



# BBSH • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 11-Fall 2002



## BBSH To Offer Bachelor of Science Degree!

For more than 20 years, Barbara has held the vision of BBSH becoming a college. Through her clear intention, a lot of hard work and the profound power of grace, Barbara's vision became a reality on November 14th, when the Florida Commission for Independent Education granted the school Provisional I licensure to offer a Bachelor of Science degree in Brennan Healing Science.®

For those of us who were in attendance at the Commission meeting that day, it was an exquisite moment. Without any objections or contingencies... and with the stroke of the chairperson's gavel... BBSH was transformed from a vocational school to a college!

Sitting at the meeting, we were acutely aware that this was the direct result of many individuals' contributions over the years. The depth and clarity of the school's curriculum, the extraordinary talent and qualifications of the faculty and staff, Kahea Morgan's work to initially license the school in Florida, and Barbara's incredible vision, all paved the way. Personally, we are honored to play a role in this effort and look forward to seeing the school become fully licensed, accredited, and expand to offer advanced degrees. Our sense is that we have just crossed the threshold to an exciting new era at BBSH!

We're sure you have many questions about the program and what it means for current and prospective students and graduates. We are currently developing information packets and revising our catalog to include detailed information about the new degree program, as well as our non-degree programs. (Yes, we will still offer all of our current programs.)

Please visit our website to get up-to-date program information and answers to frequently asked questions.

—Bonnie Brandt and Evelyn Kannawin



*Many blessings to Kahea as she leaves the BBSH office and moves on to the next phase of her path.*

## *Aloha Once Again!*

—by Kahea Maureen Morgan, Class of 1991

One of the new folks in the school office called me an icon the other day. I always thought icons were old and gold. I've been a part of the school for 15 years and my core has been stretched on numerous occasions. It may have *some* gold in it by now. Does all of this make me an icon?

During my years at BBSH, I've played many parts in the long unfolding school play. I've been a student, apprentice, graduate, IBHS Logistics Coordinator, Teacher Trainee, Teacher, Curriculum Administrator, Freshman Class Dean, School Dean, Consultant, Director of New Program Development/Licensing, and finally, Director of New Program Development/Licensing/School Operations. I've seen the School grow from 14 graduates in my 1991 class to an average each year of 10 times that number. More importantly, I've witnessed thousands of lives change through Barbara's courage and strength to hold true to her commitment and dedication to the evolution of the human spirit. Being a part of this work meant that the Universe demanded that I must transform, too.

Sometimes that transformation was easy, and other times... Oy Vey! Would I give it up for anything? Not in a heartbeat. I continue to travel down paths I never even dreamed about as

*continued on page 6*

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## “*Kahea Mai Oka Lani Nui Ama Mau*”

—by Barbara Brennan

The name *Kaheamaikalaninuiamamau* was given to Kahea Maureen Morgan...as we know her...by a Hawaiian Kahuna long ago. It means “Great Spirit Moving Through Mysterious Pathways.”

And this is just how Kahea is.

Kahea is no ordinary human being. She was an “army brat,” which means her father was in the military and she spent most of her young life living in different parts of the world. When Kahea grew up she spent much of her life in Hawaii. She has two grown children through a previous marriage with a full-blooded Hawaiian, and both are very gifted in spiritual and healing work, although they don’t necessarily focus their lives on it.

Kahea’s mysterious pathway of Great Spirit was in full force when I first met her.

She tends to be very quiet. Actually, one can’t even tell she’s working because she is so quiet. She just simply and very precisely does the job—whatever it is and no matter how complicated it is.

If you read Kahea’s article on the cover of this newsletter, you know that she has done many very important jobs for BBSH. The *most* important was to take the first steps into licensure that she started (perhaps accidentally) when she applied for student visa cards for our foreign students. This really started the ball rolling.

As a result of this first official U.S. Government application, we’ve now become a college! Several years have passed since this first application; there have been many stages of licensure, and Kahea has played a major roll in *all* of them.

For example, when New York State changed its laws and we would have had to divide our school year in half, we decided (with the recommendation of our school lawyer) that it was better to move the school than to change a program that was working so well. We just couldn’t see matriculating the whole student body twice a year!

So Kahea did a three-month computer search and found that we could run a ten-month program in the state of Florida. She then started the licensure program in Florida. That took an enormous amount of work. It required rewriting our entire curriculum into the Department of Education’s language, and rearranging it into a credit-hour system. Of course, Sherry Pae and Laurie Keene also did a lot of that work. The three of them have been *gems*. All three are leaving the office, yet all three will continue to play an important role in the school and work for the school, each in her own way.

Kahea’s Mysterious Spirit movement also shows beautifully in her ability to focus on and hold a space for successful outcomes. She deeply believes that whoever is trying to learn to do something, whether it be healing or an office job, just needs the right support and confirmation. Kahea holds a quiet, steady, confirming presence of total belief in that person’s ability to be successful. I have seen her do this over and over. I have seen it work many times.

There is no horn blowing. No, “Look how great I am.” No, “Look at what I did.” She always says, “Look at what she or he did! Look how successful they are!” She thanks the person for a job well done. This is indeed a gift of the spirit that moves through mysterious pathways.

