

HTET

Healing Touch East Tennessee



Volume 5 Issue1

April 2010

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Message from the Editor:

Welcome to the first edition on the HTET Newsletter that I have produced. I want to apologize to our membership for this coming out late. From the experience of editing this, I can promise it will be easier to get out regular, timely news to everyone from now on!

I invite everyone to contribute information, articles about your personal practice and healing experiences, community events, or anything that you think inspires and strengthens the HTET community. Please send your articles or ideas to Marcia.Aspen@att.net, and I will include it in the news letter. My thanks go out to those of you that sent this edition's contributions.

I would like to offer the good news that the reason for this edition being late is that I am learning to manage my time including two new profound Healing Touch opportunities.

We are making headway into conventional medical institutions. Many of us were inspired to hear about the use of HT in Mission Hospital in Asheville, NC as a part of their Integrative Health Department. Because Healing Touch is a Joint Commission approved energy healing modality, it is easy to incorporate into institutional settings.

Along with a private practice at the Aspen Health & Healing Center, the private inpatient facility I have worked in for almost a year recently created a position for me to work with clients exclusively as a Integrative Holistic Health Nurse. My primary duty is to provide Healing Touch. I believe we are at the point where true healing will dramatically increase in the marketplace. All the years of dedication by the founders and current members of this organization is resulting in skilled educators and practitioners that are being welcomed into the western medical community at an increasing rate. A very exciting time!
Marcia Childress, RN

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HTET Up-coming Events

Earth Fest is April 17 from 10-5. This has been a very successful event for us in the past. **Any volunteers?** It is at Pellissippi State CC. Set up must be completed by 9:30. We need volunteers to help set up, man the booth and take down. Please contact Linda Sharp at 865-660-4832 if you can help.

HTET Meeting in April is Thursday, **April 29** from 6-8:30 pm. At Good Samaritan Episcopal Church on Cedar Bluff—past Dunkin Doughnut **Ellen Hitchcock** will present the **Art of Forgiveness**. **Please bring friends!** The meeting is open to all.

HTET board meeting is scheduled for May 27th.

HTET NEWS

The **Holiday Party** was a great success! Mary and Eldon did a beautiful job setting up, arranging everything and making it a happening! Many THANKS! We couldn't make it without YOU! Everyone brought great gifts to add to the fund raiser for HTET. Food was fantastic and much fun was had! Marty collected \$655 in donations and new & renewed memberships!

The **Healthy Living Expo** in January had inclement weather issues. The HTET booth was "womaned" on Saturday and was not staffed on Sunday. Thanks to those who did work! They indicated that although small the turnout expressed great interest in our work. Remember HTET received the booth for free because of the full page ad in the Natural Awakenings Magazine Directory.

The **February Meeting** had a tremendous turnout for Chriss Lackey's Transformational Breathing presentation --Thank you Chriss!

Congratulations to Lisa Johnson, RN!!

She just received certification as a Healing Touch Practitioner!

Congratulations to Mary Roberts, RN!

She was just pinned as a Healing Touch Spiritual Ministry Practitioner!

Opportunity! Study Bach & Flower Remedies

A 15 hour 'hands on' **Bach & Flower Remedies** workshop will be given Sunday, April 18 and Sunday April 25 from 9 to 5 in Lenoir City (near I-40/75).

The Remedies are from non-poisonous flowers which balance the emotional and spiritual aspects of a person so illnesses and stress disappear "like snow in the sunshine."

The \$120 tuition covers text, Certificate and CEU credits. The presenter is Joyce Petrak, DCH who has taught hundreds how to be practitioners. For info about this fun filled class, call 865-988-3211.

Knox/Blount County

March of Dimes Fundraiser

Teresa Lamb has organized HTET's support for the March of Dimes Campaign. Two ways to contribute is to attend one or both of these events:

The 2010 March for Babies for Knox and Blount counties will be held Saturday, April 24th at the Cove at Concord Park. Registration will start at 8:00 am and the walk will begin at 9:00 am.

Bank day will be held on Thursday April 22nd from 9:00 until 3:00 at

UT Federal Credit Union's main branch, 2100 White Ave. Please contact Laurel at lroberts@marchofdimes.com or 865-694-6003

if you need more information.

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April 11 - Spring Festival Open House!

Aspen Health & Healing Center at 119 Central Avenue in Oak Ridge offers all classes and services free on Sunday, April 11 from Noon to 6 PM.

