



# BBSH®

# In Touch

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The Newsletter of Barbara Brennan School of Healing®

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## Diversity, a Gift of Learning

*Channeled by Barbara Brennan*

We relish the diversity in this school with the many cultures that are represented here. What do you have to give to this community from the culture you grew up in that is unique and beautiful and very wise? Consider it. Tonight is community building. What do you have to give? In this time of the celebration of light, what is the light within you that you celebrate and the light that you recognize in others that you celebrate with them? This beauty is so bright, but you can handle the light. Just look into each other's eyes.



*Consider the possibility of a life of pleasure,  
pleasurable challenges that evoke your greatness,  
your love, your ability to change,  
your ability to accept someone  
whom you might have feared before.  
Recognize it as your own fear.  
It's simply a fear of not knowing, not understanding,  
simply the fear of the unknown.*



The Newsletter of The Barbara Brennan  
School of Healing

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*community*

## First Day of School at BBSH

*By Jay Yarnold, 2015–16 Year 1 Student*

I am truly very grateful that I am here at the Barbara Brennan School of Healing on my path as a self-healer. What strikes me most about my first day here is the courage and strength demonstrated by those whom I have shared today with. People from all walks of life, countries, religions, and belief systems have come together with great intentions and truthful desire. Each has a different story to tell, each as fascinating as the last. Each person chooses to show the bare self—their weaknesses, wounds, injuries, challenges, and fears. Each person digs all the way down, beyond each filter, each layer, and each wall. Beneath the costume and dramas and to the core of one's self, each person feels their truth and their longing. In truth they stare fear directly in the eye. On some level, the eyes reflect that there really is no fear.

Here strangers come together as friends, creating a sacred space that honeycombs each individual in a net of safety. Here the light shines through all, showing the path to each person who has been called to embark upon this wonderful journey. Together we hold hands and cross the no-man's-land and walk into truth. It is a journey, and when the destination is unknown, we must enjoy the journey.

Here then lies a practical demonstration for those who are cynical of a utopia or a new earth or simply a new direction for society. A society that has experienced so much pain can now drop all judgments against themselves and others, and offer themselves naked before truth in love, peace, and unity. Here there are people with real lives—and real situations happening in those lives—with their own points of view, opinions, and ideas. But that is OK. It's OK because here there is no judgment. There is love, and it is that love that bonds and unites this society. It gravitates all that is love towards it. The energy can be felt resonating through the entire place. So with love keeping things in check, we hold the space for love to express itself, and so it does. Here society heals itself. I again am truly grateful to bear witness to it and to be a part of it.

In love and light, thank you.

# healing journey

## Becoming a Healer

By Priscilla Bright, Former BBSH School Dean

As a Brennan Healer since 1997 I have had an infinite number of wonderful moments with my clients, and I experience gratitude daily for my life as a healer—it is an amazing and fulfilling life work. There have also been more than a few challenging moments with clients over these years, moments when I have offered up a prayer of thanks for how well the Brennan training prepared me. I wanted to write this article as a way to honor the comprehensive nature of the training, for in moments in my healing practice when I didn't know how to respond or what to do, the thoroughness and repetition of my training would somehow just arrive and carry me.

It is a diverse and challenging group that come through a healer's door for sure, and probably most essential for me is that I learned the ability to remain centered and safe within myself, aligned with my deeper healer's purpose of heart no matter what occurs in a session, even when aspects of my wounds and defenses are quite activated—and this has been worth gold in my healership, and in life.

When I graduated, a close friend from outside of the school took a photo of me, and sent it framed with big sparkled letters arranged on the bottom that said "CHANGED HER LIFE." And it is true that the Brennan experience changes one's being in so many ways, that at school we sometimes joked that the personal growth was in dog years—at least seven to one.

To share some examples of closed areas that opened within me, I think of my work with my clients who struggle terribly with depression, which is also a deep childhood wound of mine from my own mother's severe depression. Through school I was helped to explore my terror of being around depression, and also my unconscious caretaking, and separation from my own needs, from that wound. And now as a healer I sit deeply connected with my clients in that depression template that I know so well, and instead of fear I experience expanded compassion, respect for their struggle, and acceptance of them "as they are" that softens their painful isolation.

