



BBSH *in Touch*

ISSUE 8 — THE NEWSLETTER OF THE BARBARA BRENNAN SCHOOL OF HEALING — WINTER 2002

Dedicated to the Evolution of the Human Spirit

Hello Everyone,

The holidays were a time when all of us here at BBSH were able to rest, be with our loved ones and bring 2001 to a close. Back at work many of us took some time to clean out old files, lightening up. It was a great thing to do and I highly recommend it. It allows the life energy to circulate more freely.

Now into our second week of January, we are back in full swing. Here is some of what we are currently creating:

Kahea Morgan, Director of New Program Development, is actively engaged in applying for next year's license. (Yes, it's already that time of year.) She is also working with Ira Ratner, the Publications Manager, in turning out the most beautiful school catalog ever. Finally, Kahea has also been creating a new workshop program that involves Teachers and Teacher Trainees. More from her on that later in this newsletter.

Sy Zachar, Director of Business Affairs, has been working with Renee Raffaele, our new Marketing Manager, to create new ways to promote the school and the work we do.

Sherry Pae, Director of Integrative Care and Research Development, is investigating our possible involvement in a research project with the University of Miami. She has also written something about that

in this newsletter.

And now that registration for this year has been completed, Bill Gerich, Director of Student Affairs, is busy preparing his department for next year's applicants.

Patricia Pfost, Alumni Director, Lisa Van Ostrand, Dean of the ASED program and Judy Krusell, former PS4 Teacher, are hoping to offer an Alumni Intensive in Class #5. There is more about that in the newsletter.

We will have Family Days again in class #4 and I am beginning to look at the schedule for that. I will be sending a letter to the students soon. It is one of the highlights each year as it allows the students' families to experience and be a part of the BBSH community.

And finally, after years of longing, Barbara is returning to Europe in June to give a workshop on Brennan Healing Science® and Healing the Human Heart. It will be held in Belgium. I have been working with Jan Jansen, our Teacher trainee from Belgium, and several of the other European Teachers and Teacher Trainees to create it. There is also the possibility that we may be setting up a series of lectures in various European countries for Barbara before the workshop. Keep an eye on the BBSH website for the dates and locations. It is all very exciting.

So, as you can see, BBSH is doing one of things it does best—creating wonderful new venues for people to be able to experience the beauty and depth of Brennan Healing Science.

Have a great year!
Love, Laurie Keene



**Barbara and the BBSH Office Staff
Enjoying Holiday Time Together.**

Left to right seated: Stuart Adams, Office Coordinator; Barbara Brennan, Founder & Chairperson; Di Dodge, Controller; Gail Berg, Receptionist. **Middle row standing:** Sarah Roman, Word/Data Processor; Renate Cappelletti, Receptionist; Ira Ratner, Publications Specialist; Melissa Higley, Bookkeeper; Kahea Morgan, Director of New Program Development; September Harvey, Registrar. **Back row standing:** Bill Gerich, Director of Student Affairs; Sy Zachar, Director of Business Affairs.

Barbara Brennan in Touch

Going Away and Coming Back

The chance to get away has always been a rewarding experience in my life. Going to another place gives us a bird's eye view of our lives, a time to reflect and re-evaluate everything. It is from the distance that we become freer to see the bigger picture of our lives and whether or not we are dancing the fine edge of our creative desires. Is our dance on line? That is, on hara line? Is our movement referenced to our divine purpose? I remember Bruce Bell demonstrating exquisite and delicate yet powerful dance movements balanced from and always referred back to his hara line. In the center his hara line stood clear, bright and strong, like a May pole that he moved around. How do we know that is what we are doing?

Without the bird's eye view of our lives, we begin to doubt our choices and ourselves when life becomes painful. Have our recent choices and those from the past been clean and clear? Have they served us in the most effective way? Have we made such bad mistakes that we have turned our own creative forces against ourselves? In Class #2, the Council of Light/Heyoan spoke to this.

Illusions

In the years that we have studied the process
of awakening
through understanding maps of duality,
you may have begun to think that your
major creative forces
are the dualistic ones that you've been
focusing on.

But that is not so.

The ground of your being is much greater than
the misconceptions you carry...

It is time now to live the greater view
that no matter what happens in life,
no matter how great your difficulties,
it is from your greater being
and your greater creative energies
that these are brought forth for healing.



Thus we can see everything that comes to us as originating from our greater being and the Divine. Our choices will either help bring our creation directly to us, or, if we are not yet clear, initiate healing cycles to prepare us for what we long to create.

Examining our life choices from the bird's eye perspective can clarify what we have learned by making those choices and that learning can help us make better choices now. However, looking back at what we consider to be our poor choices can easily bring up self-judgment, that old bug-a-boo that can haunt us and spoil the fun of Now. The Heyoan

material teaches us that our self-judgments are resistance to our fear. Our fear holds our separation in place and in our separation, we cannot truly recognize our core essence and core qualities, i.e. who we are. Thus our choices either come directly from our core or they create healing cycles that teach us to recognize and be in our core. Fear is a good starting point in a healing cycle. In Class #2 Heyoan/The Council of Light said the following about fear:

The process that begins with finding your fears ultimately brings you to the daily experience of feeling your core energies as your major creative force.

