



BBSH® • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 21-Summer 2005

Education For The Millennium

Heyoan Addresses BBSH Graduating Classes

CHANNELED BY BARBARA BRENNAN, JUNE 11, 2005

As we welcome you, the Classes of 2005, we honor you and recognize your importance in the coming era. Communication with the spiritual worlds is not new. It has existed as long as humanity has and before that.

Now, as we move into the Golden Age of humankind, this communication rests upon the shoulders of each individual.

Communication with the spiritual worlds, or the higher worlds in which you also exist, consists of both spiritual guidance and education integrated with spirit.

It is most important now for humanity, in its seeking and striving to educate itself, to include the whole person.

For many centuries, humankind has held the belief that spiritual experience, and the Spiritual Worlds of God, are separated by invisible shields. It is as if the connection to the Divine and to God must be held, protected and regulated by someone else who is in service thereof, as if spirit were not in yourself. Yet, in the new Golden Age that is

dawning, each individual's spirituality grows from deep within. It nurtures the soul and feeds the heart with loving energy. It is the human heart, the Sacred Human Heart that must now lead humanity.

As you can see by simply looking at the worldwide strife, there is much need for love and caring of all life everywhere on earth, especially human beings. It is most necessary to understand how cultures can communicate with and through loving kindness, while holding the recognition that all human beings are indeed sacred and all cultures have gifts to give to the world.

It is now in this twenty-first century that communications can expand all over the globe. The newly developed types of communications now in place play an important role in the next stage of growth for humanity. They allow immediate access to the varied customs of other cultures, thus breaking down old erroneous ideas about others who seem to be so different from yourself.

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As a gift from the graduating Class of 2005, Barbara received an "angel" card from each class member with a quote saying why they came to BBSH and how much they received by being here. The "Wheel of Life" pictured above, on the ceremony program and on each of the cards was designed by classmate Ewa Maris. The cards were printed in the seven chakra colors.

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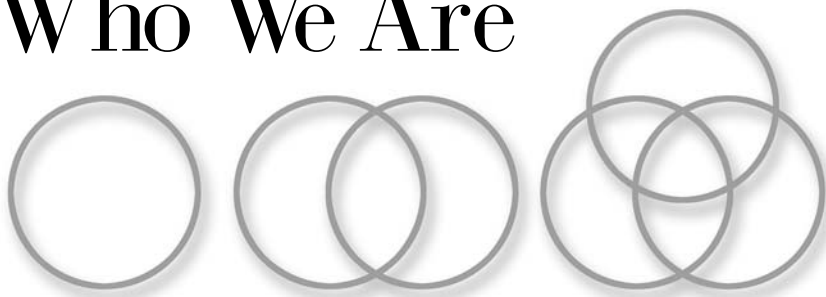
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Another Step on the Path to Knowing Who We Are



—2005 Graduation Address, by Patricia Pfof '91 Professional Practice Department Head and Alumni Director

At BBSH we have the unique opportunity to explore the full mechanism of what it is to be a human being, from the moments when we are the most individually self-conscious, separate, to those when we are the most inclusive, experiencing ourselves as everything, as one.

As a species we have perfected individuality and separation, almost as an art form. We have learned how to build our bodies, develop our minds, control our emotions, experience our longings and frequently make our dreams come true. We know how to identify ourselves, protect ourselves, improve ourselves, develop and contribute our talents. We know who we are as individuals. And this indeed has been a crucial step on our evolutionary journey.

I suggest that it is time for us to identify and take a different step on our path from separateness toward unity. I invite us intentionally to shift the focus of our consciousness from the beings that we are individually to the myriad number of Beings we form together.

A new entity is formed every time two or more sentient beings intentionally turn their awareness to each other. You as a class have formed one Being. Your class and your teachers make another Being. The entire student body is another individual Being. BBSH is a Being formed of all present and former students, faculty, staff and alumni. You and your life partner form one Being, you and your children form another Being, brother and sister, friends, animal companions, work groups, business organizations, sports teams, and so on—each grouping of two or more forming a unique Being. Each Being has an energy body, a personality, a longing, a purpose, intention and a life task—the same as we as individuals do. It has core essence and it has a hara line.

It is as this Being that your Class of 2005 will always be together, if that is your intention. It has an identity and a purpose. It is composed of all your individual selves, yet it is not you individually and it is more than the sum of you. Furthermore, it continues to have potential if you choose to affirm its existence. It can continue to be a powerful vehicle for the expression of life force—of creativity.

As we were all saying goodbye to each other today, I heard a lot of people say, "Let's promise that you and I will stay in touch. Let's promise that we will visit

once a year." That may happen, it may not. I'm suggesting that it is not as relevant as it used to be, nor is it particularly useful. Where the commitment might be most valuable, might contribute the most aliveness, is if you promise to remember the Being that you are



together. Instead of focusing on how much you miss the other person or persons, promise instead to affirm the unique quality of your relationship, the work you have done together and the space you have created in which the expression of essence may continue. The invitation is for all of us to always recognize ourselves as a part of this school body—students, teachers, graduates, staff, over all the world, over all dimensions—and act as if we are. Assume we all feel and perceive each other this way.

Our BBSH body is one of great goodwill. Assume goodwill.

We speak of “group mind,” “group consciousness,” the collective,” “team,” “partnership,” etc., terms that are so common that we think we know to what we are referring when we use them. I want us to refine and hone our thinking so that every time one of these terms is used we consciously recognize and honor the Being to which we are referring. It is through this recognition that we contribute life to the Being, allowing “it” to inform us from the pool of its wisdom and assisting it in actualizing its life task, a task that is indeed comprised of and consonant with the life tasks of the participating individuals.

“Recognition” is the key word here. *Webster’s New World College Dictionary* defines “recognize” as “to acknowledge the existence, validity, authority, or genuineness of...” We recognize something by paying attention to it—by doing what we call in our awakening skills, “listening.” Recognition is without judgment or categorization, without labeling as good or bad, wrong or right. It is just listening. Be quiet; feel your breath; follow the energy; turn your awareness to whomever in the group has the energy in the moment; let go of your opinions and your agenda and just listen; receive the other. This is the *only* way we can assure that the Being that we create together can become known, can share its wisdom and actualize its purpose.

Every organism, if given the space and opportunity to fully express and to be fully recognized, will organize itself toward health and beauty. Whether an organism is made up of 2, 3, 1,000, a million—the degree to which we recognize the individual participants (and indeed all the component Beings) within the overall Being is the degree to which the Being’s deep wisdom, embodied heart and purpose can become visible. This is exactly what we learn to do as healers for individual bodies. Now let’s turn this same awareness outward to all our relationships.

