

Energy magazine

Sharing Energy - Transforming the World

March/April 2024 - Issue 132

Powerful Intuition Tapping into the Source



**Medical Intuition
in Healthcare**
with Wendie Colter

**Healing: What Role Does
the Invisible Realm Play?**
with Helané Wahbeh

**Being a Guiding Light:
Nurturing our
Children's Intuition**
with Titanya Monique Dahlin

Emotional Spring Cleaning
with Judy Wilkens-Smith

+ *columns,
book reviews,
meditations, and
bonus articles!*

Energy Magazine

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—Our Mission—

At Energy Magazine, we are dedicated to delivering the forefront of Energy Medicine and Holistic Wellness knowledge to our diverse community.

Our commitment is to enlighten and engage our global audience with innovative insights, cutting-edge research, and inspiring stories that resonate. With pride, we collaborate with over 200 esteemed contributors, ranging from renowned experts in the field to voices from within our own community, ensuring a rich and varied content. Our goal is not just to inform, but to transform, by sharing wisdom and stories that empower and connect.

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Table of Contents

IN THIS ISSUE:

- 3 Letter from the Editor
- 4 Contributors
- 6 Dear Cyndi – *Cyndi Dale*
- 10 Healing: What Role Does the Invisible Realm Play?
– *Helané Wahbeh*
- 16 Being a Guiding Light: Nurturing our Children's Intuition
– *Titanya Monique Dahlin*
- 20 Medical Intuition in Healthcare – *Wendie Colter*
- 23 Your Sitting Corner: Cosmic Gifting from the Stars
– *Amelia Vogler*
- 24 Techniques in Energy Medicine: Install Energy Transmission and Psychic Boundaries – *Judith A. Swack, Ph.D.*
- 28 Working with Specific Needs: The Gift of Clairsentience
– *Julie Robinson*
- 32 Energy Medicine Laws and Regulations – Business Entities: Time to Grow Up – *Ian Foster, J.D.*
- 34 Sacred Nature: Welcoming the Spring – *Holly Wilmeth*
- 36 Intuitive Embodiment: Merging Intuition with Cosmic Wisdom
– *Angelika Niedling*
- 40 Living by Your Inner Field of Illumination – *Kim Chestney*
- 45 Soulful Reads – *Allison Bruce*
- 46 Emotional Spring Cleaning – *Judy Wilkins-Smith*
- 50 Working Models of Embodied Intuition
– *Lori Chortkoff Hops, Ph.D.*
- 54 Research Corner: Creating Authentic Research in Energy Based Therapies – *Jeannette Nienaber*
- 56 Whispers of Wisdom – The Safe Way to Use Your Inner Voice
– *Julie Bartrum*
- 60 Mind Body Spirit Marketplace



Dear Cherished Readers,

It was at this time last year that I was traveling in Asia for my wedding and honeymoon. It's hard to believe we'll be celebrating our one-year anniversary in just a few days! While there is little-to-nothing I would change about this life-moment from last year, I did, admittedly, miss out on the magic of spring. Summer felt like a much more accurate term for the bright, sunny, and warm days spent in Southeast Asia. While I already yearn to return, I find myself enjoying the complete contrast of my theme for this spring: rest and renewal.

So, as I sit down to write to you, the soft melody of birdsong outside my window and the gentle warmth of the sun filtering through delicate blossoms remind me that spring has graced us with its presence. It is with a heart brimming with excitement that I extend a warm welcome to our **March/April 2024 edition** of Energy Magazine, where we immerse ourselves in the captivating theme of "**Powerful Intuition.**"

Spring, with its kaleidoscope of colors and the promise of new beginnings, feels like the perfect companion for our exploration of intuition. It's a season that whispers tales of growth, resilience, and the quiet but potent force that guides our every step. Just as nature reawakens, so too does our intuitive nature, calling us to trust the unseen currents that shape our lives.

Allow me to share a personal reflection. As I wandered through a garden recently, I marveled at how each flower seemed to know when it was time to bloom. Yes, it's still chilly here in Midwest America, and only the earliest of spring flowers have begun making their appearances. And yet, it made me ponder the intuitive wisdom embedded in the natural world, a wisdom we are all inherently connected to. This issue is a manifestation of that contemplation, woven with threads of intuition,

resilience, and the beauty that emerges when we attune ourselves to the rhythms of life.

In the pages that follow, you'll find articles and insights designed to kindle the flame of intuition within you and support your practice from a feeling-level perspective. From intuitive practices that have stood the test of time, to those following their intuitive compass, and tools to nurture connection, we embark on a collective journey of discovery.

Just as the buds on a tree unfold with the changing season, I invite you to open your heart to the wisdom that resides within you. Let the articles shared here be a companion to your own story, much like the fragrance of spring flowers accompanies a leisurely walk in the garden.

Energy Magazine is a community of kindred spirits exploring the vast landscapes of holistic well-being. Your presence enriches our collective journey, and I am grateful for the energy you bring to this space. As we traverse the terrain of intuition together, may you find inspiration, connection, and a deepened sense of knowing.

Here's to a season of blossoming intuition and the perennial magic that springs forth when hearts align.

Best in Health,

Anya

Anya Charles
Editor-in-Chief



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Shared Dreams: A Mystical Connection
by Dr. Michael Lennox



**Energy Medicine for Animal Care:
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by Carol Komitor and Susan Wagner



Q&A with author Rhonda Byrne
by Allison Bruce



**Sound Healing: Increase Creativity and
Flow with Binaural Beats**
by Elizabeth W. Krasnoff, PhD



**The Energetics of Spring
Foods: Greens**
by Merrill Page

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Dear Cyndi

Q. — What is your “sixth sense” and how can you tap into it?

A. — Years ago, I was visiting the Isle of Man in Scotland over the Midsummer. As the legend goes, on this evening every year a group of magical beings called the Shining Ones walk amongst the ancient stone circles. My three friends and I wanted to meet them.

The outcome of remaining awake all night long is not the real point of my story, although at the end of this article, I will share how the adventure went. Rather, I want to recount a comment made by our elderly B&B owner when checking in.

Me: I know that people with The Sight can perceive the Shining Ones at night.

B&B owner: Dear, around here *everyone* has The Sight. In fact, everyone everywhere does.

We all have a sixth sense. To better recognize and use your own paranormal capabilities, I’m going to provide a brief definition of your sixth sense and the four major categories of psychic faculties that fall under that label. I will also offer a few ways to increase your access to each of these psychic styles.

As a backgrounder, we use the term “sixth sense” to distinguish it from our five everyday intelligences: touch, taste, hearing, seeing, and smelling. The term can be exchanged with others such as supernatural powers, extrasensory abilities, and psychic, intuitive, and spiritual

gifts. As a phenomenon it is the backbone for most shamanic cultures, as well as religions and spiritualities around the world. Basically, it is usually described as a communication process for knowing information acquired through means beyond the normal senses and the brain’s logic.

The aptitude might be extra-ordinary, but all psychic sensitivities are best understood through our physical body. Yes, our five senses. That is because the means for accessing otherworldly data, and sending those types of messages into the world, are our chakras and their related auric fields. And our chakras are anchored in the body.

Chakras are subtle, but also physical energy centers. Everything is made of energy, but 99.9999+ percent of all energy is subtle, which is the same as psychic, intuitive, spiritual...you name it. All the weird stuff.¹

Every chakra governs a set of physical, psychological, and spiritual concerns that relate to a specific bandwidth of frequencies. We describe these spectrums as colors or sounds. The filter for what enters and emanates is a chakra’s corresponding auric field. In fact, every auric layer is an extension of a chakra. That means all the subtle information coming in (and leaving) through an auric field is processed through a chakra and its corresponding bodily area.

I work with a twelve-chakra system, which includes seven in-body chakras located in the spine and linked to an endocrine gland. The five chakras external to the body are also physically based in that they also connect to an endocrine gland. You know what? Every single chakra runs its own form of the sixth sense, with the psychic recognizable through the normal five senses.

I want to introduce you to the several sixth senses, each of which are available through a different chakra. I am organizing them into four basic categories with a fifth oddball compartment. I will also share ways to develop each of the distinct subtypes.



Chakra	Location	Intuitive Task (type of data receives)
First	Hips	Physical
Second	Abdomen	Emotional
Third	Solar plexus	Thoughtful
Fourth	Chest	Relational
Fifth	Throat	Auditory
Sixth	Brow	Visual
Seventh	Top of the head	Spiritual
Eighth	Above seventh	Shamanic/Otherworldly
Ninth	Above eighth	Symbolic/Harmonic
Tenth	Under feet	Nature based
Eleventh	Around hands/feet	Summon forces
Twelfth	Around entire field	Unique to you

THE PHYSICAL KINESTHETIC STYLE

Receives sensations from the outside world to manage physical needs.

PHYSICAL EMPATHY. Chakra One: Your body mirrors what is occurring within others' bodies and physical objects. Deliberately ask to pick up on another's physical needs when performing healing; just let go when the sensations are registered. Increase self-trust by holding objects to get information about them and their owners.

FEELING EMPATHY. Chakra Two: The awareness of emotions belonging to others. Let yourself be compassionate and empathic with clients or loved ones. Mirror their feelings back to them. Turn your own feelings into creative expressions - the culmination of this ability.

MENTAL EMPATHY. Chakra Three: The "gut sense" or claircognition that relays intuitive data. Believe that what you sense is true. Turn this information into words by talking aloud or writing down your instincts.

NATURAL EMPATHY. Chakra Ten: Data relating to the environment or provided by ancestral entities. Also includes signs and omens from the earth, sky, planets, animals, totems, and natural spirits. Communicate

with animal spirits, request to receive input from the environment, and when working on a client, ask for an image of an earthly deva or spirit ally to relate insight.

FORCE EMPATHY. Chakra Eleven: The command of elemental and supernatural forces. Practice moving elements within yourself, or a client as needed: water for cleansing, air for inspiration, earth for mending tissue, fire for purification, wood for cheer, metal for protection, and the like. Connect to your higher self to shift or buffer climatic challenges.

THE SPIRITUAL KINESTHETIC STYLE

Intuitive messages leading to creative goodness and divine inspiration.

RELATIONAL SYMPATHY. Chakra Four: Intuiting others' heartfelt healing needs and serving as a healing energy vehicle. First, decide not to be codependent, or work through another's issue instead of letting them do it. Imagine unconditional love streaming from the backside chakra to the frontside and through your arms to help others. Channel messages of love for self and others.

SPIRITUAL EMPATHY. Chakra Seven: The prophetic ability to call upon angels or the Spirit and know what is true or not. Trust your consciousness. Make decisions



based on your awareness.

SOUL EMPATHY. Chakra Nine: Knowledge of what is most ideal for individuals, communities, and the world. Ability to channel symbols from someone's ninth chakra into their system for change. Practice pulling templates from your ninth chakra into your body and watch what happens. Start doing the same energetically for others during sessions. Interpret the meaning of others' symbols, like numbers, colors, and sounds in relation to their soul personality.

THE VISUAL STYLE

The ability to perform intuitive seeing.

CLAIRVOYANCE. Chakra Six: Visualization of psychic information as images, symbols, colors, or shapes. Ability to sense possible futures. Train this gift. Look at an object, close your eyes, then visualize it internally. Ask for images to help make small decisions, such as visualizing what veggies to buy. While sharing visions for clients, ask for new clarifying images.

THE VERBAL STYLE

The auditory psychic aptitude.

CLAIRAUDIENCE. Chakra Five: Receiving of verbal, psychic-based information as tones, words, written messages, or other types of verbal messages. Clairaudience means "clear hearing." Shift the empathic data from spiritual and physical centers into this center and share verbally. Write the psychic messages received. Trust otherworldly voices but test them—are they helpful or manipulative? Send away interfering sources and follow the beneficial ones.

BLENDED STYLES

These styles are quite unique.

MYSTICAL EMPATHY. Chakra Eight: Involves accessing various dimensions, time periods, and worlds, calling forth powers and otherworldly guides. Uses every other chakra to gain data. Read past, parallel, and possible futures for clients and self. Connect with spirits to aid

in client work and bring data; use the various forms of healing available in cross-culture shamanism.

Chakra Twelve also holds intuitive gifts, but these are unique to everyone.

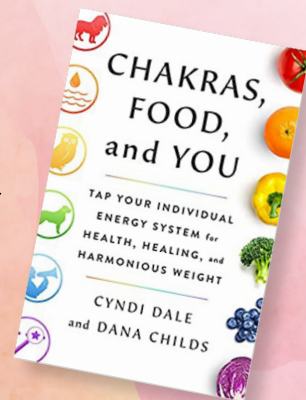
As for my experience on Midsummer's Eve in Scotland? Well, I went to bed at 11p.m. There were so many people hanging around the stone circles I did not figure a Shining One would make an appearance. Oh well. €

Reference:

1. Ali Sundermier, "99.999999% of Your Body Is Empty Space." Sciencealert, September 23, 2016. <https://www.sciencealert.com/99-999999-of-your-body-is-empty-space>.

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Healing

What Role Does the
Invisible Realm Play?



The idea of the biofield has existed for centuries in different cultures and traditions. Recent research indicates that it may have a tangible impact on the body. Studies have demonstrated that biofield therapies, such as Reiki and therapeutic touch, can help alleviate pain, anxiety, and stress.

Helané Wahbeh

HOW DOES ENERGY MEDICINE HEALING WORK?

The biofield is a proposed energy field that surrounds and flows through living organisms. It is a subtle energy system that is believed to be intimately connected with the physical, mental, and emotional states of the body. Although there is no universally accepted definition of the biofield, some common elements include that it is non-physical, which means it cannot be observed or measured by conventional instruments. It also surrounds and penetrates the body, extending several feet or meters beyond it. The biofield is constantly changing in response to internal and external stimuli and is connected to all aspects of the organism, including the physical, mental, and emotional states. Practitioners of biofield therapies believe that the biofield can be influenced by their intention. (Dossey, 2002; Rubik et al., 2015)

The idea of the biofield has existed for centuries in different cultures and traditions. Recent research

indicates that it may have a tangible impact on the body. Studies have demonstrated that biofield therapies, such as Reiki and therapeutic touch, can help alleviate pain, anxiety, and stress (Jain et al., 2015; Wahbeh et al., 2023; Yount et al., 2021).

If therapies designed to influence the biofield have positive outcomes, exactly how do they work? We're not sure, but we attempted to find out using some unique methods. In one study, we asked a perceiver who claimed to be able to observe biofield energy to watch and report on the energy exchanged between a practitioner and the recipient during energy medicine sessions of various types, such as Reiki, Therapeutic Touch, etc. (Wahbeh, 2020). We analyzed the perceiver's notes for about 200 sessions and found similar themes:

1. Physical symptoms in the participant can be caused by multiple issues, including physical, emotional (especially traumatic), spiritual, and energetic.