In every healing cycle, our fear ultimately covers our deep pain of regret. Feeling that pain is the breaking point in the vicious circle of duality. In Class #2, the Council of Light said,

True Pain

Every human being carries regrets.
That is where the true pain is.
Not that so and so hurt you,
or something you wanted to happen didn't,
or something you wanted didn't come to you.
That is not the true pain.

The true pain is those moments when you were not able to be the true being that you are. Perhaps you did not know how and chose in that moment to fly to duality. That is the true pain of life. There is nothing more.

Our true pain of regretting helps us heal ourselves. It clarifies our vision and motivates us to change. It is amazing sometimes how something you have tried to change for years finally reaches critical mass. Then change comes in quantum leaps. What initiates that quantum leap is feeling the true pain of our regrets.

Winter school break is a very fertile time to initiate quantum leaps. It is not only time away from BBSH, but also a time that includes many holidays. With the religious holidays we renew our love and express gratitude for our families, friends and God. We celebrate what has been accomplished and mourn our losses. With this re-affirmation of the foundations of our origins and preparations for New Year's resolutions, we ask, "What is the purpose of my life?" We reflect on our life choices and ask if they have kept ourselves in clear reference to the May pole of our lives. What healing cycles have our choices brought us to? What is the true pain of regret that our healing cycle is bringing us through now? If we make the choice to feel that pain, we open the door to quantum change.

In the time away from BBSH during winter break, we have another bird's eye view. It is a chance to see our relationship with BBSH more clearly and our part in the grander phenomenon of the school's function in

the world. What is the direction and focus of our healership? What do we want to create around it? Have we really dedicated the time we want to this work? If not, why not? What within us stands in the way of our creating the kind of future healing work we are longing to do? What are our regrets and what is our pain beneath? What quantum leap do we wish to make? Heyoan just told me, "What you need right now to direct and develop your healership is specifically related to what is missing in your life that would balance it."

As each of us does this personally for our lives and our healership, we at the hub of BBSH are also considering this for the whole school. The creation and running of BBSH has been an enormous task. Now, as we move through our 20th year, we stand on a solid foundation of integrity and success. We have accomplished a great deal. We are experienced. We are solid. We offer a safe haven for those who wish to create the best of themselves and for the world. We are here to help heal the world. We are here to stay.

For many years, we have visualized becoming a college on our own campus with research and clinical facilities. Some of these steps have been accomplished. We are the first licensed hands-on healing school in the U.S. Now the next step: we are applying for college credits for our courses. Many of us have dreamed of expanding our school to other continents, into medical schools and into research programs. This has been a long, slow process yet some of these possibilities are now appearing, as you will see in this issue. Our dance around our BBSH May Pole is progressing beautifully, if not as fast as we would like.

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BBSH[®] in Touch

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Dedicated to the Evolution of the Human Spirit

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Ideas Whose Time Has Come

FROM THE EDITOR AND ALUMNI DIRECTOR, PATRICIA PFOST

I just got off the telephone with a PS4 student who was having difficulty with her fourth-year project. We commiserated over our similar creative processes, sharing stories of spending hours staring at a blank computer screen punctuated only by stolen glances at email, trips to the refrigerator to get something to eat and longing looks at the telephone hoping it will ring and the process will be interrupted. Fear that it will never get done. She said something I've thought myself and heard many times from others, "You'd think with all this enlightenment that I'd be able to..." You fill in the blank. But, ya know, when it doesn't happen, it just doesn't happen. Or doesn't it?

In listening to her difficulties, I felt the student's passion and fascination with her subject and her deep, deep longing to bring forth, express and be witnessed in the creation. And that energy leaped over to me and inspired me. (That was one of those "typos" too good to correct.) And all of a sudden what I needed to write that day, what I'd been struggling with, became clear and flowed onto the computer page. All because she struggled and because she was willing to share her struggle; she was determined to move. To her it looked like something wasn't happening. To me it was a powerfully moving energy that moved me to just the place I needed. Inspired. That's the thing we don't count on. The unexplained, the unexpected. We study all these reasons why energy moves and why it doesn't. We know all about the creative process. But when creation happens, it's a miracle. Still unexpect-

ed and unexplained despite all our knowing and preparations. The miracle of change, of birth, of sharing. The happening in every instant. The miracle of life.

Most of the articles and letters in this newsletter issue announce a new creation. They are ideas whose time has finally come. Some seem to have been created simply and easily. Others have been through long birth processes with many people over the years contributing to their formulation. Many meetings, discussions, drafts, redrafts, throw-it-all-out-and-begin again drafts—many trips to the refrigerator. A few of us today are the lucky midwives. And there is one very lucky mother indeed! But the creation has been a joint effort. The students who shared their longings in 1998 for an alumni week contributed mightily to its creation this year. The healer who wrote an impassioned letter about longing to do BHS research years ago, can now see the fruits of his labor. We see many examples of community efforts throughout these pages.

This issue seems to be about the part of creativity where we finally see a finished product. But let's remember that each moment of our creative process is precious and important, even if it feels difficult or stuck. I'd like to honor the creative process and the unique way each of us has of experiencing it. We honor all the people who have contributed to envisioning and bringing forth these creations. We honor the brilliance of our visions and the joy of creating together. We honor the Great Spirit moving.