Here is an example of what I mean by altering the focus of our awareness: Let’s say I am strongly opposed to my neighbor’s political point of view. In fact, *I know I am right!* Every time I think of him, I evoke our differences. With the simple but powerful mechanism of directing my energy consciousness, I keep our separation in place by affirming all that he and I *do not* have in common. The more I define him and me as our differences, the more I strengthen and reinforce the polarity, this line of opposing force, these mutually resistant positions. And as we all know, what we resist persists.

The difference I am proposing is that we look at our relationships as heart-centered, spherical beings with many aspects rather than as lines of opposing force. These Beings have a wisdom that is greater than polarized and irreconcilable positions. They are *inclusive*. An entirely new answer becomes evident containing entirely new information from the Being that we cannot arrive at from the limited perspective of “I.”

These Beings are forms of consciousness that breathe and create and dissolve, and that when there is tension or what we call chaos, then it is simply the old form of that consciousness falling apart and the new, more beautiful form arising. So rather than seeing our evolution as a linear event marching toward a goal, we can experience ourselves as an explosion of creation, as intersecting spheres constantly reaching out to create new bodies, new forms,

new beings, new doorways to infinite wisdom.

What if we were to hear every comment from the other not as an opposite opinion, not as a conflict, not as stealing from Who I Am, but as a piece of the truth that we as larger, composite Beings hold? Assume goodwill. Encompass the other with your heart. Assume that all expressions are the organism longing to make itself heard, seen and known. And find the place in you from which you can truly listen, no matter how “disturbing” the expression, no matter how much it appears to threaten that “individual” you have worked so hard to become.

An important aspect of the consciousness of this Being is that no one individual can express it fully. It becomes known only by all individuals in the group giving voice to their personal truth—whether it be expression of longing or emotion, creative thoughts or age-old fears—all must speak and be recognized. Our initial expressions are individual, they come from our personalities, but once these have been aired (*not aimed*), the deeper truths of The Being We Form Together start being expressed. As we each express in the open environment of this unbiased listening, we each map a point on the sphere of this Being, we “flesh it out,” so to speak, and its full personality and heart’s work gradually become evident.

I would like to contribute a final point to what I hope will be an ongoing discussion as we shift our consciousness to the Beings we form together:

When I get up each morning, I don’t say to my left leg, “Would you, uh, mind...holding me up today? Would that be okay with you? Are you busy? I hate to ask.” And my left leg doesn’t wake up and say, “Wow, I can’t wait to get away from her today.”

Any healthy body exists only by the full participation of each of its members. It is who we are. We are absolutely interconnected, inclusive. We give and we receive. So use all of the components of all of the bodies that you are, just the way you would use your arm or leg or head or stomach. Take advantage of the support, appreciation and gratitude they have to offer you, and follow your natural impulses to ask for your needs to be met, to provide support for their needs, and to express gratitude for the blessing of these bodies of which we are a part.

I acknowledge these two classes of 2005. It is you who have evoked this topic; you have a strong integrity and coherence, a unified field, in the class bodies you have formed. I know that I’m speaking out of our body, the body we are together.

Thank you for calling forth this recognition.



Congratulations To Our 2005 Graduates!