And with my clients who are full of anger, I sit openly with them relaxed in myself, even though I was raised in a family where no one ever once raised their voice, and it was

only after I struggled as a student through Year 2 that I could even stay in a room that had anger or rage. But through the transformation work of the curriculum I ended up a Year 2 teacher, and then the Year 2 Dean as a guide for others, because I know intimately the challenges and fears of embracing our emotional life and could help others do so. As Barbara has written and said, our wounds become our greatest gifts as a healer, and I have seen that this is powerfully true.

When I was School Dean, Barbara and I had many conversations about the school's intensive four-year design, and she impressed upon me that the length of the program is not just about needing time to cover material and learn the many skills, but is time needed by the student to go through the multi-dimensional change process of becoming a healer emotionally and energetically—held by the curriculum, and in community with their teachers and classmates.

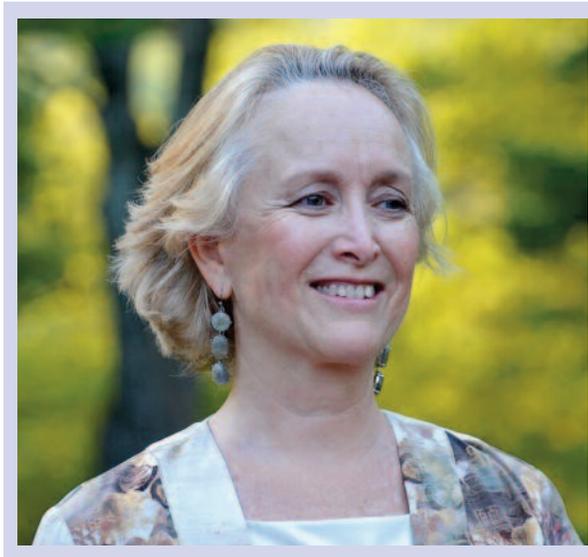
So many times the student is asked in a healing write-up to identify when they are in separation from a client emotionally and energetically, or in negative or positive transference, defense, wound, merging, judgment.... And as a practicing healer I continue this process, echoing

this same inquiry inside of myself in every healing I do. It is second nature now and essential, because in the space of an intimate hour with a client all of those things happen to us, sometimes very subtly but it is the Brennan Healer's path to keep continually purifying the healer's process within.

If you are a student or graduate I know you have your own rich transformation stories from your healing journey. Our Barbara Brennan School of Healing is one of the deepest and most profound healer trainings in the world, and with each graduate it helps to fill an important need for healing in the world today. I wanted to honor that with this note of thanks for my healership, and I send honoring to all of the students and graduates with whom I share this healing path.

Much love, Priscilla

Priscilla Bright, MA  
Former U.S. School Dean  
Current Academic Advisory Board Member



## Message to the Brennan Alumni Community

By Randall Segal, BBSH 2012, ASBIW 2015, AS3 2016

**G**reetings! I am so joyful about my new position as Alumni Director. I'm excited by the possibilities of helping the thousands of BBSH alums (re)connect with each other, the school, and with Barbara's work that we all hold so dear.

First, let me introduce myself to those of you who do not know me. I started my journey at BBSH in October of 2008 at the Hyatt Miami. At the time I was burned out from 25 years working as a caterer and really lost in my life; in addition, I was searching to reconnect with a dear friend who had passed in 2007 (some of you may know her—Bahni, who graduated in 2006). I knew nothing of Barbara's work or the work that I was signing up for.

Over the next four years I was surprised that what I really found was myself. I took a year off after graduation and then completed ASBIW in 2015 and the AS3 TT program this past June. I've been on the board of directors of the BHSPA-USA for just about two years. I have a growing practice in Cape May, New Jersey, and yes, I'm still catering. This fall I have the honor of now being on the Year 2 teaching team as BBSH starts at its new location in St Augustine.

One of the greatest gifts I received in the last eight years was realizing that I now have friends all over the world: from New Zealand to Japan, from Istanbul to Berlin, from London to Hawaii, and everywhere in between. This made me think that the sun never sets on the BBSH family. We are lights all around the globe and my longing is to connect those lights as much as possible.

After reaching out to alumni on a few calls with BBSH School Dean Anne Hoye, I have a growing sense of where we are as a body and where our longings are. It is a big idea to try and get 3,000-plus graduates all over the world together in one tent. I'm excited to create a few different ways we can connect. I have a few ideas of what this can look like:

1. I'd like to clean up the graduate listing on the BBSH website, and I'll need plenty of volunteers to make

calls and connect with healers in their states or classmates.