Family Gallery

Amber Victoria Singer was born December 16, 2001, at 2:54 p.m. She was delivered using natural childbirth, with no medication and is a healthy, happy baby. She was 7 lbs, 1 oz, 19-1/2 inches long. She is also a prayer answered, a dream come true, and a new angel on earth. I'm her mom, Marie Singer, 2001 graduate and her father is David Singer (brother to former teacher Neil Singer). This is a journey like no other.



BBSH First Alumni Intensive

Dear Alumni,

Come join us for our first Alumni Week and experience the new BBSH! I'll be welcoming you home to the excitement of the 20th year of BBSH. I look forward to reconnecting with you and bringing you up to date on the new Heyoan and Council of Light teachings.

Have a good journey home!

Love, Barbara

Dear BBSH Alumni,

We are so happy to announce our first Alumni Intensive. The intensive will take place from June 4-8, 2002 which will be during the fifth week of regular BBSH classes. The five-day intensive has the theme of Reconnection and Renewal and is an opportunity for all BBSH graduates to come together with Barbara, faculty, and current students.

Our week together will be a time that will nourish us as well as invite us to deepen our awareness, presence and love. Like all BBSH weeks, the curriculum will consist of time for healing science, awakening, professional development, creative movement and fun.

Judy Krusell, a former teacher with a long relationship with BBSH, will be facilitator for the Intensive and, of course, Barbara and other faculty will be participating as well.

We are looking to forward to reconnecting with you and hearing about your experiences since graduation. There will be time for you to share where you are in your lives both privately and professionally. We will also work with you on what your cutting edge is. Where in your life have you not been able to create what you long for? Where do your fears still hold you back? The awakening and professional development will support this via Healing Vessel, professional supervision groups, and a class on manifesting your vision and longings.

An advanced healing science class on cord healing is scheduled as well as opportunities for you to both give and receive healings. Throughout the week, we will be living with the question: What is healing? As we explore the challenge of living in duality and unity,

we will support each other in the exploration of the subtleties of healing work increasing our discernment and willingness to stay awake and present in our work with self and others. Through community and relationship, there will be many opportunities to help each other be more, and express more, of who we are.

The week will have movement, play and fun. Throughout the week, longer lunch breaks and free time will provide ample opportunity for you to reconnect with old friends and make new ones. Movement sessions are planned that might include yoga, Continuum, and drumming. A Reunion Dinner will take place and perhaps an optional Inland Waterway cruise, and, of course, we will be swimming, and relaxing in the wonderful Florida Ocean.

You will also be attending all the all-school events with Barbara that occur on Tuesday at the school opening, Friday with Heyoan and/or the Council of Light and then Saturday's goddess healing. On Tuesday morning, Barbara will present a special class for you on her exciting current work with geometric forms, the Merkaba, the Flower of Life and healing. Finally, Alumni Intensive participants may also partake of the evening Healing, Medicine, and Dis-ease lecture, Senior Ceremony, and the PS1-PS3 Performance. You are also invited to attend the graduation ceremony to witness and support your friends through this important passage.

Tuition for the 5-day intensive is \$1,150. In order to plan and hold this event, we will need a certain number of participants. Therefore, we request that you indicate your interest in attending as soon as possible. Patricia Pfof can be contacted via email at pfost@netstep.net. Please contact her as soon as you can and no later than March 20, 2002. Once we receive your initial indication that enough alumni plan to attend, we will mail registration forms and detailed information.

We look forward to hearing from you and seeing you in June.

With love,

The Organizing Committee:

Judy Krusell, Patricia Pfof, Lisa Van Ostrand



BRENNAN HEALING SCIENCE®

Dedicated to the Evolution of the Human Spirit

BY KAHEA MORGAN

BBSH teachers have answered the call and are heading to cities near you with fun-filled, dynamic, heart-centered workshops presenting the Fundamentals of Brennan Healing Science (FBHS). These workshops range from one to two days, with an evening lecture. They are targeted for your clients, colleagues, friends, family and community groups.

An FBHS is structured to give participants a basic theoretical framework of energy and consciousness before moving into those great experiential exercises we all know and cherish—chakra spins, color breathing, tan tien ground, push-pull-stop-allow, sink and the all-time favorite... chelations! Do you remember the excitement you had when you first experienced these new ways you could open and shift your own energy and consciousness system? Fun? Potent? Scary? Life-changing? All of the above?

We invite you to become an active partner in spreading the dynamic work of Brennan Healing Science. If you want to bring an FBHS workshop to your part of the world, give us a call. Large or small, there can be one just for your clients, your best friends, your community, or even your Uncle Max. The FBHS Workshop Leaders can also spread their sparkle at your local retreats and conferences.

A listing of currently-scheduled world-wide workshops follows in this newsletter and you can check www.barbarabrennan.com for updates. Ads for these workshops will appear in the April issue of *Natural Health Magazine* and the May/June *Annual Holistic Health Guide of Body & Soul Magazine* as well as ads and articles in many local publications.

You know the talent and dedication of BBSH-trained teachers. You know the power of Brennan Healing Science. Call the School or one of the FBHS Leaders to create a workshop in your city.

The following individuals are authorized FBHS Workshop Leaders as of January 18, 2002. Their country and state of residence is listed although many are willing to travel throughout the world to present this work.