2. The relationship between the participant and practitioner is important to the healing process.
3. The healing process is unique to the individual rather than being a fixed method performed by the practitioner.
4. Energy exists in the space within and between the participant and practitioner, and it is manipulatable.
5. The practitioner affects this energy, either alone or with assistance from ostensible non-physical beings, and through various techniques with the intention of healing the participant.
6. Energy has the characteristics of action, movement, color, intensity, shape, meaning, and purpose or intention.
7. The characteristics of energy change as the energy medicine session ensues and perceived healing occurs (Wahbeh et al., 2020).

This description of healing and energy coincides with other schools of thought on energy healing and studies that evaluate energy medicine practitioners' experience of healing (Warber et al., 2004, 2015).

COULD NON-PHYSICAL HELPERS PLAY A ROLE?

In the perceiver's notes, we discovered frequent mentions of non-physical beings that purportedly supported energy medicine sessions. We conducted a study to determine if these mentions of non-physical beings during sessions were indicative of greater improvements in pain. Our findings indicated that noting the presence of guides/helpers or overtly spiritual beings such as God, Buddha, or Supreme Being was associated with pain relief (Wahbeh et al., 2020). This was a remarkable discovery, and we were able to replicate it in another study.

In this study, several observers watched as six expert Reiki Masters gave 30-minute sessions to 40 participants with various conditions including recent physical injuries, symptoms of memory loss, and mental health issues such as anxiety and depression. Interestingly, in every session, the observers reported

the presence of some sort of non-physical being. These beings were described as angelic presences, guides of the reiki masters or the participants, or other spiritual helpers.

These two studies provide evidence in support of the idea that non-physical spiritual entities may have a role in supporting or even directing biofield and other forms of healing. Practitioners of energy medicine have also observed that they must establish a connection with entities such as God, divine love, spirit, universal life force, or the earth's energy, or they have acknowledged that their healing comes directly from divine intervention, mediation by spirits, or assistance from other external sources (Warber et al., 2015).

While not directly related to energy medicine, we found something similar in a study examining the effects of transformation workshops on the sense of interconnectedness and well-being. (Wahbeh et al., 2022). We found that perceived contact with the dead during the workshop was significantly associated with increased interconnectedness! Even though this experience was not a purposeful aspect of the workshops. This particular item was endorsed by 34 participants who attended 15 different workshops with varying content.

BELIEFS ABOUT NON-PHYSICAL HELPERS AROUND THE WORLD

The belief in non-physical beings that assist in the healing process is a common theme across different cultures and traditions worldwide. Such beings are often referred to as angels, spirits or guides, and are believed to have the power to help people recover from physical, emotional, and spiritual injuries. It's a widespread belief that non-physical beings like ghosts and angels exist and can help us heal. Global surveys have shown that up to 78% of people believe in life after death or contact with the dead (Haraldsson, 1985, 2005, 2011; Sigelman, 1977; Wahbeh et al., 2018). According to recent surveys conducted by the Pew Research Center, over half of US adults (53%) have experienced a visit by a deceased family member

in their dreams or in some other form. Additionally, within the last 12 months, 34% of respondents reported feeling the presence of a dead family member, and 15% reported communication with deceased loved ones (Pew Research Center, 2023). A 2019 YouGov survey found that 38% of Americans believe in spirits and 29% in angels (Chapman University, 2018).

While scientific evidence supporting the existence of non-physical beings remains limited, the prevalence of these beliefs highlights the significant role of spirituality and the human desire to connect with the unseen. Numerous studies have shown that many people benefit from spiritual experiences (Moreira-Almeida & Cardeña, 2011; Wahbeh & Butzer, 2020; Wahbeh et al., 2019; Wahbeh & Radin, 2018). For instance, mediumship sessions have helped people cope with grief and achieve closure (Beischel, 2014, 2019; Beischel et al., 2015). A recent study found that communication with the deceased was perceived as a positive life experience, leading to an increase in spirituality (Kalelioglu et al., 2021). Furthermore, the destigmatization of such experiences as hallucinations has enabled people to share their experiences and find a community that understands them (Kwilecki, 2009).

There is some research that suggests that belief in non-physical beings can have a positive impact on healing. For example, one study found that hospitalized patients who had strong beliefs in God or angels reported less pain and anxiety than those who did not have these beliefs. This study found that patients with strong spiritual beliefs reported less pain, anxiety, and depression, and they also had lower blood pressure and heart rate. The study authors concluded that spirituality may have a positive impact on health outcomes (Benson, 2012).

In some traditions, these beings are seen as benevolent forces that can directly intervene in the healing process. Others believe that non-physical beings can provide guidance, support, and encouragement, which can help people to heal themselves. Some specific examples of beliefs about non-physical beings assisting in healing include:

- **Angels:** In many religions, angels are believed to be messengers or agents of God who intervene in people's lives, including by providing healing.
- **Spirit Guides:** believed to be the spirits of deceased loved ones or other wise beings who can offer guidance and support to people in this life. They are often seen as figures of wisdom and compassion and can provide advice on a variety of personal and spiritual matters. Spiritualist traditions suggest that mediums are born with at least five spirit guides, with one guide acting as the primary spokesperson for the team (Emmons & Emmons, 2003). Each guide may support you in different ways, and they can take on various forms. It's also worth noting that your spirit guides may change over your lifetime.
- **Power Animals:** Many people believe that power animals are spiritual beings of animals that can provide guidance and protection to individuals. These animals are often viewed as symbols of strength, courage, and wisdom, and can assist individuals in accessing their own inner strength.
- **Ancestral Spirits:** In certain cultures, ancestral spirits are believed to offer guidance, protection, and healing. They are often considered fonts of wisdom and strength, and can be consulted for advice on significant matters.
- **Archetypes:** Archetypes are symbols and patterns that are believed to be present in the collective unconscious of humanity. They represent different energies and qualities that are present within all of us, and are often associated with different aspects of the psyche, such as the shadow, the anima/animus, or the hero. By connecting with these archetypes, people seek to gain a deeper understanding of themselves and their spiritual journey.


HOW TO CONNECT WITH YOUR SPIRITUAL SUPPORT TEAM

If you're not into spiritual guides, you can skip this section. But if you are, let's delve deeper into this concept. Establishing a connection with your spiritual support team, which can be referred to as guides, the universe, your higher self, or a higher power, can add value to your personal growth and spiritual journey. Your spiritual guides can provide you with a sense of comfort, wisdom, and guidance. They can help you gain insights into your personal growth, assist you in decision-making, support you through tough times, and offer you healing. By strengthening your relationship with your guides, you can obtain a deeper understanding of yourself and your place in the universe.

How to connect with your spiritual guides:

- **Set the Intention:** Begin by setting the intention to strengthen your relationship with your spiritual guides. Express your desire to connect with them and open yourself to their presence. Know that you are safe and protected and only your highest and best connections will ensue.
- **Be Open and Curious:** Approach the process with an open mind and a sense of curiosity. Be willing to receive guidance from your guides, even if it comes in unexpected ways.
- **Create a Space for Connection:** Find a quiet and comfortable space where you can focus on connecting with your guides. This could be a meditation room, a serene spot in nature, or simply a quiet corner in your home.
- **Use Various Methods:** There are many different ways to connect with your spiritual guides. You can try meditation, journaling, dream exploration, or simply spending time in nature and reflecting on your experiences.
- **Be Patient and Trust:** Trust that you can do this and wait in relaxed awareness. Keep practicing for a few minutes a day. If you don't get anything, set the intention for the connection to show up later in the day in a way you recognize.
- **Don't Stress About the Name:** In Western culture, there is often an attachment to names. However, it's important to remember that your guides may not have traditional names or may prefer to be identified in a different way. Instead of focusing on a name, focus on sensing the energy and presence of your guides.

Whether you call them spiritual guides, the universe, your higher self, or a higher power, this connection to noetic wisdom can offer valuable guidance and support on your spiritual journey and healing. By connecting with them, you can gain a deeper understanding of yourself, your purpose, and your place in the universe (Wahbeh, 2021, 2023). €

 Learn more about author Helané Wahbeh at <https://noetic.org/>.

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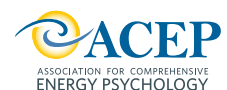
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Being a Guiding Light

NURTURING OUR CHILDREN'S INTUITION

Titanya Monique Dahlin

When we were young, each of us had a direct connection to our own inner voice, our gut instinct, our intuition.

Some of us used our “second sight” to trust our perception. Some of us felt it in our bones, and some of us could sense and feel it coursing through our bodies. Sometimes, the psychic-knowing came in strong through our thoughts, and others could even hear it with their inner voice; still others could smell or even taste that knowing perception. And then there were those that just knew things, they didn't know how they knew...they just did.

I believe that all children have a natural freedom that they are born with; one that is connected to their own inner source of who they are, whether they know it or not. We all had this capacity within us when we were children too. We were much more connected to the “other side” because we had incarnated so recently into a human form. We were not as jaded of what is possible within us. That is why it was easy to connect to our own inner voice; the voice that tells you whether something feels right or wrong and to take action or not, or whether you should trust someone or a situation.

As we grew up, many lost this natural ability to connect to our wise-one within. This happened when we gained more responsibilities in life. If our parents didn't nurture our intuition as we developed, or the environment we were living in didn't support our ‘sixth sense,’ then we began to shut down our ‘psychic gifts.’

You may have been one in which the educational system played a role in suppressing you. For some, they slowly and unconsciously turned us into ‘little clones’ of each other as we followed the same daily routines in school. Slowly, we learned to be under control, follow society's rules and not express our freedoms uniquely. How lucky if you were in an alternative school that fostered your intuition and uniqueness!

Children with learning challenges may have felt like they weren't being met and therefore created their own separation of being weird and different. Always wanting to seek approval from their teachers and peers, they conformed. They tried to fit in and be ‘normal,’ like everyone else. This was one of my own challenges as a child, and it made me feel different than the other kids. I wanted to fit in (like most of us do) and so I began to hide my ‘natural psychic gifts,’ to avoid standing out too much. It was a bit difficult, for my mother was a health pioneer in the world of Energy Medicine and she also has the gift of “sight”. Growing up with her and our very unique family friends, my childhood household was very consciously aware and not the normal “Brady Bunch household”. I feel blessed now with the work that I am in, but in my childhood I really felt that it was a curse in my ability to socialize and fit in.

Today, a considerable number of my clients express a desire and longing to tap into their own intuition. Despite the belief that they never established a connection to their psychic gifts, the truth is that such a relationship can be restored and developed once more.

Right now, we are in a mass transformation happening energetically on our planet. I know many of us have felt the incredible shifts over the last years. The planet is changing and we are changing along with it, as we have been challenged to break through our own personal obstacles in life, in order to evolve with the planet's vibrations. As we evolve, people are becoming aware of their own intuitive gifts more than ever before. Now is the time to listen to our own inner guidance and honor its wisdom.

And even more importantly...we need to honor our children's intuition and nurture their gifts.

Today, the new generation of children are being born already very heightened in their awareness and psychic abilities – more than previous generations. These children that are coming in are even more connected to their own source than the Indigo kids that came before them.

In the late 1980's around the Harmonic Convergence, there was a group of children that were born called, The Indigo kids. Parapsychologist Nancy Ann Tappe named them because they had an Indigo color swimming within their auric field. These children were the first generation that were born who kept their psychic gifts intact throughout their lives. Tappe stated that these children were spiritually evolved souls and born with a strong purpose of starting a spiritual evolution for all humans.

Today, the Indigos are now adults in their 30's and 40's. They've incarnated into their physical forms already knowing their sense of purpose. Being spiritually aware and intuitive, Indigos are usually interested in metaphysical topics. As they move forward in life with a fierce will power, they are innovative in their thinking and problem solving. As children they challenged the adults that cared for them not purposefully, but because they were different and they needed to be met within their differences.

Many Indigos possess high intelligence and were prone to challenging their teachers in new ways. This created a shift in education for those schools that recognized it. More alternative schools popped up to meet these kids' special needs.

Many of these children have challenges such as ADHD, Aspergers, or are on the Autism Spectrum. As a result, the medical profession's solution was to suppress them with drugs, such as Ritalin, further dumbing their intuitive and creative brains. Indigos have such heightened sensitivities, it makes them more prone to be physically reactive to the side effects of medications. This has resulted in more alternative medical practitioners coming forward to meet their needs.

Today, the Indigo kids are establishing their wisdom in amazing ways that are affecting the advancements in our world from modern science breakthroughs to medical innovations.

Donna Eden, Energy Medicine pioneer and my mother, is a Clairvoyant and a healer. She has always seen energy and auras from birth. One of her early teachers was Nancy Ann Tappe, who taught her that what she was seeing in the aura was what Tappe called 'Life Colors.' She taught that each person has a destined life path through the color vibrations she interpreted. Like a blueprint for your soul's journey in this lifetime, she would interpret their life lessons and challenges. We are born with a certain vibration, held within our unique colors, that we will keep our entire lifetime. It follows that in the next lifetime, we will evolve to another more spiritually evolved color with different lessons and challenges for our next journey.

I am a third generation intuitive and natural healer. While my mother "sees" and "feels" energy, I usually tend to "hear" and "feel" it myself. I have been "feeling the energy" through the Life Colors in people's auric fields since 2006. I've read and interpreted thousands of individual life colors and identified and cataloged 165 color variations that all have a different meaning. It's been incredibly fascinating and exciting to get to know another person and their purpose in life through their life colors, all these years. I am always learning more and more about people through their color vibrations. People tell me that they feel validated and empowered when they get to know their own life colors.

My mother and I have noticed that the children born about 15-20 years ago have a different vibration than other life colors. We observed that they have even more extraordinary intuitive gifts than the Indigos

that preceded them. Together, we have confirmed that there are three new Life Color groups within this next generation that are being born.

THE OPALESCENTS

The first to emerge we named the Opalescents. They are still being born, but many are now in their teens and twenties. They are named Opalescents for they have many pastel colors swimming all around their aura such as baby blue, light pink, soft green, mellow yellow, lavender, etc. These children tend to be shy and isolated in their personalities. As young children, they have rather soft and tender energy. Therefore, they can be extra sensitive to energy such as loud noises, smells, sights and can easily sense the energy of different environments. They are imaginative, intelligent, and very intuitive.

THE RAINBOWS

We named the second group, The Rainbow kids. They appeared shortly after the Opalescents, but unlike them, these children are outwardly expressive and courageous in their play. They are loud and dramatic as if to say, "I am here. Pay attention to me!" Opposite of the Opalescent pastel colors, the Rainbows have many vibrant colors of brighter and more vivacious colors swimming within their auras, just like the rainbow itself. They too, are naturally psychic. Rainbows can be very truthful and forward, having a strong will power in whatever they do.

Each group displays psychic and intuitive wisdom beyond their youth. They are empathic, which means they are highly attuned to the energies all around them and compassionate with others.