As Kahea once again moves out of the office and on to the next phase of her path, we say “Aloha” and thank you from the bottom of our hearts. Aloha means both goodbye and hello. Maybe it means, “See you later... more successes to come!”

Our hearts go with you, and we wait for our next Aloha.

# Hello Everyone.

Back in 1986 I was experiencing a healing crisis. I felt broken. Coming out of a difficult marriage, I was looking for ways to heal the painful effects of my divorce. A friend of mine, Bette Barto, asked me if I wanted to go to a workshop given by two healers, Barbara Brennan and Pat Rodegast. I said I would love to but that I couldn't, because I didn't have the money or the time. Those obstacles miraculously evaporated and I set off for a weekend that would change the course of my life.

We arrived on a Friday evening. There was a sense of mystery, destiny and excitement as we made our way up to the community building at Seven Oaks, Virginia. Dragging my suitcase along under the vast star-studded sky, I had no idea that I was being gently yet firmly led by spirit. However, when I crossed the threshold and stepped into the lighted room where Barbara, Pat and the other participants were seated, I had an immediate sense of coming home. I knew, in that moment, that something very important had shifted within me.

Healers, healings, chakras, levels of the field...it was a brand-new world.

I had already been meditating for years and had been blessed with numerous transcendental experiences that had opened me up to spiritual bliss. I had hiked the deserts of the world and felt the inexpressible and irrepressible spirit

of the Divine in the wind and rocks and sand. But until that weekend, it had never entered my consciousness that God actually lived within me and that to thrive on this plane of existence, I had to embody my body and commit to walking the path of a true human being.

That weekend, Heyoan opened up the Brennan Healing Science training to anyone who had the longing to study this work. Prior to that announcement, the training had been offered only to those in the health care field. I took it as a sign, enrolled in the school, and never looked back (except to heal the images, beliefs, defenses and wounds that I had carried with me for most of my life).

After I graduated, Barbara asked me if I wanted to join her administrative staff in New York as Kahea Maureen Morgan's Assistant. Kahea was already training me as the Assistant PS1 (aka Freshman) Class Dean, and I loved working with her. I received a resounding "Yes!" through my auditory guidance (which I always listen to), and so I packed up my life in Maryland and headed north.

Hired in the winter of 1993, my first task was to track Therapy and Anatomy & Physiology. The next

fall I became the Freshman Class Dean. In 1994, I took on the job of revising and running the Teacher Training program. In 1998 I moved into the position of Dean of BBSH and soon after that I stepped into the role of Director of BBSH, heading up both the office operations and the school. After our relocation to Florida, we separated out some of the responsibilities and I became the Director of Academic Affairs. My time with BBSH as an administrator has been one the most significant and rewarding experiences of my life thus far. I have learned so much. And, as much as I have given, I have been blessed a thousand-fold in return.

Those blessings include my loving relationship with the entire BBSH community, in seeing Brennan Healing Science (BHS) touch and heal the lives of so many students, and in helping to ensure that the integrity and potency of BHS remains pure. I have also been blessed with the opportunity to work closely with Barbara, her brilliance, her vision, and the rest of my colleagues, both teachers and administrators.

While I have enjoyed serving the school as an administrator, my true love is in teaching. It doesn't get any better than while teaching. I can see the students' healing of themselves. For me this is the greatest blessing of all. Just as I was helped in healing my wonderful life, it gives me supreme joy to support others in the continued unfolding of their beautiful lives.

Therefore, in fulfilling my longing and purpose, I am resigning my role as Director of Academic Affairs so that I am free to do more teaching. My commitment to BBSH remains the same, to spread the work as far and as wide and as deep as possible. I will continue in my role as PS1 Dean in Florida while heading up the European school and leading the process groups in Japan.

The person who has been hired as Director of Academic Affairs is Bonnie Brandt. Evelyn Kannawin has been hired as Director of School Operations. Both have written letters of introduction in this issue of the newsletter. I would like to welcome both Bonnie and Evelyn and to let all of you know that having worked with them over the last several months, I know the school is in excellent hands and that they will help take BBSH through its next evolutionary step.

I want to thank all of you for your love throughout the years. It's been a lot of fun and I look forward to seeing many of you at school.



**With Love...  
Laurie Keene**

# Greetings From The Director of Academic Affairs and Research



**BONNIE BRANDT** holds a Master's degree in Education from the University of Oregon. During her career she has worked at Florida International University, the University of Hawaii, the University of Guam, and the University of Oregon, where she developed, managed and taught a wide variety of educational programs.

*She is experienced in grant writing, research, organizational improvement and teacher training. Prior to joining BBSH she also maintained a private educational consulting business.*

*Before moving to Florida 3 years ago, Bonnie lived in Guam and Hawaii for over 20 years. During this time she traveled and worked throughout Micronesia and in Samoa, where she developed an intense love for island cultures and scuba diving. She is also a massage therapist and long-time practitioner of Siddha Yoga.*

Several years ago I was living in Maui attending massage school. Each day at class I would take a moment and reflect on the words appearing on a 3 X 5 card that was taped to the bathroom mirror. Printed on the card was:

*Kinaole: To be in the right place, at the right time, with the right people, for the right reasons.*

I cannot vouch for the accuracy of the translation of the Hawaiian word "kinaole," but I can tell you that as I read those words I experienced a profound recognition that there are no coincidences. Everything that we have experienced is in some way perfect, creating the exact set of circumstances needed for the next step in our growth and service to the world.