<i>Rebecca Ellens,</i> 305-318-9526	Florida
<i>Ann Erdahl,</i> 301-593-1224	New Jersey
<i>Ines Gerhardt,</i> 011-49-6571-149468	Germany
<i>Alain Grouette,</i> 514-697-7383	Ontario, Canada
<i>Anne Hoye,</i> 011-44-2891-884415	Ireland
<i>Francine James,</i> 212-725-1014	New York
<i>Gisela Koidl,</i> 525-516-0403	Mexico
<i>Phyllis Lehman,</i> 845-258-4563	New Jersey
<i>Joy Lofstrand,</i> 845-679-8305	New York
<i>Lucie McInnes,</i> 781-334-6248	Massachusetts
<i>Tina Mulhern,</i> 781-646-6800	New Jersey
<i>Julie Murray,</i> 513-721-7543	Ohio
<i>Catherine Nelson,</i> 406-585-8025	Montana
<i>Patricia Pfost,</i> 503-844-7672	Oregon
<i>Ruey Ryburn,</i> 808-737-8859	Hawaii
<i>Gundi Schachermaier,</i> 011-49-8431-7185	Germany
<i>Anna Schalk,</i> 843-886-3931	South Carolina
<i>Irene Tobler,</i> 011-41-786473613	Spain
<i>Cristie Torrenge-Furth,</i> 954-772-3336	Florida
<i>Lisa Van Ostrand,</i> 212-533-2420	New York
<i>Patricia White Buffalo,</i> 831-476-1659	California

Kahea Morgan is a 1991 graduate and former Dean of BBSH. She is currently Director of New Program Development and Licensing. You can reach her at kahea@barbarabrennan.com

Free Brennan Healing Science Clinic Held in New York

BY ELIZABETH BARRETT '00

As a healing response to the World Trade Center attacks, a BHS Clinic for New York City was held December 2, 9, and 16 at the New York CORE Energetics Center. Clients were recruited via flyers, on-site advertising, and word of mouth. We recommended setting appointments in advance, but accepted walk-ins on a space-available basis.

We rented 5 individual therapy rooms at the NY CORE Center and added an extra room for a healers' support "lounge" in weeks 2 and 3. The private rooms allowed us to offer one-on-one sessions lasting about an hour. (Because of time and space constraints, other NYC healing relief efforts had used protocols of 20-minute sessions in rooms with multiple clients and healers.) Our intention was to practice self care and to support healers as well as clients in this effort. For the 5 rooms, we staffed 9 to 11 healers each week so that as each session finished, a new healer/client pair could move into the room and the healer finishing a session could take a break. Some healers worked on each other or talked through process issues that came up. Group supervision was offered after the final week of the clinic.

A group of 21 BBSH graduate volunteers gave a total of 69 free one-hour healing sessions to 65 clients. Of these clients, there were 16 men and 49 women, ranging in age from 9 to 78 years old. We served a diverse group of clients, including a number of Spanish-speaking, foreign-born and African-American New Yorkers. At least 2 married couples both had sessions, as did another 2 pairs of partners, and two mother-child pairs.

Most clients were pre-screened by phone to assess whether they had medical or psychiatric conditions that could not be appropriately addressed in this setting, as well as to get a basic history of illnesses, medications, etc. On site, clients filled out a more detailed intake form and signed a consent and release form. After their sessions, clients were asked to fill out a feedback form. Materials about BBSH, Brennan Healing Science and healers' business cards and brochures were available on site.

We found we were working with a lot of trauma and grounding issues. We believe that most residents of Manhattan experienced some level of

trauma as a result of 9/11, and we did see this in our clients. Some clients had witnessed the attacks, several had lost colleagues or friends. At least 2 had lived in Israel and recalled terrorist events there; one had lived in Europe during WWII bombings. Several clients were unemployed or had lost jobs as a result of the attacks. Client occupations included: students, retirees, housewives, attorneys, administrative assistants, actors, visual artists, TV producers, writers, photographers, therapists/healers, meals-on-wheels workers, hospital workers, educators, cooks, human resource administrators, and childcare workers.

In addition to the graduates volunteering as healers, other graduates staffed the clinic to help with client intake, healer/client matching and room assignment, holding time boundaries and clearing and holding space. We experimented with several different systems, and became highly efficient by the final week! Because of the open nature of this particular clinic, hands-on healing work was practiced by insured graduates only. Healers were also asked to fill out feedback forms. They told us they enjoyed working in group practice and reconnecting to the support of the BBSH community. We also learned a great deal

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BELOW: BHS Clinic, NYC, 12/2/01

Back row: Kate Prendergast, Rebekah Mulhare, Elizabeth Barrett, Kazuko Numata; Front row: Beth Gold-Lentino, Charles Muldoon, Thomas Ayers, Purim King, Carol Kulig, Vincent de Rosa. (Photo by Ursula Beller.)



ALUMNI GROUP NEWS

BBSH alumni groups are meeting around the world and reporting about the pleasure and camaraderie experienced. Each group has its own personality and has chosen activities that reflect the needs and longings of the individual members and the part of the world in which they live. Here are three examples of the different groups and the activities they are undertaking. The reports were written by the regional Alumni Representatives.

Swiss Association of Brennen Healing Science Practitioners

DON CURDY '99, PRESIDENT
d.curdy@mydiax.ch

It all started in 1996. During each class week at the Legends Resort in McAfee NJ the Swiss undergraduates would meet Wednesday evening in one of the student's room for pick-nicking, socializing and puppy-piling. . . , but also for the "elders" to coach the less experienced in the school. These regular meetings continued to be an important part of our BBSH journey for the following years. As the first were about to graduate the idea emerged to create an organization in Switzerland for our mutual support and the promotion of our work.