Yoga, Nia, Tai Chi, and Qigong classes will run continuously in the movement studio. Massage, healing Touch and other energy healing practices will be provided also. Workshop instructors ranging from EFT to Angle guidance will be on-sight to discuss their classes. And a Holistic Nutritionist will answer all your personal questions during free ten minute consultations.

Food and live music will be provided. This is a great time to come see Aspen for yourself, or to bring friends or family that you have wanted to introduce to alternative and complimentary health care.

AspenHealthNow.com or 865.230.7000 for more information.

May Migun Events

MEDICAL INTUITIVE TRAINING: May 15-16, 10-6 Medical Intuitive Training Level I. Instructor: Kim Seer. Registration is at 9:30 on Saturday. \$375.

Learn proven techniques on how to see into the physical body and its systems with incredible accuracy. Advance your healing work to a higher level. This training blends well with all modalities. No prior experience necessary.

Raindrop Technique Certification Course: Saturday, May 22, Taught by Kate Petree LMT. 9-6 pm. Registration at 8:30 am. \$245 (includes the Raindrop Oil Kit). The Raindrop Technique blends 9 highly therapeutic essential oils into the massage session. Many health benefits are experienced from this treatment.

HTSM 101 and 102 will be taught on May 23 and 24 by Kate Petree.

More information about all these events is available at: Migun TN, Farragut. 865-755-0778 or Teresa@MigunTN.com

Using Color Therapy

Color therapy or chromatherapy has many forms that practitioners can use on themselves or clients. Almost anything that produces color can affect the biofield of the body. The light frequencies of the colors penetrate the field and "re-color" it. A few examples of color therapy are colored baths, eye glasses, drinks, breath, visualizations, fabrics, and projection of light through colored filters. There are some treatments which use the combination of the essence of the item and color, such as Aura Soma and crystals. Ayurveda and Chinese Medicine have their own uses of color therapy which differs somewhat from the Chakra color based system. There has been some discussion on whether visualization actually produces the colors desired or just yellow from the mental layer and solar plexus chakra. There are quite a few color visualization meditations available on Youtube.

Natural fabrics placed on or near the body can help open chakras and make a difference in the field. Synthetic fabrics don't seem to have the same effect. When fabrics are selected they should be cleared and intentions set before and after use. When a particular chakra is sluggish or still, fabric of the corresponding color of the chakra can help "open" or energize that chakra. Different systems of thought vary on the number of chakras and the upper chakras color so readers may want to follow the theory that they were trained to use. This use of color to change chakras can be experimented with by finding natural fiber (cotton, silk, hemp, rayon, wool) swatches or pieces of clothing that are of one color. Measure the chakra's spin with your favorite measuring technique. Lay the piece of fabric on the chakra of the corresponding color. Wait 10 minutes. Take it off then measure that chakra. Replace the

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fabric on that chakra and wait another 10 minutes and recheck that chakra's spin. If there is no change then try the complementary color on the chakra for 10 minutes. Recheck the spin of the chakra. If you use the complementary color, always finish with the correct corresponding color. Complements of the chakra colors are red/green, orange/blue, yellow/violet and indigo/yellow-orange. The time necessary may vary.

Light coming through liquids such as oil or water can be imbued with a color frequency by using colored glass or having light pass through color before shining into the glass container of liquid. The liquid itself can be colored and the light coming through it can affect the field.

Theater gels are often used in color therapy. A small piece can be placed in front of a flashlight and pointed at the body. It can be an inexpensive addition to a treatment. Keep a space between the light source and the gel to keep the heat from the light from "deforming" the gel. Clients in the past would have no clothing over the area being treated but with the increase in frequency of the general population, that doesn't seem to be necessary. The light source does not have to be an inch or two from the body either. An excellent book that I use is Dinshah's "Let There Be Light". I have found the times can be shortened dramatically and distances increased.

I am new to this geographic area yet I know of a great way to experience color therapy. The Light Center in Black Mountain, NC has a circular light chamber with chairs. Each chakra color is emitted from ceiling lights for 5 minutes, ending with white. It was a delightful 35 minutes. The light center is free and has a wonderful dome room where there are prayers going on 24 hours a day. Information is

available at www.urlight.org

Color therapy can be an interesting and effective way to aid the field is establishing new patterns for greater balance and functioning.

