



BBSH *in Touch*

ISSUE 4 — THE NEWSLETTER OF THE BARBARA BRENNAN SCHOOL OF HEALING® — FEBRUARY 2001

Dedicated to the Evolution of the Human Spirit

From Laurie Keene, Director

Greetings Everyone,

2001 is here! Another year, another opportunity to fully claim one's life. Closing one year and opening another is an ideal time to reflect, review, call in a dream and make a commitment to achieve it. Heyoan always asks, "What is it that you long for?" It is a gentle reminder to return to center and follow one's life and one's dreams from the deep inner place of the core. This requires courage and great love for the self as well as trust in the universe. But then, this is the homeward journey.

Goethe said it beautifully when he wrote:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no one could have dreamed would have come their way. Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.



I pray that everyone experience the magic of commitment this year. I look forward to seeing many of you in March.

Love,
Laurie Keene

From Marcia Klam, Alumni Director

Dear Alumni,

Florida was beautiful in December. Miami Beach looked festive with palm trees decorated for the holidays in thousands of tiny lights. The weather provided us northerners with a much appreciated break from winter. It was lovely and warm, and most people found themselves at the beach whenever possible.

This school week was an emotional one. We are deeply sorry to tell you that we experienced the death of a student, Dr. Alan Smith, Class of 2001, a sweet man who had many, many dear friends. Alan drowned while swimming in the ocean. We came together to share our feelings of loss and also to celebrate the life of Alan, who in leaving this earth way too early, left us with the many gifts of his life and our memories of how he generously shared them.

We had the blessing of the babies in which many students who have had babies while at BBSH brought them to school and received blessings from the Goddess. The babies loved it as much as we did. They were giggling and following Barbara's hands with their eyes and also looking up at the guides who surrounded them. Some even formed the same mudras that Barbara did. It was truly a wonderful treat for all of us.

The HMD lecture was a fascinating follow-up with the teacher who had experienced a healing from Barbara, Sherry, Michael and Kate at the last class. It is a new opportunity for us to experience the results and continuity of the healing process.

We are now in the season of preparation for new beginnings. Around here in the northeast there is snow everywhere. Travel is difficult and many of us are hunkering down and waiting for March when we will return to Miami and each other. I notice that the emails are abundant and I'm keeping in contact with old friends who no longer attend school, but are still in our small community.

Why not take this opportunity to get in touch with your classmates and friends? An email from an old student is always welcome at my house. And think about coming down to the alumni portion of the school week. It should be really fine. We're becoming more organized for the alumni and we have a lovely spot to meet. There are many blessings awaiting you!

Love and kisses,
Marcia Klam



In loving Memory of Alan Smith

He was a man who lived life by example. An accomplished and loving physician, acupuncturist, homeopath, musician, brother, father and husband. He was a healer in the truest sense of the word. He had a passion for life. Speaking on behalf of all of us at BBSH, Alan you are missed.

With Love, Laurie Keene

BARBARA BRENNAN IN TOUCH

Walking in Both Worlds

Walking in both the spiritual and material worlds can be a great pleasure. Much of the pleasure of giving a healing is not only helping the client to become whole, but also getting to spend a great deal of time as a bridge between both worlds for the client. This requires sitting in both worlds during a healing. The healing spaces we create for our healing work are very safe spaces to be in both worlds. We have protected ourselves within the privacy of the healing space, we have clarified what our purpose is in being in both worlds, and we have practiced letting go of our personal issues for those sacred moments of healing.

However, when we broaden our double-world experience to include other aspects of our lives, it becomes much more complicated and requires a great deal more clarity about ourselves. Until we can live our daily lives with the clarity we have inside the healing room, walking in both worlds outside the healing room will be accompanied by a great deal of confusion between our projections and our perceptions. That is because walking in both worlds will immediately challenge our deepest issues. First our clarity is challenged, then our sanity. (What do we think about our own sanity when we hear, see, and feel folks "on the other side"?) Then our relationships are challenged and ultimately, our death.

