse through death or divorce; or simply people who want more clarity in their life purpose.

The purpose of my work with women is the same as what I need for myself: to help them come out of the shadow and embody the greater Goddess within each and every one of us by helping them find for themselves what it is they need. We will find what type of movement works best and what type of nutrition is needed (to find the foods they love and that love them). We will help to find inner clarity so that choices will become more instinctual with clear inner knowing.

The Template and Building of a High-Quality Health Center

by Jasper Buschgens, BBSHE '11, Amsterdam, Netherlands

The vision of a network of High-Quality Health Centers (HQHC) is based on the idea to join together the qualities of people in the field who feel the passion to heal in the broadest possible sense, all according to their skills, understanding, and field of expertise.



It also provides a template in which integrity, quality, and client-focus is held in high regard. This project describes my vision and how it can be implemented and

be seen as a template; this is supported in where I am right now in creating this in Amsterdam.

Last year in my project, I began focusing on how to bridge the gap between regular and complementary healthcare, as they often operate as two different worlds, each with their own view and approach, and each embedded in their own politics, insurance issues, and culture. I created a scientific statistical method with which one could measure, analyze, and prove whether or not a treatment is effective.

As I continued with my project this year, I felt very enthusiastic about following through with bridging this health "gap" further, and going for the creation of a health center which "has it all." Having personally experienced some of the downside aspects of healthcare, I decided to take a bit of this frustration and combine it with a genuinely felt longing, the drive to make it happen, and (as far as I can see) alignment with part of my life task. It was the beginning of creating and building a HQHC, a health center that offers a rich tapestry of people, expertise, integrity, and client-focus. The health center would focus on:

- Combining the expertise of complementary and regular healthcare by having people with different backgrounds who are open to each other's views and expertise, and who are able to combine this to better assist as a team the health process of a client;
- Really having the client and his or her health process as the main focus, from the beginning to the end of his or her health journey;

- Having and maintaining a strong group hara of the HQHC team in our intention to facilitate the health process of the clients, working together and living the intent of the HQHC; and
- Having high quality and integrity standards in our work and contact.

So basically there is a three-way focus, as you can see in Figure 1.

My project paper is about making a blueprint for how to set this all up, but not only for myself. One aspect of the vision is to support the creation of centers all over the world by people who share my vision and approach to healthcare.

While writing this project I was working as a member of a team of people who were health professionals: a doctor, a Chinese medicine expert, a masseuse, and my own expertise as Gestalt therapist and healer. And this is the greatest kick: as I was working on this project, the concept of the HQHC started to exist in reality. I shared my project with the team as it progressed and there occurred a natural alignment between us all; we all agreed and worked for it to happen.

And now it is about to happen—HQHC Amsterdam is about to be born! Last month we found and negotiated with an office to rent space at a "perfect place" in Amsterdam: an old office that is being repositioned to better serve the community. So we will share this "enormous" building with a public library, a children's health center, a restaurant, and more. This feels really like a big moment of synchronicity.

Right now, I am very busy working out

all the details: contracts, screening of therapists, writing a code of conduct, interior architecture, and writing down responsibilities. It is an enormous job, but so very fulfilling to see and make it happen with a team that supports turning this vision into a reality.

So far, HQHC Amsterdam is in the process of being created. For the future I have no idea how it will go, but I hope this center will prosper and also "surf the wave" of healthcare's future. I strongly believe a needed paradigm shift in healthcare will come in the future, and hope the idea of the HQHC will support this.

In a way, creating HQHC Amsterdam might be a test case and, if successful, might even be a natural way to create more HQHCs in other places around the world. All it needs is people who share the vision and feel the momentum (or who are already in their own momentum) to create this kind of healthcare approach. When I gave my presentation in Bad Ischl, some people came up to me who were already in the process of creating a health center on their own. They wished to use the ideas laid out in the HQHC template and apply them for themselves. I felt very confirmed in my HQHC vision as I could see its appeal reflected back to me.