*Kinaole.* This word perfectly captures my feelings about being the new Director for Academic Affairs and Research. It was well over 10 years ago that I first read *Hands of Light*.<sup>®</sup> I immediately "knew" that what Barbara was saying was true, and yearned for the opportunity to connect with her work in some deeper way. I even seriously considered applying to the school, but I couldn't see how BBSH would "fit" with the other aspects of my life that I cherished: working with people from different cultures, managing and supporting educational programs for students and teachers, being part of a university community, and walking my spiritual path.

However, I am beginning to see just how perfectly it all fits together, and how my various experiences and passions will support me, and the school, during the next phase of growth and expansion at BBSH.

As the school moves forward with its plans for the Bachelor degree program, the school in Europe, accreditation, and other new projects, it requires the talents and efforts of many individuals. We each have a specific role, yet are all working together for the same purpose.

My role involves assuming many of the responsibilities that Laurie Keene has so impeccably held over the past 10 years. Her contribution to BBSH has been immense. I know she will continue to be an integral part of the school's creative process as she focuses her love and energy more fully on teaching.

Service has been an important part of my own personal process, so I feel fortunate that in my new position I will also be responsible for the *Barbara Brennan Center for Research and Healing (BBSRH)*. BBSRH is a newly formed not-for-profit organization devoted to research, clinics and public education. Over the next few months, I will be working closely with Barbara, Sherry Pae and Tim Lowry to develop specific goals and activities for the organization. I look forward to sharing more about BBSRH with you as it unfolds.

It is an exciting time at BBSH and I am deeply grateful to be part of it. Once again the word "kinaole" comes to mind. Everything that has gone before at BBSH—all of the extraordinary contributions made by so many talented and loving individuals—has created the perfect set of circumstances for the next phase of the school's evolution.

*With love and blessings...  
Bonnie Brandt*

*DIVINE PRECISION CREATES AN ORDER IN THE  
UNIVERSE THAT IS OUTSIDE OF LINEAR TIME.*

*—HEYOAN*

# And Greetings From The Director of Operations!



**EVELYN KANNAWIN** brings more than twenty years of experience in the business of education.

*She has a Bachelor of Science degree in Business Administration and a Master's degree in Education from Niagara University in Niagara Falls, New York. She has been a director at Kelley Business Institute, Niagara Falls, NY, College of the Palm Beaches and Cooper Career Institute, West Palm Beach, FL, where she developed curriculum, and managed marketing and the day-to-day operations of the schools.*

*Prior to joining BBSH, she maintained a private personal and professional coaching practice and presented retention seminars for McGraw-Hill Publishing Company to South Florida Colleges and Universities.*

It is with gratitude, excitement and anticipation that I write this article of introduction to you.

On May 6th, I started my new career with the Barbara Brennan School of Healing to oversee the Operations Department. My responsibilities are supervising the Office Operations Manager, Marketing Manager, Print Production Team, Programs and IBHS Manager and FBHS Workshop Administrator. In addition, the Director of Operations is responsible for licensure issues, accrediting applications and annual reports.

At the time I applied for this position, I was not really looking for a job as I had my own business as a life coach and had stepped out of my former position as director of a private career school a year ago. I had been in the school business for 20 years and thought I had moved on.

After being selected for the position at BBSH, it became very apparent to me that I had made the right choice. I have come to know that my purpose is to inspire and take people or organizations to the next level. And upon hearing Barbara Brennan's long-term goals for BBSH to become accredited and to become a university and offer degree programs, I knew this was where I was supposed to be for this next part of my journey.

I have been involved in accreditation processes in three different career schools and am knowledgeable of the Florida Department of Education Regulations for licensure. This experience has helped me put the pieces in place for BBSH.

On November 14, 2002, we were granted college status and approval to offer a Bachelor of Science degree in Brennan Healing Science. We met with the Commission for Independent Education at their quarterly board meeting in Tampa, and were granted Provisional I licensure... which will allow us to offer a Bachelor of Science degree in Brennan Healing Science for the 2003 school year. Two staff members from the Commission for Independent Education will do a site visit at Class #2.

I would like to express this incredible feeling of pride to be a part of the growth of BBSH and now BBSH EUROPE. The greatest gifts are the associates I have come to know and love, and the extraordinary talent that is united and committed to BBSH and BBSH EUROPE.

I am blessed!

*With love and highest regard...  
Evelyn*

## Aloha Once Again!

*continued from cover*

I follow my heart with humility and trust in Divine Precision.

The icon comment *did* start me down a path of calculating years and remembering BBSH during the old days.

When I began, classes were held at Bridgehampton Community Center, and there was an Apprenticeship Program during the Junior and Senior years. It was lots of work and we were all taken to our edges. As apprentices, we did all of the logistics and assisted with students.

