



BBSH®

In Touch

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The Great Diversity

Channeled by Barbara Brennan

The great diversity of the manifest world is not a mistake. Rather, it is one of the greater secrets of life that human beings are just beginning to understand. This great diversity of all life is extremely important. For it is only through this great diversity that life can maintain itself.

Human beings have come now to the point in evolution where it is important to understand and honor each other's differences. To recognize the divinity in all of these differences. To delight in, to take joy in, these great differences, this great diversity.

For centuries, millennia, human beings have used the word "difference" as a rather derogatory term when describing other cultures.

Humankind sits on a fulcrum. It is your choice. Are you going to choose the one unity full of great diversity and honor it? Or will you choose to separate because of so-called negative differences and make judgments on others?





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: 561-431-0877

EDITOR/
GRAPHIC DESIGN & PRODUCTION
Stuart Adams
stuartadams@barbarabrennan.com

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

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core light

A Note to the BBSH Community

By Diane Dodge, Director of BBSH

"I went from exploring outer space to exploring inner space!"

Barbara Brennan – Former NASA scientist and
pioneer in the Human Energy Field



I am delighted to inform you that Barbara's third book, *Core Light Healing*, is being published by Hay House this July, and will also be published in Spanish by our own graduate and publisher, Editorial Eleftheria. It has been my privilege to be a part of the *Core Light Healing* team with Barbara Brennan, Lisa Van Ostrand, Denise Mollo, and Stuart Adams. All of us

at BBSH are as excited about the book as you are! Barbara's trilogy is complete and in anticipation of her last book, you may wish to gather your copies of *Hands of Light* and *Light Emerging* and read them again before enjoying *Core Light Healing* and all it has to offer—we hope they help you explore your inner space as well.

It is our goal to spread Barbara's teachings and books throughout the world, and to facilitate this, BBSH has remastered all of Barbara's recordings from CD to audio downloads—these downloads are available on our website. The value of Barbara's teachings is incredible, and now they can be shared around the world! Also please watch for free downloadable videos of our talented guest lecturers and faculty.

Special thanks to...

Our Alumni and Brennan Healing Science Association members for their continued efforts in bringing awareness of Brennan Healing Science to all corners of the globe. The growth and success of BBSH is a collective effort, and your commitment and dedication to this work is truly appreciated.

And to our School Dean, Anne Hoye, and the BBSH Faculty, who have worked tirelessly to honor Barbara's work—their dedication, knowledge, creativity, and passion shines at each class week.

Please stay tuned and check our social media—as we are just getting started!

How to Help a Client with Narcissism

by Salomé Torres, BBSH 2013, ASBIW 2016

The following questions were posed to Stephen Johnson, Ph.D.—author of *Character Styles* and *Humanizing the Narcissistic Style*—by Salomé Torres while interviewing him in preparation for her ASBIW project on Narcissism.

1) How can we identify narcissism in ourselves and in others?

A very important thing about the Narcissistic Personality, or any other personality, is that there has to be a congruence of many things that have to go together; you can't just take one trait. In the case of narcissism, narcissists tend to be grandiose, and grandiosity is a sign of that, but that trait only does not make a person a narcissist. We have to put together things like family history, relationship history, the relationship that you and the client have together—and if it all fits, then you have a character type that you look at.

Donald Trump shows everything: he is almost too classic to be in a textbook, it's too easy. So what you see in him is a lot of grandiosity about himself—everything he does is the best, he is wonderful, everybody loves him, etc.

The other thing that you find with narcissists is the opposite of that: worthlessness. So very often if you see somebody who is grandiose and you also can get to the worthlessness, then you really have a narcissist.

The basic issue with narcissism is self-esteem. If the self-esteem is lacking, and there is both grandiosity and worthlessness, then you have the narcissist style, whether it is you or somebody else.

People with this problem are very sensitive to criticism because the criticism hits the worthlessness, and they think of the grandiosity as the defense against the worthlessness.

The other thing to remember of all the character structures I've written about is that there is a continuum from the very worst to the very best. The very worst I call character disorder; the very best I call character styles; and in the middle is character neurosis.

What you have on the continuum is a very primitive organization in the personality disorder if people have not grown up yet. They are still operating in a very childlike level. People who are neurotic—especially with narcissism—tend not to bother other people; they just tend to be narcissistically worried about their self-esteem. They sit more in the worthlessness area of the continuum. At the high end you primarily have people who just have a flavor of narcissism. They are not very pathological but they have sort of threads of narcissism. Many people have that even if their dominant character structure is something else.