Maybe other people would like to read more about it and become inspired by this concept in order to implement this in their own city. It feels so exciting to have these "light temples of health" popping up all over our beloved Earth. You are welcome to contact me at praktijk.buschgens@gmail.com.

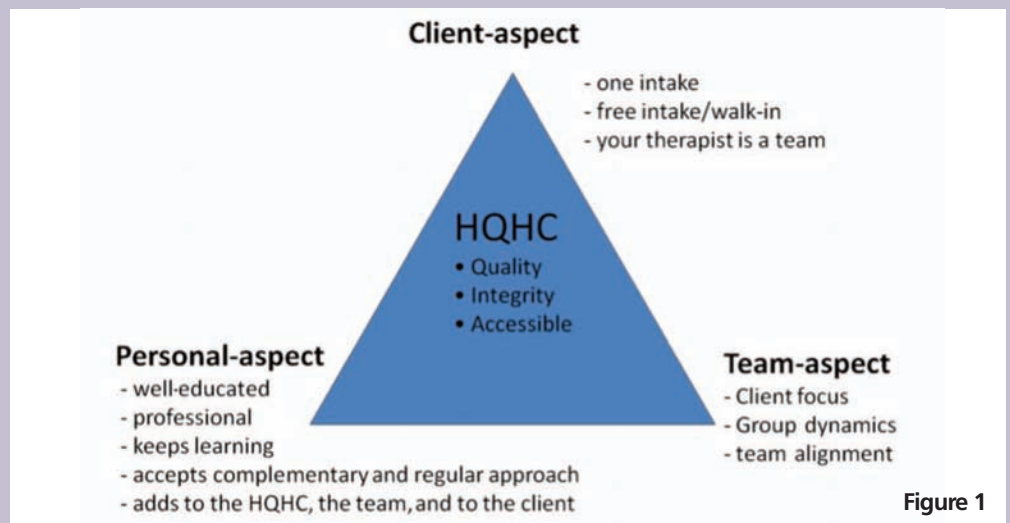


Figure 1

Free from Addiction, Get Addicted to Freedom

by Annick Schuerman, BBSHE '11, Sint-Martens-Latem, Belgium

Addiction. The word rhymes with conviction, pointing to both “firm belief” and “condemnation.” It also smells of sweet gratification, the baby cousin of joy. It holds lots of semiconscious mixed feelings and ideas, and as such, lots of opportunities for healing.



I remained addicted to smoking cigarettes for the best part of my life. I quit countless times but always relapsed—that is, until my first year at BBSHE, when I

quit for good; or better, smoking quit me. The craving and the victimization all vanished. I kept and keep on learning about addiction and compulsive behavior, and now as a graduate, I love to combine my experience with BHS, assisting clients on their own path to freedom.

In this project, I use cigarette addiction as a model, yet much of what I write here also applies to other addictions, including defense mechanisms. Hereafter you'll find some highlights of my quest; for the complete project, questions, and feedback, you're welcome to email me at annickschuerman@skynet.be.

The definition of addiction has moved its focus from “substance” to “substance and behavior” and further on to “process and pattern,” which fits in with the new paradigm BHS uses. More specifically, “A cigarette is the perfect type of a perfect pleasure. It is exquisite, and leaves one unsatisfied. What more can one want?” (Oscar Wilde) And, “smoking is the leading cause of statistics.” (author unknown)

That sums it up nicely: **why** we get **addicted**, and **why** we long to set ourselves **free**. Split intentions, eternal conflict.

So basically people get addicted both to produce pleasure and to provide escape from internal discomfort¹. But addiction is also a vicious circle. From the Ayurvedic viewpoint², the absence of joy is a major cause of addiction, and also the effect. Once in the circle, it is very difficult or impossible to break out.