In June 2001 a group of graduates and students gathered in Zurich to discuss the goals and the structure of the future association. In a creative and playful process, every one brought their ideas and expectations, and together we defined the goals of the association. It became clear very soon that we wanted more than an alumni group. What we wanted was a professional association that would have a voice in the health care field of Switzerland.

The goals of the Swiss Association of Brennan Healing Science Practitioners are

- to make Barbara Brennan's energy work known in Switzerland
- to insure the ethical standards and the quality of work of its members.
- to support the members in their studies and/or in their practice as Brennan Healing Science Practitioners
- to cultivate the contact between the members and the BBSH
- to cultivate the contact with representatives of health care institutions and with political administrations.

The managing committee will meet soon to define the charges and set the agenda for our activities in the near future. Before us lies a huge field to be cultivated. The possibilities are numerous. I am thrilled, and I am really looking forward to engaging in that process and seeing the unfolding of our creativity in doing that.



Meeting of Swiss BBSH Alumni and Students:

Back Row: Juerg Eichenberger '00; Silke Semmler (PS2); Carolin Aschenbrenner (PS4); Leo Studer (PS4); Sara Zoelly '01
Middle Row: Hedi Fischbacher Lutz '96; Sereina Seyffer (PS3); Donat Curdy '99; Regula Fischer (PS3)
Front Row: Marianne Geiger '00; Ursula Beller (PS4); Hanna Laubscher (PS4)

The Netherlands and Belgium

BY CHANTAL VAN DEN BRINK '99
chantalvandenbrink@soulstation.nl

It is wonderful to be building this community and to feel the support we can give each other. We contacted all current BBSH students and graduates in the Netherlands and Belgium, approximately 25 in number. We found that people's main interest was to create a peer group that provides the same warm and safe environment as the school does. Our first meeting was in May this year. The second was September 13. The next meeting will be in March 2002. Both meetings were wonderful. The first was very explorative, about 18 people attended, all BBSH. The second was an Open Space to define the working area of our healer's society.

We have formed working groups to create different things:

- Central Information. We have assigned people to provide information about healing and healing education (BBSH) to people interested.
- A Marketing group looks at creating an external profile as healers in the market, doing joined marketing and public relations.
- A Recognition group looks at joining an existing alternative medicine association for recognition by health insurance companies or creating our own official association.
- A Professional Development group looks at organizing workshops once or twice a year for our professional growth.
- Intervision groups. Currently we have two groups organizing regular intervision meetings, one in the center and one in the south of Holland.
- Healing Exchanges group organizes healing exchanges three times a year.
- Newsletter. We are exploring the possibility of creating an internal newsletter that could be published once or twice a year.

Suffolk County, Long Island, New York

IRENE REBECCA BODENDORF
Smile-on-Irene@worldnet.att.net

Maureen Scanlon, who had slipped on the ice the day before and broke a bone in her right knee, requested prayers and healing energy from all of us. She also requested we discuss volunteering at Southampton Hospital. There were no energy healers to greet her or be with her while she was waiting to be taken care of in the Emergency Room. She missed being touched by healers. Sherry Pae helped us understand the pace the doctors and nurses keep at the hospital and how we can help. Celia Conaway and I are going to meet with the Volunteer Coordinator at the hospital and discuss our desire to do healings for patients.

Southampton College and The Ross School have continuing education programs where we can give a mini-intensive and get paid for it. They also do the advertising. Diana Semlear shared with the group that the nurses and doctors from the hospital often take courses at Southampton College, a great way to introduce BHS to the medical faculty.

Vincent DeRosa has volunteered to be an Alumni Representative for Suffolk County West. His telephone number is 516-361-2978. I have Suffolk County East. Our groups will get together occasionally.

Our meeting was fruitful and blessed with so many wonderful BBSH Healers. Lots of great ideas coming forth. We did a group healing and then closed the meeting.

An Opportunity for Sharing and Validating Our Work

BY SHERRY PAE, R.N., DIRECTOR OF INTEGRATIVE CARE AND RESEARCH DEVELOPMENT

As many of you know, one of BBSH's goals has long been to have the effects of Brennan Healing Science validated through research. You, the graduates of BBSH, are essential in accomplishing this goal and we know that many of you have expressed great interest and support for BBSH to be involved in research. Research that validates the efficacy of Brennan Healing Science would certainly assist in the integration of this work into the field of Medicine and Health Care.

So perhaps the time has come. BBSH has been approached by a physician from the University of Miami to participate in two possible research projects, specifically studying the effects of Brennan Healing Science in working with individuals who have AIDS or breast cancer. Graduates of BBSH will be the only healers working with these clients, and BHS Practitioners who are involved in the project will be paid for their participation.

The next step is to obtain funding through preliminary application. This is where we need your help. The possibility of receiving funding for the research greatly increases if anecdotal case findings demonstrating the positive effects of Brennan Healing Science are submitted as supporting evidence of the need for further research. You, the graduates of BBSH, have the experience and know what is possible with this work. This is a wonderful opportunity for you to share your work and contribute to the recognition and integration of Brennan Healing Science.