Professional Studies Program

Pumpkin Auerbach
La Grange, Kentucky

Jaime Emilyn Pransky
August Rain
Walden, Vermont

Emi Baba
Yokohama, Japan

Adriana Barone
Sag Harbor, New York

Ann Marie Baumbach
Cold Spring, Kentucky

Evelyne Beck
Miami Beach, Florida

Josef Beraha
Miami, Florida

Dolores Jean Bjorkman
Hinsdale, Illinois

Frances Pace Blake
Vero Beach, Florida

Eyal Buchler
Belmont, Massachusetts

Jane Marie Burke
East Atlantic Beach, New York

David Byron Campell
Santa Rosa, California

June Comeau-Blinn
Church Point, Nova Scotia, Canada

Michael Lee Cordery
Dorval, Québec, Canada

R. Paola Corte Franco
Mexico City, Mexico

Cathy Moira Darnell
Dubai, United Arab Emirates

Maria Del Carmen Arias
De Hesselman
Granby, Colorado

Pamela Jean Devenport
West Hartford, Connecticut

Lisa Beth Moffett Doscher
Meredith, New Hampshire

Mary Jo Ellens
Farmington, Michigan

Alisa Elliott
Olympia, Washington

Barbara S. Fermon
Minneapolis, Minnesota

Ann Cooper Fierro
Ft. Lauderdale, Florida

Carol L. Fowler
Cherokee Village, Arizona

Laurie Friedler
Madison, Connecticut

Jimena Galfasó
Oakland, California

Martha Jesurum Ginsberg
Boca Raton, Florida

Jason H. Gordon
Miami Beach, Florida

Teena Grewal
Ealing, United Kingdom

Maria Magdalena Guillén
Quito, Ecuador

Lisa Renee Guy
Atlanta, Georgia

Rowena Fae Schonsted Hacker
Mission Viejo, California

Tara J.L. Halliday
Arlington, Massachusetts

Jesse Heath
Sarasota, Florida

John Hewitt
London, United Kingdom

Mary Beth Holtz
Jenison, Michigan

Patricia Hoyle
Lake Worth, Florida

Yoshiko Ishii
Kanagawa, Japan

Mala Jayshree Jham
Dubai, United Arab Emirates

Karen Jean Jones
Newcastle, Washington

Kristine K. Jones
Brooklyn, New York

Brigitte Kapretz
Hannover, Germany

Heidi Kauke
Glen Ellen, California

Seema Keswani
London, United Kingdom

Tor Klumpp
Newton, Massachusetts

Margaret M. Knize
New Berlin, Wisconsin

Takao Kushihashi
Kanagawa, Japan

Natalia Kuzyk
Trenton, New Jersey

Eva Breitfuss-Langkammerer
Lido Beach, New York

Judith G. Langley
Middleburg, Florida

Jenny Li
San Francisco, California

Jan M. Macdonald
Warren, Maine

Maria Regina Machado
São Paulo, Brazil

Ryoko Matsuda
Yamato-shi, Japan

Marta Ester Mendez Rodriguez
Toronto, Ontario

Carol Meyer
Jacksonville Beach, Florida

Julie Miserendino
Liberty Township, Ohio

Muriel Moreno Ojeda
Madrid, Spain

Yana Murguia
Miami, Florida

John Dowdin Nicoll
Richmond, Virginia

Lyni M. Nowak
Big Rapids, Michigan

Sarah A. O'Doherty
Poultney, Vermont

Akemi Oda
Yokkaichi Mie, Japan

Hiromi Okano
Vancouver, British Columbia

Inde Olechnowicz
Mexico City, Mexico

Maria Anne Augusta Olsthoorn
Scotland, United Kingdom

Kayoko Onda
Tokyo, Japan

Donna Lee Oppewal
Grand Rapids, Michigan

Lori Ann Pace
Brookfield, Connecticut

Katrin Madl-Palm
Munich, Germany

Blanca Patricia Pando L.
Naucalpan de Juarez, Mexico

Darcy Leslie Parsons
Culver City, California

Maria Perry
Providence, Rhode Island

Michele Peters
Biscayne Park, Florida

Charles Pierce
Redlands, California

Kristi Piper
Champaign, Illinois

Hedwig Ploechl
Zurich, Switzerland

Rosamaría Polidura Cárdenas
Mexico City, Mexico

Sarah Darden Prall
Tucson, Arizona

Cathleen R. Pratt
Hallandale Beach, Florida

Elena Radzinsky
Moscow, Russia

Terrence O'Reilly Rauh
Boulder, Colorado

Sarkis Boston Sky Renjilian-Burgy
Boulder, Colorado

Leticia Reyes
Gainesville, Florida

Marjorie A. Rochon
Newton, Massachusetts

Guy Romagna
Ft. Lauderdale, Florida

Lauren Elizabeth Schaub
Astoria, New York

Laurie Schoonhoven
State College, Pennsylvania

Elise Sophie Schuitemaker
Amsterdam, Netherlands

Kimberly Anne Schultz
Mancos, Colorado

Mayumi Shimada
Osaka, Japan

Ewa Skarbinski Maris
San Francisco, California

Edith Smith
Gallipolis, Ohio

Sandra Sundari Smith
New Market, Tennessee

Arlen Solodkin
Mexico City, Mexico

Didi Alessandra Sommariva
Milano, Italy

Deborah T. Switzer
Vancouver, Washington

Andréa Beatriz Titton
Somerville, Washington

Marcia Ann Trainor
Fairbanks, Alaska

Veronica Pugliese-Tronoski
Schwenksville, Pennsylvania

Gerardo Trueba
Mexico City, Mexico

Mickey Turner
Birmingham, Alabama

Carolyn M. Vale
Princeton, New Jersey

Sandra Van Olmen
Antwerp, Belgium

L. Susan Vischer
Portland, Oregon

Edward Weise
Boulder, Colorado

Anna Lynn White
Lake Worth, Florida

Melissa J. Whittaker
Plainfield, Vermont

Dorothy Julia O'Connor Winquist
Hudson, Massachusetts

Rico Michiko Yanagi
Tokyo, Japan

Bernadette Yao
Lincoln, Massachusetts

Lucy Lieuwkje Zijlstra
Woudenberg, Netherlands

Brennan Integration Practitioner/ Supervisor Training Program

Year 3

Kathleen Ann Bower
Soquel, California

Nijole Maciulis Ladd
Key West, Florida

Ada Robinson
Marshall, Michigan

Kyron Seth Woolf
Madison, Virginia

Year 2

Priscilla A. Bright
Woodstock, New York

Irena Derzek Cuber
Piran, Slovenia

Fabienne Agnes Heymans
Island Park, New York

John A. Kelly
Momence, Illinois

Mary Adrienne Simonini
Taos, New Mexico

Catherine Wright
Burlington, Ontario, Canada



Year 4 Projects

Last year we began selecting Year 4 students to share their Projects with their classmates and the faculty as part of the Integrative Care curriculum. It was such an inspiring, delightful and informative evening that we decided to continue this way of sharing knowledge every year.

We set aside both HMD lecture evenings during the last class so that we could have even more Year 4 students make presentations. This year, eighteen students presented their projects.

What follows is just a sampling of the passion and commitment that was so uniquely and beautifully expressed by every Year 4 student in every project.

Energy Healing and Surgery: The Journey of Our Heart

—*Andréa Beatriz Tilton '05*

Energy healing and medicine may sound like two different worlds, but they are really meant to walk hand in hand. For my senior project I developed a research project to measure results of post-operative pain in patients who received energy healing and those who did not. The modality used for the healings was Brennan Healing Science. This research is a first step in statistically proving the results and benefits of energy healing, and in helping implement it in the medical community.

I saw 14 patients in each group undergoing a variety of operations, including: inguinal hernia repair, gallbladder removal, partial and total mastectomies, and partial and total thyroidectomies. Patients received three healings. The first one lasted for about 30 minutes and took place right before their surgery. The second healing was in the operating room throughout the whole procedure, which would vary from one to four hours. The third healing was a 30-minute healing in the recovery room.

The results were better than I could ever have hoped for. Fifty-three percent of the healing patients went home without needing any pain medication at all! None of the control group patients had the same results. Energy healing proved itself bigger than any of us and than anything I could imagine. The most important pieces of the whole process were to hold an open heart with unconditional love for each patient that I encountered, and to hold my longing and hara line very strong in order to support each patient in their process. By my holding unconditional love and a safe container for each one of them, they were able

to feel safe and surrender. I helped each patient connect with their longing for healing of their physical wound, and also connect to the love they hold for themselves towards that part of their body.

With this connection and the feeling of trust and safety of the healing container, patients were able to surrender to what they were there to receive, and what was available to them. Each patient received as much as they were ready for. Most healings took place in such a multidimensional level and in ways I didn't even know existed. Some healings would extend to places as deep as the individual's existential purpose. A few patients didn't show evident physical results, but they were touched in places that had been forgotten, and now they have the example of a new experience for a different and healthier reality.

This project touched the lives of so many involved and all of us, including myself, have a new awareness of the power of energy healing. The support from the medical staff was incredible and the barriers that I faced in implementing it were nonexistent. I pray that energy healing can become a permanent part of the hospital life, that each patient can have access to this amazing modality, and that together we can offer them the best possible healthcare. In holding our hearts connected we can hold a place for miracles!

