



BBSH *in Touch*

ISSUE 7 — THE NEWSLETTER OF THE BARBARA BRENNAN SCHOOL OF HEALING — FALL 2001

Dedicated to the Evolution of the Human Spirit

From Laurie Keene, Director

We just finished an absolutely fantastic first class week. After the events of September 11th, I think we all felt an even stronger need to be together. The faculty prayed together, the whole school prayed together and the teacher trainees created a lovely ceremony on Friday night that was an offering for world peace.

How are you, the students and alumni within the community, handling the current events of our world?

I was at Teacher Training Week in Montauk, New York when the planes hit and my first thought was to call each and every member of my family. I wanted to hear their voices, to make sure they were safe and that they knew how much they are loved by me. My second impulse was to cry, to be with other Teachers and Teacher Trainees and watch the T.V. coverage while in shock over what was happening. Later that day we sat together in prayer and healing.

As we sat in healing, I was guided to lift my consciousness and view the areas that had just been hit. I saw huge columns of light surrounding the World Trade Center, the Pentagon and the land in Pennsylvania in a loving vibration. I was then guided to expand my view around the globe and again I saw the same huge columns of light engulfing other parts of the world where there is war and terrorism. Again I was guided to shift my awareness (almost like adjusting the lens of a telescope) and at that point I saw smaller columns of light entering millions of homes where there is violence, abuse and cruelty. Once again I was asked to look even closer and I saw billions of lines of light sent from spirit into humanity's hearts, going into those places where there is doubt, negativity, hatred and mistrust. I looked all across the world and the only place I did not see this light was in those very few regions that have been virtually untouched by humankind. I was told that I was shown this so that I would know that we are loved, all of us, and that we have tremendous assistance from the spiritual world at this time.

After that, it was clear that I wanted to take action, to be in the city to help and give assistance in any way that I could. What I have been aware of throughout this process is a very basic need to listen to myself and to follow my impulses, the rhythm within me. How has it been for you?

I feel blessed that we, as a community, are represented by so many countries, cultures, races, religions, professions and age groups. We are a living example of what Heyoan calls "unity through diversity." At this time, we need to gather up our healing tools—love, compassion, tolerance, grace, integrity, right-action—and help to assist by both receiving and transmitting the light.

I know it is difficult to focus on living the light, living love, when fear has been ignited and one's sense of security, values and beliefs have been brought into question. Yet I do believe that no matter what is happening we still have spiritual assistance and the innate ability to choose to reorient ourselves to the truth of our being (yet another tool) and in so doing, remember that we are eternally safe. Heyoan reminds us in *Seeds of the Spirit* 1999;

*As we coax you into the realm
of your most natural home,
let the core essence of your being shine forth
from the center of your core star,
outward through your purpose, your hara line,
outward through all levels of your field,
through every cell of your physical body,
your physical being.*

*Let this light shine forth through you
till it shines through every pore of your body,
till your hair is glistening
with the golden light of the divine,
shimmering in all the colors of the rainbow,
coming forth from everywhere within you.*

*Here, now, in this sacred moment.
Home.*

Remember, "there is not enough darkness in all the world to put out the light of even one small candle."
Robert Aden

Blessings to you and your beautiful families.

Barbara Brennan

The Council of Light, Heyoan, & The Goddess

I would like to share with all of you what has recently taken place in Heyoan's channelings and in the class #1 Goddess Healing.

The Heyoan channelings have now expanded to encompass the group guidance of "The Council of Light." The Council of Light first appeared to me in 1996, when doing an introductory workshop in Santa Fe. They appeared as twelve tall white beings of light sitting in a circle in chairs above the room. Each had a lit candle on the floor between his/her feet. In their telepathic channeling, they said that they were going to create a light center of healing. Many of the people who were there in Santa Fe assumed that meant it would happen right away and in Santa Fe. I never had the idea that the center would be in Santa Fe, but I thought it would be right away. Well it didn't happen at all.

Now the Council of Light has returned. The channeling seems more formal and the words come more rapidly. It will take me some time to get used to it. What I see now is the same circle of seated white light beings with candles in the same place. They seem to be communicating telepathically rather than merging as I do with Heyoan. They re-appeared in Class #4 last year, got stronger in class #5, and now did most of the communicating in class #1. Heyoan did come through to assure some worried students that he is still around and is a member of the Council of Light. He is at our service when needed.

At one point in the channeling, I saw three light beings above the twelve members of the Council of Light. It was at that point when they said, "*By the Higher Light Council, we now open doorways to your inner Divinity.*"

Part of the Council of Light's intent is to hold us in very strong creative spiritual fields to help us transfigure ourselves at a faster rate. I'm sure you must have noticed the strength and length of the meditation on Friday. After creating the Mer-Ka-Ba fields around myself, I focused on the entire room. The sacred forms were built to create a sacred geometric sphere in the middle of the room, as they do for every Goddess Healing Meditation. After this was accomplished, the sacred creative forms built themselves in a way I have never seen before. The sacred sphere pattern appeared centered in each person's chakra. Then a larger one appeared in the same location



so that a vesica pisces formed in the center of everyone's chakra. That then created an intense brilliant light with bright streamers radiating out of each person's chakra. The whole room was filled with solid sacred geometric forms. We were held in that configuration for a very long time. I have had a very long relationship with the sacred geometric forms, but that is another story for another time.

I'm sure you also noticed that the Goddess didn't "happen" on Saturday morning! It has happened without fail for the last 14 or so years at every gathering that was set up for it. Several

weeks before the Goddess was scheduled, I felt like it wasn't going to happen at Class #1. I felt like there would be something to prevent me from getting to the hotel or the ballroom. I thought that someone would be ill and I would need to take care of them, or I would be stuck in a traffic jam of cars or airplanes.

When I entered the ballroom to check the altar for the Goddess Healing, everything seemed to be outmoded including the religious articles and those beautiful pictures of all the spiritual leaders. I still felt great reverence and gratitude for them, but they seemed to be from another era. They seemed to be too limited. I wasn't sure what to do. Some of the students seemed to be interested in them, so I left them there. Since I had, in fact, made it to the ballroom, I decided to go ahead with the Goddess.

The Goddess usually starts with a rush of white light as large as the ballroom, that surges from behind the stage. The wall of white light did not come. It was the first time the stage was not backed by a wall, but I don't think that is why it didn't happen.