If you have worked with AIDS or breast cancer patients and you would like to help, we need the following information:

- 1) Did the BHS work have any effect on the disease progression markers? (In working with individuals with AIDS: CD4, viral load.)
- 2) Was your healing work in-person or long-distance?
- 3) How often were the healing sessions?
- 4) How long was it before you witnessed an impact?
- 5) What other treatments was the client receiving?
- 6) What was the stage of their illness?
- 7) In working with individuals with breast cancer, when were the sessions in relation to other treatment (i.e. before or after chemotherapy, radiation, surgery)?

- 8) What did BHS have an effect on? (Include biological, physical, emotional, mental or general health indications.)

In answering the above questions please do not identify the client, and if you have more than one client who has either of these disease processes, you may write a general summation for each question. For example: "I have worked with 10 clients who have had breast cancer: 4 post-surgical and 6 prior to surgery. Two of the 4 post-surgical clients were also receiving radiation therapy during their course of treatment with me. All ten of the clients with whom I worked came for weekly one-hour sessions: 3 for two months, 4 for 12 weeks, 2 who remain clients (for over a year), and 1 who came for 5 weeks. All of the clients reported decreased pain and an overall improved sense of well-being and self-acceptance, etc..."

Please send your responses via email to sherry.pae@barbarabrennan.com or mail them by March 30th to Sherry Pae at 500 NE Spanish River Blvd., Suite 108, Boca Raton, Florida 33431-4559.

If you have any questions, please feel free to contact me, and thank you for making this next step possible. I'll keep you updated as things unfold.



Bridging the Worlds of Medicine and Healing

INTEGRATIVE CARE MEETING – PHYSICIANS’ PANEL AND OPEN FORUM
BY SHERRY PAE, R.N., DIRECTOR OF INTEGRATIVE CARE AND RESEARCH DEVELOPMENT

The Integrative Care Meeting at Class #2 once again brought together physicians and interested students to discuss the integration of Brennan Healing Science and healing with the world of medicine. This well-attended and lively discussion again brought to the forefront four important issues: 1) the need to create standardized, professional, informational and educational literature for physicians and hospitals that explains what we do and the effects Brennan Healing Science has, 2) the need for a resource network for BBSH students and graduates to be able to share their success stories, experience, questions, and ideas about interfacing with physicians, hospitals, and health care systems, 3) the need for a comprehensive bibliography of research that supports the efficacy of healing, and 4) the need for gathering anecdotal case reports that support the positive results of Brennan Healing Science.

As you can see, all of these issues reflect the deep calling of the unitive - the deeper need for communication, building the bridge to communion and unity. We have heard the call and are working to find ways to engage in communication on all of these levels. Finding common language that explains and can be understood by “other worlds” is both challenging and necessary. We are working on a brochure that

explains Brennan Healing Science, its effects, and defines the scope of practice of a Brennan Healing Science Practitioner®. The need for a resource network for students and graduates is being thoroughly explored, and the first step in gathering anecdotal findings has begun. (See article in this Newsletter “An Opportunity for Sharing and Validating Our Work”) One of the first-year students who is a physician is providing us with a comprehensive bibliography of research, so that will soon be available for interested students and graduates.

The other wonderful aspect of this meeting is the sharing of experiences that takes place between students from all walks of life. Physicians, health care professionals from every discipline, and students with diverse vocational backgrounds come together in common purpose, and this meeting serves the natural impulse of healing in all of us. It is a reflection of what is possible in the larger world. Perhaps through communication we will find we are in fact bridging seemingly different worlds, co-creating a new template for healing in Medicine, and most importantly recognizing we all share a common purpose in healing.

The Integrative Care-Physician Panel and Open Forum is held every Tuesday evening at Class from 5:30 -7:00 PM., and is open to all BBSH students



Some of the many life-long friendships that have been formed at BBSH.

Left: As graduation approaches, PS4 students enjoy precious time together on the beach.

Right: Faculty members on their way to a great dinner in South Beach.

Brennan Healing Science; How do YOU describe it?

The most frequently asked question in the BBSH Professional Practice classes taught over the years is, "How can I explain Brennan Healing Science in a way that people will really understand what we do?" Describing BHS is a work of art. In some moments, we healers are great at it and in other moments, we struggle to find the words that convey how healing and transformative the work is. In the next few issues, this column will present different ways that students, alumni and faculty describe Brennan Healing Science. Please send us your version.

Many thanks to Enrique Arellano, PS3 student from Mexico City, Mexico, for sharing the following description and for inviting all of us to use his words freely as we move this work out into the world.

"Brennan Healing Science is a leading integrative therapy through hands-on healing. In this modality of therapeutic work, the Human Being is considered as a multidimensional being, (body, mind, emotions & spirit) and therefore the healing work reaches all these levels at once in each individual. Illness, whether physical, psychological or spiritual is viewed as an imbalance in the Human Energy Field which the Brennan Healing Science Practitioner® intends to restore to balance by clearing, charging and balancing it.

"BHS was developed and tested for over 20 years by scientist and healer, Barbara Brennan. Results have shown effectiveness achieved to prevent, regress, heal and recover from several illnesses and pathologies of humankind. It improves the quality of life of the client. It can foster each person's soul's growth and provide a safe ground for the exploration of the untried creative forces and potential residing within each individual.