In one class, I remember being instructed to hold my Hara during the four days of classes. I didn't understand why my life changed dramatically so soon afterwards, but then, I was still fresh and naive.

When I was Freshman Class Dean, school classes were held at the Radisson Hotel off the Long Island Expressway. It was not as picturesque as Bridgehampton. However, I kept myself engaged and creative by developing teaching skits for the Freshman characterology curriculum. It was surprising how easy it was to whip those freshman babies into rigid shape with marching exercises...and bring them to tears in skits using lots of bananas and enactments of deep betrayals or emotional withdrawal.

Not long after my graduation, I moved to East Hampton to begin working for the school full time. I distinctly remember being in the school office late one night preparing for an upcoming class. In frustration, I yelled at the ceiling, demanding Heyoan get his lesson plans in sooner. My demands never did work. (The Big H sticks to his *own* timing.)

Toward the end of my office time in East Hampton, I found myself speaking to the ceiling *often*. One time in particular, I remember telling the White Brotherhood that I've had it—let me out of my contract, *now*. They smiled and obliged me, until I felt the call again several years later and agreed to re-join the play.

In 1999, I returned to the school administration as a consultant. I worked on special projects such as the graduate program curriculum, visas, the FBHS Program, licensing, and the school's move to Florida. At the time, I was living in both Miami Beach and East Hampton. It is still perplexing to me to now find the resident training classes held in my old Miami Beach neighborhood, one block from my old apartment.

It must be that Divine Precision at work once again!

In early 2000, Laurie Keene and I were at a Florida State Board of Education meeting in Tallahassee. The initial BBSH application to operate as a career school in Florida was to be reviewed and voted upon by the Board. Laurie and I were in the back of the room watching the activity as the human players assembled for the meeting. I suddenly felt the presence of the White Brotherhood.

"Holy Moly, this is a big deal," I whispered to her. "Do you feel *them* assembling?" I asked, as I looked toward the ceiling once again.

The review process was rough, but in the end, we were successful. The State representative from the Florida Medical Board even ended her review at a later date with a salute and "May the Force be with you."

By the time this newsletter is distributed, we will have gone before the Florida Commission on Independent Education seeking degree-granting status, and as you can see [*see cover story*] we were successful!!!

As I depart once again from BBSH, I extend my heartfelt gratitude to the office staff, faculty, graduates and students. You have touched and enriched my life in ways I never anticipated.

Thank you, Barbara, for the exquisite journey. It remains an honor and a privilege to have worked for you once again.

*PRECISION ALLOWS AND HOLDS SPACE FOR  
A GENTLE, LOVING, LIGHT TOUCH.*

—*HEYOAN*

## A Barbara Brennan School Of Healing EUROPE Update

— Laurie Keene

Barbara's European tour last summer generated so much interest in BBSH that a long-held vision of opening a school in Europe became a reality. We got busy as soon as we got back to the U.S. and now, having spent the last several months in

preparation, Barbara Brennan International, Inc. is ready to open the Barbara Brennan School of Healing EUROPE (BBSH®E).

The first year's classes begin in January 2003 and end in June 2003. The plan for subsequent years is to begin the school year in September and end in May. However, this year had to be condensed because, as with any new project, it took a long time to pull all of the logistics together.

But now the beautiful catalog has been mailed to all of our European friends and we are excited! The curriculum will be the same, Barbara will be there, I will be there, and we are finalizing the rest of the faculty at this time. So, just as with the beginning of any school year, we are in the midst of

registering students and preparing for a beautiful opening.

The school's location for this year is in the small village of Mondsee, Austria, which is about 27 km from Salzburg. I have heard it is beautiful, surrounded by mountains and lakes. The building itself, Schloss Mondsee, was founded in 748 as a Monastery, and in the 19th Century, was converted into a palace. It is now a very popular area for summer tourism, given its natural beauty. It sounds like the perfect place for Brennan Healing Science. So if you have friends or family in Europe, spread the word about BBSHE!

By the way, we have plenty of catalogs and flyers available for those of you who would like one to pass along. Just give us a call.

### BBSH OFFERS SCHOLARSHIP IN 2003

As a member of the Florida Association of Postsecondary Schools and Colleges (FAPSC), we have the opportunity to participate in their 2003 Scholarship Program. The Barbara Brennan School of Healing will offer one four-year diploma program in Brennan Healing Science to a 2003 Florida high school graduate or GED recipient. To be eligible, high school graduates or GED recipients must have a grade-point average of C or better.

This four-year scholarship will be awarded in the spring of 2003 for admission into BBSH in the fall of the same year. The value of the scholarship is \$22,900. Eligible applications are sent to the FAPSC Scholarship Committee to be evaluated and scored based on the student's application package.

The "winner" of our scholarship must meet the admission requirements of BBSH. Eligible candidates will be able to apply online. Students will be able to download applications or complete the application on the FAPSC website: [www.fapsc.org](http://www.fapsc.org)

The benefits of our participation in the FAPSC Scholarship Program are the positive exposure to every high school guidance office in Florida, the increased community awareness of BBSH, and the opportunity to help an interested student become a healer. Look for a future article on the awardee of the BBSH Scholarship for the year 2003.