2) What are good guidelines as healers to help heal narcissism?

First you diagnose it by looking at the things I mentioned above. What you need to do at the very beginning of therapy

with narcissists is indulge their grandiosity. They will tend to either idealize or devalue the therapist, but usually what happens is that they start by idealizing. And everybody is uncomfortable with that; everyone normal is uncomfortable with being idealized. If you are very narcissistic yourself you enjoy and believe that idealization, but if you are more normal it makes you uncomfortable.

And so what you have to do in therapy with a narcissist is indulge it, let it be, don't mess with it. And if clients begin to devalue you, let that be too, don't mess with that either. They are so fragile that they are really presided disorder. They are very fragile, very responsive to criticism—what you see with Donald

Trump again—and so you have to be very careful with them at first and not challenge these things.

And then over time, as the relationship builds, you can help them by educating them. Without using the word narcissism—you may never want to use that word, certainly not at first—you can help them understand how they developed some of the issues they've got. And if you have had a good relationship, they may confess to you the bad feelings they have about themselves. You can help them understand how they come by their problems naturally; that is, within their family history they were probably criticized a lot, put down, and thus developed this feeling of worthlessness. They then had to defend against that with the grandiosity.

So you can help them understand it first. It's kind of an educational process, at least the way I do it. I help people understand what's wrong, where it came from, with the message of *you come by it honestly. There is nothing wrong with you, you are a normal human being who just went through this kind of history, and this is what happens when you have that kind of history: you come out with a self-esteem issue, and rather than spend your time in worthlessness, you defend and spend your time in the other side.*

That brings up another quality of narcissism, which is splitting, or "either-black-or-white" thinking: you are really good, very, very good, or very, very bad, and there is no room in the middle. What you help people do is get comfortable with the middle—to get comfortable with being good enough, comfortable with being good in some things, not so good in others, accepting that you are a human being.

3) What advice would you give to someone who is dating a person that has a lot of narcissism?

If it's really, really bad, you may want to run, because very difficult persons will take a long time to heal. What I have noticed is that very often people under the age of 40 are much harder to help because they haven't had enough themes in their life. The grandiosity can hold up, particularly if you are very smart, very successful, and so on. It's not until you have some



Salomé Torres

expansion

Kindred Spirit Interview (March/April 2017 Edition)

By Anne Hoye, BBSH School Dean



Dr. Barbara Brennan is one of the pioneers of work in the Human Energy Field. As a former NASA scientist she famously said, "I went from exploring outer space to exploring inner space!" She set up the Barbara Brennan School of Healing (BBSH) 35 years ago in the US where she and her faculty taught and guided students through hands-on healing and personal transformation. It was dedicated to the evolution of the human spirit and taught graduates worldwide.

Today Barbara has retired from teaching but her work and mission continue and she has entrusted the next chapter of her work to an experienced team who she has worked with and taught for many years.

Anne Hoye is Dean of BBSH and has received and taught the distilled essence of Barbara's teachings for nearly 20 years. We caught up with her to ask her about the new UK Brennan Institute which opens this year as well as Barbara's new book, *Core Light Healing*.

1) After 35 years since the first Barbara Brennan School of Healing opened in the US you are opening The Brennan Institute in the UK this year. Can you tell us a bit about the new Brennan Institute and why you've chosen this time and the UK?

It's such a joy to be celebrating our 35th year as the foremost groundbreaking Institution for training Energy Healing

Science Practitioners or using another popular term, Healers.

We've had branches for training in Austria, Germany, and Japan in the past, and currently we are located in Florida, USA. Opening in the UK is a first for us as we've never offered the training in the UK before and we're all very excited about it.

The purpose of the Barbara Brennan School of Healing, created in 1982, was to facilitate the individual and group Divine Plan of Human and Universal Evolution, and it remains exactly the same today.

The training at BBSH is profound and offers a four-year Professional Studies diploma and a two-year Advanced Studies diploma. It has always been Barbara's vision to create global access to this life transforming programme and that vision is laid out in the Personal and Global purpose of the school.