Over the last ten years, much has been discovered about the **neurobiology and the genetic factors** that play a role in addiction. A common pathway³ for most,

if not all, addictive drugs is the mesolimbic brain dopamine (DA) system, or the “reward circuit.” The Reward Deficiency Syndrome (RDS) then interestingly links the following patterns:

- eating disorders
- asthma
- low-grade inflammations
- psychosis/schizophrenia
- attention disorders
- cancer
- CVS
- fibromyalgia
- endogenous depression
- stuttering
- **addictions**, compulsive behavior
- immune disease

Literature generally says genetic and environmental influences coöperate to produce these types of patterns. But Bruce Lipton clearly states that “it is not the gene, it is the environment...perceptions and beliefs control biology...we have the capacity to consciously evaluate our responses to environmental stimuli and change old responses any time we desire...once we deal with the **powerful unconscious mind**.” And that is where **healing** can have its place.

And how can we approach it? Carl R. Rogers, Ph.D.⁴ says, “Significant change in a person comes about only through **experience in a relationship**.” We may need help to come to awareness, understanding, and new choices. And we need the helper to show us a **positive attitude**. No amount of criticism, contempt, or disdain was ever able to help me quit. It just made me feel worse and therefore more addicted. But to have someone by our side who acts as an objective, compassionate observer, someone who perceives us in our wholeness while we have lost sight of it, someone who can carry that vision for the time being and reconnect us to our Core Essence—that is truly life-transforming.

Addicted clients need **cognitive training and emotional healing**. The best-selling book *The Easy Way to Stop Smoking* by Allen Carr⁵ prepares the field excellently, gently stretching the awareness of its reader and leading him to set his intention in a positive way. Even a minor shift in intention can bring a strong change in the auric field and in the stream of creative energy.

If no acute danger is present, a healer may bypass the destructive consequences

of addiction and focus instead on the revival of the **already present memory of wholeness** in the client. For in each of us, in each of our cells, lives the memory of perfection. A. H. Almaas⁶ writes that the longing to return to our original nature is innate. It is not something that would be impossible to attain, it is about **re-membering** what we have. And again, dealing with the subconscious mind is key. As the body is our subconscious memory, hands-on healing is helping to remember⁷ all of who we are. It brings issues ready for healing to the surface. Hands-on healing is not a hug, but a deeply rewarding, fulfilling experience, as if someone supports you from the inside and fills the “black holes,” reducing their fatal attraction. Laying of hands gives a boost to the body's self-maintenance⁸ and to the self-transformation and self-transcendence capacities of the organism.

In one-on-one sessions, I use hands-on healing as a way to offer a new experience from which the client can envisage a new and healthy choice. **Relapse**, which is distressingly common, is used as a chance to learn. Mental understanding is not enough. One has to let himself sink in and **feel his feelings** to break out of a cyclical thought pattern.

Quitters need to reconnect with those parts of life that are rewarding and provide pleasure, enjoyment, and meaning. They need to develop new goals that are **incompatible** with the old habit (sports, yoga, etc.). Clear intention for life, based on a deep experience of joy, is all the more important, because once a smoker stops smoking, many of the original incentives are gone (finance, physical condition, and breathing problems).

And the good news is we don't need to become fully enlightened to free ourselves from the powerlessness and unmanageability of our addiction. The underlying unease and unhappiness can become healed quite early on the path so a new cycle of evolution can begin for us, safe to upwell from core and express our essence. That is what we were missing all along.

¹ <http://www.ncbi.nlm.nih.gov/pubmed/2285834>

² Deepak Chopra: the perfect health library: *Overcoming addictions*, Harmony Books, NY

³ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2873693/>

⁴ Carl Rogers, PhD, Professor in Psychology, University of Chicago

⁵ Carr Allen. *The Easy Way to Stop Smoking*

⁶ Almaas A.H. *Diamond Heart Series 1: elements of the real in man*

⁷ Pert Candace B. *Molecules of Emotion*

⁸ Capra Fritjof. *The Turning Point*

Demystifying Guidance

by Amber Elderfield, Ph.D., BBSHE '11, Galway, Ireland

Throughout most of my time at BBSHE I really struggled with guidance, usually feeling that I was not getting any at all. Having nothing to write for my DLMS was quite painful, triggered a lot of old spiritual wounding, and was often accompanied by much “crying, wailing, and gnashing of teeth.” I didn’t pass Year 4 the first time around. However, in the days leading up to the teachers’ decision whether or not to pass me, I woke up every morning “knowing” that I wouldn’t pass and that it would be okay. The morning that they were to announce their final decision, I woke up to *You will not pass. It’s okay, this is supposed to happen. If they make a mistake and pass you, you must turn it down. When you return to repeat the year, the title of your project will be “Demystifying Guidance.”*

I believe that there are many misconceptions prevalent in our society about guidance. Many people feel they do not receive any guidance, or believe it is a rare and dramatic event involving burning bushes or thunder and lightning, or that guidance is only for special people—religious leaders, psychics, people born with a “gift.” Others fear that contact with guidance might be dangerous, that it may take away their freedom, or lead to them being controlled. The aim of this project was to explore and challenge these limiting beliefs about guidance through study of the literature and a questionnaire survey of BBSHE Year 4 students and faculty.

I explored what guidance is, and came to the conclusion that, simply put, it is where we receive information that helps us align our thoughts, emotions, and actions with our highest good, and thus simultaneously with the highest good of all. I also looked at the different sources from which guidance might come: the higher self, other spiritual beings, God/Universal Intelligent Life Force. I discovered that there are many, many different ways of receiving guidance, and some of these diverse and subtle ways are often easily overlooked. Some are psychic versions of our five senses—for example, visual (visions, pictures on the mind screen), auditory (a voice in the head, a song in the head or on the radio), and physical sensations (discomfort, gut

feelings, goosebumps, shivers). Others rely on a “sixth sense” or other mechanisms such as thoughts / intuition / inspiration / knowing, feelings, dreams, and synchronicities. I found that it is very important to be aware of the small things, especially if the same message appears in many forms.

It seems that we are all born with the “gift,” but often it is lost as we grow older, seemingly due to lack of mirroring by parents, society, and the educational system. There are many ways we can improve our ability to receive guidance, from simple meditation exercises to using the skills taught at BBSHE to ground, center, and align our field. But the most important things are to pay attention to ourselves—what we are experiencing in



our bodies, thoughts, emotions, and our lives (i.e., Witnessing, Asking, Experiencing in action)—and to remember to ask for it! It is also important to balance head and heart, to value and utilize the imagination, to cultivate gratitude for what we do receive, and to develop the qualities of humility and faith, trust and healthy doubt.

The biggest block to receiving guidance is the ego, which often manifests as a lack of confidence and a fear that we won’t be able to do something, resulting in anxiously striving and trying too hard. Only our higher self is capable of receiving guidance. We probably also frequently overlook a great deal of the guidance we do receive, simply because we don’t recognize it, or we may block it out of fear. Sometimes what appears to be guidance may not be. Like real guidance, false guidance

can arise from “internal sources”: negative ego, fantasy, paranoia, superego, transference and emotional reactions, cravings and addictions, and instinctual drives. Or it may come from “external sources” such as low vibration entities.

Discernment of true guidance from other “voices” is vital, and although there are potential pitfalls and dangers, these can easily be avoided. In learning to recognize and discern guidance, one thing that is really crucial is resonance and embodiment as a kind of “internal second opinion”—paying attention to the felt sense or bodily sensations, as many other voices are located primarily in our head. This means asking ourselves, “Does this resonate?” Guidance is often subtle, natural, and normal feeling and seldom dramatic. True guidance is frequently accompanied by gentle feelings of peace, calmness, love, compassion, fullness, contentment, “rightness,” and sometimes excitement and joy. It makes us feel enlivened and in the flow of life. Even when we are aware of receiving guidance, we may have trouble following through and acting on it. Guidance often brings up authority issues; we need to learn to trust each step of the way as guidance takes us into the unknown.