# Recovering Spirit Through Humility And Divine Precision



**By Barbara Brennan**

## *Sweet Humility*

*As you let go into sweet humility,  
you will find your light emerging  
most automatically;  
because in humility there is no fighting.  
In humility there is only surrender.*

*It is the great surrender.  
Surrender to God.  
Surrender to the Divine,  
to the Holy Spirit that enters you.*

*It only need be asked.  
If you pray for the Holy Spirit  
to come into you, rest assured, it will.  
If you pray for the Divine Light  
to come into you, rest assured, it will.*

*Prayer is simply a polite request  
to the Divine.  
The Divine simply awaits invitation.  
The Divine does not enter without  
your free-will choice to invite it.  
The Divine honors every aspect  
of your individuality  
including free will.*

## *Prayer*

*Rather than see prayer,  
as you may at times,  
as a pleading for help,  
see it is a polite invitation  
for communion with God .*

It seems that at this time in our lives we are being challenged to take greater care of ourselves through our personal choices. The channeling in Class #1 really brought this home to us. Heyoan focused on two themes. The first was Sweet Humility, the second, Divine Precision. I had never thought of them together before.

The first time, years ago, when I experienced the precision of the fifth level of the field, Divine Will, I was intimidated. It didn't seem spiritual at all to me. It took some time to get used to. In Class #1, Heyoan spoke about the importance of humility in our lives and the great effect it has on us when we surrender to our humility. Humility is accepting ourselves as we are right now. It is accepting our lives as they are right now. To stop striving to be better and love ourselves as we are now.

That didn't seem to have much to do with precision to me. But then Heyoan said that humility creates the freedom to let go, to surrender. And in that surrender we can sink deeply into ourselves. Once we do that, we can find our own Divine Precision governing our lives. Finding that precision can be a key to opening into a spacious life, lived with a gentle, loving touch. A life that when lived on a personal everyday level, holds a very positive self-regard in place.

Humility means being truthful with ourselves about how our lives have been as a result of the choices we have made. It means feeling the pain of the results. Humility means looking at the choices that were not clear and not in truth with our inner being and our personal Divine Precision.

Here is an example from my own life of the grace of humility and the precision that becomes obvious in those moments when I can attain a humble perspective:

In the last year, I have been overviewing the results of my major life choices, especially those made a number of



years ago that brought me what I consider to be unhealthy experiences that profoundly affected my life. At first my emotional reaction to these experiences was anger, usually at the other people involved, then at God, and later at myself. All of this was, of course, a defense against the pain of the actual experience, the time and life energy that seemed to be wasted, what I lost as a result of my choices, and the deep pain of self-betrayal in having made them.

I went through a lot of mourning, especially about the loss of time with my family, the negative effect it had on them, and their pain about it. I went through a lot of mourning about some physical trauma that occurred to my body as a result of several different uninformed choices I made. The details don't really matter. The dynamics do. The question is, "Why would I make such unhealthy and somewhat naive choices? And how did they relate to a lack of humility and a lack of knowing what Divine Precision is?"

Many of us resist humility because we defend against our negative belief that there is something really very wrong with ourselves. If we try to sink into humility, we think we will be humiliated. So then we defend against our not knowing. We defend against searching inside for our own answers because we don't think that they are there. Even if we do look inside, it will take too long to find the answer...and how do we know it is the right answer anyway?

I decided to take a good look at my unhealthy choices, why and under what circumstances I made them. I found three major factors. The first was that these choices always involved another person in some way. The second was that I didn't make a decision right away and I wasn't clear about why I waited. And the third was that all these negative choices involved other people telling me what to do or even insisting that I do what they wanted me to do, when they wanted me to do it.

I let them convince me that I was procrastinating, when, in truth, it was not the right time for me to make a choice! I didn't know what the right choice was—yet. The choice

had not matured in my energy-consciousness system! I did not understand that fact and I was not secure enough in that area of my life to have the humility to do nothing. Instead, I fell into humiliation and made the choice the other person wanted me to make, which was not the healthy choice for me. And it was too soon for me to make it. In other words, all the factors involved were not manifested into my life yet.

That was my big mistake!!! The more I did this, the farther from center I became and the less I followed my truth in that area of my life. My life became dominated with doing for others. My time became dominated with doing things on the schedule I set to take care of others! I squeezed my own self-care in between a very busy lifestyle of caretaking others. The results were disastrous to my health and well-being. I have carried these old scars for many years.

Self-forgiveness and self-acceptance came with this understanding. It is okay. Now I understand my personal dynamics that arose out of my childhood that led me to make those unhealthy choices early in my life.

The last steps of this journey have been recovering parts of myself that I lost along the way, getting to know myself again, and regaining the spirit I had before my unhealthy and somewhat naive choices. My journey through this particular healing cycle has brought me great rewards. I feel much more empowered in my personal and professional life. My relationship with family is healing through loving contact. My body is regaining the strength and spirit that it had before.

Hey, this work is great! Check out the several Heyoan quotes about Sweet Humility and Divine Precision scattered throughout this newsletter.