We are into another era of expansion of the school that is slowly taking shape. This new era is centered on the Divinity, Unity, Free Will, and Personal Responsibility within each individual. I sure felt that from the very opening of school at Class #1. Everyone there made a serious personal choice to come, given the world situation. I felt your powerful commitment by your strong presence and determination to continue to do something to insure the Awakening Process of Humanity.

The new teachings start with unity and study duality from that perspective. Duality is the result of mis-recognizing our Divine Core, and thereby mis-interpreting our life experiences from duality or separation.

The guidance Friday morning said:

Much of the work this year will be to distill human issues into very simple terms to recognize them and then to transmute them directly into the experience of unity. You have incarnated to experience them in unity. As you bring all experiences of the past into the sacred now of being, you expand your knowledge of self, your wholeness and create joy and wonder in your life. No matter what the apparent outside circumstances. No matter what the apparent threat of so-called terrorism is.

Since the school and the spiritual leadership of the school has grown organically each class for the last 20 years, whatever grows next will most likely be interesting and probably amazing. I still haven't received any guidance as to whether or not to do the Goddess next class. Who knows, it may or may not happen!



Letter from the Alumni Director and Editor

PATRICIA PFOST

Dear Alumni and Students,

This Fall edition of the newsletter honors the communities we are building—some suddenly, in the opportunity of crisis, some more gently over longer periods of time—but all spontaneously crafted from our heart's longings and our desires to share and contribute. In this issue we highlight the contributions of several of the many Brennan Healing Science practitioners who have felt the call in their hearts to serve, and as a result have been served, in the new communities born from the tragic events of September 11. Barbara introduces us to the Council of Light. We share in the community meditations: Heyoan's Unity Meditation and the worldwide monthly LightnetWork meditation that was started last year by BBSH students.

Even more alumni are coming together to meet as continuing groups, further strengthening the entire BBSH community. There are now 37 alumni groups that we know are meeting regularly. Later in this issue is a list of the new alumni representatives who have recently come forward. Welcome and many thanks!

Healing writers, Alix Young and Nancy Privett, share with us their reflections on the recent events in terms of initiation and the polarizing draw of Good vs. Evil. Sherry Pae and Lisa Van Ostrand tell us of new programs designed to bring further integration to this work.

And by the grace of these personal stories, meditations, reflections and works, we are presented throughout this issue with the choice to experience unity. Many thanks to all who have so generously contributed to this issue.



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A Great Gathering of Light

CHANNELING BY BARBARA BRENNAN

There is a great gathering of the light forces all over the earth. These tragedies are bringing together all human hearts.

Walk ever so gently now, into the depths of your heart. Find the wisdom and the love there. It is your habit, or so it has been, to underestimate the power of your loving heart. To underestimate the wisdom therein to direct your life each moment.

You know very well from the spiritual perspective that whatever happens, happens for a greater purpose and also for the individual purposes of those who lost their lives, those who perished in that terrible, terrible, experience from the physical perspective. Yet you all know there have now been great openings of communion all over the earth.

It is no accident that you are a healer. That healing ultimately reaches into the core of your being, that healing utilizes the fire in your heart, the passion for life, creativity and love that you hold.

Hold it gently, respectfully. Give more time, listening ever so carefully to the wisdom in your heart. As you sit in the center of your heart and let that love carry you each step of your life you will most automatically uncover and recognize this great spiritual being that not only you are but everyone else is.

You have been given the tools for healing through all of your life experiences. Feel this light descending now, opening each small piece of forgetting. Feel the light within every cell of your body, every cell of your being, expanding, coming forth in love and wisdom and the power to heal. Because of this tragedy many openings have occurred, as many of you have experienced personally.

It is now in this period of history that history will dissolve. It is now in this period of challenge that love will emerge. It is now in this period of trauma that wisdom comes forth and you remember your original purpose in coming into this particular incarnation at this particular time of human history.

We, The Council of Light, are here to guide you in these next steps in the awakening process, where you recognize the gifts that are you. Where you recognize your personal position, placed very well indeed to help heal a world of great need.

Humanity is coming out of denial, denial of what has been for centuries. Humanity is coming into communion.

America can play a vital role in this because of it's great diversity that has been accepted as a normal way of living. It is in recognizing the individual and that great diversity within each individual, that America now has the opportunity to bring forth healing into the world.

Divine Omni-Presence and Free Will

CHANNELING BY BARBARA BRENNAN

Our work this year is to create even clearer steps from the duality to clarify, to move into the sacred spiritual world of unity that exists within and all around you. *You do not have to move one millimeter to enter the divine presence of God.* Feel it here now.

It is here now, by order of the *Divine Higher Council of Light* that we open for you doorways deep within yourself. We open doorways to the direct experience of the divine within.

Through the use of your free will you can choose to look for this bright spark of light. You will find it in your body anywhere. You will find it around you, anywhere, at any distance. You will find it within your wall or your boundary, anywhere.

With your *free will*, it is up to you to choose to look for it, anywhere. It is important to look for it anywhere that feels right in the moment you choose to look. It is in this way that you will learn and experience directly that divinity is indeed everywhere. If you so choose you can make this a spiritual practice. If you so choose you can simply look when you wish to.

Free will is the gift of love that has been given by the divine. Your sacred loving heart will help you choose moment to moment of your life. And if indeed you choose duality, then you simply have created a learning spiral, a healing spiral. Once having made that choice, you automatically also made the choice of a spiral through which you traverse and then return to unity. There are no judgments in heaven or so-called heaven, (which is everywhere) for which choices you make.

Great alliances are being made and as you walk carrying carefully this inner wisdom of communion and sharing both your longings and your personal needs as a human being, without revenge, without hatred. By choosing moment to moment to walk into your sacred human heart, you have the opportunity to heal not only yourselves but all those around you.

See the diversity all over the earth. Hear the sounds, the music of each individual's core essence all over the earth. Expand your field. Move your spirit over the world in waves of love, connecting the light points that you find all over this earth now. Move in the ways of love.

Unity Meditation

CHANNELED FROM HEYOAN
BY BARBARA BRENNAN AT CLASS #1 OPENING

A lign your purpose in being here. Feel the beautiful rope of colored light as it laces up and down the center of your body. Move ever so gently to the center of your heart. Hold your awareness in the very center of your heart. Allow your light to expand spherically. Maintain the connection to the center of your heart rooted in your love. Feel the light and the light beings in this room now, encircling us in love and light, holding the very foundations of this school in existence, connecting the light of each individual here with each other individual—a network of light that has come from all over the globe to enter into communion here for the purpose of awakening and healing the human spirit, for the purpose of creating clarity all over the earth.