"Efficiency and effectiveness achieved through BHS is now being recognized to be of great relief and help before, during and after surgical procedures. It enhances rapid recovery and significantly diminishes post-traumatic effects.

"Continued process of BHS brings about the opening of a new chapter in each person's life, like being born anew with a new awareness of his/her life task and purpose.

"A BHSP is a graduate of the four-year professional program offered at BBSH in Miami. The BHSP helps to convey the healing energies and facilitate the healing process of their clients throughout their journey toward wholeness."

Free Brennan Healing Science Clinic

CONTINUED FROM PAGE 7

about how to build the logistics components and container of a group BHS practice that is open to the general public. We hope to put this knowledge to use in future clinics.

Manifesting this clinic was an incredible act of love and teamwork. I want to acknowledge and thank you all for the support we received from the BBSH community. I especially want to thank the following healers who donated their time on-site, many of whom traveled long distances to serve:

Kate Prendergast '00, Clinic Co-Director	
Sylvia Moss '90	Carol Kulig '95
Ellie Brown Gee '95	Carol Maher '97 TT'00
Thomas Ayers '97	Vincent de Rosa '98 AS'01
Roberta Keena '98	Rebekah Mulhare '99
Sally Bishop '99	Mary Pat Fitzgibbons '00
Beth Gold-Lentino '00	Kate Graves '00
Charles Muldoon '00	Esther Usai '01
Gloria Seidler '01	Kazuko Numata '01
Lorraine Tollan '01	Nancy Sanders '01
Purim King '01	Ursula Beller PS4
Annette Stathis PS3	Linda Norris PS2

Special thanks to Andes Bell '94, TT '96, who donated supervision to clinic directors and staff.

We estimate that over US \$10,000 in services were donated. Expenses, the largest of which was space rental, totaled about \$1,600, and were paid through the generous donations of BBSH graduates, students and faculty as well as The American Institute for New Health and client donations collected at the clinic.

We hope to analyze client and healer feedback in depth and make a more detailed report available soon.

With love and deep gratitude,
Elizabeth Barrett '00 (845) 831-1475; eabarrett@hvi.net



***Barbara Brennan School of
Healing 2002-2003
Resident Training Dates***

RADISSON DEAUVILLE,
MIAMI BEACH, FLORIDA

WEEK 1

Teacher Training and ASED: October 5 & 6;
PS 1-4: October 7 - October 12, 2002

WEEK 2

Teacher Training and ASED: December 8 & 9;
PS 1-4: December 10 - December 14, 2002

WEEK 3

Teacher Training and ASED: March 2 & 3;
PS 1-4: March 4 - March 8, 2003

WEEK 4

Teacher Training and ASED: April 27 & 28;
PS 1-4: April 29 - May 3, 2003

WEEK 5

Teacher Training and ASED: June 1 & 2;
PS 1-4: June 3 - June 7, 2003

TEACHER TRAINING WEEK: September 8 - 12.
Location to be announced.

***Barbara Brennan's
Upcoming Appearances***

***"Healing the Human Heart"
WORKSHOP***

Integrating the physics, physiology and human
energy-consciousness system of the heart.

Chicago, Illinois - April 12-14

Presented by Barbara Brennan,
Sherry Pae and Laurie Keene.

Tokyo, Japan - May 17-19

Presented by Barbara Brennan.

Miami Beach, Florida - May 31 - June 2

Presented by Barbara Brennan,
Sherry Pae and Laurie Keene.

Antwerp, Belgium - June 28 - 30

Presented by Barbara Brennan
and Laurie Keene.

***"Vision of Our Future Understanding
of the Human Energy Field"
LECTURE***

Mexico City, Mexico - May 26

Presented by Barbara Brennan

Going Away and Coming Back

Continued from page 3

In this new year we must ask ourselves, "Am I keeping my life balanced and healthy while following my longing about my healership?" Each of us has struggled with something in us that leads to the lack of a fully balanced life. What we need right now to direct and develop our healership is specifically related to what is missing in our lives. Fill in the missing piece to balance our lives and then the next step in our healership will come. It is time to re-evaluate what is missing in our personal foundation and see how that relates to our direction in our healing profession.

Many of us who have run the school for years and are still doing so, are exhausted. We feel the pain of regret in our exhaustion. While we face many new possibilities for BBSH, we also face the prerequisite of finding better ways to take care of ourselves including making time for play. Our next step must include a deeper level of self-care than we have accomplished so far. This has been our mandate for this season's break.

During this winter break, my highest priority has been to re-order my life. With the help of my husband who invites me to everything, and living in Florida, I am succeeding. Instead of getting up early between 3 AM and 6 AM and working till 9 PM, I now start my day with a brisk two-mile walk and jog at sunrise. After that, I go for a bunch of laps in the pool, cook my husband's breakfast and then hit my e-mail. Don't get me wrong; certainly I have done a lot of exercise in my life but a lot of it wasn't much fun. Now I also stop working in time for some early evening play such a movie, dinner with friends, a walk or a boat ride. And I feel great! I am so pleased and grateful for my life

and for everything that has been given to me as well as everything that has resulted from all the hard work. Thank you for joining me on this path, for all your friendships, for the privilege of having you in my life. My dream of returning to the laboratory to measure the HEF is still my deepest professional desire. Perhaps if I keep up my new life style, I will have enough energy and opportunity to do it.