Enjoy.

*Barbara*

# Memories of BBSH: From The Beginning



—By **Catherine Karas**  
**Class of 1988**

My search for a teacher of hands-on healing began in 1974. I felt a sensation emanating from my hands and “knew” that it was healing energy. I wanted to know more, to learn how to use this energy responsibly, and to be able to help people heal. For many years I was unsuccessful in my search for a teacher of hands-on healing, but I did find the Pathwork.

Beginning in late 1974, the Pathwork was my school. It was there I met Barbara Brennan, Pat Rodegast and many other remarkable people. This was the place of my awakening.

Barbara was a sister student and colleague with me during the mid- and late-seventies, and believe it or not, I never realized that when she was giving her aura workshops, that she was talking about healing. And I guess *she* never realized I was searching for a teacher of healing! In any case, it finally all came together when I took a workshop given jointly by Barbara and Pat. (Can you imagine Barbara, Pat, Heyoan and Emmanuel together in one workshop? Dynamite!)

It was then that I realized that Barbara was going to be my teacher. She was teaching hands-on healing! I was so excited. I was thirsty to drink in more information about

healing and I asked her when she would next be teaching. There was one more workshop that summer, and then Barbara formally began the BBSH four-year program.

For the first year, we met weekly for three hours in the group room at the Institute for Core Energetics, in New York City. We had about twenty students. Many of us knew Barbara from the Pathwork; others, by reputation. The students came from many walks of life; we were psychotherapists, massage therapists, social workers, physical therapists, nurses, chiropractors, salesmen, Pathwork helpers and others. People traveled from Philadelphia and farther to learn. It was exciting. It was exhilarating. It was ground-breaking. We were learning how to perform the miraculous!

*Hands of Light* was not yet published, so we were given handouts. Later, we used an unpublished version of *Hands of Light* as our text. We exchanged many healings in that big room. We were learning the basics, the levels of the field, and the process of chelation.

*continued on page 12*

## *In Memoriam*



**Patricia Wallace**  
**BBSH 1998**  
**Toronto, Canada**

*Patricia Wallace was a Brennan Healing Science Practitioner, a Core Energetic Therapist, and was recently retired from a 30-year career with the Canadian government. She was a feisty, independent woman with great determination and courage, and she faced her recently diagnosed cancer with those qualities.*

*She had a deep comprehension of healing and a brilliance in her healing work. Patricia was bright, electric, vivacious, exquisitely tender, with a great sense of style. She will be missed.*

—Barbara Leonard '99 and Patricia Pfost '91

# Creations

We are introducing this new column to highlight the many achievements of BBSH students and alumni. Let us know about yours or your classmates' creations and accomplishments.



*Sylvia Blanchet, '99 and Thomas Fricke receiving award in Johannesburg from Klaus Topfer, Executive Director of the UN environmental program, Lord Holmes of the World Business Council for Sustainable Development, and Richard McCormick, President of the International Chamber of Commerce*

## **Congratulations to Sylvia Blanchet, Class of 1999, and her husband Thomas Fricke...who have been awarded the 2002 World Summit Award for Sustainable Development Partnerships.**

This prestigious award is presented by the United Nations and International Chamber of Commerce to recognize outstanding companies who successfully demonstrate "that business is not the enemy of sustainable development, but actually an integral and effective part of it."

ForesTrade, Inc. was founded in 1996 by Thomas, who is President, and Sylvia, Vice President. Jack Bodger, another BBSH 1999 graduate, was also instrumental in the founding years of the company and is Chairman of the Board.

ForesTrade, with offices in Vermont, Indonesia, Guatemala and The Netherlands, is the world's leading producer and distributor of fine organic spices and "single origin" fair trade coffee.

Sylvie writes, "I founded the company in my sophomore year at BBSH. The curriculum on learning how to deal with challenging feelings went well with all that I was experiencing in starting up a business. I ended up doing my thesis about how to hold a vision, something I was learning big-time while at BBSH. It was so helpful to me to learn how holding a vision brings more energy into one's system, knocking against all those dysfunctional beliefs. It was integral to my and the company's survival that I learned how to ground, simply observe those beliefs, and just keep moving ahead while doing the emotional work needed.

"Another link between BBSH and the sustainable development work is that during school, I had the grace of studying at BBSH while interfacing with the traditional healers in the farming communities we worked with. It was a wonderful merger of my two worlds."

***Sylvia can be reached at [wayopens@sover.net](mailto:wayopens@sover.net)***



*Deena and friends, Pocca and Yuppee Dup*

## **Ears of the Angels: Healing the Sounds—Heard and Unheard—of Violins, Humans, and Animals by Deena Zalkind Spear, Class of 1997, was published this July**

Deena writes, "The book is an expansion of my senior thesis from BBSH. During the summer between my sophomore and junior years at BBSH, after more than two decades as a violin-maker, I discovered that I didn't need tools to alter sound on the violins I was making and repairing.

"The book traces my sometimes humorous (in retrospect!) journey to developing my particular skill into something that not only alters musical instrument acoustics, but also can be used for the healing of sentient beings—from detoxing chemical poisons, to the massive scar tissue in the ears of a dog.