The personal purpose of BBSH is to provide a safe and stimulating environment for students to:

- Create optimum health on all levels
- Uncover their essential core qualities
- Learn to deal with central life issues
- Create healthy, fulfilling relationships and balanced lives
- Develop and facilitate the personal creative process
- Bring forth and delight in each individual's uniqueness.

The global purpose is that BBSH works to:

- Create optimum health on a global level
- Enhance human consciousness and planetary evolution
- Dissolve the imaginary veil between the spiritual and material worlds
- Facilitate humanity to the next step in evolution
- Honour our ancestral, religious, and cosmic heritage
- Honour and preserve our present and future generations
- Recognise the human heart as the central healer and preserver of humanity
- Witness the pain and suffering on

earth, touch it with love and surrender to healing.

Whilst our purpose remains the same, the world is a very different place from where we were in 1982.

The planetary shift in consciousness was felt not only on earth but also throughout the Universe as we transitioned from the Piscean to Aquarian Age, from the 3rd Dimension to the 5th. At BBSH we experienced our own microcosmic shift in consciousness and we regularly monitor our work and recalibrate to ensure we are in constant alignment with the Divine/Universal Plan.

The foundations of our work continue to be the essence of the teachings in Barbara's books *Hands of Light* and *Light Emerging*. Our intention is to deepen the experience for our students, many of whom reflect the shift in human consciousness, by focusing on the Creative Life Force which is laid out in Barbara's new book *Core Light Healing*.

Core Light Healing is the third book in her trilogy of healing, and will be published by Hay House in July 2017. With the completion and publication of this latest book, we feel the time is right to open another branch to provide easier access to the training without having to travel to the USA.

Our decision to come to the UK was both intuitive and practical. The UK, like the USA, is in uncharted territory both actually and energetically. The economic and political changes in both countries are taking us into new and unknown times. A positive outcome of which can be the opportunity for enhancement of human consciousness and planetary evolution.

One of the additional factors in our decision is that some of our many UK graduates formed an association (Brennan Healing Science Practitioners Association UK) and they have been successful in having Brennan Healing Science included in the Complementary and Natural Healthcare Council's register of therapies. This is recommended and supported by the Department of Health

CONTINUED ON NEXT PAGE

and confers professional recognition within the UK regulatory framework for complementary health. It is also recognised for reimbursement with a number of private health plans.

We've chosen our UK location as Oxford because we feel it's a perfect fit for our UK Brennan Institute. It has the energy frequency which supports cutting-edge thinking in the Arts & Sciences and embodies the spirit of BBSH for inclusion and diversity. So we open our doors on September 18, 2017, registering students in the first year of training in the undergraduate Professional Studies and first year of training in the Advanced Studies programmes.

As part of trying to make Barbara's work and knowledge as widely accessible as possible, we are also delighted to announce that we will be offering scholarships for each year of training. The scholarships will be funded by The Brennan Institute, and many of our graduates have asked us to provide a fund so that they can offer a gift to a future student. It is our desire and intention to respond to this, and in time we hope to offer even more scholarships through such a fund. (Applications for scholarships for this year are available on our website.)

2) Barbara Brennan worked as a scientist for NASA and had a Masters in Physics—how did this help her work in the Human Energy Field and do your students and teachers need such a background?

In her new book *Core Light Healing*, Barbara takes us on that journey and how her understanding of Physics aided her observation and understanding of what she calls the Human Energy Consciousness System, also referred to as the Auric Field. She shares how it is impacted by thoughts and feelings as well as how we can observe the disease process begin before manifestation in the physical body.

Having studied with, and later taught with, Barbara Brennan since 1994, I often heard her speak about how her science background contributed to confirming what she was observing with other senses. She says that she began studying Psychophysical Synthesis at the Institute of the same name in Washington, DC, during which time she learned to perceive the human energy fields (HEFs).

She explains that at the time one of the people running the training group she had joined was blind and yet the trainer could clearly see and describe the flow of energy through the bodies of students in the group.

She decided to observe how the trainer was "seeing" and copy what she did. Once Barbara learned to copy what the trainer did, she says she could also see what was being described. This is one of the times her skill and training as a scientist really helped her by methodically observing how her own HEF functioned when using her high sense perception (HSP) to observe the HEF of her clients.

Through this observation Barbara began to become aware of what she describes as seven levels of the human energy consciousness system and seven chakras of each level of the field, every one with its own emotional and psychological function.