We will need to sort out what we feel about death, what we believe and fear about death from our personal and traditional upbringing. It means facing our own upcoming death. It means facing the death of our most precious loved ones. No matter how much we may say we believe in the other world, when it really comes down to the experience of death we always face deep terror and pain, whether it be our own death or another's, no matter what our beliefs. This is partly because the physical body is designed to resist death. It will struggle against it, and so will our personality that has been created over this lifetime. The stages of death and dying that Dr. Elisabeth Kubler-Ross so clearly delineated several decades ago do occur regardless of whether it is a slow or a speedy death.

We are filled with defense mechanisms against entering that deep fear and pain. One of the simple mistakes people can make with high-sense perception (HSP) is to project a fantasy like positive spiritual connection into the spiritual world in time of great fear or challenge. This is one of the main defenses of the schizoid character defense, but we all do it at one time or another. One of the main clues to such projection in the case of death-associated experience is the absence of feeling the profound loss, the deep pain, and the shock of losing a loved one. It is only through one's presence in the mourning experience that healing can take place. One feels great pain, and also at the same time, may experience the immediate presence of that loved one through any of the



high-sense perceptions one has. The deceased person may indeed be at peace but also experience great loss because of the physical separation from loved ones. From all of my many years of observing people who have just crossed over, they are very much like they were a short time before they crossed.

The task of walking in both worlds is that of reframing birth, life and death. Our fear of death keeps us from entering the spiritual. Yet to live wholly, we must integrate our spiritual existence with our physical one. Death is a great letting go. It is a great surrender. The key to integration is to surrender our defenses and face those parts of ourselves that cannot live in the

moment of the now. This means experiencing the many small deaths of those parts of ourselves. This means surrendering to living each moment of our life in the now. It means surrendering to the human condition in all our vulnerability to a very large outer world.

The path of walking in both worlds is a long, deep one that will take many lifetimes in order to walk with peace, clarity, serenity and wisdom. It is a path of honor, it is a path of surrender and it is a path that burns away some of our most firmly grasped beliefs and reality constructs. It is not a path to be taken lightly in one sense, and yet it is with lightness that we must walk. To walk in both worlds with grace and honor, we are challenged to speak the language of wholeness to ourselves and others, while respecting the other's framework of reality. It is not so important to convince another of one's perceptions as it is to hold the person in loving care during the mourning process. When in mourning, the experience of a spiritually-present loved one may be confusing and rebuked with anger because the pain and shock are so great. Later, that spiritual presence may be very heartening.

In our challenge to find appropriate ways of living in both worlds that honor and respect both, we can use our knowledge of the Human Energy Field, hara and core star®. The most difficult thing about HSP being the doorway into the other side is to remain clear. HSP can easily be influenced by fantasy arising out of fear. The main difference between fantasy and reality in the Human Energy Field is the direction of spin of a chakra. If the chakra is counter clockwise, the individual is projecting. If the chakra spins clockwise, the individual is perceiving. Being in the now moment means having an aligned hara line, thus clarity of purpose and connection to the core of our being. HSP is clear if one is in the now. If one is not, then HSP is not clear. We do it in the healing room. The challenge is to do it in everyday life! Walk with Angels dear friends.

Montauk, New York in the snow
January 9, 2001

The Integration of the Physical and the Spiritual

Integrative Medicine and Healing—A New CAM Class at BBSH

BY SHERRY PAE, R.N. DEAN, ADVANCED STUDIES PROGRAM

INTEGRATING AWARENESS AND EXPERIENCE— PHYSICAL AND SPIRITUAL

Awareness and experience of the spiritual world has often been etheric, and something that, as human beings, most of us move our conscious awareness “to and from”, separating the experience of the spiritual from our physical world. Some have sustained, focused awareness of the spiritual. Most of us to some degree move “to and from”, “back and forth”, shifting our consciousness and experience from one world to the other. The separation of the spiritual and the physical can even be seen in how we have perceived healing. If we become curious about the images we have around spiritual healing and healing in general, many questions arise. Why do we categorize some healing and healers as spiritual? Who do we define as a healer? Does spiritual healing bring physical healing? Does physical healing bring spiritual healing? Why do we not just refer to healing as healing? Is it because we are not aware of or do not experience the spiritual and the physical simultaneously so we separate the two worlds?