"I feel fortunate to have received three lovely reviews, including one from Dr. Christiane Northrup in her August 2002 "Health Wisdom for Women," and another in the Nov./Dec. issue of "Alternative Medicine" magazine. Now, Hay House will be publishing the paperback version of my book in May of 2003. They rejected the manuscript the first time around, but it's all energy:

"I just had to center, ground, laugh, and fine 'tune' things a bit!"

***Deena and her healing book can be reached at [www.singing-woods.org](http://www.singing-woods.org)***

*LINEAR TIME IS A DUALISTIC INTERPRETATION OF DIVINE PRECISION.*

*—HEYOAN*

## Memories of BBSH: From The Beginning

*continued from page 10*

The next year we moved. We now met at Eli's upper East Side apartment, a fifth floor walk-up (whew!). Throughout all the four years, we met weekly for three hours. Once or twice a year, we would have a retreat in the country, a long weekend. Although the weekly NYC meetings made it possible for me to easily attend school, our class and some following us missed the experience of being immersed in the BBSH energies for almost a week at a time. We had to re-set the energy each week, and the class (and the energy vortex) was quickly over.

During the second year, our meetings were in the mornings, and many of us stayed together afterwards to eat in a Japanese restaurant on Second Avenue. Barbara often joined us. Our conversations were lively and interesting. I had finally found my kin—*healers!*

In the third year, Barbara opened an office on East 73rd Street. Our classes were held there. We sat on solid colored pillows on a beautiful Oriental rug of pastel pinks, blues and cream that Barbara had found. The walls were painted a delicate color of off-white towards pink. It was lovely. We joined with the class following us to meditate together. Then, we separated for technical instruction. My memory is that our class met before them and that their class stayed after us—both classes sharing an hour or so together. Barbara had a really long teaching day.

We would set up massage tables in this room and another (where Barbara gave her healing sessions) and Barbara would move from table to table giving us immediate feedback on our work. It was wonderful to have this direct supervision from Barbara.

During our third year, *Hands of Light* was published. Barbara had decided to self-publish. It was very exciting to see the book, with its fabulous text and beautiful illustrations, actually in print. We all celebrated together. And we now had a wonderful textbook for healing.

It was during the third year also, I believe, that Marjorie Valeri joined the school as a harpist. I remember Barbara coming to class so enthusiastic about Marjorie's playing! Barbara played an audiotape of Marjorie's music, and then she talked excitedly about the possibility of using Marjorie's harp music while she channeled. It was celestial. Marjorie was a BBSH student at the time but studying in Virginia, the other location where Barbara taught.

Most of the classes followed a format of meditation, some lecture, some discussion and hands-on healing work. Barbara, of course, was the only teacher at that time. However, we did have guest lecturers over the years. One of the most memorable was a Philippine healer called Michala. Michala does psychic surgery—yes, the kind where parts are removed from the body and held in her hands afterwards—and she had a good following in NYC, even though she was based elsewhere. We were able to assist in Michala's clinic when she gave sessions and to experience her healing energy. It was quite amazing.

Some of us even received sessions ourselves.

On Sunday evening, following the clinics, she met with us, giving a lecture and answering questions. (Of course, someone asked whether she hid chicken parts in her hands during the surgery. Her answer was that what was in her hands was dark energy in material form and that often the healings were more successful if people saw "parts" removed.)

Also presenting to us was Mietek Wirkus, a healer from Poland, who demonstrated his very quick healing techniques to us. He read our bodies for us as well. And later, Oh Shinna, a Native American, taught about crystals and their uses in healing.

One of the stranger parts of the BBSH experience for me personally occurred with one of my sister students. Each Tuesday evening prior to our Wednesday class, this student attended a channeling circle. And each Wednesday she would come to class telling us that the channeling predicted a *gigantic earthquake* in NYC, which was coming in 1988 or 1989. Naturally, fear would abound.

Finally, disgruntled about the fear permeating our class atmosphere, I called the LaMont Earthquake Center in New Jersey. I was able to speak with a seismologist there, Dr. Leonardo Seaver, who unfortunately confirmed that NYC was overdue for a *big earthquake*. Quickly, I added an earthquake rider to our homeowner's policy! (By the way, that student moved to Aspen, Colorado.)

We completed our studies in 1988. Karen Borowski and I were the first BBSH graduates, and our graduation ceremony was held in my office. A small, loving group of BBSH students, families and friends shared the ceremony with us. Barbara channeled Heyoan, who gave us each a personal message. With diplomas in hand, we walked to a neighborhood Chinese restaurant to celebrate!

Throughout the years the constant was the loving, open support coming from Barbara. She was present, caring, knowledgeable and supportive. She wanted us to succeed and she helped us to do so. She was generous with her knowledge, her wisdom and her praise. And then, in our senior year, in a great act of generosity, she began referring clients to us.

Attending BBSH has been one of the most valuable experiences of my life. I am eternally grateful to Barbara for what she has given us and the world in creating and running BBSH.