Feel the radiant light descending upon you into every cell of your body, into every cell of your being, lifting you to higher worlds of light and consciousness. Feel the waves of love coming through this room now, through yourselves and expanding out through the universe.

As your heart and your core star merge into one, recognize the sacred sphere that has formed in this room, carrying the ancient wisdom. Enlightening the ancient wisdom within your own sphere of light as it arises out of your DNA, out of your own ancient memory, now being



released into your conscious awareness, here, now, in this sacred moment of communion, of relationship, of love.

Send these waves of love out over the earth to your country, to your home town. Help build this grid of life, light, love and honor, by first anchoring into the places that you know on this earth.

As radiance builds from the center of the earth outward, watch the Goddess emerge out of the center of the earth, bringing the gift of life, the gift of the material worlds, the gift of your sacred body, the gift of the mountains, of all sentient beings, the gift of life in the physical world, the gift of the sacred heart, of love, of humanity, the gift of your temple of love, your physical body. melding the spiritual worlds of heaven with the physical temple of the body, melding them together as one in all of the great diversity, with no boundaries.

All who have supposedly been lost, are here with us. For all of those who have crossed the veil, the veil now dissolves and all are here with us now, without boundary, centered in the divine.

All over the earth the boundaries dissolve. Light and dark fuse into transparency. Every individual is a child of the divine.

Include all peoples of the earth, all peoples in Afghanistan, all peoples in Pakistan, Uzbekistan. See all tribes all over the earth, in all countries, as one humanity. Birthing, living, relating, transforming, transcending, transfiguring, dying and birthing.

Birth and death are in the same breath without the veil. It is simply transfiguration from one form to another. It is all life. We are life and light on the wings of love, together with the four-footed ones, together with the earth, the crystals, the plants, the animals, the beings of the sea, of the air, on the other planets. One great loving universe of great diversity, With great change through creation, microsecond after microsecond, here in this sacred now of love. We all exist in one great community of life, in loving kindness and in light.

Let your individual radiance shine forth. Let your core qualities shine forth through your skin. Send your radiance to your loved ones. Expand spherically. Send your radiance and love to all those in need, all the people of the earth. The peoples that are experiencing hunger, pain, death, violence, lift their pain and the sorrow into the radiance and the unconditional love that is here. Spread it out all over the earth. Speak the power of the word in your heart. Speak the name of God in your language. Hold it in your heart.

Many BBSH students and graduates are contributing in varied and unique healing ways after the events of September 11. Here are the experiences and efforts of several alumni who have volunteered their services in New York City.

A Regard for Life

BY ROSEANNE FARANO, M.S., ED.S

"Are you the comfort lady?"

About twenty pairs of eyes looked up as Lt. David Patrick snipped his greeting to me when I walked through the huge double doors that marked the entrance to Battalion #4.

The stationhouse was messy and damp and four blocks from ground zero. Walls and floor of poured cement. No windows anywhere, dirt everywhere. Cigarette smoke clouded the air, already heavy with the slow, relentless, irregular current of grief and shock, exhaustion and disbelief, pain and anger. Pride also permeated the atmosphere like helium, hanging invisibly above the mix.

I was to make the next move and had no idea what to do. Slow to respond, I felt superfluous in this bare-bones setting which was designed for quick, efficient responses. Most present were EMT's or paramedics just completing, or about to start, twelve-hour shifts. Almost all of them were sitting at an old rickety picnic table laden with snack food, newspapers, shift schedules and cards. The cards were everywhere, mostly handmade crayon drawings from children that simultaneously warmed and broke your heart. Above the crowded table, impossible to miss, were photographs of the brothers—fellow paramedics, EMT's, police, firemen and firewomen who were marked either missing or dead. To this audience that difference was of supreme importance.

Sitting or standing, their fatigue was obvious and expected, but their openness was not. Their readiness to pour out, with horrific detail, their individual stories saved me from having to answer the initial question. Their eyes were full of what they had seen and I sat for hours, listening. I learned early on that anything I had to say, to add, advise or enlighten upon simply diminished the exchange. I spoke almost not at all.

"So, are you the comfort lady?" Even three hours after my arrival the question remained unanswered and someone asked it again. My answer sounded slow and long as I heard the breath leave my body. "No," I replied. This seemed to disarm them and I began to feel the energy in that huge cement garage pulling me in, both challenging and welcoming me, beckoning me to continue, to come even closer.

"How many of you will be sleeping with someone tonight?" I asked, being fully cognizant of my choice of

words, and knowing full well, from having been at Battalion #10 the day before, how these New York City Fire Department paramedics talked.

Thank God, I thought, as each of the men and the two women present raised their hands. Thank God, they all have someone to go home to. Then I noticed Lt. Patrick. He was standing off to the far side of the room, his hands firmly planted in his pockets.

"Just make sure," I continued, "that whomever you sleep with tonight, male or female, is NAKED!"

Everyone howled. Laughter released our remaining discomfort into a mutuality, an unspoken unity that words alone cannot create.

"How the hell do you deal with people who, knowing they will die, fly a plane into a building with the intention to destroy themselves and everyone else?" Lt. Patrick was angry, and not shy about expressing himself. "How do you cope with this kind of disregard for life? Explain that to me, comfort lady. When I order my men into burning buildings and they go willingly to their deaths so that we can live, tell me how I can sleep at night? How can I live with myself when the men and women I sent into those buildings died?" I walked over to Lt. Patrick and touched his arm. My hand was warm, his elbow cool. Right here and now there was no comfort. No comfort except our warm, alive bodies and our mutually held regard for life. I was not surprised when his sobs echoed against the cement walls. We embraced long enough for the entire stationhouse to start to cry.

EPILOGUE

11/1/01. Today I received a package. Inside the box was a FDNY baseball cap, an EMT tee shirt, and a handwritten note. The note read: "First, let me say thank you for the opportunity to have met you. You made me feel safe for the first time since 9/11/01. I am so grateful that people like yourself have come into my life... Still looking for that warm, naked body." Love, Lt. D. Patrick

*Roseanne Farano is an inspirational storyteller, author and psychotherapist with a full-time practice in Croton-on-Hudson, New York. She is a graduate, former senior faculty member and former dean of the Barbara Brennan School of Healing. Her new book, *The Dove in Downward Flight*, comes out in March 2002.*

REFLECTIONS...