I come to the conclusion that guidance can be simple and easy. Everyone can do it. You are born with the gift. Guidance leads us into being ourselves, to being the best that we can be. It is the link between being and doing. I feel that we all receive a great deal of guidance all the time, probably far more than we realize, and it only takes a small shift in our awareness to be conscious of this. I believe that receiving and following guidance should be much more mainstream than it is—not just the preserve of religious leaders and the New Age few, but a normal part of everyday life for everyone. Guidance is a birthright of all; it is a “divine voice” that aligns us with our highest good, and therefore with the highest good of all. If we all developed the ability to follow and act on our guidance, thus living lives more aligned with our higher nature, the benefits to ourselves and to all other inhabitants of this planet would be incalculable. Imagine a world where this skill is taught in schools!

Mothers Who Have Lost Babies Prior to Birth

by Louise M. Nadim, BBSHE '11, Horsham, United Kingdom

The loss of an unborn baby or of any treasured person is devastating. It leaves a gaping hole in our entire being. This hole feels as if it can never be filled or covered up, no matter how much we try. By healing



and integrating the Human Energy-Consciousness System on all four dimensions, it may be possible to bring the client back into balance and restore the hole to wholeness.

Creating new

life is an earthy force rooted deep in the feminine psyche. I have the desire to use my healership to support women who have lost an unborn baby, for whatever reason, at some stage in their lives. This work is facilitated by a gift I discovered that I had, to “find” the energetic signature of an unborn baby on the second level of its mother’s energy field; more precisely, the baby finds me if there are unresolved issues. I feel the baby as a kinesthetic presence, touching into the palm of my hand in a certain way. From this I know where the baby’s energy signature is physically held in the mother’s body (frequently in the abdominal area but not always) and I can often tell the approximate age of development of the baby, from a few days to full term. Depending on the baby’s stage of development, I can determine its gender and its state of health. The emotions held by the mother around the loss of her baby are on levels 2 and 4 of her field. Interestingly, I have detected very similar signals (mainly on level 4) from fathers who have lost a child from their life, either physically or by circumstance.

As a healer and a mother, I want to work from a place of great love, with no judgments or expectations. I want to help women release the painful emotions, self-judgments, and defenses that they carry which keep them isolated and stuck in the past. I hope to bring them to some form of closure and completeness so that they can more fully love and respect themselves and their unborn babies, and thus move forward in their lives.

During a chelation last summer, I became aware of something moving and

nudging into the palm of my hand, a sensation that I have come to associate with an unborn baby. This was a beautiful, vivacious, joyful baby girl. She was quite well developed and irrepressible; there was no way she was going to be ignored or overlooked! She kept nudging into my hand and I was filled with her bubbly, bright energy. She kept making contact; she obviously didn’t want to be left in her dark hiding place. Intuitively I connected to the baby. She willingly allowed me to gently lift her up and place her on her mother’s heart chakra, which instantly froze. The baby happily gurgled. For several tense minutes of uncertainty, I watched until slowly the chakra opened up, the baby’s energy sunk down into it, and she was reunited with her mother’s love. It was very moving experience. When I told my client that I had found the energy of a baby girl in her field, tears welled up in her eyes. She immediately owned the baby girl and told me her name. The mother was very emotional, and seemed relieved and grateful to be able to talk about her baby. My client has opened up a lot since the healing and I have heard that she has spoken of her miscarriage to others, which I don’t think she was able to do before. It was this baby’s uncontained joy and her mother’s closure that inspired my project.

I would like to bring this work to mothers (and fathers) who have experienced a miscarriage, an abortion (medically advised or otherwise), a stillborn birth, unsustainable viable embryos, and for the souls who have not fully incarnated. I have encountered all of these unborn babies in my healership so far.

I am not insensitive to the fact that many women would prefer not to remember their loss and risk re-wounding. They feel safer living with their lives held together with sticky tape and string, rather than risk exposing themselves to a positive healing experience.