Her work in this field is widely recognised by her peers. Just last November I received a book from the author Kurt Leland in which he credits Barbara and her scientific background as he researched *Rainbow Body: A History of the Western Chakra System from Blavatsky to Brennan*.

The term high sense perception (HSP) is a term Barbara coined to describe what people at the time were calling "psychic" or "clairvoyant," which back then implied weird stuff or you were from la la land! From her observations at this time she learned much, including the fundamental teaching at BBSH that all of us have this ability. We use each of our five senses in a heightened and conscious way to gather information about our environment, both physical and non-physical.

No, we certainly don't expect or need our students to have a science background. One of the things that we've all learned working with Barbara is the importance of diversity with our students. Many go on to have their own healing practices while others follow the training purely for their own self-development. Some of the most exciting work is when students integrate their Brennan Healing Science training in their regular field of work. It has such wide applications that our students continue to expand the envelope of possibilities each and every year.

3) Barbara says in her books that anyone can be a healer, but do we need to do some self-development work before we attempt to help others, especially if we've faced challenges in our own lives?

In answering that question, it is important to also consider the questions, "What Is a Healer?" and "What Does Being Healed Mean?"

The BBSH model of becoming a healer requires not only training in Healing Science Skills but deep personal transformation work. This is a very individual process; I have witnessed many students over the years change their lives into something greater than they ever could have imagined as they work on personal development.

All of us in one way or another have experienced being wounded as children in this lifetime and others. Through this wounding we begin to form our beliefs about ourselves and the world around us. From these beliefs we create defence patterns and blocks of encapsulated energy, which now prevent the flow of your creative life force fully expressing and manifesting that which you want to create in life. We create an idealized version of ourselves to present to the world in a way we believe we will be accepted and not wounded again! This then becomes our adult reality and our initial wounding is unconscious. It takes a lot of our energy or life force to hold down our pain and wounding. Ironically, while we do this we unconsciously re-create the same negative situations over and over again in our lives, sometimes over many lifetimes.

The more self-development or transformational work we do, the more our energy blocks and defence patterns begin to dissolve, giving us access to more of our own life force which expands our energy field and allows us to perceive on more subtle levels.

So as we heal our own wounds, we are able to be a healing presence for others as they go through their own life challenges. This is what we could call the path of the wounded healer.

One of the things that makes BBSH unique is how students are required to have personal process sessions during their training years. Barbara observed very early on that some students progressed in their energy healing skills faster than

others and she wanted to understand why. She discovered that the students who had support in their personal process and support for what had been brought into consciousness through practicing healing skills were the ones progressing and developing their HSP at a faster pace.

We keep this requirement making sure our students are fully supported in and out of the classroom. Just recently a graduate of the programme shared with me that she never knew a student to not pass a year due to an inability to do healing skills—rather, it seemed to always be related to their own personal process.

4) High Sense Perception (HSP) uses all five senses. Do we all possess this ability to use all five senses, and how do we develop these senses?

Yes, we all possess the ability to develop our senses. In fact, that is a reason many students enrol in the programme. Throughout the four years of training, we work in a multi-dimensional way, moving between the physical, auric, haric, and core dimensions Barbara built her model on, and attention is specifically paid to the development of the senses in each dimension.

Part of our graduation requirement is that a student show proficiency in her/his HSP in at least three senses. Most students want to develop their visual HSP before they graduate; some students come with this sense already developed and for others it opens over the course of the four years. And some students do not develop their visual HSP and may instead develop their audio or kinesthetic sense.

We are all unique and develop through our own individuality and purpose for this lifetime, which means we may or may not develop exactly the HSP we want.

In the classroom we focus on exercises for HSP development, and students are given tasks or distance learning modules between classes to practice. We have a very highly skilled faculty who teach these exercises and coach the students in the classroom and are available to students outside class time.

Another unique aspect of BBSH is that each student has the benefit of having not only a class teacher but also the faculty team for support. Each year of training has a team of teachers who

only teach in that year. Students are closely supported as we keep our ratio no higher than fourteen students for one teacher in class. We also have times when students from the entire class year are together, interacting and experiencing teachings from the whole team.

5) Barbara's first two books, *Hands of Light* and *Light Emerging*, are considered classics. You said that the new book, *Core Light Healing*, is the third in the trilogy. What was the inspiration behind it and what are your hopes for it?