BY LAURIE KEENE

As I said in my letter I was called to take action after the events of September 11th. I spent a day in New York City volunteering healing hands. In truth, if my schedule had allowed it, I would have gone there every day. It felt good to do my part. I had heard about an organization called Olive Leaf that was scheduling massages for the relief workers. Several teachers, Lisa Van Ostrand, Carol Maher, Francine James and a graduate, Eileen Spillane, were already donating their services.

Sherry and I took a day off of work and drove into the city. We went for a brief orientation, received photo identification and went to our assigned site, the New York University Hospital. The area was filled with police and doctors. Traffic was slow since streets were blocked off to house tents and vehicles. There was a strong feeling of camaraderie.

We went to a large tent stationed next to the Medical Examiner's office. It was called the "muster tent." It had an altar where a priest gave mass three times a day. It also had benches and massage tables and the walls were covered with cards and drawings done by children. When we asked what muster tent meant we were told, "It is where the relief workers come to muster enough strength to continue in their painful task."

Susan, the volunteer coordinator, came to the tent and asked if anyone was good at working on necks. I said yes. In my family, we are always doing pressure points on each other's neck and shoulders so I've had lots of experience. She took me out of the tent and into the hospital. The outside walls and inside halls were covered with the photos of those missing. It was so sad. The

majority seemed to be in their 30's and from all over the world. She led me down to the Dental Forensics station. Groups of dentists had volunteered from all over the country to come and help identify teeth against dental records of those who had died. They were working 12-hour shifts.

I offered 20-minute sessions following the guidelines established by Olive Leaf. Primarily the guidelines were to give massages, not energy healings, because even massages were a first time experience for many of the workers. I was happy to lay my hands on them and give in whatever way was needed. They were tired and grateful. Some of them laid down and fell asleep.

Later that night, I went to Union Square. It had been turned into a huge gathering place to mourn. There were thousands of candles, flowers, photos and drawings. There were hundreds of people talking, singing, praying and walking. I noticed one man continuously pouring off wax from the candles and re-lighting the ones that went out. I went to dinner with some friends and returned three hours later. The same man was still there bending over the candles, pouring off wax and lighting candles. My friends and I commented that he was "a gardener of the light." We told him that. He smiled and said, "It's the least I can do." I thought that statement summed it up. It doesn't matter how much we give. It doesn't have to be big and grand or recognizable by many. But it does matter that each of us bring forth our leadership and know that every action given in love collects with all the other actions given in love and together all that accumulated love is what will heal the whole.

BY SHERRY PAE

The Chinese character for *crisis* is composed of two symbols, one meaning *danger* and the other meaning *opportunity*. As I drove into New York City to offer myself in whatever way I was needed, I remember being acutely aware of these two experiences, and how the only place I really wanted to be after I knew my daughter and granddaughter were safe, was in New York City, helping. I "had" to do some thing, and perhaps this impulse to do something which thousands and thousands of people around the world also experienced, is the impulse, the *opportunity* for contact and healing that we all share. I was able to spend the day at the Medical Examiner's site, working with police, FBI, firemen, and medical examiners. I was there "giving 20-minute mas-

sages," and I have never felt more useful or blessed in my serving. There was an absolutely stunning sense of sacredness that was created by these men and women; in the "muster tent" where they gathered and prayed three times a day to muster the strength and faith to continue their search for victims; in their honoring in silent salute each body that would arrive via ambulance; in their selfless offering of support to each other; and in their containing of all the unbearable pain, grief, terror, uncertainty, anger and sadness in order to continue to do what must be done. I was there to offer healing, and in that opportunity I too experienced healing, as I received the blessing of being with others in crisis. I am forever grateful.

I work as a critical care nurse in New York City and like many other medical personnel eager to use their skills, I stood helpless waiting for patients that never showed up. But I also work as a Holistic Nurse Practitioner at a new holistic health center in NY called Olive Leaf Wholeness Center and this provided me the opportunity to provide bodywork to rescue workers.

I was assigned to go to the morgue and it was initially a "top secret mission" as they were not sure how the supervisors would feel. But as veterans to holistic medicine and energy work, that was a challenge we were all too familiar with and wouldn't let hold us back. So we transformed a lounge into a room filled with aromatherapy, homeopathy, flower essences, warm hands and empathetic hearts. The rescue workers initially were not told what to expect and came into our room anticipating more work to do. They were dumbfounded when we told them we were there to support them.

As we started working on their necks and grounding them at their feet, they started to talk of the stressful situations they had been dealing with. Many had been at headquarters at the time of the crash and others had been having nightmares of body parts that they had identified. All of them were grateful and for many it was their first introduction to energy work, breathwork, meditation and yoga. For me, it reminded me of something I have always known: that beneath New York's tough exterior, exists an authentic, genuine heart.

My volunteer work after the events of September 11, 2001 consisted of healings and massage at the pier in New York city which was set up for support staff such as police and firemen and relief agencies as well as family members of missing persons. My experience was that I was not sure who was being healed. Who was the giver and who was the receiver? I remember several days prior as I watched the memorial service, I found myself flooded with feelings of the loss of my father which represented for me, on a deeper level, the loss of support, safety and security. I noticed as I begin to work on what was mainly to be police officers, a sense of really enjoying the work more than usual. I was aware that I liked feeling the strength of the police officers. I begin to question what was going on and actually felt a little embarrassed. I was appreciating my femininity in the midst of intense masculine energy. As I let myself surrender into this without judgment, I begin to feel this incredible exchange of masculine and feminine energy. I felt so much love for these men and women and I tried to be with each one as if I was their mother, their lover, their sister and friend. I felt grateful to offer my gratitude and nurturing to the men and women who responded with incredibly long shifts and with heartfelt bravery and unwavering courage during the aftermath of the terrorist attacks. To these men and women and to all who died, I think we all offer our sincere thanks and prayers.