Recently moving from Detroit, and a new member of HTET, Rose Marie Welchans is a CHTP, Certified Energy Medicine Practitioner and Specialist and instructor for Energy Medicine Partnerships. Her classes provide CEU's for nurses, body workers, and energy psychology. She is also an Usui and Karuna Reiki Master. She uses reiki, color, essential oils, tuning forks, crystals, EFT, TAT and spirit release in her work. As a Reiki Master, she infuses Reiki into her chakra colored silk scarves. Contact through SimplyRoseMarie@gmail.com and 734.891.8497

HTET Members Bring EO's to Community

On March 13th Kate Petree gave a presentation on the 12 Oils of Ancient Scripture to 30 members of the Metropolitan Community Church.

The Integrative Medicine Committee of Mercy Health Partners invited Kate to give an introductory talk about essential oils at a luncheon on April 8th.

Edee Webb had a great article about her class on the Biblical Oils published in the Knoxville News Sentinel.

Way to go, Kate and Edee!

Coming up in next issue -

Lynn Anderson RN

will be interviewed about her HT work.

Don't miss the last page--

Schedule of Healing Touch and
Healing Touch Spiritual Ministry
classes

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Healing Touch Program & Healing Touch Spiritual Ministry

See the February 2008 issue of *Energy Magazine* for the story of how Healing Touch Spiritual Ministry evolved from Healing Touch Program.

To subscribe to the free online monthly publication *Energy Magazine* from the Healing Touch Program, see www.HealingTouchProgram.com.

The Institute of Spiritual Healing & Aromatherapy programs:
Healing Touch Spiritual Ministry & Certification in Clinical Aromatherapy

[See www.ISHAhealing.com for newly added classes, more detail, & costs in 2010. You may now register ONLINE for HTSM and CCA courses!]

Note: 101, 102 or 103 may be taken out of sequence.
2010 HTSM Basic Program in Knoxville area

HTSM 101:
Sunday, May 23 9 am. – 6 pm. Kate Petree LMT,

HTSM 102
Monday, May 24 Kate Petree LMT

HTSM 103 (2 day class)
▶ July 11-12, 2010 Margaret Leslie

HTSM 104 (2 day class)
▶ August 21-23, 2010 Margaret Leslie

HTSM 105 (3 day class)
▶ October 1-3, 2010 Margaret Leslie

2010 CCA in Knoxville

CCA 302 (3 day class)
▶ June 11-13, 2010 Linda Smith

CCA 303 (3 day class)
▶ Oct 15-17, 2010 Deb Reis

HTSM 503 Raindrop Class (8hr)
▶ May 22, Oct 18, 2010 Kate Petree

2010 HTSM Advanced Program in Knoxville

[Make reservations through ISHA office @303-467-7829]

HTSM 201 (Review Day)
▶ January 20, 2011 Deb Reis & Claramae Webber

HTSM 202 (Part 1 of the Advanced Program)
▶ January 20-23, 2011 Deb Reis & Linda Smith

HTSM 203 (Part 2 and final course of the Advanced Program)
▶ January 20-23, 2011 Claramae Weber

Register at www.ISHAhealing.com : *The ISHA Newsletter*.

Healing Touch Program

[See www.HealingTouchProgram.com for newly added classes, more detail, & costs in 2010.]

2010 HT Level I in East Tennessee
▶ November 6-7, 2010 Margaret Leslie

2010 HT Level II in East Tennessee
▶ TBA

2010 HT Level III in East Tennessee
▶ November 6-7, 2010 Mary Ann Geoffrey

See www.HealingTouchProgram.com for more information on Healing Touch Program classes, activities & education.

To join the **Healing Touch East Tennessee (HTET)** professional and educational organization [meeting in Knoxville bi-monthly] CONTACT:

Joyce Beckley at 423-638-3612 or Jbeckley@wildblue.net.

See www.HealingTouchETN.org.

For **Healing Touch Program** as well as **Healing Touch Spiritual Ministry** we have presentations with demonstrations and Q & A opportunities which we will customize for any group. Classes can also be arranged to suit the needs of your group.

NOTE: Continuing Education Contact Hours are given to RN's and LMT's for all classes in both the HTP and ISHA programs. Chaplains can also receive Continuing Education Contact Hours for classes.
revised 4/12/2010

FOR EVENT INFORMATION CONTACT: Margaret E. Leslie at

Healing-Touch-Tn@hotmail.com (865-607-0173)

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