These books really are classics. They led the field in energy healing when they were published and continue that trend today. They are used around the world and have become quite mainstream, which is so encouraging.

We continue to use both books as the foundation of the training, and only those trained at BBSH to teach the work—most by Barbara herself—are authorized to do so.

Core Light Healing brings us deeper into understanding some of the concepts introduced in the other two books, delving deeper into the astral world and relational cords, for example.

It also explains in a very comprehensive way the creative process, from its impulse out of the unmanifest through the core into hara, the auric field, the physical body, and finally the manifest world. The book talks about how if you are not living the life you want then your creative impulse/lifeforce is blocked, and takes us through the journey of unblocking that creativity for the life we want to live.

At the same time, Barbara wanted to share her journey as part of her legacy, and so part of the book gives us more than a glimpse into how she was shaped by the world around her.

Barbara finished the book in 2010, and was thrilled to make that announcement in each of the three schools in the US, Austria, and Japan, where she taught each class in each school. Travelling to each school five times a year for many years began to take its toll and Barbara decided to take a break from travelling. As her symptoms continued it became more and more clear that Barbara needed to focus her attention on her health. She continued her involvement in BBSH from behind the scenes. The teachings continued with

a faculty she had herself trained and an office staff she had been working with for many years.

Core Light Healing was put on the shelf for a couple of years while Barbara focused on her health. When it became clear last year that at 77 years old and ailing health she would not return to teaching, we at BBSH began moving into the next stage of our development as a teaching institution. We took *Core Light Healing* off the shelf and began looking for a publisher. We are delighted to announce that Hay House is very excited to be publishing it in July this year and *Kindred Spirit* readers will have the chance to receive a free copy when it's published.

As to what we hope for the book and the UK Brennan Institute, well, we're certainly very excited to be bringing this work to the UK for the first time, and all the teaching faculty are looking forward to building a successful relationship with our new students and renewing our relationship with the many graduates here in the UK.

For me personally, as a graduate of the Class of '98 I received the distilled essence of the teachings through Barbara, whose intention was to facilitate each individual student's uniqueness and creative passion. My greatest hope is to impart this wisdom to our students by creating a strong and supportive community with the intention for each individual to uncover their unique essence and life purpose.

6) How do our readers get more information about the new book or taking part in your training programme?

All the info is on our website www.barbarabrennan.com.

The new book will be available in the summer and we'll be offering some as gifts to KS readers.

We also have four weekend workshops in the UK and Ireland this year that offer an introduction to Brennan Healing Science and give people a chance to see what enrolling on the full programme might be like. They're in Oxford, Dublin, and Harrogate in the spring. Again, details of dates and locations are on the website.

The Graduate Institute Recognizes BBSH Bachelor of Science Degree

The Graduate Institute (TGI), a not-for-profit institution of higher education, accredited and chartered by the State of Connecticut, is pleased to announce that, after review of BBSH's Bachelor of Science degree program, TGI will accept BBSH

graduates into its Master of Arts degree programs. The Graduate Institute's mission and focus is on holistic and transformative education in emerging and new paradigmatic fields, approaches, and worldviews. The educational philosophy is learner-centered, experiential, and transformative. Students become part of a two-year cohort that meets together on weekends or extended weekends, with most programs also meeting for an intensive week in the summer. All of our programs are on-site to maximize the experiential component and connections.

The Master of Arts degrees offered by the Institute are:

- Consciousness Studies and Transpersonal Psychology
- Integrative Health and Healing
- Writing and the Oral Tradition (Storytelling)
- Organizational Leadership

- Learning and Thinking (for educators)
TGI also offers Graduate Certificates in:
- Consciousness, Transformation and Mindfulness
- Integrative Health and Healing
- Integrative Energy and Eastern Medicine

- Positive Psychology, Emotional Wellbeing and Happiness
- Ecotherapy and Cultural Sustainability
- Applied Storytelling

TGI offers a non-credit or graduate credit offering in Transformative Coach Training, approved by the International Coach Federation, the premiere coach credentialing organization (www.coachfederation.org).

Our website is www.learn.edu, or for more information, email info@learn.edu. The school is located in Bethany, Connecticut, just outside of New Haven.



The Graduate Institute considers the Barbara Brennan School of Healing the premiere school for healing. For personal academic guidance, you may contact Charles Silverstein, PhD, a graduate of the healing school A Society of Souls. You can email him at charles@learn.edu.