BBSH LightnetWork

BY HILARY METH / hilarymeth@lineone.net

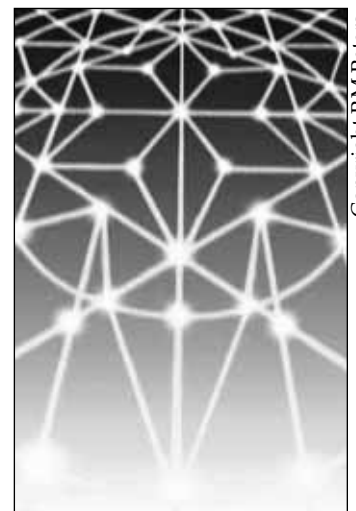
There are three ways to connect to the BBSH Light netWork. First, during the regular Saturday meditation, from 9-9:30 a.m. Eastern time, (6-6:30 am Pacific time, 3 pm Europe, 11 pm Japan). This is our weekly anchoring and strengthening time. Simply connect to your ID point and ground, and become a point of light on the Light net. Then we connect with each other and are gently led by the guides involved in this project, to hold more and more light in our bodies. It is a very powerful meditation, that can have a very positive effect on your process for the week. If the time is very inconvenient, then you can do the meditation at any time, and use intention to connect to the group.

The second way we are using the Light netWork during this time of world crisis, is to send unconditional love into it whenever we can, but especially at 9 a.m. and 9 p.m everyday, at our local time. This means there is an infusion of rose pink throughout the day as the world turns, providing a cushion and background of uncondi-

tional love. People are reporting that the net becomes a rosy gold color.

The third way to use the Light net is for healing at any time. Simply connect your hara line, and then put anyone or any thing, into the star in the center, or one of the vortices. Of course, it also works beautifully for self-healing.

Thank you to the many people who have helped to build this net in the last year. We are looking forward to receiving the new PS1's and any others who can join in and help the Light netWork grow.



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Brennan Healing Science Clinic Offers Healings to New Yorkers

BY ELIZABETH BARRETT '00

In response to the 9/11 attacks on the World Trade Center, New York area BBSH graduates and students are donating healings in Manhattan on the first three Sundays in December.

I have lived in the New York City metro area for over 20 years. After watching the World Trade Center collapse on TV, and seeing the deep impact on my local community, my longing was to establish a center to offer Brennan Healing Science sessions to the public in New York. I went on Healers Connect on September 12 to see if anyone might be interested in working with me. The unfolding process of manifesting this clinic has been inspiring and wonderful.

I was hoping to find donated office space, but I also looked at several places that rent offices by the hour in New York. I had many leads, but made little progress on getting donated space, and found that I especially liked the offices available for rent at the New York Institute of Core Energetics. Yet I didn't know how we could afford to pay the rental fees and also donate our services. Then a student spontaneously offered a generous contribution of \$500; several other alums and students followed with additional financial contributions. The Core Energetics Institute offered us a reduced rental fee. A classmate, Kate Prendergast, offered us fundraising capability through the use of The American Institute of New Health, a 501 (c) 3 holistic health foundation, making contributions tax-deductible for U.S. taxpayers. Andes Bell offered to donate a group supervision session for participating healers. With all these things coming together, I reserved the space and dates, and we were off and running!

So far, over 25 healers have offered to donate hands-on services on site. We will be working from noon to 5 p.m. at the New York CORE Center on three consecutive Sundays—December 2, December 9 and December 16. You will probably be reading these words around the time the clinic is taking place. I invite you to join us in spirit through prayer or meditation at those times to help hold space for clients and healers. Please share your experience with us. Depending on the response we receive in December, we are open to the possibility of continuing the clinic with future dates.

I want to thank the worldwide BBSH community for your generosity and tremendous heart connection to this effort. It is my prayer that this clinic will help New Yorkers become more familiar with Brennan Healing Science, as well as offer our healing work in a place that really needs it right now. I believe this clinic is in harmo-

ny with the universal purposes of BBSH, and can plant a seed for world peace in a concrete way.

"Witness the pain on earth, touch it with love, and surrender to healing." Those of us who live near New York and are able to be physically present will act as the touch of your hands and heart on location. At the same time, I know we will be held and supported by this community all around the globe. Thank you all so much.

*This moment this love
Comes to rest in me.
Many beings in one being.
In one wheat grain,
a thousand sheaf stacks.
Inside the needle's eye,
A turning night of stars.
—Rumi*

If you wish to contribute healings, your time or other support, please feel free to contact me via email at: eabarrett@hvi.net or via phone at: 845-831-1475.

KATE PRENDERGAST, EXECUTIVE DIRECTOR
AMERICAN INSTITUTE OF NEW HEALTH

Shortly after I graduated BBSH in 2000 I became involved with the American Institute of New Health. AINH is a non-profit organization dedicated to providing underserved populations, such as people living with AIDS, the elderly and Medicaid recipients with complimentary health care. I have longed to find a way to bring BHS and AINH together and I am thrilled to be assisting Elizabeth with the first Brennan Healing Science Free Clinic that will take place in NYC in December 2001. I hold a vision for many more!

Light Bearers

BY ALIX YOUNG

The attack on the World Trade Center and the Pentagon and the global impact within minutes of its occurrence is a cosmic event that is challenging our evolution as individuals, as nations and as a planet. The event is calling for a new level of consciousness to unfold as we enter into the process of healing while questioning the right course of action in the face of such violence. This is a very difficult task given the reality that our world has been polarized between those who think September 11th was an act of God and those who think it was evil.

From our limited perspective on earth it feels impossible that Lucifer, the supreme spirit of evil and God, the supreme creator and ruler of the universe could co-exist in the face of such an event. On a spiritual level, this split between good and evil is bringing us face to face with the dualistic nature of our world and the pain of separation that by definition creates our dualistic universe.

However, it is also offering us an opportunity for healing if we are able to enter into the pain of this shattering and hold the magnitude of what has happened along with the confusion of how to respond to this hidden enemy.

The Pathwork guide said in *The Meaning of Evil and Its Transcendence*, "When evil is understood to be intrinsically a divine energy flow, momentarily distorted due to specific wrong ideas, concepts, and imperfections, then it is no longer rejected in its essence."

Understanding evil as a divine energy flow is perhaps the monumental task before us as we try to heal from the terrorist attack that has ripped open the hearts of the American people. Perhaps the momentary distortions due to wrong ideas, concepts and imperfections have something to do with the fact that the attack has burst the bubble of safety and privilege that most of the western world has enjoyed for many years. This tragedy has shattered the lives of thousands of innocent people but it has also connected our personal suffering with the suffering of the whole world. If our dualistic reality is to include the ambiguity of good and evil, creation and destruction, then we are being called to a new level of consciousness where we are able to hold both, even if that reality includes unbearable pain and suffering.