Restoring the Eternal Connection

Cord Healing & Adoption:

*An Exploration of the Effects of Cord Healings
on the Relationships in the Adoption Triad*

—**Adriana Barone '05**

*It is within the center of the human heart that
all relationship begins. It is a beginning with no ending.*

BARBARA BRENNAN, *SEEDS OF THE SPIRIT* 2000

The impetus for this work came out of my direct experience of working with an adoptive mother and her adopted child. While working with the daughter Leisa [name changed for confidentiality], I was able to access a pain inside of her that was a result of being separated from her birth mother. It expressed itself to me as a silent cry from within. This cry was unanswered because no matter what the adopted parent did, she could not supply the “right note” that would be the answer to that cry. This right note could only be supplied by Leisa’s birth mother.

Doing cord-healing work, a Brennan Healing Science energy healing technique, restored the connection between Leisa and her birth mother, even though her birth mother was not present physically in the room. We were able to do

this because the energetic connection between family members, especially between mother and child, exists on another dimension, one that transcends time and space. The effects of this healing were very powerful. Leisa was soothed on a deep, almost primal, level, and the adoptive parent was freed of feelings of inadequacy, frustration and anger. It was deeply moving.

Enhancing and Keeping the Connection: Working with Children

—**Arlen Solodkin '05**

Working with children is vital in order to ensure evolution with consciousness. The attempt of working with children has to do with bringing awareness to the child’s life in a way that will enhance the child’s intention to choose

what is good for himself or herself, and to feel part of the universe, the world, and the other living beings on this planet.

This project describes a year-long program named “Energy, Consciousness and Movement” which I conducted with a group of children. The purpose was to attempt to give children the tools to learn how to be loyal to their essence through self-knowledge and through promoting faith in the self, in others and in the world. The program includes all the dimensions of the Human Energy Field following Barbara Brennan’s model of integrative healing. It also contains elements from Learned Helplessness Theory, Learned Optimism and Positive Psychology (developed by Martin Seligman), Family Constellations Therapy (by Bert Hellinger) and a social action piece.

The course was divided into different sections. One targeted the body in order to boost high levels of energy. Another targeted the realms of emotions and rationalizations, which was mainly done through indirect and artistic medium. The last involved meditation and prayer.

The results of the program were verified by the mothers’ views. The results are very personal in the sense that each child incorporated the teachings in different ways, but overall, the results could be categorized as a higher sensitivity, an increase in perception, a development in self-expression, and more congruency between thinking, feeling and behavior.

It is very hard to state in a few lines the specific results, but one of the most remarkable experiences was to see children in their essence. They were able to express themselves through movement, through sound, through narratives, stories, and various means of art. They were able to manifest their dreams and prayers, which were deep and beautiful and which seldom have room for expression in our daily lives. In our modern world we can do more in less time, we can achieve more with less effort, and get more knowledge without direct exposure to the true world. The result of this reality is an increase in comfort, but also a tendency to rely on other people’s truth much more than our own. Helping children discover their inner truth and supporting them in following their heart is a path of life and learning worth examining.

Working with children is much easier than we think it is. It involves listening with the heart. It involves mirroring their essence. It involves loving kindness. A sacred space for children has to do with the possibility of interiorizing and expressing their own experience of the world with their own reality and with their own fantasies. Working with children is truly a sacred experience. You just need to think of them as you think of your own self in the tenderest space. This program is being adapted and introduced in schools through the aim of Education for Peace.

continued on next page

The Informed Wisdom of Fascia

—*Deborah Townsend Switzer '05*

Fascia embodies the unity of all things, the interconnectedness of the tiniest cell with the whole of the organism. Acupuncture and massage are converging on a new understanding of our bodies as liquid crystalline structures, practiced at instant messaging along a network of collagen that lives within our fascia. The fields of biophysics and quantum mechanics are bringing new scientific investigations and insights into this discussion of the living matrix of our bodies. This paper presents an overview of fascia from a structural perspective, then looks at the function of fascia through the lens of western medicine, acupuncture, and massage.

I share my hands-on observations of contact with fascia in the cadaver lab, and theorize how energy healers might enlist this ever-present connective tissue to support change in the four dimensions of our being. I also share my sense of deep contact with fascia as a massage student and healer, contact that unfolded organically from my experiences at BBSH. Healing and awakening skills convey an expanded awareness of the body as the sacred writing of the soul. They allow healers to approach the science of the body, anatomy and physiology, with their senses attuned to the perfection of the body wisdom and the subtle messaging of disease.

We are on the verge of a revolution in medicine, and the emergence of a new paradigm that rejoins body and soul, and as Brennan Healing Science Practitioners,

we
have an
opportunity
to contribute.

Fascia might arguably be the mechanism of action that bridges subtle energy into matter, enlivening our bodies with soul substance. It deserves our attention.

Tai Chi Chuan: A Path to Health and Joy of Living

—*Regina Machado '05*

I live in São Paulo, Brazil, a city of 20 million people. Living in a big city is to live always in a rush. Struggling for life we move away from ourselves, our desires, our pleasure and our life force. I identified my own stress and struggle with that of others around me, and I realized I wanted to be healthy and happy. I wanted it for others, too.

I had some free time and some experience with Tai Chi Chuan exercises. I decided to offer my work to the community in order to find help for myself, as well as for others. I didn't know I would get so much more in return.

Currently, I coordinate two Tai Chi groups at public parks in São Paulo. The sessions for each group are held outdoors, two mornings a week. In total there are around 100 participants. The groups are enlightening, entertaining and diversified. There are many elderly people, some who are over 80, but there are also young and middle-aged people from all walks of life.

I have noticed a positive transformation in the communities where these activities take place: a progressive improvement in health conditions and quality of life among participants. I believe the benefits are due both to the practice of Tai Chi and to the qualities I've incorporated with it as a consequence of my studies at the Barbara Brennan School of Healing over the last few years.

BBSH has
provided me
with a self-healing

journey that reflects clearly on the groups
I coordinate.

Barbara Brennan emphasizes the importance of working with the alignment of our hara line in an effortless and flexible way as a means of providing the expression for all that we really are. The key to mental and physical health is the ability to express who we are in our four

dimensions: physical body, personality, intention and essence. As I became aware of that, I could better understand Tai Chi as a healing practice.

In the Tai Chi groups I spontaneously, naturally and explicitly align my intentionality, and through the classes I manifest my core essence—my truth, my passion and my reason to be. My students, through harmonic induction, also align themselves, unite with their essence and start to connect to others from that place.

Many of the participants are noticing improvement in their disposition and humor; improvements in sleep patterns, relief of muscular and joint pain, reduction or elimination of analgesic medicines, improved relationships with family members, and greater flexibility.