BBSH Coming to the UK in September!

We are excited to announce that BBSH is opening a school in Oxford, England, this coming September 2017. The training will consist of a combination of on-site Resident Training and Distance Learning (home study). Come join the world's premier institute for the study of hands-on healing and personal transformation. Please feel free to contact Denise Mollo (denise.mollo@barbarabrennan.com), Student Affairs Manager and 1995 BBSH Graduate, with any questions you may have.

RESIDENT TRAINING DATES

September 18–22, 2017
November 6–10, 2017
January 2–6, 2018
February 12–16, 2018
March 26–30, 2018

RESIDENT TRAINING LOCATION

Jurys Inn Oxford
Godstow Road
Oxford OX2 8AL
UNITED KINGDOM
+44 1865 489 988
jurysinnoxford@jurysinns.com
www.jurysinns.com/hotels/oxford

graduate update

Featured Graduate Program

We are pleased to announce the creation of the BBSH Featured Graduate Program—a cooperative marketing effort between the School and its graduates. The inspiration to create this program emerged out of the School's desire to explore and implement new ways of supporting its graduates and of helping them bring the gift of their healing work into the world. The Featured Graduate Program is just one manifestation of the fulfillment of that desire and reflects the evolution of a new vision for what the BBSH community can be.

Through participation in the Featured Graduate Program, BBSH is offering its graduates an opportunity to have a personal, dedicated webpage on the BBSH website to promote their healing work. The webpage can contain a variety of information, including:

- personal picture
- contact and location information

- personal bio
- description of your healing work
- links to video, audio, articles, and any other original content hosted on your own personal website.

To further enhance the value of the webpage, any information you include on your webpage will be fully searchable on the BBSH website.

We think this will be a great service for our graduates. And we are happy to be able to offer it for an initial fee of \$89 (includes \$40 set-up fee), with

an annual renewal fee of \$49. We are also pleased to offer a \$20 discount off the initial fee of \$89 for members of BHSPA (please contact Randall Segal for the discount code).

We're also looking for ways to expand and improve it. So feel free to contact us with any ideas or suggestions.

Please click on the icon above for complete information and to see how you can participate!



Would You Like to Present an HMD Lecture?

Greetings, graduates!

If you are interested in presenting an HMD Lecture during the 2017–18 school year, we invite you to forward the following information for consideration (please send via email to Lisa Boris – lisa.boris@barbarabrennan.com):

- Your name
- Contact information
- Year of graduation
- Synopsis of what you would like to present
- Title of your presentation

Thank you!

gathering

2017 Alumni Gathering in St. Augustine, Florida

By Randall Segal, BBSH 2012, ASBIW 2015, AS3 2016



Thank you, Universe! Thank you for my job as Alumni Director for BBSH! I'm swimming in a pool of gratitude from Alumni, Teachers, and Students for such a wonderful gathering this week in St. Augustine. And I have so much Gratitude for all those who participated, the faculty of BBSH, and the alumni and the students.

Forty graduates attended from places as far away as Australia, Sweden, and Spain, and as close as Jacksonville Beach. They represented classes from 1996–2016 and about one percent of the World Wide BBSH family of graduates.

As we opened the week of class and some alums were already at school, my heart began to feel so light and happy that the connections that carry the lineage of BBSH around the world were beginning to come closer together to recharge, renew and revitalize themselves and the teachings that we all hold so dear.

In Anne Hoye's welcome to the alumni, she said the reason that there never was a brick-and-mortar permanent home for BBSH was because "we all are BBSH." I thought that is such an amazing way to look at it. We all carry BBSH with us. Whether we have a healing practice or we use the teachings in another way, we are all small fonts of the work, and when we come together in a group—be it at school or

in alumni gatherings—we become waterfalls of abundant possibility.

What possibilities do you dream about? What would allow you to engage more fully with the BBSH community? We are in a time of expansion of new and revisited ideas. Is it continuing education, cooperative marketing, recertification, video meditations, scholarships, research, more alumni gatherings—what do you long for as a graduate of BBSH?

Let me know. I'm listening (that is PD Skill #2, by the way, if you forgot) and I'm here for you.

Thank you all for making the 2017 Alumni Gathering such a great success. Each and every participant, student, faculty, and staff member brought something of themselves to it. That is why it was so beautiful.