Opening to the reality of world suffering requires a descent into all the places where we have had our own world shaken at an early age. Feeling our current lack of safety brings us deep into our internal shaking and to the empty places we have run from in the past. If we can enter this space and feel the ground where there is nothing left to hold onto—where there is no hope—then perhaps we can help the darkness within us begin to illu-

minate. This means we need to be warriors that are willing to confront darkness because we recognize that evil is concealed light—it can descend into more profound states of darkness but it can never be extinguished. Or, in the words of the guide, evil is no longer rejected in its essence.

Our connection to suffering brings a form of knowledge that moves us into a different quality of relationship with other people and other world views. This awareness strengthens and unifies relationships because it has been informed by the depth of evil feelings in ourselves and it has come face to face with our own internal terrorist. We have sat with the "enemy" and from this place we are free to choose a course of action from a perspective of wholeness because we have met and experienced the poisoned soil.

It is only when we have taken this journey that we can begin to negotiate our way back to the whole picture and to a healed environment that knows that the truth of the universe lies in the knowledge that somehow we are all part of the same thing. This knowledge needs to evolve from an intellectual understanding into an embodied knowing that we can only come to through a relationship with the deeper self. If we are able to strengthen our relationship to our own suffering, we will gradually be able to heal the soil collectively.

As our clients descend into the depths of their feelings and shatter because they cannot digest their experience of September 11th, we need to remember that their core wounding, whatever it is, has been activated. Clients with violent or abusive histories have been re-traumatized and catapulted back into the unbearable feelings of trying to survive in an unsafe world. As we help our clients descend into the darkness of their hatred and sorrow about the cruelty of the world we are helping them to feel the roots of evil and the need to separate that drives it.

The world has its origins in God's original separation. This separateness gives us both the gift and the responsibility of free will. It gave us the freedom to choose and in that choosing came the potential for evil. Our belief in free will and what it means to choose has been tested severely since September 11th. The enormity of the loss and the incredible synchronicity of who was at the disaster and who was not brings up deep questions concerning the randomness of our lives and fate. It brings up questioning around our freedom to choose and the true nature of reality.

Perhaps our free will is about our choice to commit fully to our on-going process and to take responsibility for our personal pain and suffering. If our fate is imbued with our free will and aligned in this way a new order

Moving Forward After the Madness

BY NANCY PRIVETT

On September 11, we were all propelled into an experience which most assuredly has already tested, and continues to test, our courage, our wisdom, our capacity to be compassionate and our capacity to serve. In many ways, the events of September 11 have forced us to embark upon a journey that will change our lives. This kind of experience can only be called an initiation.

Initiation is an ordeal. It is a time when a person's strength of character is severely tried. Plutarch said that initiation, like death, contains terror, shuddering and trembling. Joseph Campbell said that it is a large journey of many trials, involving many dangers. The intention of initiation is to help a person pass from ignorance to knowledge, to help one grow up, to undergo a heroic transformation of consciousness.

The trouble is that in our modern society, where the trials of initiatory rites are softened, if not done away with altogether, we have had little instruction or experience in handling the initiatory challenges when they come. After the initial fright and the knowledge of what has been thrust upon us, we may be wondering how to move forward.

If we could all go to the sites of devastation and get our hands dirty—move the rubble, make order out of chaos, get physically involved—we would probably feel a lot better. We would feel like we made a positive contribution. With this option not available for most, we wonder exactly what it is that we should do in order to help, in order to attempt to heal our horror. Sending a check, donating money and giving blood are good, but considering the large scale of what has happened, they

and pattern can begin to emerge. If we truly know who we are in ourselves and in our world, fate and free will no longer feel like opposites—they come into unity and become our destiny. In accepting our destiny we begin to choose from a different perspective—one where the suffering of humanity forces us out of unconsciousness and unites us all. It enables us to feel our own fragility, the pain of others and the suffering of the earth. Until this awakening happens, evil will remain in darkness.

In order for our world to exist, separation must exist. Lucifer's essence is the separate side of God. When he is healed he takes his rightful place on the right hand side of God. In other words Lucifer, when healed, is able to "bear" the separation because he is able to embrace the suffering of the world. We are all on Lucifer's journey and we are all longing to be light bearers in the world. The events of September 11th are giving six billion people alive today the choice to commit to this awakening.

may not seem like enough.

So where is our real power? On what do we focus in order to come through our initiation? We all want desperately to pass this test. How do we do that? How do we move forward as a compassionate, caring, world community? How do we—literally—save the world?

We start in a place very familiar to us, a place where we have complete control—with our own thoughts, words and actions. As world events spin out of control, as our issues of safety and stability are thrown up in the air, we can look to the arena where we always are the authority—how we behave. How we live our daily lives may not sound like a powerful playing field, but monitoring our behavior is actually our mightiest resource. Modern physics can help us understand why this is so.

Physics is, essentially, the science that tells us how the universe operates—how life works. Modern physics, which came upon the scene at the beginning of the twentieth century, basically declares that the universe is an interconnected web of energy. In fact, unity and interconnectedness are two of the basic descriptives for "how life works" in terms of modern physics. Physicists are saying that the universe is a web of energy, and that everything in existence is a part of that web. Our own indigenous Native American culture has this idea as a basic tenet of its spiritual philosophy. This is beautifully illustrated in a quote attributed to the great Suquamish chief, Seattle: "Man does not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself." What this translates into, in simplest terms, is: We are all in this together.

So what does this mean in terms of all of us living our daily lives in the aftermath of atrocity? It means that we have a tremendous amount of power to affect the world. It means that whatever I do, think or say has an effect on you, and whatever you do, think or say has an effect on me, whether or not we know each other, or ever have any physical contact with each other. It means that whatever we do, think or say will have the strongest effect on those around us—our family and friends; and this is true for both positive and negative thoughts, words and deeds. It means that whatever we do, think or say eventually affects the entire planet, so that our positive deeds and acts of kindness make the world a better place, and our negative deeds make it a more difficult place.

On September 11, a great hole was ripped in the fabric of life, and darkness seeped in. Our power lies in the fact that every positive deed we do, every kind word we

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Brennan Integration Work

A New Program to Meet School Therapy Requirements

LISA VAN OSTRAND, DEAN OF ADVANCED STUDIES

Dear Alumni and Students,

We would like to let alumni know that we are starting a pilot program that will allow students to choose a qualified BBSH teacher to fulfill their personal process requirements. And I would like to take this opportunity to answer some of the questions students have asked about the program. This is an option we are providing because students for quite some time have been giving us feedback about wanting to have a practitioner who is more familiar with the work we do and who is current with the evolutionary process of the school.