2. The Alumni Gathering, "Revitalizing Your Healer's Heart," will be held during Class 3 this coming February. More will be coming out about this, and it is shaping up to be a great way to reconnect to yourself, students, other graduates, and the work. So save the date: February 2-5, 2017, in St. Augustine!

3. BBSH graduate Andrew Newman brought up the idea of "Cooperative Advertising." I think if we created some kind of a template ad that promotes both the school and the healers, it might help groups of healers and the school to grow.

4. Following a tradition that Hillary Gauvreau, now Oat (congratulations Hillary!), started me on in Year 3, I'd like to do a solstice worldwide candle lighting.

5. I'd like to create *BBSH B&B*—a listing of graduates that would host other graduates as they travel around the world.

6. I'd like to start a conversation about an Alumni Scholarship Fund.

7. And finally, I'd love to create some kind of Continuing Education Certification Program.

I know this is a lot to think about and

might be a tad ambitious, but what the heck! Without setting some intentions for where we can go we'll never get anywhere.

I'll need help and support to complete these projects, most of which are just possibilities to consider at the moment. If you care to add to this list or have a calling to work on one of these items, or just have questions, please feel free to email me at [alumni@barbarabrennan.com](mailto:alumni@barbarabrennan.com). I'll do my best to answer your questions or direct your concerns to the administration.

And remember, the sun never sets on the BBSH Family. We are always in the light.

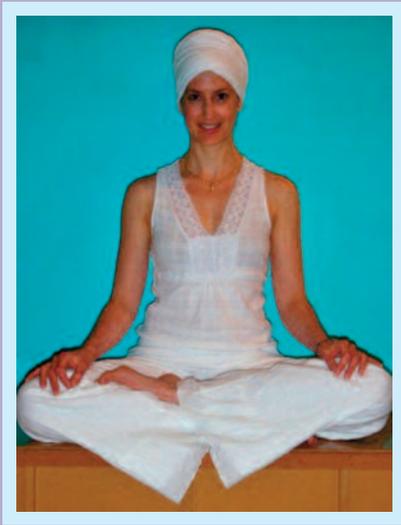
With love and admiration,

Randall Segal  
BBSH Alumni Director



## Foundation for Infinity

By Jennifer Jaijot Buckloh, BBSH 2011



About thirteen years ago, my life became utterly strange—and the weirdness hasn't abated, although it's certainly become a lot more fun. But back then, it was a painful, confusing, scary affair. Life up until then felt very limited. I lived in a world of *supposed tos* and *cannots*, based on expectations and judgments from outside influences—family, friends, relationships, college, society. Still, I managed to play by the rules enough to get by and even attain some of those markers of success that we learn to attribute to our sense of self. I was a straight-A student, graduate of a highly competitive women's college, and held a well-paid job—all the while handling a steady stream of big challenges.

But a force beyond me had other plans. After moving from San Francisco to New York City for a new position, I was laid off within a month, then a second time a year later. Over the following year, I received five job offers that were subsequently rescinded before I had a contract. Crazy-making. Family blamed me for doing something wrong to have caused the situation. Good friends dropped me, as though my bad luck were contagious. I was no stranger to difficulty, but this was extreme. Life dissolved as the basic formulas I relied upon to survive no longer worked.

Rudderless, with no conscious connection to anything beyond my personality self, I believe now that I entered into a dark night of the soul. I recall very little about this time—a lonely, endless haze. Emerging slowly from the darkness, I began seeking. One day at the library, I happened upon *Hands of Light* and a glimmer of hope as Barbara presented me with an alternate reality. Impulsively and taking a huge leap of faith, I enrolled in BBSH five days before the first class in the Fall of 2007. I discovered a sacred community dedicated to the evolution of the planet and my place within it. I found a tribe and a home. A loving four-year boot camp for reclaiming the Self, BBSH nurtured and accelerated my awakening. Held within this template, I was able to commit to myself. Guided by my blessed teachers and inspired by the courage of my classmates, I confronted my limitations, prodded on by those ever-so-motivating pink letters. I was no longer alone. We all held lifetimes of pain and when we were together in our pain, it loosened its grip. I will be forever grateful to those beautiful teachers who saw my potential and held the possibility for my highest expression, who reflected my light to me when I was still mired in the dark, who cared enough to push me beyond my comfort level. Intense, surprising, triggering, chaotic, fun, joyful—each class stretched my capacity exponentially. By some divine grace, I returned each week, then each year, even in the face of impossible odds.