THE IRIDESCENTS

The third group that is being born during this time, we named the Iridescents. They are quite new to the planet. My mother sees that these children have many different colors running through their auric field. With these colorful vibrations, she sees that they bring these colors through a silvery-translucent hue. These younger Iridescents are wise beyond their years. They often feel as if they came from another planet or solar system and are quite intrigued by space and unidentified flying objects -U.F.O's. They are more connected to their mind, rather than their physical bodies. Therefore, they are very intellectual and can be very telepathically aware.

All three groups hold a deep sense of healing energy – and they know how to use it. They are very connected and have a deep love of animals. Many tend to become vegetarians, because they feel the energetic vibration of the animal, being so sensitive.

Since all three groups have such a high loving vibration, it helps them rise above their situation. Their purpose is to shift the consciousness of the world through love, unconditionally. To me, this is exciting because it gives us hope for the future human race. Unfortunately, because of their life purpose, sometimes, their life path often brings them into families that are experiencing extreme trauma, such as drug-related parents or even sexually abusive situations.

All of these children are bringing a sense of love to the planet which is needed for humanity. They are helping us to remember how to love each other and embrace our own divine nature by truly loving ourselves. They are teaching us how to reconnect to our own intuition and trust our inner voice like they do, as we step into a new empowerment in our own personal lives.

Many caregivers ask me what they can do to continue to stay open to support their children's intuitive gifts while they grow into young adults. Here are some ways to nurture these beautiful souls.

- As your child's caregiver, model staying connected to your own intuition by trusting it every day. In this way, you demonstrate this for your children, and they learn to follow and trust their own intuition, naturally.
- Encourage them to safely express their emotions and feelings to you. This will keep the path of communication open when intuition seems questionable.
- Help children tune into their body sensations when they are experiencing different situations, to create a deeper connection to their inner self.
- Keep expanding their sense of wonder...ask your children questions about what they are seeing, sensing, feeling, hearing, especially when they are out in nature.
- Honor and validate them with an open mind by holding safety for them to speak to you about what they are sensing. Take the time to



- be present when they are talking.
- Introduce them to simple mindfulness exercises that encourage deep breathing and presence for becoming more aware.
- Bring in a little silliness and play every now and then, to help them when their intuition crosses into unknown realms. Don't make it scary.
- Help them realize that not everyone they meet will have the same sensitivities and awareness that they do.
- Create healthy boundaries to protect their intuitive gifts.
- Spend more time out in nature and ask them to become aware of all their senses when they are outside.

Here is an example:

- Awaken to the sense of sound ~ Practice listening to sounds of nature near and far and then, what they hear in the middle of those sounds.
- Develop the sense of physical feeling~ Practice feeling the wind on their skin and the ground underneath their feet.
- Cultivate the sense of energy in the trees, grass, mountains, desert, rocks, water, flowers, and places around them. Talk about what they experience.
- Expand to the smells of nature for wherever you are.
- Develop a heightened sense of sight by looking near and far and becoming aware of color, shape and size.
- When they close their eyes, ask them to tune within to see if their senses shift. Does any sense get stronger?
- Respect nature and others, being aware that everything is energetically alive.

Here are two Energy Exercises for strengthening and opening up your intuition.

Donna Eden's Third Eye Zip Up—“Touching your Unicorn’s Horn”- This is an easy practice. Locate the space between your eyebrows; this is called the third eye. With kids, I like to call it, “Touching your Unicorn’s Horn”. Breathe in and touch this place with your middle finger and with pressure push it upwards to the crown of your head. Breathe out and let go. This helps open your intuition more, by bringing your intention towards it.



Narrative Images. Model is Diego Yaretzi.

Forehead-Backhead Hug Sandwich – A parent can do this for a child or you can teach the child to do it for themselves. Put one hand on your forehead and the other, on the back of the head. Breathe deeply for a few minutes. This helps your memory and connects to your inner world and calms the nervous system. I often do this when I want to remember a dream. When you do this exercise, completely let go in order for the details of the dream to come into form.



Narrative Images. Model is Soraya Boucharde.

In summary, our intuition is a fascinating mysterious language. When we tune in, it can help us avoid dangerous situations and find more peace and ease. It is so important to be able to trust our own inner compass to guide us through life. When we do, our world opens for us. Fear magically disappears and we live in harmony with life's plan.

When we teach our children to follow their own inner wisdom, we give them a sense of empowerment and confidence that can lead them throughout their lifetime. Our children are the new generation that will embrace energy as the language of the future. €



Learn more about author Titanya Dahlin at www.EnergyMedicineWoman.com

Medical Intuition in Healthcare



The answer is – we're all born with it. Intuition is a natural human trait that everyone uses in life, much of the time without even thinking about it.

Wendie Colter, MCWC, CMIP

“How can intuition be taught? Isn't it something you have to be born with?" These are the most common questions I am asked when I tell people that I teach medical intuition at some of the top integrative health centers in the United States.

The answer is – we're *all* born with it. Intuition is a natural human trait that everyone uses in life, much of the time without even thinking about it. We say we "had a hunch," or a "gut feeling." People say they "just knew" which choice to make before making it. When we follow our intuitive instincts, we may be genuinely surprised when they prove to be true. However, intuition does not have to be experienced as a quirk or coincidence. Our intuition can be a reliable and trustworthy resource.

IMAGINATION AND INTUITION

Children are intuitive by nature. As little ones, we are incredibly adept at using our highly active imaginations. While we play and learn, we naturally and easily utilize our mind's eye to imagine all sorts of wondrous things. The development of intuitive talents as an adult begins with the use of our inherent imagination.

One of my earliest memories of intuition was when I was about six years old. While riding with my mother in the car, I found myself humming a popular song. I

asked her to turn on the radio, as I just "knew" there was a song I liked that was playing. Amused by the whims of her imaginative kid, she switched the radio on. The song poured out at exactly the spot where I had been singing it to myself. Similar experiences happened to me over and over again, and I thought nothing of it. I assumed everyone could do this, too!

Later in life, after reading Deepak Chopra's seminal book, "Quantum Healing," I healed myself of a small tumor using his examples of focused mind-body visualization techniques. This powerful result sparked a life-long investigation into the mind-body connection and how our thoughts, emotions and energy can affect our health.

In my professional energy healing practice, I discovered that I could accurately "see" into a client's physical anatomy and physiology in great detail by using my intuitive imagination. I could discern the energetic imprint of an illness or disease. I could also detect anomalies and imbalances in the aura and chakra system. Additionally, I noticed that I could intuitively perceive the potential origins of an imbalance from my client's life experiences, along with specific information designed for their physical, mental, emotional, and spiritual wellbeing.

This process offered a unique opportunity for them to gain a deeper, more positive awareness to help

support their complete health and wellness.

INTUITION IN HEALTHCARE

There is a surprisingly large amount of research on the general use of intuition in healthcare. Studies published in respected medical journals acknowledge the importance of intuition as a factor in a clinician's successful care of patients. More than thirty years of research on intuition in nursing practice has been published in holistic nursing journals.

Using intuition with patients is not such a strange concept to physicians. Many routinely count on their intuition to tell them when something feels "off," and they may even reassess testing or treatment plans as a result. Even the most conventional healthcare providers recognize that an intuitive impulse may lead them to information that could have otherwise been missed.

Unfortunately, there are still many stigmas associated with accepting intuition in mainstream medicine. Clinicians tell me that they have to keep their intuitive perceptions hidden for fear of being labeled "woo-woo" by their colleagues. For empirical validation, the scientific method of proof is ideal. But how do you prove a "hunch?"

RESEARCH AND RESULTS

Although there are numerous anecdotal accounts of the accuracy of medical intuition, there is little published research on the practice itself. In 2019, I launched an exploratory study with five graduates from my program and 67 volunteer participants. Our goal was to assess the accuracy of the medical intuitives' ability to discern health issues without any access to the participants' health information. We were thrilled with the outcomes. The medical intuitives were rated 94% accurate in locating and evaluating the participants' main physical issues, and 98% accurate in describing specific events from their lives that may relate to their health issues. It was also exciting to learn that the medical intuitives' assessments were rated as 94% consistent with the participants' known diagnoses.

These groundbreaking findings were published

in the peer-reviewed *Journal of Complementary and Integrative Medicine*, and is the first published research on medical intuition in over two decades.

In 2021, a first-ever survey of self-identified professional medical intuitives in the U.S. was published by the National Organization for Medical Intuition (NOMI). The remarkable results revealed the extensive use of medical intuition in clinical healthcare. NOMI found that 86% of medical intuitives receive referrals from licensed healthcare providers for medical intuition services, and 82% report that they directly assist licensed healthcare providers with medical intuition services. Additionally, 30% of medical intuitives surveyed are licensed healthcare providers themselves – including physicians, nurses, and complementary and integrative healthcare practitioners

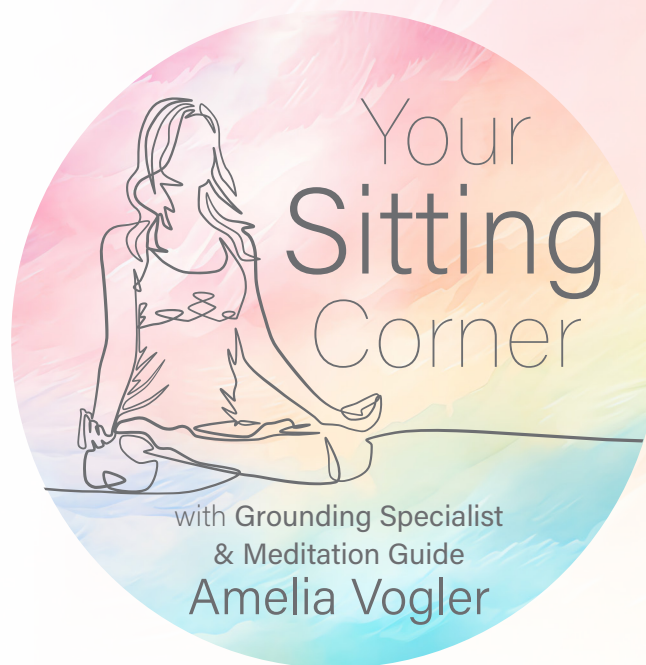
New studies are in the pipeline, including a deep dive into how medical intuitives access their intuitive perception, and an exciting collaboration that brings together medical intuitives, clinicians, and patients. Perhaps there will come a day when medical intuition is no longer regarded as taboo, but is instead accepted as an important part of health and wellness care. €

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Learn more about author Wendie Colter, visit www.thepracticalpath.com



Cosmic Gifting from the Stars

Welcome to Your Sitting Corner, a column that guides you back to your meditation practice. This month's meditation guides you to the stars to receive a cosmic gift to expand your potential in healing or as healer.

Find a quiet space where the world fades into a gentle hush, allowing your mind to unfurl like a blossom at dusk. Close your eyes and draw in a deep breath, feeling the weight of the day slowly melting away.

As you exhale, imagine yourself adrift in an endless expanse, cradled by the velvet void — the vast canvas of creativity we call the cosmos. Feel the gentle embrace of the universe as it beckons you, inviting exploration into its mysteries, which are intertwined with your own.

As you gaze upward and behold the tapestry of shimmering stars, each one a distant dream, and expanded gift of sight, of healing, and undiscovered potential.

Allow your imagination to soar, transcending earthly confines, releasing limiting beliefs and worn-out fears that hinder your expansion.

With each breath, feel yourself drifting closer to the stars, their twinkling lights guiding you on a celestial journey to your full potentiality. Embrace the vastness of space, where time stretches and bends to accommodate the discovery of dreams dreamed true.

Imagine yourself weaving through constellations, tracing their patterns as if painting with stardust. Each star holds a gift, a unique wisdom whispered to you through the cosmic expanse.

The stars are waiting for you to receive the gifts that they are holding for you.

In this cosmic sanctuary, potentials are born anew. Visualize yourself finding the star that is calling to you. The light of its gift streaming to you, beams of light carrying the gift of your renewed and expanded potential. The spirit of you welcoming the spirit of this gifting. A pure energetic transmission illuminating every cell of your body.

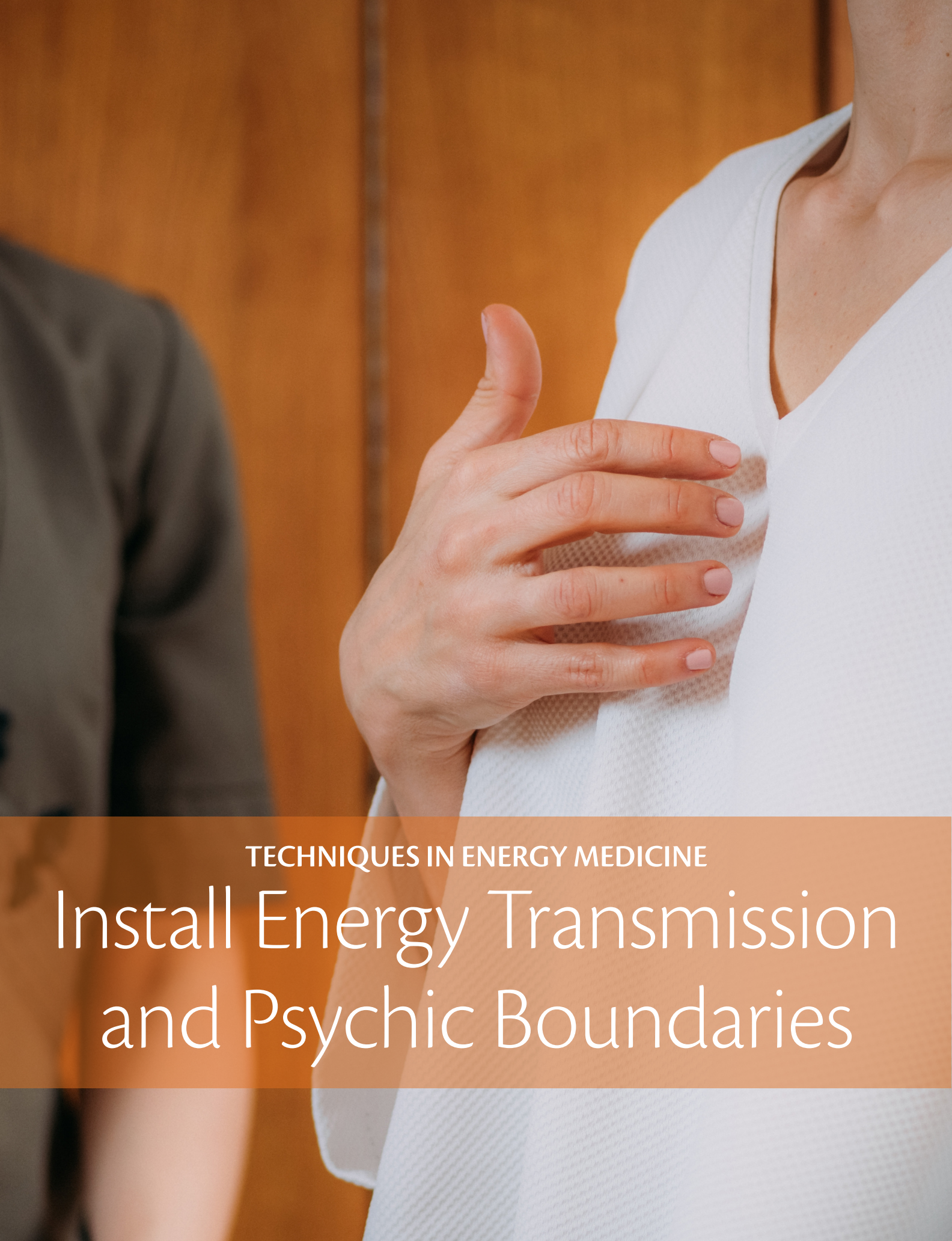
Remain in this light as long as needed, as this gift merges with you, infusing you with increased brightness and strength. Healing finds its way to where it's needed, illumination brightens, and frequency expands — all within this cosmic gifting.