Not all women who have lost unborn babies get the understanding and long-term support that they need from their families, friends, or from the cultural and healthcare communities. They might even be judged harshly and made to feel guilt and shame for their loss. Ironically, these same social groups may put pressure on a vulnerable pregnant woman to have an abortion that later she may regret. Such

coercion and the lack of safe and legal medical abortion facilities pose a threat to the mother’s health and future well-being.

Without love and support, women develop negative patterns against themselves that affects all dimensions of their being. This may lead to long-term physical and or mental health issues. For example, a woman protects herself from the pain of having had an abortion, using auric blocks and defenses. She adopts negative beliefs about herself, such as, “I don’t deserve to have children.” This leads to negative haric intentions—“I won’t have children”—which ultimately manifest in the physical as perhaps a miscarriage or infertility. An overwhelming feeling of “badness” may shroud a woman’s core star, limiting its ability to inspire her life.

Offering women love and support without judgment is important and helps to gain the client’s trust. But women who have very closed or defended hearts often find it hard to receive love and understanding from others. It has been my experience that by positively projecting my core essence as a mirror, it allows the clients to begin to feel their own love and goodness coming from within them. This gradually increases and feels more “normal” until they are able to both accept love and love themselves again.

The final step in the process is bringing the client to their best state of wholeness and balance in all four dimensions that is achievable in the moment, and from which they can move on with their lives. Every closure will be a unique experience. The mother of a loved and wanted baby may require some healing work to enable her to process her emotions and grief, and to recognize and dissolve any negative beliefs and defenses, until she can open her heart to her baby once more. Mothers who have a lot of self-blame and guilt around their loss may need help to bring them to a place where they can choose to forgive themselves and others. This will hopefully allow their negative beliefs and distortions to revert back to their natural, positive state. Also, a ritual may be helpful, such as writing down their self-forgiveness or their love for the baby, and burying it in the ground under a chosen plant or in a special place. The lack of any form of burial for a baby lost early in pregnancy can be resolved in this symbolic ritual.

Plant and Human Consciousness: A Possibility for Co-Creation?

by Thanh Tran, BBSHE '11, London, United Kingdom

One of the dilemmas facing humanity today is how to feed an ever increasing human population with ever decreasing resources.

Central to the issue of food production is man's relationship with plants. From the humblest blade of grass to fruit orchards, from a potato field to a rain forest, plants are essential for our survival and for our whole ecosystem upon which we depend. We take plants for granted and treat them as commodities. But what if plants have consciousness? Could we be attuned to them as living species, where different consciousnesses interact, new patterns emerge—a *vesica piscis* of new possibilities? Could co-creation become a viable prospect?

From a botanical point of view, can plants be said to be conscious?

In 1973, Peter Tompkins and Christopher Bird wrote *The Secret Life of Plants* and brought together for the first time the discoveries of scientists

from many disciplines. Experiments such as those of Cleve Backster, who connected plants to lie detector machines, showed that plants react to physical stimuli, have a form of memory, can perceive humans' intentions, and possess something akin to emotions. Other works found that plants respond to sound vibrations, showing clear preferences and dislikes. Many experiments since then have confirmed these findings: a recent paper presented at the Society for Experimental Biology's annual meeting (Prague, Czech Republic, 2010) by Professor Stanislaw Karpinski concluded that "plants can think and remember." Many mystics and scientists also have had firsthand experience of the consciousness of trees, and nature in general, and have practically demonstrated this in the field.

Examples of communication between man and nature abound. As a child, George Washington Carver, an American polymath, would sing to his plants to

bring them back to health. When asked how he could work miracles with plants, Carver replied, "All flowers talk to me and so do hundreds of little living things in the woods. I learn by watching and loving everything."

Luther Burbank, an American plant breeder who left a legacy of over a thousand new plants of economic importance, demonstrated practically how plants respond to human love and nurturing by breeding a spineless cactus. ("While I was conducting my experiments with cacti, I often talked to the plants to create a vibration of love: 'You have nothing to fear,' 'You don't need your defensive thorns, I will protect you.'")