And you, what is missing from your personal foundation? What is your true pain of regret? What is your dream that may come into being by feeling that pain? Take the quantum leap. It is time.

Barbara Brennan

Let's Go Surfing!

Did you know that on average, the BBSH website, www.barbarabrennan.com gets 1,400 hits each week? Have you been to it recently yourself? The next time you are surfing, come on by and check it out for the latest information on:

Worldwide BBSH Events

Who's Who in the International

Directory of Healers

Resident Training Program Dates and Locations

Weekly Inspiration from Seeds of the Spirit

Program Descriptions

Student Applications

Products

BBSH In Touch Newsletters

Answers to common questions about the School

... *And much, much more*

Drop by for a visit the next time you are online.

BRENNAN HEALING SCIENCE PRACTITIONER BUSINESS CARD



To order your cards or for more information contact:

Martha Wasik / Graphic Arts

FAX: 412-967-9541

mlwga@yahoo.com

Printed on either white or ivory with purple ink (please specify paper color). Prices include typesetting, layout, and production. Exact shipping will be added.

250 cards / 1 side: \$135 2 sides: \$155

500 cards / 1 side: \$155 2 sides: \$185

GROUP DISCOUNTS AVAILABLE, PLEASE
INQUIRE WHEN ORDERING.

FUNDAMENTALS OF BRENNAN HEALING SCIENCE

Spring-Summer 2002 Workshop & Lecture Calendar

February 22	Kassel, Germany; Ines Gerhardt
February 22-24	Cincinnati, Ohio; Julie Murray
February 23-24	Boston, MA; Tina Mulhern
March 22	Portland, Oregon; Patricia Pfost
March 22-24	Nijmegen, The Netherlands; Rebecca Ellens
March 22-24	Koeln, Germany; Ines Gerhardt
April 5-6	Portland, Oregon; Patricia Pfost
April 5-7	Kassel, Germany; Ines Gerhardt
April 5-7	MacAfee, New Jersey; Phyllis Lehman
May 3-5	Koeln, Germany; Ines Gerhardt
May 4-5	Charleston, South Carolina; Anna Schalk
May 11-12	Montreal, Canada (in French); Alain Grouette
May 17	Portland, Oregon; Patricia Pfost
May 18-19	Northampton, Massachusetts; Tina Mulhern
May 18-19	Montreal, Canada (in English); Alain Grouette
June 14-16	Bloomington / Normal, Illinois; Ruey Ryburn
June 22-23	Portland, Maine; Tina Mulhern
June 28-30	Oahu, Hawaii; Ruey Ryburn
August 10-11	Kitzbuehel, Austria; Gisela Koidl, Gundi Schachermeier; Irene Tobler

Our Workshops
Introduce People To
The Joys of Brennan
Healing Science.

People Like Your
Uncle Max In Boca.

Ever wished there was an easy answer to the question:

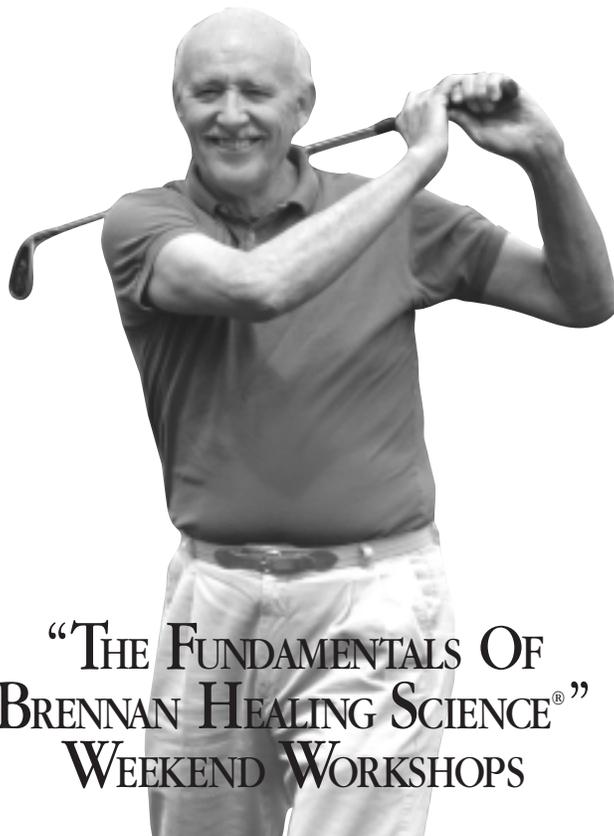
"What exactly is Brennan Healing Science, and how can it help me?"

If so, we have some pretty good news for you:
The Fundamentals of Brennan Healing Science® workshops.

In the course of a weekend, those interested can get to know and understand the basic principles that you've committed to. Lectures and workshops taught by BBSH® teachers throughout the world. Explained and demonstrated in a way that anyone can appreciate and learn from.

So if you're in Des Moines and want to enlighten someone in Detroit, check www.barbarabrennan.com regularly for the dates and locations of these upcoming workshops...coming to cities, clients, friends and family both far and near to you.

Because after all, a hole-in-one isn't much compared to the health and happiness *you* can help them enjoy.



“THE FUNDAMENTALS OF
BRENNAN HEALING SCIENCE®”
WEEKEND WORKSHOPS

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
School of Healing®**

500 NE Spanish River Blvd. Suite 108
Boca Raton, FL 33431-4559



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