All within this transmission of cosmic gifting.

As you slowly return from this cosmic journey, carry the stars' inspiration, the Universe's offerings within. Shift your awareness to your connection with the grounding presence of the Earth. Feel its stabilizing forces, allowing Mother Earth's energies to rise within you, grounding and fortifying your gift with each breath, supporting its manifestation and actualization.

When you feel ready, bring movement to your body, gently wiggling fingers and toes, allowing yourself to stretch and harmonize with this newfound light. Open your eyes gently, bringing the universal gift into the light of your life. 🕒

Wish to hear this meditation? Listen to Amelia guide you through it here: www.AmeliaVogler.com/your-sitting-corner.



TECHNIQUES IN ENERGY MEDICINE

Install Energy Transmission and Psychic Boundaries

To everyone who wants to make life better for yourself, others, and the world, I recommend that you use the Boundary Tap technique to set boundaries in every context you can possibly think of, so that you can fully bring all your gifts to the world and enjoy the benefits of your contributions.

Judith A. Swack, Ph.D.

I trained in Reiki with a colleague of mine who had taken my HBLU Module 1 training. Before my Reiki attunement, when I wanted to read a client's energy field, I would sweep my hands over their body and feel their energy on the palms of my hands. After my Reiki Master attuned me, I performed my first Reiki treatment on her. As she lay on the table, I reached with my hands to touch her energy field and was surprised to feel my arms being immersed all the way up to my elbows in what felt like a bath of warm water. I thought to myself, "Is this a good thing, or am I going in too deep. Am I going to pick up something from her? I wonder if I need to install Reiki boundaries." At the end of the training, she gave me a little card with a prayer on it to protect myself from picking up other people's energies, and I wondered if that was really going to work. I sensed that I would probably need to install boundaries using the boundary tap technique (that I teach in HBLU Module 1) for setting 100% energetic boundaries at the body, unconscious, conscious, soul, and etheric levels simultaneously, but I didn't get around to it during the day.

That night I had a dream that wasn't mine. The dream was in slow motion and sepia tone color, whereas my dreams are always at normal speed and technicolor. I woke up and thought, "I'm dreaming my Reiki Master's dreams, and I better go install the boundaries right now." So, I snuck off to the bathroom and did 3 minutes of boundary tapping (described below), released her energy from my energy field, went back to bed and resumed my own dreams. The next day, I called my Reiki Master to tell her what happened and suggest she teach her students the boundary tap technique. I wondered aloud if she was dreaming in slow motion because she was depressed. What was the sepia tone about? She confirmed that she was depressed. The sepia tone vision was due to a cataract in her right eye that was so bad that light hardly went through the lens, so she saw everything in brown and white.

As she was due to have cataract surgery, I suggested that she first do a surgery preparation protocol with me. In this protocol we remove the memory of any prior injury to that part of the body and prepare the body to receive the surgery as a healing intervention.

This prevents any further trauma to the body from surgery, so the body heals rapidly and completely. We discovered and cleared a trauma where she, as a soldier in a past life, had been stabbed through that eye with a spear and killed. This explained why, at 44 years old, she had a severe cataract only in one eye. The surgery to replace that lens was successful. Interestingly, the surgeon confided she'd never seen such a severe cataract in her life, and she was afraid that my client was going to lose the eye. In this case, it turned out to be fortuitous that I absorbed the information from my Reiki master so I could help her recover her vision in that eye. And since I have installed Reiki boundaries, I haven't picked up any negative energies, illnesses or symptoms from any other client. I also use other energy transmission techniques such as Pranic Healing and Chi Kung, and I have installed boundaries for each of these frequencies.

BOUNDARIES ARE AN ISSUE FOR EVERYONE.

Even healers who don't use energy transmission techniques need boundaries. Many clients who wanted to become healing professionals told me they were afraid to do healing work because they were "just too sensitive." They were afraid that they would take on other peoples' negative emotions, symptoms, and problems leaving them feeling anxious, depressed, and drained. I agreed that this is a real problem, and taught them how to install boundaries and help people safely. My colleague and medical intuitive, Lynn Waldrop described how she and her medical intuitive students were always experiencing their clients' symptoms. So we made a 5 part Video series entitled "Heal the Top Five Patterns That Cause You to Absorb Other People's Problems, Illnesses, and Symptoms." Initially we decided to offer the series just to Lynn's advanced students. Upon reflection, Lynn pointed out that this was an issue for all mental and physical healing professionals, so we offered the series to them. Upon even further reflection, Lynn pointed out that absorbing other peoples' stuff is a problem for everyone – so we opened the class to everyone.

WHAT IS A BOUNDARY?

Have you ever had an unpleasant interaction with someone that left you feeling upset even though you know it's not personal? What happened is that they overstepped your boundaries. Conscious awareness that it's their problem and not yours is not enough to protect you emotionally. To really be effective, boundaries need to be 100% intact at the conscious, unconscious, body, and soul levels of your being. When boundaries are 100% intact at all levels, it strengthens a person's sense of identity, i.e., I am me, and you are you. This is where I begin and end; this is where you begin and end. You don't pick up their negativity, and you don't project your negativity inappropriately. Intact boundaries create the capacity for respect and teamwork, i.e., the ability to invite people onto a neutral dance floor to dance with you.

To take an analogy from cell biology, think of yourself as a cell floating in a nutritious medium. Cells have a membrane composed of a lipid bilayer. Since lipids are fats, and oil and water don't mix, liquid can't just pass through the membrane. Cells get what they need from the environment by pumping in nutrients and pumping out waste products through specific receptors and channels, proteins that completely span the membrane. Transport is thus selective and requires energy to pump things in and out. If there is a hole in the membrane the insides pour out, the outside pours in; the cell dies.

Cells communicate with each other through message molecules on their surface or by releasing soluble factors (like hormones) that fit into receptor molecules on the surface of the other cells like a lock and key. When the key opens the lock, it triggers an internal cascade of messages that go to the nucleus. If the cell is ruptured, the signaling molecules get scrambled and no longer work in the right sequence. Thus all successful interactions with the environment and each other are done at the surface of the (100% intact) cell membrane.

How does this apply to boundary issues in human beings? If people have less than 100% intact



boundaries at all levels, they are very exposed. As the environment diffuses in, they are at the mercy of what's going on around them. They are not at choice about what they take in and can take in negative energy from the environment that they can't process. People who really have very little boundary capabilities can have trouble making decisions for themselves and may depend too much on other people's opinions. They have trouble living their own lives, asking for what they want, and acting in their own best interest. When people are too easily influenced, they lose their sense of their own identity. In reaction, they may wall off and isolate themselves, emotionally or even physically. Unfortunately, **a wall is not a boundary** because it does not permit a flow of information. A wall indicates a traumatic wound, and like a scab on the skin, does not breathe or sweat the way healthy skin does.

The energy flow through a boundary breach can also move outward as people diffuse out into their environment. People who think that merging with someone is a form of love, or control freaks who believe that theirs' is the only reality or the only right way to do things are leaking out past their own boundaries. Energy leakage in any direction can lead to burnout.

THE BOUNDARY TAP TECHNIQUE

What can you do to maintain energetic boundaries at the conscious, unconscious, body, and soul levels in a given context? I recommend the Boundary Tap, developed by Marie Louise Muller, a craniosacral therapist from California. In this technique, first name the boundary you would like to seal, and then tap ~2-3 minutes with your fingertips on the sternum (the bone in the middle of your chest). Alternate the tapping with a feathering motion from the sternum up the base of the throat, up the neck, out the chin (like the Italian "back at you" gesture.) The tapping seals the energetic boundary, and the feathering motion ejects any unwanted negative energy. As a mind/body therapist, I have used it to install boundaries with *all* of my psychic, empathetic and intuitive abilities, boundaries with trauma and

all negative emotions, boundaries with peoples' projections, emergencies, and expectations, to name a few. Now, when people ask me, aren't you exhausted at the end of the day, I answer, "No, I'm invigorated by how well I was able to help people today." To everyone who wants to make life better for yourself, others, and the world, I recommend that you use the Boundary Tap technique to set boundaries in every context you can possibly think of, so that you can fully bring all your gifts to the world and enjoy the benefits of your contributions. €

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- Marie Louise Muller (<http://www.lifeshapes.org/instructors.html>).



Learn more about author Judith A. Swack:

<https://hblu.org>



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A person is shown from the waist down, sitting in a meditative pose on a dark blue mat on a grassy lawn. They are wearing a light blue long-sleeved shirt and light-colored pants. Their hands are resting on their knees in a mudra. The background is a lush garden with green foliage and several bright red flowers, possibly roses, which are slightly out of focus. The overall atmosphere is peaceful and serene.

WORKING WITH SPECIFIC NEEDS

The Gift of Clairsentience

*The gift of clairsentience is the most basic,
intuitive medium we have.*

Julie Robinson

We can reclaim the Creator's wisdom by tuning into our clairsentient nature and celebrating it as a source of our intuitive power. The fluctuating nature of our sensitivity, sensing other people's energy, the presence of Spirit in the room, or changes to the air temperature associated with the different alerts of the clairsentience gift offers us a profound opportunity to deepen our connection with our inner knowing. This can be a gradual process for most spiritually gifted individuals. It involves unearthing our energetic inventory and then, day by day, thinking differently about our gifts and living with them in a way that serves others.

The gift of clairsentience is the most basic, intuitive medium we have. Our feelings are our connection to the Divine and others. The daily experience of being clairsentient and the subsequent impressions or gut feelings of Spirit moving through us mirrors the natural process of revealing human issues our angels want us to pay attention to, as it occurs not only with life experiences but also with unconscious

things we need to heal, including human emotions. In many traditions, the ability to feel spirits has been considered sacred.

Even in modern society, where we can be cut off from the spiritual dimension and distracted by the dimension of form, we can still feel everything. The angels have told me that our heart chakra moderates the gift of clairsentience. Archangel Raphael revealed that the evident ability to feel Spirit and to sense the emotions of others appears to occur when a person has a lot of love or very open heart chakra. With an open heart full of love that holds space for others, the ability to detect energetic fingerprints of those around us without studying their body language or listening to what they are saying increases overall, and a more significant number of people who require healing will start to be drawn in. The archangels have informed me that the heart rules the flow of spiritual abilities (the higher the love frequency, the more evolved a person's gifts are) and affects the mediums our spiritual team uses to communicate with us.



The Creator chose to convey impressions and telepathic information through one medium more than others, which requires standing in a place of unconditional love. Our ability to feel the Spirit, the bandwidth for compassion, and one's connection to the Divine regulate the heart chakra and clairsentience. The angels show me there are so many spiritually gifted people. Still, more than half of them don't have the sharpest psychic abilities simply because their ability to stand in a place of unconditional love is limited.

The heart chakra governs the flow of psychic abilities and integrates emotions such as gratitude and forgiveness. We perceive and process interactions differently and in different ways depending on our predominant state of love. I like to describe clairsentience in this way:

From the onset of discovering our spiritual gifts until we have to rely on using them, we're sharpening our compassion and, symbolically at least, preparing to hold the space for the healing of someone else, a function our Creator honours. Many healers find that they are at their peak of intuition in the outer world from the onset of clairsentience until they hold the space to help someone heal. They pick up on cues and clues. They are filled with psychic impressions and connect with a person's angels. With an open heart, we are naturally more receptive to others and new ways to use our gifts—more connected. The need to serve humanity also peaks for many Clairsentients once we feel the suffering of others. Our etheric fields can suddenly feel so heavy from other people's energy associated with suffering and the need for counseling. One client, a bank teller with clairsentience who works with the public, reported that her cues and clues are highest when patrons come up to her desk in trouble or are experiencing difficulty. Another client describes her clairsentient partner as "overloaded with other people's energy" when preparing for a Healing Touch Session.

HOLDING THE SPACE AND SERVICE

The gift of clairsentience itself mirrors other people's suffering and implies we are here on earth to lend a

hand. On the strictly spiritual level, before a healing session, a reading or meeting somebody (known as the peak empath time), a clairsentient person will start to feel the other person's feelings, thoughts and emotions the strongest, preparing them with information about the individual (s) and how we can help them. To expand on this, we can begin to feel a person's suffering, mental habits, sadness, physical pain, and growth areas; this peak empath time can be an excellent time to take notes before your session. An empath friend of mine tells me that she chose to ask her guides to feel the energy no sooner than the day of a reading, or she will feel their energy a week before! Empathic impressions, a massive part of the clairsentience gift, are accompanied by an abrupt rise in compassion levels. The rise in compassion levels accompanying this has been associated with a healer's purpose in life, to serve (*who we are born to be*), such as facilitating healing or a reading. A heart of compassion represents the spiritual and emotional capacities at its peak; what the empath feels and senses may be enhanced because of greater sensitivities in order to be prepared to serve distressed people. We can provide a healing touch, lend an ear, encourage, and show we care. The loving heart is the energetic basis for this. The minutes and hours following an empath impression feel like a relief; this is when we step out of a person's energy and into downtime, looking for ways to release the energy entirely from our system and be ourselves again. My angels note that they can help us during that part of the process; they prefer to take the cue from us that doesn't involve intervening on our free will but that the empath will recover from the experience in due time faster with the angels' help.

Our spiritual and physical experience parallels the phases of human emotions. The angels have revealed that the adrenal glands can also be impacted if the other person's energy has high levels of anxiety, cresting during the peak of empathic impressions and then beginning to wane. Specifically, clairsentient people will feel anxious when their clients are anxious; it raises cortisol levels and subsequently affects the healer's physiological processes. A person's moods have periods when they are in a dark place. Then, their sensations beginning that day become available to us



as empaths to go through that period, sharing what they experienced. Healers, too, go through periods of darkness that may be similar or symmetrical to what their clients are experiencing (later, after the healer has resolved any discord in themselves).