IN-Joy!

Randall Segal
BBSH Alumni Director



Sand Mandala at the 2017 Alumni Gathering

Hands of Light® Workshops: Why Not Bring One to Your Community?

By Lisa Boris, Manager of Academic Affairs and Logistics



We're starting off 2017 with many *Hands of Light* (HOL) Workshops on our Global Events calendar—and there is plenty of room for more! HOL Workshops are cropping up in all corners of the

globe: Puerto Rico, Serbia, Canada, France, Germany, Lithuania, Austria, Ireland, Switzerland, and United Kingdom. U.S. locations scheduled thus far include Alaska, Florida, North Carolina, Massachusetts, Connecticut, and California.

Last year we opened this training to include BBSH/E Professional Studies graduates as well as Advanced Studies graduates. We offered two training sessions: one in the U.K. (led by Anne Hoyer, BBSH School Dean) and another in the U.S. (led by Joy Adler, ASBIW Program Director, and Priscilla Bright, Former BBSH School Dean), and welcomed 27 enthusiastic new workshop leaders in the process!

We often hear from graduates that they have family, friends, or clients who would like to attend a workshop, but there aren't any available in his/her particular area.

Well, you can make this happen. You can invite an HOL 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 put out "feelers" to the 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. And just so you know, the workshop leaders collect registrations and payment. You don't have to worry about this or any of the financial responsibility 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 wonderful time connecting with those in

your area who are interested in Brennan Healing Science! In fact, this is an effective tool in helping build your practice—letting your community know you are there and giving them a glimpse of what you do, in a professional setting, and strengthening the credibility of energy healing within your community. And since the workshop is held in your 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 Schools!

That's pretty much all you need to do; you could have a workshop planned for your area in no time! Think of how Brennan Healing Science has changed your life, and how many more lives can be affected and enhanced as well! We have many HOL Workshop Leaders who are ready, willing, and able to hold workshops all over the world.

Interested? Please contact me at lisa.boris@barbarabrennan.com with any questions you may have about HOL Workshops. We're looking forward to bringing Brennan Healing Science to your city and would love to hear from you!

How to Help a Client with Narcissism

CONTINUED FROM PAGE 3

failures in your life around work, around relationships, that you tend to be more open to therapy or to working on yourself outside of therapy. I think any serious narcissist really must have therapy. They are not going to get better on their own, I don't think, and they may live a narcissistic life all their life.

I think the best thing to do to help a narcissistic date is getting your partner to get some work; I don't think that we can help each other very much on that level. If you are a girlfriend of a narcissist man, I wouldn't try to change him. I would try to get him to see somebody who will help him change.

4) Do you have any of the latest research about narcissism or anything else that you would like to share with us?

The thing that I've noticed more as I have gotten older is that the creation of narcissism or any other issue isn't just in childhood. That's when it tends to be the most powerful, the most unconscious, the hardest to help. But you can develop a narcissistic personality by having the same kind of conditions repeated later in life, not usually in adulthood but often in childhood and grammar-school stage, in high school, even in early adulthood like college-aged people. So I don't think it's quite as exclusive to early childhood as I might have thought earlier.

BBSH Global *events*

*BBSH *Hands of Light*® Workshops are school-sponsored workshops in featured locations throughout the U.S. and U.K. that are part of the 2017 *Hands of Light* Workshop Tour. For more information on these or any other upcoming event please visit our website: www.barbarabrennan.com

February

FEBRUARY 18–19, 2017
Hands of Light Workshop
in ANCHORAGE, ALASKA
Presented by: Sheree Warner
Advanced Studies Graduate

March

MARCH 4, 2017
BBSH Hands of Light Workshop*
in ST. PETERSBURG, FLORIDA
Presented by: Iftach Braude, BBSH Graduate
Salomé Torres
Advanced Studies Graduate

MARCH 4–5, 2017
Hands of Light Workshop
in PARIS, FRANCE
Presented by: Françoise Bonnal
Advanced Studies Graduate

MARCH 17–19, 2017
BBSH Hands of Light Workshop*
in OXFORD, UNITED KINGDOM
Presented by: Anne Hoye, BBSH School Dean

MARCH 17–19, 2017
Hands of Light Workshop
in WEYARN, GERMANY
Presented by: Gundi Schachermaier
Former BBSH Faculty