We are identifying this work as “Brennan Integration Work” (BIW). Brennan Integration Work is a combination of both process work and healings. BIW will count as fulfillment for the student’s required yearly 18 personal process sessions. The Brennan Integration Practitioner (BIP), in conjunction with the student’s needs and the year they are in (PS1-4), will determine the proper ratio of process and healing sessions.

The individuals who are qualified to offer Brennan Integration Work are teachers who are currently on the faculty, were on the previous approved outside supervisor list and who have expressed a desire to partici-

pate in this pilot program. Each year the graduates of the BBSH Supervision Training Program will be eligible to be added to the approved Brennan Integration Practitioner list.

For this school year, students can fulfill their personal process requirements in one of three ways: 1) by continuing their relationship with their existing therapist, or 2) by working exclusively with a BIP, or 3) by combining their personal support by working both with a therapist and a BIP. Students are allowed to do long-distance work with their BIP, although we highly recommend that students not do all their work long distance. The current policy still remains in effect that prohibits a therapeutic relationship between a student and his/her current small class teacher, current in-class supervisor, current mentor and current dean unless this relationship existed prior to the student’s enrollment at BBSH.

As I mentioned, this is a pilot program and like all things I’m sure it will have changes along the way.

I trust you are enjoying your Fall and as we move into Winter, I hope that you will consider coming to visit us in Miami. The beach and salt water are wonderful. And particularly in these times, it is a wonderful opportunity to reconnect with community and to re-experience the extraordinary changes that are always happening within the context of the school.



BBSH Supports a New Model for Healing in Medicine

SHERRY PAE, DIRECTOR OF INTEGRATIVE CARE

BBSH, its students and graduates have long been interested in supporting the integration of Brennan Healing Science into the field of Medicine. This integration includes facilitating health care providers in developing an awareness and understanding of the Human Energy-Consciousness system, energy work, and specifically Brennan Healing Science so that a new model for healing in Medicine would evolve. One of the ways that we have supported students in this vision is to provide a forum through the Physician's and Medical Staff meeting for students to discuss the issues and possibilities associated with this integration process. As we move closer to manifesting this vision, the old forum has changed, and this year we have shifted and expanded the focus.

At Class #1 we held an Integrative Care and Physician's Round Table Panel Discussion that was open to all students. The physicians of the BBSH student body offered their experience, raised questions and issues, and offered possibilities about the integration of healing consciousness and Brennan Healing Science into the world of Medicine. There were approximately 40 students including many other medical professionals who attended the meeting with 8 physicians. Although many of the

students were not in the field of health care, they were very interested in finding ways to incorporate their training in Brennan Healing Science into the field of medicine and/or work with physicians. Many students were interested in developing a resource directory for BBSH students and graduates of people who have been able to work with the medical field as a Brennan Healing Science Practitioner. The people who were listed in this directory would be willing to share information as to how to go about getting one's "foot in the door" as a healer. There were also several students who offered and expressed having great interest, expertise and resources to support physicians in obtaining grant money for research in Brennan Healing Science. It was a wonderfully rich and exciting dialogue, and we are all looking forward to the next meeting at Class #2, where in addition to continuing the resource directory and research discussion, the focus will be specifically *The Integration of Brennan Healing Science into a Hospital Setting*.

The meetings are held on Tuesday evenings from 5:30 to 7:00pm and are open to all interested students. Come join us!

Moving Forward After the Madness

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speak, every prayer we say and every compassionate thought we have right now brings light to that darkness. Every time we monitor ourselves to live more consciously, to actively bring forth the miracle-inducing qualities of the heart—love, compassion, invincible strength, harmony and peace—we are contributing in a powerful way to the healing of this great tragedy, and ultimately the healing of the planet. If we cannot work physically to help in New York or Washington, we can perform acts of the heart in our own community—by being awake, by being watchful, by giving of ourselves, whether that means that we help strangers with their grocery bags, pick up a piece of garbage off the street, or volunteer at a crisis center. We need now, more than ever, to ask ourselves daily: What have I contributed to the worldwide energy web today? Have I left the world a better place with my presence?

We have in front of us great challenges for our day-to-day living: to be impeccable with our thought, word and deed; to bring integrity to everything we do; to learn how to be compassionate and still make strong, unyielding and honorable boundaries for ourselves; to make amends for any negativity we have generated in the past.

The danger that lies before us will be in participating, in any way, in the heartlessness so evident in the crimes committed. If the universe is indeed a web of energy, as the physicists say, right now there is a radiating frequency of that energy which is encoded with the hatred and twisted fervor of the perpetrators. If we are not awake, that frequency may entice us to behave in ignorant, shallow, uninformed and angry ways. When we do this, we are lending our support to the madness. The job of daily living today, in the aftermath of terror, requires our utmost focus, courage, wisdom and compassion.

On some level, we are all frightened right now. And yet, the continuing, organic and relentless evolution of consciousness of humanity is one of the wonders of the universe. I believe that we all want desperately to come through this initiation transformed. We long to have access to our hearts and the transformational qualities stored there—love, compassion, invincible strength, harmony and peace. We long to make these qualities the overriding frequency in the universe. We long to move into our rightful place as heroes and warriors of the heart. I believe this longing is what it means to be human, that it is our destiny, and I believe we all have the opportunity, more than ever, to fulfill that destiny right now.

BRENNAN HEALING SCIENCE PRACTITIONER BUSINESS CARD



We are pleased to offer a beautiful new BHS business card for the exclusive use of all graduates of BBSH. This business card is for your Brennan Healing Science practice as well as for your other professional practices. Each card is customized to include your name, credentials and contact information and any additional text on the back, if you so desire.