We need not be afraid or think we are crazy if our energies and moods naturally ebb for a few days while “in other people’s energies.” In many traditions, it’s perfectly normal to intuitively know what the client will do or say next, what move they will make in a particular situation, or even what they think. Great martial arts masters provide a similar example; they sense where an attack comes from before their opponent moves. At first, it seems like magic or some unique trait supernaturally bestowed upon them. And just like a martial artist seems predisposed to that skill, this type of intuition is based on years of rigorous practice and study that the practitioner embodies. For clairsentients, it’s the same years of mastery. It’s years of suddenly experiencing a bad mood when we visit somewhere and are confused, yet we awoke in an excellent mood. And then, after years of this, they realize it wasn’t even their energy. Many empaths, including me, have noticed that in the first few minutes followed by the empath peak, we feel the urge to cleanse ourselves and smudge our bodies or work spaces, asking our angels to vacuum us—and our auric fields. Our natural clairsentience cleansing is accompanied by physiological cleansing as well.

Suppose we do not become physically affected by the empathic ups and downs. In that case, we move into the second half of the phase: to use our recovery tools.

Self-care, rest, healthy food, and feeling like ourselves; what we couldn’t do with another person’s energy. We naturally retreat from outward activities to a more reflective mode during this phase. During the recovery phase, we turn more inward, store energy, prepare to *experience more changes in the future and involve ourselves with others*. Society is not nearly as keen on this as it is the empath peak phase. Thus, we judge our post-session energy, emotions and inward mood as bad and unproductive.

Since our culture generally appreciates only what we

can understand rationally, many empaths tend to block every opportunity to share their experiences when they are at the peak of signs and symptoms with information that comes to them before meeting someone or leading up to a healing session. Clairsentient notes are reflective and intuitive. They come to us in our dreams, emotions, and hunger. They come under the cover of darkness sometimes as well. The sudden onset of other people’s energy can make us seem pretty moody. We know what others would say if we tell them it’s somebody else’s energy that we’re under the influence of: “Oh, you are just blaming others.” “Take responsibility for your emotions.” Or, “You can control it.” When we routinely block the information coming to us during the empath peak, it has no choice but to affect our moods more or make us feel the madness in the same way our other feelings can cause us to want to vent. If ignored, the energy can get stored and feel overwhelming.

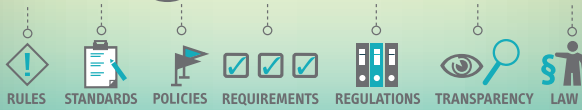
If you’re an empath, please care for yourself at the onset of *other people’s emotions*. *Stay in tune with your inner knowing and work with your angels to inventory your emotions and theirs*. The angels can help us to “turn down the charge” of the vibes we’re experiencing and often buffer any interactions you may have that might require their intervention by shielding and clearing your energy. If your partner family, or friend is an empath, be kind and understanding to them. Lend them your ear and compassion. Empaths are also negotiating their emotions against other people, and it can be quite a lot to handle them simultaneously. Remember, empaths don’t have control over their gifts; it’s up to the Creator when we feel things and for how long. We can access other people’s energy because we have open hearts to love ourselves and others. That’s what we’ve signed up to do. It’s our superpower and burden—we don’t wear capes, just the parts of other people’s souls that need healing. €



Learn more about author Julie Robinson by visiting: www.JulieSpiritualHealer.com

ENERGY MEDICINE

Laws and Regulations



Ian Foster, J.D.

Business Entities: Time to Grow Up

Once again let's address a critical legal topic for your energy healing business...and again, it's one we don't always like to talk about: back-end business structure.

Yuck!

Or, maybe not.

Maybe...just maybe...the way in which you structure and organize your business can be an interesting and creative part of your mission to bring healing to the world!

More importantly, it can be an empowering experience to know you are doing things "the right way" so you create a safe container for you and your clients to co-create together for years to come!

So let's take a few minutes to talk about business entities: what they are, how they work, and why you need to be forming one (if you haven't already) as well as making sure you are using your existing business entity properly.

Put simply, a "business entity" is a separate legal person from you.

Wait a minute...a business entity is a "person?"

Yes!

In fact, in business and tax laws, the word "person" is not limited to human beings. A legal "person" includes both human beings and business entities, which are fictional creatures of the law that exist primarily on paper.

I'm pretty sure you've heard of the most common types of business entities, which are corporations and limited liability companies. There are many other types, including things like general partnerships, limited partnerships, limited liability partnerships, professional corporations, and nonprofit corporations (just to name a few).

But, for now, we'll focus on corporations and limited liability companies because 99% of you will choose one of those entity types. You will choose one of these entity types for both liability protection and tax benefits. Let's see what we mean by each of those.

LIABILITY PROTECTION: When you operate your healing business under a corporation or limited liability company ("LLC"), then your personal life is protected from the potential liabilities your business might incur. Think of the corporation or LLC like a bucket which contains everything the business does. Any income earned from the healing business goes into that bucket. Even more important, any liabilities created by the operation of the business also go into that bucket. This means you cannot be forced to pay the liabilities with your personal assets, such as your personal bank account, house, or car.

TAX BENEFITS: When you operate your healing business under a corporation or LLC, you get access to tax benefits that you wouldn't otherwise have. For one thing, when you operate a healing business on your own (with no entity) there is always the risk that the government will think you are really just performing a "hobby" and not allow you to use the deductions or losses to which you are otherwise entitled. With a corporation or LLC, you'll never be accused of running a "hobby" because the

government sees you are running a real business. Plus, both corporations and LLCs have different tax options that you can't use if you don't have an entity. Discussing the details of those options is beyond the scope of this column, but given that I was a long-time government tax attorney, take my word for it that you are almost always better off from a tax perspective when you have a corporation or LLC.

Certainly that's all pretty great, but I want to make sure you actually get the intended benefits of having a business entity. Too often in my legal practice I've seen coaches and healers complain that they went to the trouble and expense of forming a corporation or LLC and then did not get the benefits they were promised. And, in every case, it was because the person did not use the business entity properly!

So let's make sure that you are actually getting the benefits you want!

There are several things you should do if you want to get the desired benefits from a business entity. And they all come down to this one rule of thumb: treat your business entity like your neighbor.

That's right; I said you need to treat your business entity like your neighbor! But what does that mean in practice?

Well, let's think about it this way ...

- Would you and your neighbor share a bank account? Of course not.
- Would you use your neighbor's bank account to pay your personal expenses or vice-versa? No.
- Would you put your name on your neighbor's business contracts? You would not.
- Would you and your neighbor have proper terms in place when you do business with one another? Yes!
- Would you and your neighbor treat one another as though you are each separate, legal people? Of course you would!

So, if you treat your business entity like it's your neighbor, that means ...

- You and the entity will have separate bank accounts.
- You would not use entity funds to pay your personal expenses or vice-versa.
- You would not be a party to the entity's business contracts or vice-versa.
- You and the entity would have proper terms in place when you do business with one another.
- You would treat your business entity like it's really a separate, legal person!

The point is to help you remember that you and your entity are NOT the same person and to make decisions accordingly. If you always remember to treat your business entity like it's a separate person from you (and NOT use your business entity as an alter-ego or a piggy bank), then you will get the benefits the law intends.

I'm always trying to dispel fear, anxiety, and misinformation around the law. This discussion of business entities is part of that strategy. So, let's take some empowered action and start running our healing businesses "like grown ups" by forming and using business entities properly! €

Download Ian Foster's Informed Consent Checklist at:
www.InformedConsentChecklist.com.

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Sacred Nature: Welcoming the Spring

Holly Wilmeth

Stepping slowly out from the dark and cold winter months, from a time of going inward, spring is like a trumpet call announcing the change of scenery on the horizon. Spring coincides with the earth's regeneration and rebirth, after the cycles of decay in the fall and death in the winter have transpired. Persephone is coming back home to meet her mother, Demeter, after months in the underworld. Warmer days, birds slowly migrating back, and new buds sneaking into the upper realms to see if it's time to play, this season brings with it a sense of rebirthing and renewal, the possibility of new beginnings.

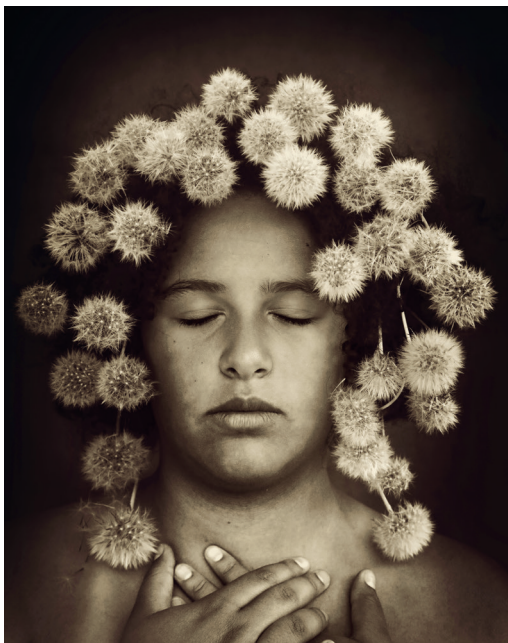
It's a beautiful time of year to clean out all the cobwebs, and extra accumulated stuff we've collected in our nests. A time to clear out our space to allow for some fresh air to revisit our life. It can also be a powerful time for being creative, whether it be trying some new recipes, writing, painting, or going for some walks and noticing what catches our attention. The newness of the season brings with it the energy of a reset and the possibility of welcoming in a new vision for our life. It's still chilly, but the crispness in the air sprinkled with dashes of warm breezes is a sweet reminder that we've made it through the long winter nights - and from here forward the sun will greet us a little bit more every day.

I'm reminded that there is nurturance in the mind,

body, and soul when we tune into the cycles of the earth through her seasons. When we use her seasonal medicine to imbue our life, it not only allows us to strengthen our intuition but feel ourselves part of this earth and held by her. Plants, animals, moon, seasons, all guide our psyche to not only feel connected to this earth, but also in weaving the personal journey of our lives.

When my son was very young, I remember arriving with the flu to the beach around the end of February. I was feeling all the aches and pains in my body and wanting to just go to bed. On the first night there, I got bitten by a spider on the top of my foot, which led to my leg swelling all the way to my knee and me limping about for a few days. Soon after I started having a tooth ache and the pain was so bad that I went to see a dentist wondering if something was wrong. After x-rays proved nothing out of the ordinary, I went home to sit by the pool in the house we were renting. Feverish, with a swollen foot that was starting to blister and ooze, and a toothache that was shooting pain up my eye and down my neck, I was far from enjoying myself.

My 4-year-old was overjoyed and wanted to play all the time. All I wanted to do was hide under the covers. I sat down by the pool and watched a bee land on the spider bite and sting me. With all the pain already shooting through my body it wasn't



something that hurt, but what was extraordinary was that a couple of hours later I started to feel better. My foot wasn't as swollen, my tooth wasn't hurting, and I wasn't feverish and achy. I'm sure there are different ways of looking at this, but I believe the little bee came to help me out and stung me just where I needed some release.

In support of this story, I discovered after doing some research that the pressure points where the spider bit me and then the bee stung me, was in fact a pressure point for releasing congestion in the lungs, chest, and upper back. Call it coincidence, or what you may, I like to think of divine intervention by way of nature giving me a helping hand and nudging me towards healing. A couple of days later I was up and about and back to myself. I share this story, to remind myself that I am an extension of nature, and that she holds such healing wisdom and magic that sometimes can be explained, and other times lies in the mystery of the unknown.

Flower essences are another source of nature's healing wisdom. There are many that may help us transition from the winter to the spring. I'm going to share with you a couple of my favorite: dandelion and passionflower. Both these flowers encourage me to not only move my body after months of hibernation, but remind me to go slowly as the new energy of the season might pull me in several directions.



Dandelions can be used in teas or eaten in salads, and have nourishing vitamins and minerals, including high quantities of vitamins A and C, potassium, and calcium. Dandelions call in the energy of perseverance and help clear and detoxify all that is no longer supportive to you. 'She reminds us that to find the strength to persevere, we must first nourish our body, mind, and soul.' I like to go for a quiet walk and see how many dandelions I can find, and springtime is when they all pop up.

Passionflower is another favorite for this season. As the spring welcomes a new sense of movement into our lives, drinking this tea can be a gentle reminder of nurturing some quiet time and tranquility.

Passionflower is a flower essence that works as a gentle sedative on the body, supporting the nervous system and soothing anxiety, promoting relaxation, rest, and sleep. 'Here is an opportunity to center back into our heart. Breathe deeply and drink in her beauty. Take a moment to invite peace and calm into the deep refuge of your being and give solace to your mind.' €

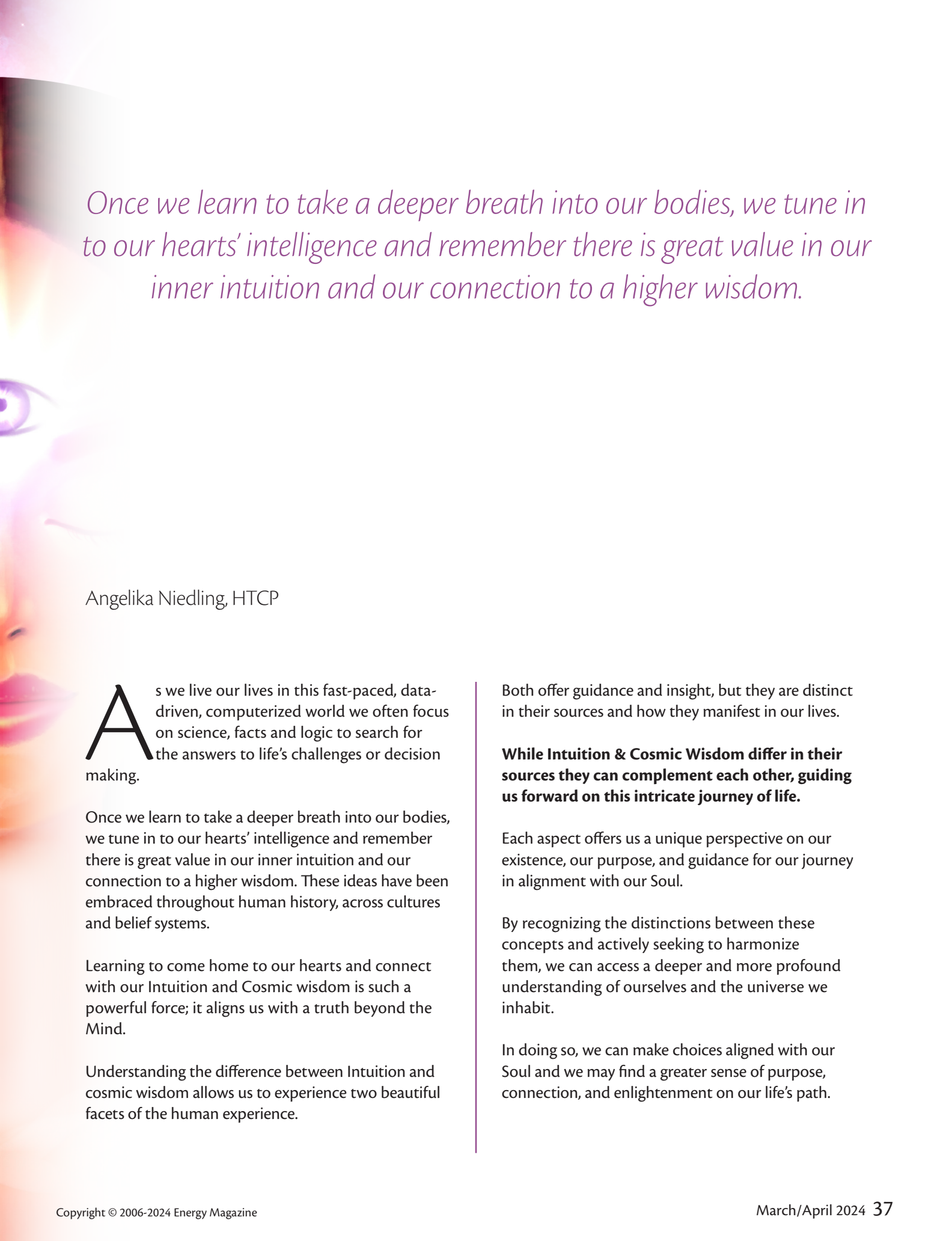
Excerpts from 'Sacred Nature' by Holly Wilmeth and Alison Bastien



Learn more about author Holly Wilmeth, visit www.HollyWilmeth.com

A woman's face is shown in profile on the right side of the image. Her eyes are closed, and a bright, glowing light emanates from her forehead, suggesting a state of deep intuition or spiritual connection. The background is a vibrant, cosmic scene with a purple and blue gradient, filled with numerous bright, multi-pointed stars and swirling, ethereal lines that create a sense of movement and energy. The overall mood is serene and mystical.