As a critical care nurse for over 20 years, I had the opportunity to focus intensely on the physical world. As I look back I realize that as I was learning to be with the profound states of physical suffering and pain that come with critical illness, I was also learning to be aware of the spiritual that was manifest as the physical, specifically the physical body. I will always remember the experience of being in an operating room with a young man for whom I had been caring as he underwent a heart transplant. The moment when his heart was removed from his chest was one of the most sacred, physically-focused moments I have ever experienced. The depth of focus on his physical heart being removed opened me to an experience of physical and spiritual integration. I simultaneously became acutely aware of my physical/spiritual heart, the physical/spiritual world we all were in, and the physical/spiritual heart of my young friend on the operating table.

In the “time” he was without a physical heart, before the donor heart was transplanted, there was no time, and I felt the heart connection of all humanity holding him in a timeless pause. Witnessing and experiencing someone’s heart being cut out is an amazing physical/spiritual experience. Imagine being the physician who is performing the surgery! Imagine someone who is learning to integrate the physical world and the spiritual world simultaneously, performing the surgery! Wow, what incredible possibilities for healing.

INTEGRATIVE MEDICINE AND HEALING

As we enter this next millennium, perhaps the soul’s call for unity is also being answered in the process of integration of the so-called worlds of physical medicine and spiritual heal-

ing. All of us are being challenged with this process of integration, as it requires awareness of and experience in the physical and the spiritual simultaneously.

BBSH quite naturally changes and grows with the spiritual needs of it’s community, so it is not surprising that BBSH has introduced new classes designed to assist healers in walking in both worlds simultaneously. The classes are about integrative medicine and healing—working in complementary and alternative medicine. You may hear them referred to as CAM, Complementary and Alternative Medicine, classes.

The focus of the CAM curriculum is to expand the depth of training BBSH students receive in utilizing Brennan Healing Science when working with physically ill clients, especially clients who are also receiving treatment within traditional health care systems. The CAM classes are designed to enhance the specific teachings of each year of study, as well as to support the theme of the week. Year 1 students explore their relationship to the Self so the CAM classes offer experiential teaching in contacting and assessing the physical body as students simultaneously learn to assess the Human Energy Field and the non-physical. During the first class, students explored the Life Pulse, contact and listening skills through learning about the physical pulse and basic pulse assessment skills. Class #2 we again explored the physical world and our relationship to it, but this time through examining how we observe and “take in” the physical world.

Year 2 students study the fourth level of the Human Energy Field and their relationship with others. The CAM classes for this year focus on preparing healers to enter into a relationship with the world of medicine and hospitals. Students are taught principles of interfacing, skills necessary to work within a general hospital setting, and how to assess simultaneously the physical and energetic responses of their clients during a healing.

Since all students entering the third year have completed Anatomy and Physiology, they can begin learning how to work with clients pre-, during and post-operatively, including simultaneous physical and energetic assessment skills, and how to physically and energetically enter the field of an operating room. As with all of the curricula at BBSH, each year’s teaching builds on the previous year’s teaching, so Year 4 of the CAM curriculum is focused on working with seriously ill clients and specific skills necessary for working within a critical care setting.

We have also begun healing demonstrations for the whole school as the Wednesday and Friday evening HMD lectures present and interview a client with a specific physical problem, discuss the dis-ease state from the physical and spiritual perspectives, and perform a healing demonstration in front of the entire student body. During the healing session, the team explains the physical, emotional, and spiritual aspects of the client’s physical complaint. The team also correlates

Barbara Brennan School of Healing at the Body, Mind & Spirit Expo



The Barbara Brennan School of Healing participated in the Body, Mind & Spirit Expo held in Ft. Lauderdale, Florida on January 6th. The booth was expertly and graciously staffed by Bill Gerich, PS1 Teacher and Manager of Student Affairs; Sy Zachar, Manager of Operations; Renate Cappelletti and Vivian Cohen, BBSH office personnel; Neil Singer, PS1 Teacher, and; Christie Torrenga-Furth, PS4 Teacher.

Nearly 2000 people came to see the over 90 presenters. BBSH drew close to 500 visitors to the booth, where information on the School, as well as copies of Barbara's article, "Reading Auras", and our newsletter "BBSH In Touch", were distributed. Many of the attendees, who were familiar with Barbara's work, expressed great delight that the School was now in Florida. We look forward to seeing some of them when school begins in October.