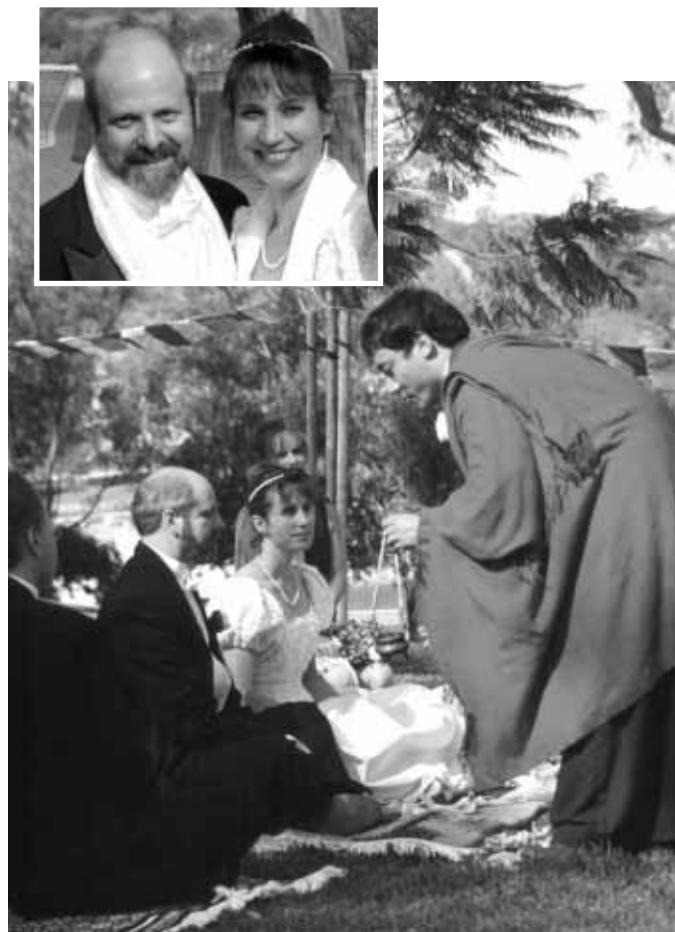
To order your new business cards or for more information, please contact mlwga@yahoo.com or fax the specifics PRINTED CLEARLY to 412-967-9541. Prices for 250 cards are \$135 for a 1-sided card and \$155 for a 2-sided card. Prices for 500 are \$155 for 1-sided and \$185 for 2-sided. The price includes typesetting, layout and printing. Exact shipping charges will be added. The paper is 80lb. cover Warren Lustr-Dull Cream or White (please specify when ordering) and the ink is pms 2745, a dark purple (same as this newsletter). Inquire about group discount when ordering cards for more than one person.

May these cards serve you well and help you bring your light to the world!

Congratulations!

The joyous and really fun wedding of Cathy Cree '99, and Michael Spatuzzi '94, former PS 4 Dean, on October 18, 2001.

*The ceremony was performed by
Tulku Thubten Rinpoche*



Research Study Seeks Distance Healers

California Pacific Medical Center is looking for a diverse group of 75 highly experienced distance healers for its NIH-funded study on glioblastoma (malignant brain tumor). The study is an extension of a study conducted by Dr. Elizabeth Targ of CPMC in which several BHS practitioners participated. That study was published last year in the *Western Journal of Medicine*.

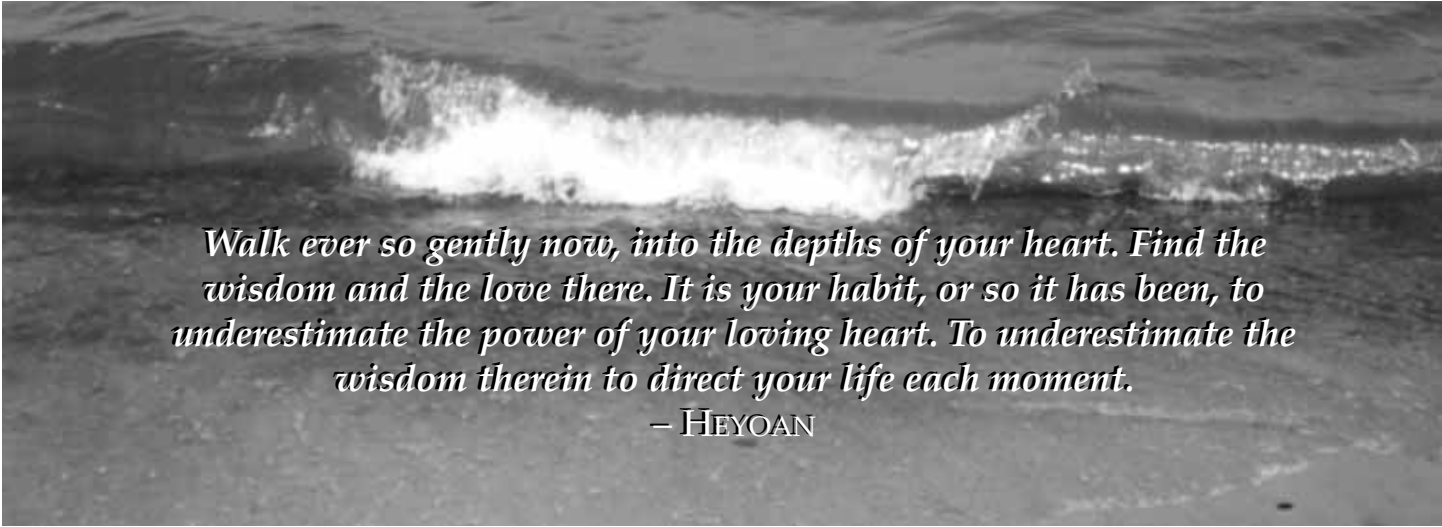
In order to be considered for participation in this current study on glioblastoma, applicants must meet the following criteria:

- Five years experience as a Healer (meaning that close to 50% of your professional time has been spent providing energy healing, spiritual healing, prayer, or shamanic healing to individuals who are not your family or close personal friends).
- At least 10% of your healing work is done at a distance, not in person.
- You have worked with at least 20 patients who have glioblastoma.

If you or someone you know might be interested in participating in this important and highly visible study, please call Sheila Cahill, the project research assistant, at 415-600-1295.

In Memoriam

We are sad to share with you the news of the passing on October 19th of Lugh Farr, 1994 BBSH graduate and former Teacher Trainee. Lugh had a heart attack on his morning walk near his home in Brooklyn, New York. Lugh, whose name means "light," was a man of great heart and deep soul. He was a bright and joyful light in our school, inspiring some to call him "Mr. Sunshine." We send our love and our prayers to Lugh's family and friends.



Walk ever so gently now, into the depths of your heart. Find the wisdom and the love there. It is your habit, or so it has been, to underestimate the power of your loving heart. To underestimate the wisdom therein to direct your life each moment.

— HEYOAN

NEW BBSH ALUMNI REPRESENTATIVES

Please email pfost@netstep.net to receive the complete list

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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 unfolding of the healer within.

**Barbara Brennan
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