Intuitive Embodiment:
Merging Intuition with
Cosmic Wisdom



Once we learn to take a deeper breath into our bodies, we tune in to our hearts' intelligence and remember there is great value in our inner intuition and our connection to a higher wisdom.

Angelika Niedling, HTCP

As we live our lives in this fast-paced, data-driven, computerized world we often focus on science, facts and logic to search for the answers to life's challenges or decision making.

Once we learn to take a deeper breath into our bodies, we tune in to our hearts' intelligence and remember there is great value in our inner intuition and our connection to a higher wisdom. These ideas have been embraced throughout human history, across cultures and belief systems.

Learning to come home to our hearts and connect with our Intuition and Cosmic wisdom is such a powerful force; it aligns us with a truth beyond the Mind.

Understanding the difference between Intuition and cosmic wisdom allows us to experience two beautiful facets of the human experience.

Both offer guidance and insight, but they are distinct in their sources and how they manifest in our lives.

While Intuition & Cosmic Wisdom differ in their sources they can complement each other, guiding us forward on this intricate journey of life.

Each aspect offers us a unique perspective on our existence, our purpose, and guidance for our journey in alignment with our Soul.

By recognizing the distinctions between these concepts and actively seeking to harmonize them, we can access a deeper and more profound understanding of ourselves and the universe we inhabit.

In doing so, we can make choices aligned with our Soul and we may find a greater sense of purpose, connection, and enlightenment on our life's path.



What is Intuition: The Voice Within

Intuition, often referred to as the inner voice, inner knowing, or the heart voice is a deeply personal and intuitive aspect of our consciousness. Intuition is like a “gut feeling” we experience, guiding us through life’s twists and turns.

It originates from our individual life experiences, emotions, and the wisdom accumulated throughout the many lifetimes of our personal journeys. Inner knowing is the silent guidance that whispers to us when we face decisions, challenges, or uncertainties.

The Key Characteristics of Intuition:

1. **Personalized GPS System:** Inner knowing is specific to your life, reflecting your unique experiences and perspectives. It is your own compass for making choices and navigating your life path.
2. **Emotionally Informed:** Intuition is deeply intertwined with your emotions. Gut feelings, hunches, and strong inclinations are all expressions of your inner knowing.
3. **Present in Everyday Life:** Intuition guides you through daily decisions, such as choosing a career path, making personal choices, or assessing the quality of relationships.
4. **Easily Accessible:** Intuition is readily available to you at any time, as it arises from your personal history including ancestral knowledge and all of your past lives.

The Embodiment of Intuition

Embodied intuition is not just about acknowledging our inner knowing; it’s also about **trusting** it. When we learn to trust our intuition, we open ourselves to a wellspring of cosmic wisdom. It can guide us in making life-altering decisions, whether in our personal relationships, careers, or our personal growth.

The relationship between intuition, our physical bodies, and the cosmos is a profound and symbiotic one.

The more we trust our intuition, the more we align ourselves with the cosmic intelligence that surrounds us.

As we navigate life with greater confidence in our inner guidance, we become more attuned to the infinite wisdom of the universe.

What is Cosmic Wisdom: The Universal Intelligence

Cosmic wisdom, on the other hand, is the broader, all-encompassing intelligence that is often perceived as a universal force or consciousness. This wisdom is believed to exist beyond individual experiences, transcending all of time and space.

It encompasses the accumulated knowledge and interconnectedness of all existence, including the wisdom of the cosmos itself.

Understanding The Cosmic Connection

To understand the cosmic wisdom behind embodied intuition, we must acknowledge our connection to the universe. This connection is not merely philosophical; it’s deeply rooted in physics and biology. We are stardust, and the elements that make up our bodies were forged in the heart of massive stars billions of years ago. The cosmic wisdom we seek is a part of us, encoded in our very DNA.

Throughout history, various cultures and spiritual traditions have embraced this cosmic connection. Eastern philosophies like Buddhism and Hinduism recognize that we are part of a universal consciousness. Similarly, indigenous cultures have always revered nature as a source of wisdom and guidance. These beliefs underline the idea that the universe carries knowledge that we can access through intuition.

Key Characteristics of Cosmic Wisdom:

1. **Universal in Scope:** Cosmic wisdom is not limited to an individual's experiences or emotions; it encompasses knowledge and understanding beyond our personal lives from the cosmic realm.
2. **Timeless and Transcendent:** It is considered to be an eternal source of wisdom, existing independently of time and space. It taps into the collective consciousness of humanity and the cosmos.
3. **Spiritual and Philosophical:** Cosmic wisdom often carries a spiritual or philosophical element, connecting us to the larger tapestry of existence and the universe's mysteries.
4. **Inspirational and Enlightening:** It provides insight into deeper questions about the nature of reality, the interconnectedness of all life, and the purpose of our existence.

Merging Intuition and Cosmic Wisdom

While inner knowing and cosmic wisdom have distinct origins and characteristics, they are not mutually exclusive.

In fact, the bridge between these two concepts can offer a powerful and holistic approach to understanding and navigating our lives.

1. **Cultivating Awareness:** To bridge these two realms, start by developing self-awareness. Understand your inner knowing and its source in your personal experiences, emotions, and intuition, and build your trust muscle.
2. **Seek Connection:** Engage in practices that connect you to the broader universe, such as meditation, spending time in nature or connecting with your angels and guides. Connect with the Flower of Life and Sacred Geometry. These activities can help you attune to cosmic wisdom and the Law of One.

3. **Trust the Process:** Trust in both your inner knowing and the cosmic wisdom that flows through your experiences. Balancing these two sources of guidance can lead to a more well-rounded perspective on life.
4. **Reflect and Learn:** Regularly reflect on your experiences and how they align with your inner knowing and cosmic wisdom. Use this reflection as a guide for personal growth and decision-making.
5. **Be Open-Minded:** Stay open to the possibility that both personal and universal wisdom can coexist in your life, enriching your understanding of the world and your role in it.

Embodied intuition is not an esoteric concept, but a practical approach to living a more balanced and fulfilling life. By recognizing our connection to the cosmos and the inherent wisdom within us, we can merge the infinite universe within our daily experiences.

When we embrace our embodied intuition, we embark on a journey of self-discovery, guided by the profound cosmic intelligence that has been with us since the dawn of time. This connection empowers us to make decisions that align with our truest selves and navigate the complex world with confidence and grace. €



Learn more about Angelika Niedling at www.simplyangelika.com



Living by Your Inner Field of
Illumination

*Is this now your time to take the first steps away from the thing which no longer best serves you (or your clients, for that matter)?
Your time to step into a new beginning?*

Kim Chestney

If there is one idea that makes sense of the universe's great mysteries, it is this: there is an invisible field that connects everything in the world to everything else, linking every bit of information in the universe with every other bit of information. For millennia, mystics have been seeking it, and scientists have been theorizing about it. Finally, science is offering empirical evidence that it truly does exist. This discovery is the missing link between the universe and your mind — the seen and unseen realities, the physical and metaphysical worlds. It unites the disparate forces of the universe and brings all life together in shared interconnection. Today, scientists call it the *nonlocal field*.

The term *nonlocal field* is used in both physics and spirituality to describe a theoretical field of energy and consciousness that exists beyond the boundaries

of space and time. It is the universal consciousness that connects all things — the reason a part of you can know everything. This energy-information field invisibly surrounds us and penetrates all aspects of reality inside and out. This medium holds all of creation, coalescing outer space and inner space, connecting all intelligence, and uniting all things big and small no matter how far apart they are in time or space. The nonlocal field is the great information highway of the universe, flowing within and all around you at all times.

The nonlocal field is the universal consciousness that creates, connects, and informs all things.



Imagine that the whole world is interconnected and that there is no real distance between anything. Imagine that, like a worldwide web of consciousness, our individual minds are linked — accessible and touchable to each other in an instant from any place in the world. Imagine the potential of living in ever-present connection with all kinds of quantum information stored in the universe itself. You can do more than imagine this ever-present information-filled field; you can intentionally and meaningfully interact with it. This nonlocal, universal data-bank is the missing piece of life's puzzle that we have always been searching for. And we no longer have to question *whether* it exists, only *how* we can access it.

THE INVISIBLE ENERGY OF BIOFIELDS

The discovery of the nonlocal field is not only revolutionizing the way we think and experience reality, it completely changes the way we understand our bodies, our life force, and the way we physically interact with the world. Since the material world can no longer be understood as a collection of separate objects and things, many forward-thinking scientists are moving toward a new model of understanding the quantum dimension of our physical reality: biofields.

We now know that matter, at its core, is not composed of solid particles but is instead formed by interactions of energetic fields. Something you hold in your hand seems to be separated from you as a function of matter, but actually you and it are separated by electromagnetic energy. Your body is an electrical generator that emits signals and creates your own personal force field. Physicist Jack Fraser explained, "Virtually every single process which is keeping you alive can be traced back to an electric field that some component of your body is creating. You are an electric field — a giant electric field which holds your atoms together, and which uses other electric fields to talk to other bits of yourself." Your biofield is what enables you to exist as a coherent,

individualized entity.

A biofield is a set of interpenetrating fields of information and energy — big and small — and a cell, a plant, a person, and even the earth has a biofield. When we encounter, or entangle with, another biofield, the interactions are coded on the quantum level. They inform us — and potentially heal us — from the deep dimension. Dr. Shamini Jain, a psychologist and researcher at the forefront of biofield study, called the biofield "electromagnetic fields of energy and information that guide our health." Biofields are an essential part of alternative medicine, including acupuncture, Reiki healing, qigong, and other forms of energy medicine.

You are made of fields of energy and information manifesting as a physical body. Recognizing that you are a bioelectromagnetic entity — both biological and electromagnetic — is the key to a holistic understanding of both your body and life force. One cannot exist in this reality without the other because they are energetic manifestations of the same thing. Our vitalizing biofield energy, also known in Eastern spirituality as *prana* or *qi*, is our source of energy — the invisible power source that fuels our existence.

The quantum nature of the biofield, however, transfers more than just energy — it transfers information. Through your biofield, you have the capacity to pick up signals and codes from other biofields, both locally and nonlocally. You can sense other biofields physically and emotionally. You can also download information from specific biofields that are stored as part of the greater quantum field at large. This never-ending microcosmic energy and information exchange makes extraordinary experiences like empathy, psychometry, and even quantum healing possible.



FEELING THE LIFE FORCE

If you pay close attention, you can feel your energetic body — or biofield — as the life force flowing through you. Often experienced in a relaxed state as energy waves, tingling feelings, or vibrations, you can physically sense nonlocal energy and information inter-penetrating and vitalizing your local body. Here are some interesting ways you may notice your biofield activating:

- **Inner wisdom tingle:** When you are tuned in to your quantum intelligence, don't be surprised to notice a tingling feeling on your forehead or a tickle on your nose. This often happens during inspired information sharing in moments when you are downloading from the field. As nonlocal energy connects to your local awareness, it produces an energetic charge that can excite the energy around your third eye area of intuitive knowing, which extends from your forehead to your eyes and nose.
- **Healing hands:** If you have ever practiced Reiki or felt the healing power in your hands, you have most likely felt the biofield held in your palms — an area of the body where you can intentionally release and share your life force energy. When these fields are activated by an intention to heal or share energy with others, you often feel a tingling in your palms. Try holding your hands together, just an inch or two from touching. As you focus on the energy there, can you feel it build with warmth or tingling between your hands? The more you put your attention on it, the stronger the sensation becomes.
- **Body buzz:** When you enter a deep state of relaxation or meditation, you can feel the subtle energies of the field interpenetrating your physical body. You can try this at night when you are lying in bed. As you relax, do you ever feel waves of

energy flowing through your body? Sometimes you might even notice areas of your body buzzing or feeling electrified. You may even sense this in the middle of the night while half-asleep, reminding you of your quantum connection.

SENSING THE ENERGY OF PERSONS, PLACES, AND THINGS

Life with an energy-based body, not unlike life with a physical body, comes with sensitivity. Being physically or energetically sensitive — or both — enables our extrasensory perception. When your body is attuned to the quantum dimension, you may pick up on subtle energies that others do not — and be affected by energies that others are impervious to. This happens naturally whenever your biofield entangles with another biofield, expressing itself as a person, place, or thing.

The part of you that knows everything is aware of the past, present, and future energy stored in each place you go.

One of the most prevalent byproducts of colliding biofields is the experience of intuitive empathy. Due to our field's constant energetic information exchange, we have the capacity to pick up on thoughts and feelings stored in the personal fields of people we encounter. People who are deeply in tune with their quantum nature are naturally more open to this energetic exchange and able to easily pick up data from other fields. Like the legendary Deanna Troi on *Star Trek: The Next Generation*, empathic people have a heightened ability to sense emotions and mindsets because they naturally move into connection — physically, emotionally, and intuitively — with other biofields. You may have noticed your intuitive empathy kick in if you have felt overwhelmed in large groups of people, if you prefer to be in open




spaces, to live in the countryside rather than the city. An oversensitivity to other people's biofields can leave you feeling drained or unbalanced as you are bombarded by other people's energy fluctuations. Biofields store energy and information that often present as intense intuitive feelings or states of mind.