Other groups have formed from these Tai Chi classes: a dance group, a sewing circle, and a singing group. They meet to take part in excursions, visits, gardening, etc. I happily watch my students as they reveal their personal qualities and display their talents in their own way, while extending the boundaries of this work and increasing the benefits.

On this journey, I pulsate, I breathe, and I feel alive. I am starting to reveal the healer that is within me, in my own special way, full of wonder and happiness.

Midlife as a Time of Transformation and Initiation

—*Karen Jones '05*

As I sat with what to do for my project I found myself wanting to work with something I deal with every day—menopause. To me it feels that the purpose of menopause is to allow the possibility of transformation in such a way that it cannot be denied. And what came to me is that the reason for this is to allow the possibility of initiation of the archetype of the Wise Woman or Crone.

The time of midlife—which for the purposes of this discussion is the 10 years around the ceasing of the menstrual period—is a time of change in many dimensions. First are the changes on the physical level. Many women experience hot flashes, night sweats, heart palpitations, dryness of the vagina, fatigue and mental foggy, among others, along with the ceasing of the periods. There are generally enough changes that women can't deny that something is changing. Women are challenged to cope with and flow with the reality of change.

At the same time, a multitude of mental and psychological issues come up. Though these issues are not confined to midlife, they often occur then. There can be family issues—children leaving home, divorce or change in partner. Often there are job changes—promotions or their absence,

questioning whether this job is right any more. Many people are coming to grips with the reality of aging, loss of culturally validated beauty, loss of fertility. Family or friends may be getting sick or dying, and so comes the reality of mortality.

Spiritual questions often come up with more urgency. These questions can be, “Who am I?” “What is my purpose?” “Who am I in relation to God?” Many people are too busy in the earlier time of their lives dealing with careers, partnerships and children to have much time for these sorts of questions, but at the time of midlife, these questions can no longer be ignored.

From an energetic point of view, energy is rising or increasing, despite all of the blocks to energy movement that we have created over the years. As energy flow increases, blocks get stimulated and this allows issues to be right in front of us, in a way that is difficult to ignore. So we begin to deal with issues of caretaking others and not taking care of the self, or outer vs. inner authority. Issues that we didn't have the resources to deal with in the past now come up when we have, or can get, the resources to resolve them.

So all of these changes on multiple levels set in motion the possibility of transformation. This transformation is allowing the archetype of the Crone to be embodied. For hundreds of years the archetype of the Crone has been mostly seen in its negative aspects—old, witch, decrepit, evil, and manipulative—so we quite naturally have resisted it. Now with a huge number of women moving into Crone age comes the impetus to allow the possibility of embodying all the aspects of this archetype. Not every older woman is a true wise woman. My sense is that to embody this a woman needs to deal successfully with all of the issues she wasn't able to get through before, including those of self-worth, self-esteem, authenticity and inner authority. The wise woman nurtures the world, prunes what is outmoded or what does not honor the earth or serve compassion and justice. She is long-sighted, and does not fear challenging authority or appearing different, for she knows her worth and authority come from within. This is the journey that the midlife transition ignites.

Knowing this, we as healers can better support this process.

Hypnotherapy and Brennan Healing Science

—*Dolores J. Bjorkman '05, R.N., L.C.S.W.*

As a psychotherapist, I work with clients with a variety of mental and emotional disorders. One of the techniques that I have used to facilitate healing with these clients is hypnosis.

continued on page 14

A New Wave

—by Kahea Morgan, Year 2 Dean BBSH/E

Last week I finally unpacked the boxes I had stored in my garage for longer than I care to admit. I found lots of treasures that I had forgotten about—a t-shirt with Maurice Sendak’s “Where The Wild Things Are” big and bold on the back, my BBSH diploma from 1991 (yikes!), class notes, journals, and lots of photos that brought me smiles and good memories. I even came across my Year 2 chelation write-ups that Barbara had reviewed. She said I had good HSP! Who would have guessed? Me? I think I may have spent the next 3 years trying to prove her wrong.

Another special treasure I found was a class photo taken at the end of my sophomore year. There weren’t many of us. The classes were held at Bridgehampton Community Center on the end of Long Island, New York. It was almost like being secluded in a hideaway, like old mystery schools used to do.

Since BBSH is moving this year to new digs in Miami, I started thinking about the many homes the school has had. In the 25 years BBSH has been operating...performing miracles, initiations and deep healings in everyday hotel space...we may have sometimes been in beautiful surroundings and near the beach or woods but each move had its own tests to confront and its own rewards. How many of you remember the Radisson Hotel on the Long Island Expressway? That is where I first learned the power of a group in creating sacred space for transformation. How about the Legends, the old Playboy Club in the woods of New Jersey? The School altered that place, didn’t it? Then we got spoiled and were put on the Atlantic Ocean in sunny, busy Miami Beach. I do remember, however, that teachers did have to warn students not to swim at sunrise or sunset because that was feeding time for sharks—and don’t forget the land sharks who came out at night in that part of the world.

Last year we had a taste of the Florida Everglades and the spirits that inhabit it. The maid at the Bonaventure hugged me goodbye in June when she found out we would not be returning. She loved us. I think we added Light and peace there too.

In June, after Class 5, I received from two new Year 3s an email and photos of their visit to our new campus, the Sheraton Miami Mart Hotel and Convention Center in Miami, FL. I wasn’t looking forward to the move because I knew this hotel is in the middle of humanity. Jerry Zazzera and Nadia Pfisher taught me a lesson with their upbeat perspective, and I would like to share some of it with you. As you read Nadia’s words, remember that she is a world-class windsurfing champion and brings the beautiful analogy of surfing a new wave to our move:

“In October, BBSH will be nestled in a newly renovated hotel in the middle of Miami, the world of business and leisure travelers. I found it very interesting to be in different environments during my school time so far, and see it as a big chance. Moving to me means, to let go, be open and flexible, surrender, adjust, see new possibilities, develop consciousness, become aware of patterns and deal with emotions. Moving is the peak of the wave, the white water on top of the wave that has the power. Moving is the first step, the move to move on.

“I have the choice to dive, jump over, swim against, get tumbled, or just add some soap and enjoy the bath. I have no doubt that the mind creates the outer world and that it is not by chance that we are all riding the wave of this new adventure. We can choose in which direction we want to go. Each one of us has put a thread together to create the new web. I appreciate all of the tremendous work and effort people have put into our new home of the school in Miami; it is our chance now to take responsibility and action and be ‘in the World’ with our work.