In the early 1960s, the Findhorn community in Scotland turned a barren, sandy patch of land into a thriving garden, much to the amazement of horticultural experts. Peter and Eileen Caddy, Dorothy McLean, and a handful of others were able to intuitively



growth

contact the “overlighting spirits” of plants (plant devas) and translate their guidance into action with stunning results.

So it would appear that humans can be guided by communing with nature and also influence plant growth with their thoughts—a two-way partnership. In other words, co-creation. But what exactly is being attuned? Are there organized fields of consciousness that form the basis for plant growth and with which human consciousness can interact? One developmental biologist, Rupert Sheldrake, who helped coin the term “morphogenetic fields,” certainly thinks so.

What, then, is the “glue” that holds random electrons together into atoms, molecules, and morphogenetic fields? In Sanskrit, one word is used as an umbrella term for all the different types of spirits and living patterns: deva. This devic dimension is part of the creative matrix of everything that exists. In such a devic field of consciousness, every atom/deva in a particular field resonates with and is conscious of every other atom in a related field. It is not constrained by the human “illusion” of time and space, making instant, non-local resonance possible.

Nowhere is the fundamental intention to live—to surrender to the primordial life force, to reproduce—more evident than in a plant, growing exuberantly through even the harshest of conditions, carpeting whole African plains in spring or standing proudly alone, clinging to a cliff face. The outward expression of the plant’s core essence has resulted in myriads of physical manifestations, each with its own flavor.

So what is at the source of the endless diversity of organisms on earth? Could the origin of evolutionary diversity be likened to what Barbara Brennan terms “the black velvet void,” the dimension of the unmanifested, of endless possibilities? As the flow of life pushes ever outward from this fertile void, could specific morphogenetic fields act as energetic “structured levels” helping to regulate this flow, allowing it to take shape on a physical level?

In any act of co-creation, our sphere of influence starts with our

intention, which precedes and underpins our actions. If we accept that morphogenetic fields are an aggregate of our collective consciousness, within which lies the freedom of many choices, then each of our individual choices in turn will serve to strengthen or loosen that particular field and its potential for manifesting in the material reality.

Of all the species on earth, humankind alone is blessed with the gift of free will. Will we choose to continue down the road of technology, forcefully altering plants’ genetics and dousing them in chemicals in an attempt to maximize yields? Or will we choose to co-create a more harmonious reality together with all the other inhabitants of this planet? Our choices matter.

The Dalai Lama has said, “It is not enough to be compassionate. You must take action.” Whatever action we may want to take individually or collectively, let’s make it an “inspired” action. “Inspired” action starts with a clear intention. Then there is a need for a pause, an attunement to the spirit of

the activity/the deva consciousness—literally, an “inspiration.” Action follows. Upon completion of the action, another pause is taken to assess the results, give thanks, and allow a clear intention for the next action to emerge. Expansion, stasis, contraction, stasis—the ever present pulse of life.

To sum up the spirit of this research project, I would like to offer you the following quote from Luther Burbank, whom Paramahansa Yogananda considered a “saint.” When asked how he could be so successful at creating new species of plants, Burbank said, “In pursuing the study of any of the universal and everlasting laws of nature... preconceived notions, dogmas, and all personal prejudice and bias must be laid aside. Listen patiently, quietly, and reverently to the lessons, one by one, which Mother Nature has to teach, shedding light on that which before was a mystery, so that all who will may see or know. She conveys her truths only to those who are passive and receptive.”

In other words, allow a clear intention to know the truth and surrender to the unknown, follow guidance, and take action.



Invite an FBHS Workshop Leader into Your Area: It's Much Easier Than You May Think!

by Lisa Boris, Manager of Academic and Adjunctive Programs



We're in the middle of yet another amazing year of Fundamentals of Brennan Healing Science (FBHS) workshops. Over 60 have been scheduled in 2011 thus far...with plenty of room on our Global Events Calendar for more!