In terms of location energy, imagine that every physical place in the world has an imprint of everything that has happened in its field of existence. If you could see the energy as something visible, might some areas — such as sacred sites or loving homes — be light, bright, and full of uplifting energy, while other areas where discord or traumatic events occurred may feel heavier or less illuminated. It is almost as though we can imagine the field as an interplay of high and low energy pockets based on the data that has been recorded in local material fields. Homes, towns, and even areas in nature all hold their unique energetic imprint. Here are some ways you may have energetically sensed energy in a particular location:

- Feeling a heavy energy after entering a house only to realize the people living there had just had an argument.
- Experiencing an instant, joyful connection to a city the first time you visit, and later meeting the love of your life there. (Remember the field holds the past and the future!)
- Having nightmares during a sleepover at a friend's house, then finding out that their house had once been the scene of a crime.
- Feeling anxious on a walk by the ruins of an old factory, then learning that a worker's strike had happened there once, and several people were injured.
- Being overwhelmed by a blissful connection to nature or a natural wonder that was a sacred site for ancient peoples.

Impressions from biofields can show up as feelings — like joy, sadness, love, or anxiety — that, like all information from the field, arrive from apparently nowhere. With biofield empathy, you often have a strong feeling and have no idea why. Suddenly, you may feel great, or maybe not so great, and there may be no apparent reason why. Real understanding of the situation might arise only when hidden information in the field comes to light.

Place-based biofields can have practical applications as well. Our ancestors found a way to work with the subtle vibrational intelligence of earth energies when they created dowsing rods to locate underground water sources, oil, gemstones, and other hidden treasures. This practice has been a source of controversy in agriculture and industry for years since, without the understanding of the quantum field, it seems impossible. Here's how it works: dowsers hold a forked stick, rod, or pendulum in their hands and wait for a motion signal that directs them to the location of what they are seeking. Somehow, magically, at just the right time, the dowsing rods begin to move seemingly on their own. Or, rather, some might say that *the part of the dowser that knows everything* activated the rods at just the right moment. Samuel Hamilton, the insightful patriarch and water wizard of John Steinbeck's *East of Eden*, calls his dowsing rod his "magic wand" and explains our all-knowing nature: "Maybe I know where the water is, feel it in my skin. Some people have a gift in this direction or that. Suppose — well, call it humility, or a deep disbelief in myself, forced me to do a magic to bring up to the surface the thing I know anyway." 



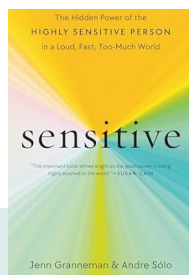
Learn more about Kim Chestney by visiting www.intuition-lab.com.

Soulful Reads

with Allison Bruce



Dear Readers, I hope these three books support your powerful and wise intuition. If you enjoy the suggested reading, or have already read the choices, and want to share your reflections, please email me at allison@flourishintegralhealth.com. Joyful reading to you!



1. Sensitive: The Hidden Power of the Highly Sensitive Person in a Loud, Fast, Too-Much World

By Jenn Granneman & Andre Sóló

"What matters is having the guts to ask yourself what you really want from life, and then stepping towards your dreams with trust and courage."

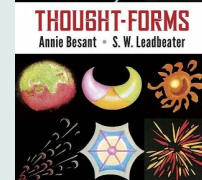
Sensitive: The Hidden Power of the Highly Sensitive Person in a Loud, Fast, Too-Much World written by Jenn Granneman & Andre Sóló and published by Harmony Books is the reading selected at Garden District Books in New Orleans on my July bookstore tour. If you enjoyed *Quiet*, a classic staple suggestion from last year, you will enjoy this book too. What *Quiet* does for the trait of introversion, *Sensitive* does for the highly sensitive personality. Some things you will learn in the first half of the book include the traits, such as the "five mighty gifts" and the overstimulation cost. The second half is about supporting a sensitive person to thrive and retain the mindset that being sensitive is the opposite of being weak. It is a valuable strength; a superpower.

"Sensitive people don't just take in more information; they do more with it."



2. Thought Forms

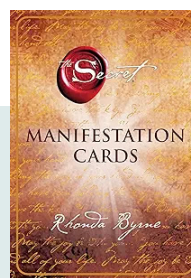
By Annie Besant & C.W. Leadbeater



"It is well for us ever to bear in mind that there is a hidden side to life - that each act and word and thought has its consequences in the unseen world which is always so near to us, and that usually these unseen results are of infinitely greater importance than those which are visible to all upon the physical plane."

Thought Forms by Annie Besant & C.W. Leadbeater and published by Dover was the book described as most representative of the Spiral Staircase, my final bookstore stop on the tour in Topanga, CA. This book is delightful. It includes a teaching on three classes of thought forms and a variety of thought forms qualities in illustrated color. For example, you can see what affection, devotion, and sympathy resemble. After reading this short 100 page book, I felt better able to withhold negative thinking. Some of the art is reminiscent of the mystic Swedish painter, Hilma af Klint. The book concludes with three musical range drawings.

"It is thus evident that every man who thinks along high lines is doing missionary work, even though he may be entirely unconscious of it."



3. The Secret Manifestation Cards

By Rhonda Byrne

"Count your blessings... Make it a daily habit to sit down and write out ten blessings. If you never did anything else, this one practice would transform your life."

The Secret Manifestation Cards from Rhonda Byrne, author of *The Secret*, and published by Beyond Words are wonderful. There are sixty-five cards in the deck. Each card includes a teaching from *The Secret*. The cards were created to inspire you, uplift you, and keep you focused on using the Law of Attraction for your dreams. The first card I pulled was shortly after a client energy session and the message matched the session outcome. I took a picture to show the client and in the photograph I could see the outline of wings and a heart. One of the next cards I pulled after waking up in my sleep with inflammation in my chest area was also on point. Rhonda and I did a Q&A as well; be sure to check it out [here!](#)

"Before you think another thought... Every thought will manifest unless you cancel it out with an opposing thought." - Lester Levenson €



Emotional Spring Cleaning

Clear Away Old Patterns and Open the
Door to New Beginnings with a
Systemic Approach to Transformation

Spring cleaning is more than an annual household event. It's an internal happening as well. As nature awakens, something stirs in us. We feel a twinge of creativity, a flutter of potential, signaling new growth and a calling to new adventures.

Judy Wilkins-Smith

Spring is an exciting time of year. Trees and gardens sprout new growth. Students catch spring fever and play hooky. The rest of us go into a frenzy of spring cleaning. Like our parents, grandparents, and great-grandparents before us, we clear out closets, pack winter clothes away, clean windows and contemplate the garage. We get the "itch" to do home improvement. At the very least we buy some flowers to bring a bit of color back into our lives.

But spring cleaning is more than an annual household event. It's an internal happening as well. As nature awakens, something stirs in us. We feel a twinge of creativity, a flutter of potential, signaling new growth and a calling to new adventures. We feel deep stirrings. But do we always act on them? Do we pursue these inner urgings to change? More often than not, we don't. And more often than not we

don't even know why.

I remember Louise, a client who came to me soon after she had gotten her real estate sales license. Despite the beautiful spring day, she was dressed somberly in gray slacks and a black jacket. For years she'd worked quietly as a clerk in her county's administrative offices until she discovered she had a love for houses, a flare for sales, and an easy ability to work with people. She was excited about her new career. But she felt intimidated by her female associates, all of whom dressed in an upscale manner and drove late model cars. "I bought a few new clothes," she gestured to her uninspiring outfit. "And I know I should get a newer car. But it all feels wrong. I'm freaking out and I don't know why. It's just so stupid!"

It's not like she came from a poor background. An



only child from a solid middle class family, she'd gone to good schools and had never wanted for anything... except, as it turned out, anything fashionable or colorful. Her mother, a nurse whom she desperately admired, never wore makeup. She had shopped for drab, unfashionable clothes for herself and Louise at bargain basements and Goodwill. Even Louise's bike, which she rode to school for years, was old and ugly when she got it. "I remember when I was twelve I wanted a bright red bike with a white basket for Christmas." She sighed unhappily. "I got a boy's used brown Schwinn."

When Louise told me she couldn't remember her mother's mother wearing anything but black or dark brown, it became obvious there was a family pattern of the women being extremely modest and self-effacing. As we drilled down, a light bulb finally went off for Louise. "Oh, my God!" she exclaimed. "I remember there was a picture of Grandma taken in Paris right before World War II. She had pink cheeks and was wearing this beautiful pink dress with a pink bow in her hair and she looked so happy."

"What happened to her?" I asked.

Louise blushed and ducked her head. "I forgot because it was never talked about. But she was raped by a German soldier. My mom was born nine months later and after the war the family moved here to America."

And there it was. All of her life Louise had lived in the shadow of that rape. Driven by concern for her safety, her grandmother had taught her daughter to never call attention to herself by wearing colorful things—to never look pretty or make a statement with her cars, clothes or makeup. Louise's mother, in unconscious loyalty to her mother, raised Louise the same way. Now Louise, following this pattern of loyalty to her own mother, was doing the same thing. Almost 70 years after the fateful rape of her grandmother, she was dressing like a church mouse, torturing herself with anxiety over buying new clothes, upscaling her image and investing in a new car.

Once she saw the pattern and understood the unconscious ancestral program that was limiting her, Louise was able to make changes. She realized her fear wasn't hers. She also realized it was okay to make other choices and that in doing so she would not be disrespecting her mother—something that was very important to her. The last time I saw her she was still dressed conservatively, but smartly, wearing a little makeup and a big smile as she proudly showed off her new car—a deep burgundy sedan. "It's not exactly red," she said. "But I'm getting there!"

INTERNAL SPRING CLEANING TIPS

So, what excites you this spring? What inner prompting for change is stirring? Does a new job beckon? A new hobby? A new relationship? A new step in your finances? A new fashion look? Give yourself permission to explore possibilities and let yourself get excited about them. Just this act, in itself, is a gift. And if you need an excuse to cut loose from some of the old habits and constraints of your normal family ways of doing things, blame it on spring!

Once you settle on one particular change, explore your emotions. What feelings come up when you imagine yourself doing this new thing? Are they positive? Negative? Don't judge. Just take note and jot all your feelings down.

Let's say the idea of a new love relationship excites you, but misgivings show up. Maybe it even scares you. Explore relationship patterns in your family system to see if this fear even belongs to you. As we saw with Louise, emotional patterns take root and travel through the generations. You may well have inherited your fear from a parent or sibling or even an earlier ancestor who got badly burned in a love affair. Take note of the way you're thinking. Do certain negative thoughts predominate? "I'm not attractive enough to find a great love. Good relationships don't happen in our family. I'm not deserving enough." Or how about, "Love is overrated." Or "Love makes you weak."



Just like emotions, thought patterns, words and sayings—something called systemic sentences—travel through the family line. We end up thinking and saying things automatically, never realizing these thoughts don't really belong to us. Louise had some real zingers running through her head. "People who need attention are just begging for trouble," was one systemic sentence. Another was "Just keep your head down, don't ask for much, and things will work out fine." How could she possibly stand out and shine in a sales profession with thoughts like that running the show?

So, get a broom and sweep those old dusty thoughts from your focus. Acknowledge and thank the old patterns for the wisdom they have provided, then put

them down and create new thoughts and feelings you can believe in deeply to replace them. Grab a cloth and polish the windows to your soul. Stand in front of a mirror, look yourself in the eye and tell yourself it's not just okay to have a new love—or a new car or a new job or a new puppy—in your life. It's your destiny. After all, it's just a part of spring cleaning. €



Learn more about author Judy Wilkins-Smith at <https://judywilkins-smith.com>.

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Working Models of Embodied Intuition

Lori Chortkoff Hops, Ph.D., DCEP

“Intuition will tell the thinking mind where to look next.”
– Jonas Salk - Medical Researcher

“What I want to tell people is, you have to believe your gut. You have to find answers from what your gut is telling you. I always work with intuition.”
– Dominique Crenn - Three Time Michelin Star Chef

Many groundbreaking scientific contributions trace their origin stories to moments of inspired intuition, such as Einstein’s famous imagined ride on a beam of light, allowing him to envision his special relativity theory. Derived from Latin “intueri,” to look inside, intuition is an immediate knowing without conscious reasoning, ideally providing elegance, simplicity and inspiration to enhance daily life. Serving as protection against harm and danger, a means of reaching creative potential, and self-expression, intuition can assist

human activity. Intuition aids decision making in daily life from choosing a mate, to finding purpose, inspiring works of art, design, healing, innovation and more. Packets of information, which appear holistically complete are transmitted rapidly to mind, body, heart and soul. Recipients slowly unpack the comprehensive intuitively derived data, discovering the mysteries inside the messages, translating them into physical reality to be shared with the world (Hops, 2016). Dreams, images, and elaborate concepts have been informed by intuition in fields as diverse as chemistry, aviation, and healing modalities.

HEALING ARTS PRACTITIONERS AND INTUITION

Healing arts practitioners often use intuition in consort with other ways of knowing to guide their work with clients. Diverse and unconventional personal subjective experiences such as thought

transfer, precognitive dreams, remote awareness, and synchronicity are found in clinical intuition literature dating back to the time of Freud through to contemporary psychological discourse.

Though not always corroborated by others, and subject to the same flawed and/or accurate results as other ways of knowing, intuitive communication can be a handy companion in the consultation space. Intuition's wisdom can inform logical, sequential cognitive processes at pivotal junctures in the healing relationship: when forming hypotheses about reasons for problems, uncovering hidden dynamics which sustain current functioning, selecting the right match from an array of effective treatments, or discovering useful methods to eradicate stubborn blocks and challenges. The practitioner stays attuned to their own internal guidance, using themselves as a barometer for subtle communication. Many theories have been offered to explain how intuition works in the mind, brain and body.

INTUITION'S MYSTERIOUS COMMUNICATION

Though stories of intuitive accuracy or "hits" appear across cultures and throughout recorded history, only recently have scientists discovered patterns in the human body's processes and functions which shift when intuition strikes. Theory and empirical research have expanded their scope in the past forty years, moving from a world of intuition based solely on cognition and the brain, to an embodied multilayered meta communication of brain, mind, heart and body.

Intuitive communication beyond the confines of the body into distant space, as well as between species are also investigated. One striking example is the reaction of planarian worms typically accustomed to the dark, and placed within a dark chamber. They moved more rapidly away from a bright light shining at either end of the chamber, but remained relatively still when no light was present. Compared to randomly selected control conditions, when no light was introduced, worms in the experimental

condition had initiated movement away from the light, before the light turned on. This only happened, however, when a human turned on the light, rather than a computer. More astounding was the worms began moving seconds before the random choice of human or computer was made to turn on the light (Alvarez, 2018). There are various theories about how seemingly mysterious intuitive processes occur within and among living beings.

THEORIES OF INTUITION IN THE BRAIN, NERVOUS SYSTEM, HEART AND BODY

In the healing relationship between a practitioner and client, clinical intuition is believed to be processed internally in the brain and in the shared intersubjective space between minds of both parties. Furthermore, intuition is based upon implicit knowledge which is processed rapidly, and developed through lived experience outside of conscious awareness, predominating in the right brain (Schore, 2014). Intuitive communication may stem from the subcortical-cortical vertical axis of the therapists and client's right brain, including the right amygdala, right insula, and right anterior cingulate to the right orbitofrontal system. Heightened ability to detect interoception, or conscious and semi-conscious awareness of the nervous system's processing of body signals, may be related to enhanced clinical intuition. Left brain language skills are not at the center of intuitive communication, explaining the common experience of difficulty putting words to intuitive experiences, befuddling logical reasoning.