“There is nothing more that we need to do than just be there, in the middle of a busy world, embedded in the ocean of humanity.”

—Nadia Pfisher, Miami, June 2005

Bridgehampton, Long Island...1989!



Into Wholeness

—by Laurie Keene, Year 1 Dean BBSH/E

Each of us, in our own way and in our own timing, is making the journey into remembering our inherent wholeness.

One way to promote this remembering is to engage in the adventure as author of your life.

Imagine your life a book, half or three quarters written—or perhaps for our younger students, just recently begun. Each day of your life is a page, composed of feelings/thoughts/actions, which form themselves into the language of living, stringing themselves into sentences, paragraphs and chapters.

You look behind and read the past pages filled with thoughts, ideas, actions, dreams, feelings, and accomplishments. Then you look ahead. Blank. Page after page is blank. Nothing formed. Nothing written. All things are possible!

As with any great book you can't put it down. It captivates you, sparking all kinds of possibilities and deep philosophical thought. You anticipate a really great ending, one where all things are made right, made whole. Perhaps this book is a mystery, an adventure, a spiritual treatise, a book of research or a romance.

The truth is that each of us is living/writing such a book and within us lives the power to determine the beginning, the middle, and the end. We are the co-creators of our lives whether we are conscious of this or not.

The truth is also that within us is the power to become a conscious co-creator. We do not have to wait until the final chapter of this life or wait for another lifetime to begin to reach this understanding.

Part of the process in becoming a conscious co-creator is to move from a life of reaction to one of response. Reaction relates to the past, response relates to the now. To make this shift we must slow ourselves down and consider what is before us. Just like any great writer who takes his or her time to craft a scene or interaction into words upon the page, we can open ourselves into responding by engaging in the process

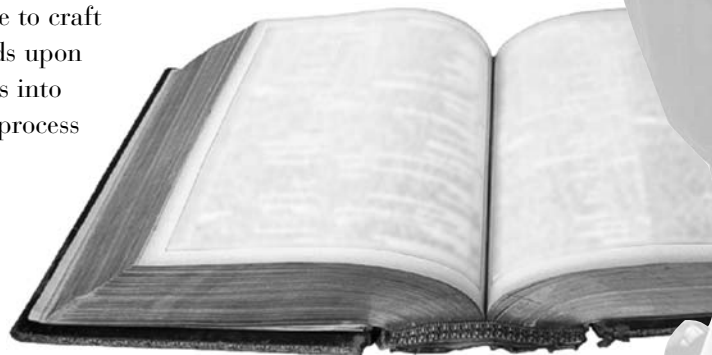
of self-inquiry (witnessing, asking, experiencing) and considering our experience from the perspective of wholeness, a place that includes nonattachment. In other words we do not have to meet our current experience always from the limited world view of beliefs which were formed from childhood hurts.

The key again is to slow things down and to look at the present situation from many perspectives instead of jumping to conclusions, i.e., reaction. Open communication is also paramount in making the shift from reaction to response.

Practice not making assumptions about another's motivation. Take a risk and check it out.

Here is the catch—a writer whose book is finished does not say, “I did not write this.” Neither does s/he place responsibility for the book on someone else. He or she embraces his or her creation, each page lovingly and thoroughly lived.

As we enter this new school year, I invite all of us, alumni included, upon awakening each day to pause and consider the unlived day, the blank page before us, and ask ourselves how we would like it to read at the end of the day before we turn off the lights for sleep and further dreaming.



This education will come automatically and individually, simply through personal curiosity and choice. It lays the groundwork to learn how to use the High Sense Perceptions that are growing within each individual.

With these new powers of personal communication (High Sense Perception) comes the response-ability to stop the old habits of separation when you project your internal unconscious fears onto another who seems so different. Such projection feeds mistrust, the mistrust of someone who has not grown up the same way you have. You can see the results of this all over the globe. It creates such pain, strife, illness, hunger, starvation, poverty and homelessness. As the separation escalates—perhaps slowly, perhaps not—it eventually leads to war. This is evident all over the earth.

Rather than looking at others suspiciously, splitting yourself away from others who are different, it is most important to look inside yourself and find your inner splitting. Finding your own inner splitting will help you create communication and communion both within yourself and with others. Find the negative judgments inside yourself that arise from this splitting. There is no difference between the judgments that you hold toward others who appear to be so different from you (as well as the fear that you project onto them), and the very same type of judgment you hold toward yourself (as well as your fear about how you find yourself lacking, or not good enough). In the split inside you, you do not accept parts of yourself that are still, in a sense, not yet grown up into adulthood. They are still held by your inner psyche in the consciousness of a child.

Planetary Citizens

Consider the possibility that humankind can, in this millennium, perhaps even in the next century or two, stop its habitual splitting off from each other within families, in personal relationships, within communities, ethnic groups and between nations. For it is in this century and the rest of the millennium that follows, that human beings will become planetary citizens.

There is much to do to accomplish Planetary Citizenship. Soon you will find schools like this one springing up all over the world, where this type of psych-spiritual information is taught and integrated to facilitate the full development of the individual on all levels. It is essential to learn to recognize Individual Essence, its relationship to both spiritual and bio-creative energies, including intentionality. This can be done through understanding the Human Energy-Consciousness System and the creative process through this Human Energy-Consciousness System. Through it you can learn the psych-spiritual skills of clear self-recognition and self-development that are needed to develop into a true creative planetary citizen.

When this happens, the knowledge that is coming out of your scientific laboratories and other educational places can be integrated by human beings who are grounded on the earth, centered in the heart and connected to all life in the now. Such a human being honors every individual's essence, every individual's unique gift, and respects the differences as tools to learn more. Such a human being directly experiences the interconnectedness of all life, and respects and reveres it.

The Uniqueness of Each Culture on Earth

Each culture on this earth develops an aspect of humanity in a unique and beautiful way. Each culture develops a quality of wisdom, love, truth and trust. Each human being has either developed these higher qualities, which we call your core qualities, or these higher qualities still lay dormant within him/her waiting to be brought forth. It is essential to bring forth and develop these innate qualities to create world peace.

Thus we have created here an educational model that includes all of the aspects of human potential. Why leave any part of yourself out of your development and your education? The world can be seen as a university. If a particular culture on a particular continent has developed wisdom or divine will and that is something you wish to learn, then we recommend that you go there and live among the people that know it innately and have brought it forth.