LEFT: Vivian Cohen and Sy Zachar letting Florida know we've arrived!

Integrative Medicine and Healing CONTINUED FROM PAGE 4

the illness to observations in the energy field, and they describe the moment-to-moment effects that the healing is having on the client as they occur. At the next evening HMD lecture, the client returns for follow-up from the team and progress reporting. The students are therefore able to gain additional knowledge of the healing process from discussion with the client and the healing team. The feedback that we have received so far is that students are really excited to be learning more about the physical aspects of healing and the integration of Brennan Healing Science.

As this is such a new class, much is still being developed, and faculty and students alike have provided some great ideas and suggestions for future classes. It is my hope that these classes will serve the communion of medicine and healing, that we may know them as one. I have faith that someday we will all find ourselves creating and healing in appreciation of each others' uniqueness and diversity, each of us experiencing and being experienced as healers simultaneously walking the so-called two worlds of the physical and the spiritual, medicine and healing.



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Ethics: A Path of Right Action

BY ALIX YOUNG, ADVANCED STUDIES TEACHER

*Every flower of the field,
every fiber of a plant,
every particle of an insect,
carries with it the impress of its Maker,
and can—if duly considered—
read us lectures of ethics or divinity.*

SIR THOMAS POPE BLOUNT (1647-97)

For centuries, mankind has been writing about ethics and what it means to live an ethical life. As healers, our struggle with ethics is particularly poignant. This is because we are engaged in human contact at an extremely intimate and vulnerable level. We are touching our clients, not only with our hands, but also with our hearts, our minds and our eyes. We are ‘touching’ people in expanded states of consciousness where we are affecting energy bodies that hold buried feelings and memories that have been locked away because the psyche has not been able to handle the overwhelm of past pain and trauma. We are ‘touching’ back into the wounded soul where our responsibility to bring a new, more supportive healing response to this wound is critical to the healing process. Otherwise we run the risk of rewounding. As healers, then, we are holding a framework for this trauma to come back into wholeness. We are offering the lost pieces, the frozen feelings, a place to re-enter a new rectified environment. The healer-client relationship echoes an earlier relational pattern. And in that echo is born the vehicle for healing—if the relationship is based on an ethical foundation.

However, even if we have spent years in therapy and know how our own historical material is still active in the present, we still bring all our unresolved issues to our sessions. Even if we have years of training and experience we are still subject to our shadow, our projections, our transference and our countertransference. And, even if we have a clear set of rules of conduct we can still know what the right thing to do is and still not do it. We are, after all, human.

Therefore, ethics involves much more than the development of a Code of Conduct and becoming an ethical person involves much more than judging behaviour as right or wrong.

Kylea Taylor writes in her book, *The Ethics of Caring*, that “ethics concerns relationship.” Taylor emphasizes that even though we are concerned with the healer-client relationship, we need first and foremost to be concerned with



the relationship that starts with the deeper self. This ‘relationship’ involves our values and beliefs and how they translate into action in the outer world. This means that we can’t emphasize reflection at the expense of action and that reflection with action is a measure of who we are. This is because our ethical values and how we act on them are measures of our connectedness to the deep self—which in turn

connects us to our larger Self or the greater Wholeness. In other words, our relationship with our clients will reflect the depth and wholeness of the relationship we have with our own self. The more we are able to touch into wholeness as healers, the more the healer-client relationship becomes a vehicle for Wholeness.

Ethics is not about the development of a perfect code of behaviour. Rather, ethics is about having our behaviour reflect our greater wholeness—our evolving values. Only then can our internal beliefs impact on our external environment through right action. Right action as it is used in the Buddhist teachings does not mean correct or perfect action. It means truthful action. So we are talking about connecting to the deeper values within ourselves in order to bring more truthfulness to our own blindspots and defences—in order to bring self-deceptions to light so that we can learn how to engage in a process of on-going truthfulness. Transpersonal psychologist, Ken Wilber, in his book, *A Brief History of Everything*, says “the amazing fact is that truth alone will not set you free. Truthfulness will set you free.” By this I understand him to mean that healing is a process of moving into greater wholeness through a process of self-honesty and attunement to our higher spiritual nature. Truth on its own suggests that there is a right and a wrong or a definitive answer. This can do irreversible harm if it is used to have power over another. As we know, humans have killed millions of people under the guise of religion—the guise of external ‘truth’. Truthfulness, on the other hand, is less static. It suggests a process in which something essential can unfold, something hidden can come forward or something unknown can come to consciousness. As Sir Thomas Blount wrote so many years ago in my opening quote, everything carries ‘the impress of the maker’ and can, if considered truthfully, teach us about ethics and divinity.