MARCH 17–19, 2017
Hands of Light Workshop
in WESTWOOD, MASSACHUSETTS
Presented by: Patricia Howard
Advanced Studies Graduate

MARCH 18–19, 2017
Hands of Light Workshop
in VIENNA, AUSTRIA
Presented by: Karl Pernull
Advanced Studies Graduate

MARCH 25–26, 2017
Hands of Light Workshop
in BLUDENZ, AUSTRIA
Presented by: Karl Pernull
Advanced Studies Graduate

April

APRIL 21–23, 2017
Hands of Light Workshop
in RENO, NEVADA
Presented by: Sue Cacibauda, BBSH Graduate
Nancy Christine Navarra
Advanced Studies Graduate

APRIL 27 & 29–30, 2017
Hands of Light Workshop
in REYKJAVIK, ICELAND
Presented by: Jóhanna Jónasdóttir
Advanced Studies Graduate

APRIL 28–30, 2017
Hands of Light Workshop
in MONTREAT, NORTH CAROLINA
Presented by: Deborah Sinclair
Advanced Studies Graduate

APRIL 29, 2017
BBSH Hands of Light Workshop*
in BAL HARBOUR, FLORIDA
Presented by: Tania Buchanan Boyd
BBSH Faculty

APRIL 29–30, 2017
Hands of Light Workshop
in STORRS, CONNECTICUT
Presented by: Ilona Sakalauskas
BBSH Graduate

May

MAY 5–7, 2017
BBSH Hands of Light Workshop*
in KISSIMMEE, FLORIDA
Presented by: Anne Hoye
BBSH School Dean

MAY 13–14, 2017
Hands of Light Workshop
in AMSTERDAM, NETHERLANDS
Presented by: Magnús Már Ólafsson
Advanced Studies Graduate

MAY 13–14, 2017
Hands of Light Workshop
in ZÜRICH, SWITZERLAND
Presented by: Karl Pernull
Advanced Studies Graduate

MAY 19–20, 2017
Hands of Light Workshop
in BELGRADE, SERBIA
Presented by: Katarina Subotić
BBSH Graduate

MAY 19–21, 2017
BBSH Hands of Light Workshop*
in COUNTY WEXFORD, IRELAND
Presented by: Sandra Stevens
BBSH Faculty

MAY 20–21, 2017
BBSH Exhibition Booth at CTCA-Midwestern
Holistic Health & Healing Conference
in MILWAUKEE, WISCONSIN

June

JUNE 6–9, 2017
BBSH Exhibition Booth at American Holistic
Nursing Association Annual Conference
in RANCHO MIRAGE, CALIFORNIA

July

JULY 7–9, 2017
BBSH Hands of Light Workshop*
in OXFORD, UNITED KINGDOM
Presented by: Anne Hoye
BBSH School Dean

August

AUGUST 5–6, 2017
Hands of Light Workshop
in SAN DIEGO, CALIFORNIA
Presented by: Kathy Bower
BBSH Year 2 Class Dean

September

SEPTEMBER 1–4, 2017
Hands of Light Workshop
in STOCKBRIDGE, MASSACHUSETTS
Presented by: Melanie Roche
Former BBSH Faculty

SEPTEMBER 14–17, 2017
Hands of Light Workshop
in SCOTTS VALLEY, CALIFORNIA
Presented by: Melanie Roche
Former BBSH Faculty

SEPTEMBER 15–17, 2017
Hands of Light Workshop
in KAUNAS, LITHUANIA
Presented by: Ilona Sakalauskas
BBSH Graduate
Nijole Ladd
Former BBSH Faculty

November

NOVEMBER 11–12, 2017
BBSH Exhibition Booth at
Natural Living Expo
in MARLBOROUGH, MASSACHUSETTS

Questions about *HOL* Workshops or *HOL* Workshop Leader Training? Please contact Lisa Boris (lisa.boris@barbarabrennan.com).
Questions about Expos or Conferences? Please contact Denise Mollo (denise.mollo@barbarabrennan.com)

Offered exclusively for
BBSH/E Graduates:

MARCH 15–17, 2017
BBSH Hands of Light Workshop Leader Training
in OXFORD, UNITED KINGDOM
Presented by: Anne Hoye, BBSH School Dean

CLICK HERE
for more information
and to register!