Consider Your Creation

Consider the possibility that everything that you have longed for is within you and in the process of unfolding and being created from within. It is your predilection to host the development of your longing so it can manifest in your life. We call it your spiritual longing, you probably call it your dream. Make your dreams come true.

And so dear ones, all of you, all of these beautiful friends and family that have come here to witness your graduation, I ask you, "What is it that you wish for and long for more than anything? What is it that you have not yet been able to create in your lives?" Open to the infinite possibility that this is on its way; that you can know, simply through your sacred longing and your sacred desire to create it, that it is already in the process of being created. Open to this possibility and allow yourselves the life that you desire and deserve. It is all here for you in the making. It is right now a matter of simply taking the next step.

And to you, dear graduating seniors, you have worked, you have studied, you have dedicated yourselves for four years to turn your lives so that they more directly arise out of the essence of your being, to create your life and to also thereby give a gift to the world. We hand this authority that you have given us back to you.

It is your life—what will you choose to do with it?

Lightwork Meditation

Become Divine Will

BBSH Lightwork Meditation

Every Saturday at:

6 - 6:30 a.m. Pacific Time



At Class #5 we handed out new postcards inviting students and alumni to participate in the weekly BBSH Lightwork Meditation.

Throughout the past year and a half that I have been facilitating the Lightwork Meditation, I'm always filled with such love and compassion as the meditation begins. It's a wonderful way to cleanse the week that has gone by, and think

about all that is happening to me...my loved ones...and everything else around the world. Some of the meditations are very emotional, and I can feel the pain and suffering of the world. But as always, the compassion that fills me is so deep and peaceful, all else is forgotten in the moment.

During each and every meditation, I always get an image of the earth and feel in love and in awe with it all over again. As the meditation progresses, I begin to see light emanating out from different parts of the world and a deep sense of unity and cohesiveness ensues.

I knew that I wanted the new postcards to depict this image, as it has always helped to calm and ground me into the meditation. When I started to sketch out the image I placed the light coming down into the earth like a huge column of light. I wasn't completely satisfied with it, so I decided to let it go for the day and work on it again another day.

That night, deep in my sleep, I saw again the image of the earth completely alive and full of love with light filtering through and emanating throughout from all different places around the globe. It was then that I heard the Guides say to me that it is not light from the heavens that is healing the earth, but us and our work, when we anchor our own light into the earth. They wanted to make it clear that it was not coming from them and would take no credit for it. The image was clear that it was our own Divine Heart opening to compassion that helps to facilitate the meditation and helps to anchor the light around the world.

So far, I have been able to anchor the light with the Guides through the meditation in various cities and countries around the world—in Toronto, where I live, and also in Ottawa, Calgary, Lake Louise, Banff, Vancouver, New York City, San Francisco, Jamaica, Curaçao, Bahamas, Paris, Monte Carlo, Nice and St. Tropez. I hope to do more. I hope that many of you will continue to anchor the light throughout the world wherever you are and join us in the Saturday Lightwork Meditation. I hope the image of the earth on the postcards serves as a reminder of all that we create. See you there.

Love, Gabriella Girgenti, '03

BBSH Launches Internet Newsroom

—*Damian Burke, BBSH Marketing Coordinator*

BBSH is excited to announce the creation of an internet newsroom as part of the school's first major public relations campaign.

The newsroom is the School's newest edition to its recently redesigned website. It will serve as a forum to communicate more effectively with students, alumni, and the healing community. Postings will include school announcements and current events relevant to the healing community, as well as key research and important studies.

BBSH students, alumni and prospective students can all access the newsroom at their convenience for the most up-to-date and accurate information on our schools. It is a tremendous new feature to our website.

If you would like to alert the newsroom of any relevant news you or a peer are making, send an email to:

newsroom@barbarabrennan.com



Do You Have a Practice?

In order to make it easier for prospective clients to connect with active Brennan Healing Science Practitioners, we have added a new feature to our *BBSH International List of Graduates* on our web site highlighting those alumni who maintain an active healing practice. If you wish to be specified as an active BHS practitioner, please contact Marius Anca at: marius.anca@barbarabrennan.com

Say Hi to Nolan!



Julie Van Dommelen-Brown ('02, AS '04) and husband Mark are *still* beaming over the arrival of their gorgeous baby boy. Through a home water birth, Nolan Andrew Brown was born on June 10th, 2005...weighing in at 6 lbs. 14 oz. and measuring 20½ inches.

The couple was all ready to attend the Goddess Meditation on June 11th to receive a baby blessing, but was not able to make it as Nolan was born the next evening. Holding him in their arms for the first time, they realized that they received their "Baby Blessing" a little early. We all extend *our* blessings as well!

In hypnosis, the client enters a special state of consciousness often called “trance.” While the client is in trance, the hypnotherapist enters a state of deep empathy called intersubjectivity, while maintaining a conscious connection to her/himself, and using reflective listening to direct the process of the session.

During a Brennan Healing Science session, the same process occurs for both client and healer. The difference is in our understanding of consciousness and the techniques that we use to facilitate healing in the client.

Hypnosis is described as a “mind-body” technique in which the “mind” is defined as the cerebrum, the “brain” is the cerebellum, and the “body” includes the rest of the nervous system, particularly the autonomic nervous system. It is based in the M-1 model of metaphysics; that is, that the mind evolved out of matter. Consciousness is understood to exist in the body, to be a product of physiology, and to be limited in time and space. Hypnosis uses a predominantly verbal approach to induce trance and direct interventions.

Brennan Healing Science is based in the M-3 model of metaphysics; that is, that the body evolved out of the mind. We understand the body to exist within human consciousness. We experience consciousness as energetic, multi-dimensional, universal and unlimited by time and space. The techniques that we use are physical and energetic to stimulate change in the client’s consciousness system.

As my perception of consciousness shifted, I have come to understand my experience as a hypnotherapist differently. I recognize that rather than merely having “empathy” with my client, I am making deep multidimensional contact. I recognize that “conscious use of self” is a combination of harmonic resonance and psych-spiritual skills, including “listening” and “witnessing/asking/experiencing.” Reflective listening is “following the wave.”

I began to use hypnotherapy techniques during a healing when a client spontaneously began to describe a visualization she was having. I supported her through the visualization while performing the healing. This facilitated the resolution of the fear that she had been feeling. Since that time, other healing clients have expressed anxiety in various ways that offered me the opportunity to connect with their experience energetically and provide a healing response including hypnotherapeutic verbalizations.