It would seem then that any discussion of ethics calls for an exploration of the concept of truthfulness. What exactly is it and how do we get there? There are many maps and techniques but how do we know when to trust ourselves to read the map clearly? How do we trust our

ability to be truthful knowing we are part of the human condition?

As much as our humanity is our dilemma, it is also our solution. For as human beings we are part of the dualistic condition. And duality means that we are part of both physical and non-physical reality. In other words, we have our own unique spirit with our own individual purpose and at the same time we are part of something far larger than we can possibly imagine. Being part of something larger does not mean that there is some external power that will sort life out for us. Being part of something larger means that we affect one another and that being aware of our effect on others is the only kind of moral compass we can really aim for.

Ethics is about human evolution and the fact that we are hopefully evolving into a transcendent vision where the bonds of relationship connect us with each other and into harmony with all natural systems. Values in this vision mean that injury caused to another is a breach against all life. This nurturing value that states that injury to one is injury to all has been reflected in the law for centuries. A criminal act is seen as an assault against the whole community and is taken out of the hands of an injured party. The community supports the injured person in the most genuine way possible by recognizing the affront to the entire system. Similarly, we need to evolve into a consciousness and an ethic where we begin to feel the bigger picture of how our intentions and actions affect the other, and how that in turn affects all beings and all systems in a rippling effect outward. We feel the impact of this suffering because our own hearts have been opened to it. What used to be nagging guilt at wrongful action now becomes a deeper level of pain in inflicting harm—whether on another or to the earth. The suffering is no longer separate because we feel how intricately we are all connected.

In *The Direct Path*, Andrew Harvey talks about how his love for his cat has made this knowledge inescapably real: “Every time I saw an abused animal, I saw the face of my cat in pain; every time I read of the disappearance of a species of fish or insect or bird, I saw her face being wiped out by darkness. I realized that the Divine had given me my cat to open my heart finally to the living horror of what we are doing to animals and the natural world.”

As healers, our ethical task must go much deeper than developing safe codes and rules and must reach wider than any prescription for truth. Our task is to see into the heart of another’s interior and be aware of any impingement on our part that might be taking place. Our values must respect this private sphere and hold an awareness of what is at risk if we allow absolutes, solutions or preferences to narrow our clients’ relationship to their own interior world. Our values must embrace the sanctity of this inner precinct by allowing enough spaciousness for the next level of shared awareness to come forth without intrusion. Everyone has the right to their own life and the right to be surprised by their own uniqueness. Everyone has the right to connect to their personal ‘impress of the maker.’ This is their spirit that has been longing to express itself deep within the wound and the ethical challenge is not to disturb its

entrance or its expression. This is not our house. Our challenge is to have profound respect for the human spirit—its timing, its language and its wave. If we can do this, we enter the House of God—where healing happens naturally.

If we rush to expose our clients’ feelings or internal knowings, we erase any opportunity available to them to connect to the next wave of their greater wholeness. In preventing this we also take away their chance to touch Wholeness and feel the Face of God. But if we can stay connected to the truthfulness of the moment—allowing unfolding rather than directing—the healer-client relationship automatically carries us into the larger picture and returns us to the source of our imprint.

Ultimately, the test of a system of ethics is how well it guides us through difficult and confusing issues. It will not prevent or inhibit problems from arising but will serve as a navigational aid through them. Ultimately, the test of our integrity and truthfulness is not about whether we make mistakes and fall but whether we have a moral compass that truly guides us through the fog. If the connective tissue created by true contact is present, then mistakes can be made and they become part of the larger picture. When we work from the safety of the larger picture, rectification is always available.