I'd like to remind all our graduates that you have a standing invitation to welcome an FBHS leader into your area to hold a workshop. Contrary to what you might think, it's actually very simple,

and does not have to be a large commitment of your time. Here's all you need to do:

- **Contact a leader.** If you know a specific workshop leader you'd like to invite to your area, feel free to contact them directly. If not, you may contact me in the BBSH office (I can contact potential workshop leaders to see if someone is available to hold a workshop in your area).
- **Determine the dates the workshop leader is available to hold a workshop.** Once you have a specific timeframe in mind, you can either assist the leader in finding a suitable space or provide them with information on some places they can contact directly. The workshop leaders collect registrations and payments, so you don't have to worry about this or any of the financial responsibilities of holding a workshop.
- **Spread the word of the upcoming workshop to everyone you know!** Most leaders handle their own advertising and will provide you with flyers you can post locally.
- **Attend the workshop and have a great time connecting with those in your area who are interested in Brennan Healing Science!** And here's the best part—*this is a wonderful business-building tool for your practice*—you are letting your community know you are there and giving them a glimpse of what you do. And since the workshop is held in your local area, any participants who are interested in working with a healer will have found one...you! What a great way to connect to your community while advertising your individual practice, spreading the word of Brennan Healing Science, and possibly generating interest in the School!

That's pretty much all you need to do and you could have a workshop planned for your area in no time! We have many FBHS Workshop Leaders who are ready, willing, and able to hold workshops all over the world.

I received some great feedback recently from two of our newest workshop leaders, Françoise Bonnal and Jorge Barrieu, ASBIW grads who had completed their FBHS Workshop Leader Training in 2010. Conveyed Françoise Bonnal, upon completion of her first FBHS in Paris, France:

"It's done. It was amazing; it is true that I/we were supported in unspeakable ways. Dream team, dream group, dream experience. Could not imagine that all the logistics concerns, excitement, and anxiety together would be swept away like this. Thank you, thank you to the universe and to us all; congratulations to me, too, who had set my intention, heart, and courage to achieve this."

Jorge Barrieu's first workshop was held in New York City and he shared the following:

"Everyone in attendance had a great time, learned a lot, and most importantly, left feeling like they had been transformed—not just through the teachings and the learnings, but most of all through the connections they made with others and the ways in which they each opened up and experienced more of their own essence. It was such a gratifying and beautiful experience to facilitate and witness."

There are many FBHS workshops scheduled for the remainder of 2011, and we are continually adding more. To ensure you have the most current information, and for specific details, please check the Global Events Calendar on our website frequently. If a workshop is not scheduled in your area, and you are interested in bringing one to your community, please feel free to contact me at lisa.boris@barbarabrennan.com.

To offer an environment of acceptance, community, and healing into lives that can be filled with uncertainty, and sometimes chaos, is a real gift. And this is what our FBHS leaders do. We're looking forward to bringing Brennan Healing Science to your city and would love to hear from you.



congratulations

I would like to congratulate our 2011 graduates. As a BBSH graduate, I know the wonderful sense of "being" you experience taking each step toward the stage to receive your diploma, in awe of your unique journey for the past four years. It is a magical moment, a culmination of all the hard work, the joys, the fears, and the tears. I know that what I had accomplished was not just for this lifetime but for many lifetimes to come.

This issue is dedicated to the speeches given during graduation from both BBSH and BBSHE as well as the projects from BBSHE. We regret not being able to honor the projects from BBSH in this issue as length of the newsletter was a concern. We will be featuring the BBSH projects in the Fall issue as well as other projects from graduates in BBSHE who chose to wait till the next issue.

We hope you have enjoyed our Summer issue of "BBSH In Touch" in our new online format. We invite you to share your ideas, stories, and accomplishments with us for future issues.

Please make sure your article is 1,000 words or less. We would also enjoy any high-resolution picture related to your article. You may send your articles and pictures to cande@barbarabrennan.com. I look forward to hearing from you.

Warmly,
Cande