At the same time, my intuition led me to another powerful tool to support my transformation, Kundalini Yoga. My daily practice became an essential friend, clearing and strengthening my energy field, while connecting me deeper within myself. My guidance was confirmed when I later read Barbara's words in *Hands of Light*: "The most powerful exercises I have seen to charge up the auric field, brighten it, clear it and strengthen it are those taught by the Kundalini Yoga people, who focus on position, breathing and spine flexibility." (pp. 191, 194)

Far more useful than my earlier education, BBSH delivered a vast new paradigm—intellectually satisfying my curious mind and energetically purifying and reprogramming my cells. By graduation, all those skills miraculously took up residence within my being, integrating and intensifying ever since. If I could distill my learning, it might look like this: presence, choice, love, surrender. Foremost, I learned who I truly am and how to connect deeply with myself—to feel my feelings fully, so that they transmute, without needing to analyze them, wrestle with them, or understand them. In this presence, I'm able to stay curious, allowing my Truth to continually evolve. I always have a choice—so simple, yet so liberating. I can choose acceptance, compassion, and forgiveness over judgment; love instead of fear. If my choice isn't the highest, I can forgive myself, let it go, and choose again. Ultimately, love is the key and the way. I learned to love myself and to recognize, claim, and shine my essence joyfully. Finally, I learned to surrender—over and over and over—in order to embody more and more of my light and divinity.



An instruction manual for living, my experience during those four incredible years now forms a foundation for my life, personally and professionally. I've finally embraced my choice for self-mastery in this lifetime, and my BBSH education provides me a broadened perspective on my challenges and tools for navigating them. I now have clarity about my path of service—it's my passion and pleasure to help others let go of limitation and have

CONTINUED ON NEXT PAGE

## Foundation for Infinity

an experience of their true, expanded Self.

As a Kundalini Yoga teacher and healer, I'm honored to use my gifts of presence, intuition, curiosity, insight, and compassion to assist others to bring forth their greatest potential. Complementary to Brennan Healing Science, Kundalini Yoga as taught by Yogi Bhanan is an ancient sacred technology that uses breath, movement, sound, mudras, and meditation to elevate consciousness and expand awareness. Acknowledging that we are multidimensional energetic beings, it works on the physical, emotional, mental, and spiritual levels. It balances and strengthens the physical body and systems, clears emotional blocks, cleanses the subconscious mind, calms and focuses the mind, and connects us to our soul and destiny. A powerful practice, it safely

prepares the body and energy field to hold increased energy as the Kundalini—the creative potential of each human—is awakened.

My background brings added depth to my teaching, both informationally and energetically. I draw on my knowledge and awareness of the human energy field to give additional context to classes, often incorporating grounding, alignment, expansion, cellular awareness, and tracking life-pulse. At the same time, I joyfully surrender my personality self, becoming a vessel to allow the teachings to flow through me. Students often tell me they have energetic experiences during class or that I've said exactly what they need to hear. Just as my teachers modeled for me, I'm now able to hold presence for my students and clients, encouraging their empowerment and fullest expression.

I feel so blessed to be on this fun, unconventional, wild journey—unfolding into deeper states of being, holding a greater vision for our planet, and helping others experience their infinity.

*Jennifer Jaijot Buckloh is a graduate of the Barbara Brennan School of Healing, certified Kundalini Yoga Teacher, and QuickPulse practitioner trained by Jo Dunning. She teaches Kundalini Yoga classes and private sessions in NYC and offers in-person and distance energy healing sessions. Additionally, she's available to teach Kundalini Yoga classes and workshops throughout the world. To contact her, or to learn more about energy healing, Kundalini Yoga, and her teaching schedule, visit her website [www.youtimesinfinity.com](http://www.youtimesinfinity.com).*

## Alumni Gathering 2017

*come back home to school!*

### "REVITALIZING YOUR HEALER'S HEART"

February 2–5, 2017 • \$325.00

A fresh new Alumni Gathering curriculum woven through the school week—dynamic, engaging, renewing, inspiring, profoundly moving, relaxing... and fun!

Held during Class 3 at Marriott's World Golf Village Renaissance Resort in St. Augustine, Florida, the Gathering will begin with Thursday evening check-in and end with Sunday afternoon closing.



**Save the date! More information coming soon!**