The wisest person invites us all to ignorance. This requires a new set of ethics—one in which we need to be very awake and one in which we need to approach each session with a beginner’s mind. To solve the inner dilemmas for another is to co-opt their reality and to deprive them of their right to their place in the House of God. In embracing the wisdom of ‘ignorance’ we are able to trust that truthfulness will always blaze a trail back to wholeness and therefore back to healing.

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Channeled by Barbara Brennan

From Heyoan

CLASS #2, DECEMBER 2000

We have walked in both worlds together, melding the physical and spiritual into one. As you allow this reality to sink deeply within your being, do not underestimate your ability to integrate into both the spiritual and material worlds at the same time.

You have witnessed the center of life, ending of life, and the beginning of life in the physical. And so you have gone through the cycle of an incarnation in witness to the simple truth of the path of humanity.

To live, yes, in the physical world and yet not to become chained by it. Not to become enslaved in it but to use it as a base, a foundation, and a vehicle for spirit.

And so yes, you have experienced sorrow and mourning and also joy and regeneration. You have experienced the places within yourself that need awakening and have learned to hold them within your sacred human heart of love.

Let this be your predilection: To walk this physical life with courage, with spirit and with the passion of your soul, releasing more and more of your unresolved past experiences into the light of awakening and integrating all of that into self.

Recognize the wholeness of your being and walk in both worlds as that imaginary veil between the physical and the spiritual dissolves in this millennium.

It is no accident that you are here now with this group of human beings, so dedicated to the truth, so dedicated to a higher spiritual purpose, so dedicated to healing the nations, and their traditions that keep you locked away from your deeper wholeness.

Feel this spark of life within you. Let it radiate out. Let it shine through your skin. You can hold it all. You can be it all. Including a simple human being with normal human needs.

Recognize this in all peoples of the earth. Dissolve these boundaries of confusion and conflict. Heal the nations and let the leadership within you arise to the task for which you have incarnated. Your special gift to give in healing this earth in your own personal, special way.

Do not underestimate the uniqueness that you are and the gifts that you have to give. Of course they seem normal to you, for you have spent many lifetimes developing them.

And so during the winter months for those of you who live in the northern hemisphere, and the summer for all of the lucky ones, (or so some think), you will be challenged again to center into the core essence of your being and hold both worlds with the level of knowledge that you have now acquired after having attended this week of training.

As it integrates into your being over the next several months, you will find all kinds of ways to let your light shine and give your gifts. Do not underestimate the simplicity of what you have come to give.

As our dear friend Alan, who is with us now, has said, "Do not forget compassion for the human being in front of you in this moment, and the next, and the next."

As you allow your passion for life and creativity arise from within you, let it rest upon the foundation of your core essence. It will ignite the creative current. And so you will expand.

Be who you are and remember: Newly created life experience brings the idea and the feeling of vulnerability because you walk into a new life. Each time you feel that vulnerability, I assure you that you are walking into the miraculous, for it is a complete new creation from within you.

Try it. You will like it.

ANNOUNCEMENTS

Family Days are Here Again!

Once again we are pleased to announce our **Annual Family Days** for the spouses, partners, and families of BBSH students. This wonderfully fun event will be held at the Wyndham Miami Beach Resort **Friday May 4th** beginning at 10:30 am and ending **Saturday May 5th** at 1:00pm. Invitations and more information are soon to follow, so you can make your reservations and begin your plans for fun in the sun with BBSH!

Copies of "BBSH In Touch" Available For Your Community

If you would like additional copies of this newsletter, "BBSH In Touch", for your family, friends, clients and community, please contact Patricia at pfost@netstep.net or (845)679-0384. Give me your mailing address and how many copies you can use. Please help get the word about BBSH out into the world by putting copies of the newsletter in your local book stores, community centers, libraries and health food stores. "BBSH In Touch" is a great way for people to get a feel for the school!

THE BARBARA BRENNAN SCHOOL OF HEALING

The Barbara Brennan School of Healing, BBSH[®], is a global healing institute with graduates worldwide. Students have a compelling desire to heal and make a difference in their own lives and in the lives of others. They come with a passion for learning, for community, and for experiencing the fullness of themselves while being in loving relationship with life. BBSH supports and honors these longings, welcoming the essential unfoldment of the healer within.

BARBARA BRENNAN
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