Moving outside the confines of the brain, Steven Porges (2007) describes the vagus nerve which provides afferent (from body to brain) neural pathways of communication, often residing in the unconscious, such as maintaining body homeostasis. Intuition awareness in this model, is based upon feeling states registering in the gut, heart and head. It is characterized by sudden recognition, emergent awareness, and/or nonverbal insight. It is a right brain, bottom-up (body to brain), implicit embodied mode of information. It also interacts with the enteric



nervous system which is located in the gut, and evolved before the spinal cord and central nervous system. Called the second brain, it can operate alongside parasympathetic and sympathetic nervous systems, or independently from them.

Critchley's (2015) theory about intuition focuses on heart-based viscerosensory signals. Subtle communication from the body's neural circuits signals limbic structures and eventually frontal lobes of the cranial brain. Afferent nerves enter the brain at the medulla and are involved with perception, decision making as well as other cognitive processes. Autonomic afferent systems are engaged via the intrinsic cardiac neural plexus at the base of the heart. The heart in turn communicates with thoracic, abdominal and pelvic plexus, called a "heart brain." This complex, multilayered system of heart brain learns independently, has its own memories, and can feel and sense information.

A whole-body model of intuition is described by Damasio's somatic marker theory (1999) proposing meta-representations of bodily states, including gut feelings and heart intelligence. A wide range of emotions from the body become accessible to consciousness, and inform decision making. Older theories of intuition separated and compared a broad based rapid and unconscious "System 1" processes of bodily sensorimotor and emotional experiences from the neck down, versus a narrow, slower and conscious "System 2" or head-brain cognitive and logical processing from the neck up. Somatic marker theory suggests System 1 and System 2 are simultaneously active and inform one another. There is reciprocal communication between affective and sensorimotor neural regions, blurring boundaries amongst perception, action and cognition.

Marks-Tarlow's (2014) work from psychodynamic, developmental and neurobiological perspectives recognizes body awareness of intuition as an aspect of attunement to the autonomic nervous system, limbic structures such as the insula which reads internal body states, and the gut. Having over one hundred million

nerves that conduct messages through the spinal cord through all of the major neurotransmitters, gut feelings with intuition connect to the amygdala, which processes and interprets danger and safety, and is functional at birth. The anterior cingulate and insula by four months of age orient to attachment and social conflict. By one year of age, conscious self-awareness develops in the orbital frontal cortex and other prefrontal areas which communicate with the limbic circuitry. All of these processes contribute to intuitive communication within the person and amongst dyads and groups.

Marks-Tarlow proposes that effective intuitive clinical work should shift awareness back and forth, between the right and left hemispheres of the brain, including the focused, linear, detailed skills of the left brain, as well as the global, somatic, intuitive skills of the right brain. Embodied clinical intuition thus, is non-linear, requiring tolerance for non-knowing, ambiguity, and contradiction.

FUTURE THEORIES AND POSSIBILITIES


As the focus of embodied intuition aligns theory with empirical findings within the body proper, and as technology is able to measure elusive aspects of subtle communication, the next wave of understanding will emerge. New discoveries may extend beyond the body proper, encompassing the electromagnetic fields around the body, projection of consciousness at a distance, communication with animals, plants and other life forms on the planet, beneath its surface, and beyond its atmosphere. For instance, Shapiro (2019) outlines a transpersonal science model of consciousness at the intersection of analytic, experiential and extraordinary ways of knowledge. Drawing upon local and nonlocal sources of information, transpersonal science allows for mystical and other intuitive pathways as part of human experience. Just as underground miners develop keen intuition of sound, movement, temperature and other forces to establish safety and to direct their activity, so humans above ground can tune into expanded multidimensional awareness to capture information.



Being both receptors and transmitters of physical and subtle information, human awareness bridges realities across time, space and concept. It is said we are limited only by our beliefs. As embodied intuition's scholarship grows, we may create reliable ways to reach inside our guts, hearts, bodies and minds, linking consciousness around the planet, and streaming across the vastness of space and time to touch the stars. ☺

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RESEARCH CORNER
Creating Authentic Research
in Energy Based Therapies

Jeannette Nienaber

Authentic – genuine; being actually and exactly what is claimed, having an origin supported by unquestionable evidence, bona fide

Most practitioners and advocates of energy based therapies would love to see greater utilization of complementary therapies throughout all levels of healthcare and society in general. Acceptance of these therapies however, is closely tied to perceptions around the research supporting such therapies and their authenticity.

To begin with, effective utilization of energy based therapies requires one to embrace a holistic perspective of human beings. Such a perspective includes mainstream Anatomy and Physiology as well as, the multidimensional interactions of the Human Biofield and Energy Anatomy. Integrating such therapies requires a profound conceptual change amongst the physical, emotional, mental, and spiritual aspects of being human by all those concerned.


As we change our perspective, our models of how things work also need revision. This in turn calls for changes in our experimental designs. Changes which accommodate a broad range of the illusive but crucial components of subtle energies yet provide clear details of why and how the therapy was performed.

Systematic reviews of clinical trials which include Biofield Therapies such as Qigong, Healing Touch, Reiki, and Therapeutic Touch, often conclude that insufficient and/or inconsistent reporting of how the trials were performed undermine the authenticity of the research. Without a rigorous approach regarding the descriptions of trial design and clear details of how the therapy was performed, attempts at replication of the experiment by other researchers are likely to be compromised. Hence, any conclusions regarding the validity of the experiment are weak and healthcare decision-making to implement such a therapy is put on hold.

Obviously, descriptions of a trial design will vary with

the intervention performed. For example, in an experiment studying Reiki, the details required are quite different from those needed to describe the needling procedure for an acupuncture trial. Such variability has led Richard Hammerschlag et al to itemize a range of intervention-specific details for research into integrative healthcare practices including herbal therapy, Homeopathy, Acupuncture and Yoga.

The full paper is titled “Biofield Therapies: Guidelines for Reporting Clinical Trials,” by Richard Hammerschlag, Meredith Sprengel, and Ann Linda Baldwin. It is scheduled for multi-journal publication (following the precedent set for similar guidance documents) in January 2024, in four integrative health journals: Complementary Therapies in Medicine, EXPLORE – The Journal of Science and Healing, Global Advances in Integrative Health and Medicine, and Journal of Integrative and Complementary Medicine. It will also be available, after publication, via the CHI website.

Additionally, further discussion about Research in Energy Medicine can be found in previous issues of Energy Magazine. The July/August 2022 issue includes Research Points for Healing Touch Efficacy Studies and the July/August 2023 issue includes a report on The Use of Healing Touch in the Treatment of Cancer. Both of the Energy Magazine articles were co-authored by Norm Morrow, Deborah Poelker and Jeannette Nienaber who are all members of the Research Grant Committee for the Healing Touch Worldwide Foundation (HTWF). Part of the HTWF mandate is to provide funding for rigorous research that embraces holistic health and is critical for the full, authentic integration of energy based therapies into mainstream medicine. 

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Whispers of Wisdom – The Safe Way to Use Your Inner Voice

Sponsored by the Energy Medicine Professional Association

Julie Bartrum

“Intuition is a natural by-product of flowering of a mature self-esteem and a sense of empowerment – not power over, but power to be.” – Caroline Myss

Talk of intuition surrounds the energy medicine and holistic healing professional community. All of our industry leaders teach, speak, and write about how to develop intuition, how to become more intuitive - and how to heighten and expand our senses to see and hear what the energy biofield is ready to tell us.

We’re reminded that everyone has intuition, so we can all learn to listen better and more deeply - and use it as an integral part of our healing services with our clients.

“Intuition is something all of us have all been given.”
– Echo Bodine

As we grow and reach new levels of awareness, we

may not realize that along with the additional information we are receiving comes additional risk for our business. And while our inner voice whispers new wisdom to us, there can be filters we need to put in place before we share the information with our clients.

Let me share a couple of situations that happened to practitioners I know. These are situations that could easily happen to any of us – but let’s see what happened to Susan, first.

ENTHUSIASM

“I am clairvoyant and empathic, yet I was not born psychic – I was born curious.” – Penney Peirce

The desire to learn, grow our practice, and offer more help to our clients is an inherent part of a holistic healer! As our intuition becomes more powerful – it’s wonderful to have additional information to share – but sometimes our enthusiasm might get away from

us! Has something like this ever happened to you?

Susan Discovers New Intuitive Abilities

Susan had only been practicing for about two years, and she had a client who had been complaining about how they felt for weeks. Susan was frustrated that she was not getting clear answers about what the source might be. After a new masterclass during which she worked to enhance her intuitive skills, she was thrilled and excited to pinpoint the problem and deliver the news – and blurted out “I know what’s wrong – you have diabetes!”

Susan was naturally sorry her client was suffering, yet so excited about getting the information, that she didn’t think it was really a big deal that she said something. At least now the client was aware of the problem and they could go to the doctor for treatment, right?

Oops. Maybe not so simple.

- Susan just diagnosed a client with an illness and was at risk of losing her business for practicing medicine without a license. The dominion of mainstream medicine includes anyone who claims to “treat, heal, cure, diagnose, prevent illness, or prescribe medication.”
- What do you think her client might have said when the doctor asked them why they believed they were diabetic? Worse, what might the doctor say or do about Susan telling the client they were diabetic?
- Even if Susan was right (and we know you – as a professional practitioner - do see these patterns) that information is best filtered before delivering to a client. It’s not within our scope of practice to put something into the mind of a client in the form of a medical diagnosis. In addition to being in the line of fire from the medical board, you could also be guilty of negligence for knowing they were ill and not properly referring them to a healthcare provider. Or, what if you’re wrong? You’ve stepped outside your scope of practice, and liability insurance doesn’t cover willful misrepresentation.

Susan realized her mistake and talked with her client,

explaining that she was not a doctor and could not diagnose, she was just concerned by the pattern she saw, clarified that everyone was different, and asked her client to check with her doctor. Fortunately, neither the client nor the doctor accused her of misconduct. She made a mistake and did not willfully misrepresent herself as practicing medicine.

“I believe in intuitions...I sometimes feel that I am right. I do not know that I am.” – Albert Einstein

So, what do you do? Validate and check your information as you follow the energy. File it in your mind as something to watch – and ask your client gentle leading questions that might get them to offer information that can lead them to understand they need to check with their physician.

Because we are working with people, we are under scrutiny of - and in a complex relationship with - mainstream healthcare. Our intuitive skills may provide us with specific health information about our client that we are convinced is correct – but we can’t write or say it without liability risk. Rather than try to battle these barriers, we can use our healing nature to find other ways to communicate and provide the help our clients need.

TOO MUCH INFORMATION!!

“You must train your intuition – you must trust the small voice inside you that tells you exactly what to say, what to decide.” – Ingrid Bergman

Powerful intuitiveness can also lead to a deluge of information that needs sorting out. Sarah has been practicing holistic healing for years, and her intuition has become highly attuned. But, as she told me, even an experienced practitioner can be surprised....

Sarah’s Intuition Delivers Overwhelming Information

Sarah trained in multiple modalities, and she found that as she added to her skills, her intuition became more and more enhanced. After working with a client for several weeks, she was surprised when she started to receive a multitude of confusing images and messages...trouble at work, trauma from childhood, an energy blockage, a friend with cancer? Even though very experienced, Sarah was



There Might Be a Surprise in the Future of Your Referrals

a bit overwhelmed by so many messages and she started to ask her client to explain what she was seeing - but something made her pause...and I was so glad she did.

Letting your client know that you are receiving so much diverse information clearly demonstrates your intuition, and you want them to know you are a highly skilled practitioner – so why pause?

- Clients may be coming to you for specific energy healing and not be open to sharing or discussing personal or work trauma. And if we seem to be offering any type of therapy related to mental or emotional issues, again we are out of our scope of practice. This is another area best handled by questions of concern, such as “How’s work?” or “Are you spending time with friends?” – let the client clarify the information as part of your validation.
- Receiving information about people closely attached to your client is an issue of confidentiality. It’s best not to share that information at all. You aren’t working with the other person, and you don’t have their permission to share. While confidentiality is more an ethical question - what you might say about your client’s friend and their issues can be outside your scope of practice. So, saying nothing might be the best safe practice.
- Getting a lot of information can be hard on the practitioner, too. Remember your self-care and keep your boundaries intact. Don’t entangle with your client’s energy or carry their problems with you. Don’t use your energy, stay within the field of clearing their energy. This helps you maintain a clean connection.


Sarah was right to stop, think, and filter what she was receiving. She told me later that a few casual questions she asked her client about how things were going in life and at work gave her a lot of insight into what was happening. It also helped her relax, keep her own energy clear, and make notes on what to watch for in the future.

“Without experienced training in accessing your intuition, you may struggle to stay safe and grounded within your intuitive knowings, leaving you vulnerable to feeling overwhelmed or unprotected.”
– Prune Harris, Eden Energy Medicine

For everyone, having a lot of information has advantages and drawbacks; are we able to process it or do we become a little overconfident? As your intuition becomes more enhanced, you may need to practice additional modalities to validate and build trust in your senses. And even though it sounds a little counterintuitive – there may be times to ignore your instincts and NOT say something. Instead, prompt your client to volunteer more information. Experts in psychology tell us that the flaw with intuition is that it’s not good at picking up flaws in the evidence.

As you demonstrate your intuitive skills, continue to demonstrate your professionalism. Keep your insurance up to date, stay within your scope of practice, and maintain client agreements and session notes. Remember a doctor can ask to see your session notes, so be as aware of problematic medical language in your notes as you are when you speak. With new levels of information, you also may need to expand your referral network to include specialists for things like lifestyle illnesses or areas where you may have developed an intuitive focus.

“Transform reason into ordered intuition; let all thyself be light. This is thy goal!” – Sri Aurobindo

Powerful intuitive skills are truly a gift for energy medicine and holistic healers, and we want you to shine that brilliant light everywhere. By keeping these safe practices in mind, you will be able to continue to grow, practice with confidence, and share your love, light, and energy! 



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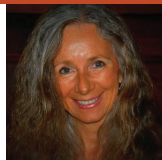
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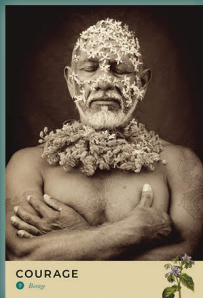
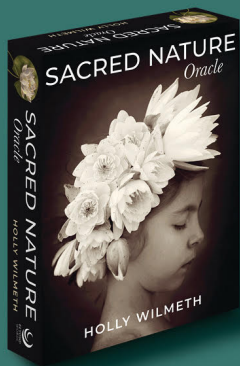
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