Witness/asker/experiencer is essential to the ethical use of these techniques. Using my energy body as a tool, I monitor myself and give a healing response for what I perceive. This may include hypnotherapeutic verbalizations. Since harmonic resonance is constantly communicating between our fields, treating everything with acceptance

and love facilitates a healing response for the client.

Now I often use hypnotherapy to complement the healing techniques that I am using. I find that my clients relax quickly, experience the healing deeply, and recall the verbalizations so that they can practice self-soothing.

Coming Home to the Self Through the Body

—*Mary Beth Holtz '05*

“Eating to live” and “living to eat” are phrases used to contemplate some of our relationships with food. But what is deeper within the character defense of the masochist/oral interplay and with a client who presents a larger body? How has society, particularly in the U.S., fed this defense mechanism and created what now may be nearing epidemic proportions of obesity? How is it to be in a skin that both uses this extra padding for support against the pain (and in a quest for pleasure) and at the same time is slowly suffocating and eradicating its life force?

What do we really know about this amazing energy reserve in our body? Why do some people get fat and others don’t? Why do diets seemingly work for some and not others?

I offer my project to Brennan Healing Science practitioners and students as a resource to explore when the overweight/obese client walks through your door. Included is a review of the healing responses and techniques that might support you in this journey as well as some of the various themes and flavors your client may bring to heal.

The Healing Approach of Hellinger Family Constellation Therapy:

Interrupted Movements in the Orders of Love and Divine Will

—*Marjie Rochon '05*

When I first heard of Hellinger Family Constellation Therapy (HFCT), I was immediately drawn to the word “family,” since my personal longings have been entangled with my interrupted sense of belonging in my family of origin. I came to BBSH to find freedom from those entanglements so that I might love life instead of just enduring it.

During my 3rd year at BBSH I heard about family constellations work. I went to an introductory talk where I was chosen by the facilitator to help demonstrate how constellations are set up in a group setting.

I was asked to represent a “good daughter and friend.” In a constellation, people are chosen to represent family

members in the client's issue. They are physically placed in relation to each other and create an outline of the issue in the family system. Each representative allows the energy of the person they are representing to inform them (via direct knowing) about how that person feels in the system.

I faced representatives for a mother, a father and a friend. The energetic field of this fictional constellation affected me profoundly. I was moved as I felt the love in the field for the good daughter and friend. My own wound and defense were touched and disarmed quickly—in a demonstration!

As the evening went on I saw how the group members who volunteered as clients and representatives came to similar places of acknowledgment and surrender as the reality of their issue was brought to consciousness. Each entanglement was loosened enough so that the client could see where they were stuck. The client then had the option of taking some resolution steps.

What I observed in the subsequent facilitator training moved me to describe my perceptions of how constellations affected the HEF, specifically the 5th level of the field, in my Senior Project.

When a constellation is formed, the gradual process of aligning with Hellinger's "Orders of Love"* is energetically palpable on all levels of the HEF. There is an energetic shift that manifests as a physical and emotional release as the constellation comes into balance. There is a sudden sense of peace and release.

In HFCT, "Resolution Statements" are spoken that acknowledge what is true in the family system. The vibration of speaking the statements touches the client's wound and opens the 5th level simultaneously. The statements are medicine.

The medicine is speaking the unspeakable, speaking what is caught in the wound or in the collective unconscious of the family system. The spoken truth begins to dissolve the blocks and the love they held flows through the opening channels of the 5th level. The result is that the client becomes more connected and aligned with their divine will, their sense of purpose in life and in their family system. It is often reported that after a constellation the relationships in the actual family system improve.

Acknowledging what is in the family system frees up the energy habitually entangled in denying the truth or defending why it happened. It identifies and helps us accept with profound humility what is done for love, loyalty and the natural longing to belong to our family at any cost.

Brennan Healing Science and Constellation Therapy work beautifully together in this end. Both support the client's process of bringing to consciousness the things we do for love and in love to survive.

***The Orders of Love are the basic facts of our existence that must be acknowledged for love to flow. If they are not, entanglements occur which lead to disease. The Orders of Love follow the hierarchy of the family, chronology and nature. They are:**

- Everyone belongs; no one can be excluded or ignored in a family. Everyone is equal, no matter what occurs.
- Everyone must acknowledge and take their place in the order of the system; birth and adoptive parents come before children, siblings stand in order of birth, first marriage before second marriage, etc.
- Everyone has their own fate. Everyone is responsible for their own success and burdens. No one can carry or assume the responsibility of another.

Defense	Double Bind	Demand/Need	HFCT Resolution Statement
Schizoid	To exist means to die— I'll reject you before you reject me.	Be/Exist	You are the right child/parent for me. (Confirmation of existence)
Oral	If I ask, it's not love; if I don't ask, I won't get it.	Be nurtured. I don't need you. Take care of me.	The life you gave me is enough. I accept it and will do something good with it. (Accepting what is given)
Masochist	If I get angry or don't get angry, I'll be humiliated. I'll kill myself before you do.	Be independent.	Mother/Father, please see me? (Acknowledge independence/individuality)
Psychopathic	I have to be right or die. I'm right, you're wrong.	Be supported and encouraged.	I'm the small one. You're the big one. (Balance of order and "power")
Rigid	Sex or Love? Either choice is wrong.	Have feelings (love with sex).	We paid a high price for our love. (Feeling the depth of love)

Table adapted from Figure 13-11, HANDS OF LIGHT,® New York: Bantam Books, 1987

Registration Now Taking Place for the 2005-06 School Year. Contact Us Today to Receive the New School Catalog.

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Miami, Florida Resident Training Dates:

Class 1: Tues. Oct. 18 thru Sun. Oct. 23, 2005

Class 2: Wed. Dec. 14 thru Sun. Dec. 18, 2005

Class 3: Wed. Feb. 15 thru Sun. Feb. 19, 2006

Class 4: Wed. April 5 thru Sun. April 9, 2006

Class 5: Wed. June 14 thru Sun. June 18, 2006

BARBARA BRENNAN SCHOOL OF HEALING EUROPE:

Mondsee, Austria Resident Training Dates:

Class 1: Tues. Sept. 20 thru Sun. Sept. 25, 2005

Class 2: Wed. Nov. 9 thru Sun. Nov. 13, 2005

Class 3: Wed. Jan. 11 thru Sun. Jan. 15, 2006

Class 4: Wed. March 15 thru Sun. March 19, 2006

Class 5: Wed. May 10 thru Sun. May 14, 2006

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