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***Catherine Karas is a BHS Practitioner, Pathwork Helper and Core Energetic Therapist with private practices in New York City and San Francisco, CA. She is passionate about research into healing and other energy phenomena, and is participating in the long-distance healing studies currently under way at the California Pacific Medical Center in San Francisco. In 1998 she founded StarWork, an internet community of energy workers dedicated to "Enhancing All That Is."***

# National Organizations Facilitate Legal Access To Alternative Healing Modalities In The U.S. by Patricia Pfof

As our Professional Practice curriculum has taught since the beginning of the school, we as graduate healers must check with the regulations of the state or country in which we reside to determine if there are any restrictions to the practice of Brennan Healing Science as a profession. In many states, large numbers of practitioners of the healing arts are legally vulnerable to criminal charges of practicing medicine without a license. Thus, unlicensed practitioners such as aromatherapists, homeopaths, herbalists, naturopaths, energy healers, etc., can be criminally prosecuted for practicing medicine without a license, even when no harm is shown.

Furthermore, doctors, nurses, dentists, etc., who wish to use “alternative” healing methods, are not free to do so. They face discipline from their licensing boards, or even loss of their licenses, for practicing “outside of the standard of care” for their profession—even if the practitioner feels that the method is safer, more effective, and in their patient’s best interest. The good news is that there is an ever-widening movement in the United States to facilitate the practice of alternative modalities and to promote consumer access to the healthcare practices, practitioners and products they desire.

At the forefront of this movement are the National Health Freedom Coalition (NHFC) and the National Health Freedom Action (NHFA), two affiliated organizations working for health freedom. The co-founders of the organizations, Diane Miller, J.D., Leo Cashman and Jerri Johnson, R.N., C.C.H., were founding members of Minnesota health freedom organizations, and successfully helped draft and lobby to passage the groundbreaking Minnesota Complementary and Alternative Health Care Freedom of Access Act of 2000. This legislation was the first in the country to legally provide access to alternative healing modalities.

The National Health Freedom Coalition is a 501(c)3 non-profit organization and is the educational arm of the effort. NHFC does legal research and analysis; creates model legislation for health freedom on the state

and federal levels; assists states with the development of health freedom legislation; consults on legal aspects of bills during legislative process; acts as a centralized clearinghouse of health freedom information and resources; and monitors and impacts federal legislation on access to products, devices and information.



National Health Freedom Action is the lobbying arm of this health freedom effort. It supports state groups working to pass health freedom legislation by teaching grass-roots mobilization and political advocacy skills. NHFA also keeps a national database of health freedom advocates and resources.

BBSH faculty Sherry Pae, R.N., is a member of the board of directors of the NHFA, and I am a member of the board of directors of the NHFC.

With the assistance of the NHFC and NHFA, California and Rhode Island recently passed legislation giving unlicensed practitioners an exemption from charges of practicing medicine without a license! Six more states are moving forward with consumer access legislation.

The new legislation which has passed in the three states and is under consideration in others has as its goals to enhance consumer access to the broad spectrum of the healing arts; to ensure ability of healers to legally practice; find a legal place for all healers, thereby ending “turf” battles; to increase access to healing products, devices and information; and to provide consumer protection through creating an informed environment, truthful disclosure to public, ethical conduct of practitioners, reasonable standards of actual harm and available avenues for client complaints.

If you are called to support the health freedom movement in the United States, these organizations are a good place to put your efforts, or to give you guidance about where and how you can be most effective.

Their website is: [nationalhealthfreedom.org](http://nationalhealthfreedom.org)

# Healing and Initiation: A Story of Joy

—by Judith Rasoletti, Class of 2002, Miami, Florida



*But if our story describes initiation, we know we will have to deal soon with some sort of a wound, the breaking of a bone, a puncture of the skin, a making of wound patterns on the body. That is all part of it.*

**Robert Bly. *Iron John*. p. 28**

I should have known that my walk in the cool Virginia forest was more than a casual stroll when the rock started to answer my question. It was a big, cragged and comfortable rock

I rested on: "How many have you seen passing by on this trail that leads to the top?" The silence in the forest deepened and before me came the picture of a dark moving band of figures,

made thick by the numbers of people that had walked by. The individual no longer stood out—imperceptible, undistinguishable, totally merged were the details. It is a stream of humanity who has passed the rock. This is how the rock perceives. So too is our history; only in the moment of focus do we know.

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I should have been alert that my steps under the dark green canopy of trees were part of a larger pattern when a tree started to answer me. A tall, straight and weathered tree with a beautiful headdress of luscious leaves whispered to show me how all trees connect. "It is with roots, all across and way deep down, that the forest connects and shares and knows all." I can feel the web supporting my steps. "It is a web all over the lands of the earth." I go on—there is more. Three bright-yellow leaves on a little twig drop right before me. I pick them up. "We are also connected through leaves," they say. "The roots create us, the wind moves us; we touch and share and know. Now it is up to you humans to make those very same connections through root and leaf and fruit. We of the Tree Kingdom did it all over the earth. Now it is your turn. That is why the forests get 'destroyed'



so you humans can learn to do the same. Learn to create a grid of safety, of holding, sharing and knowing. Know that we are your true ancestors. We hold you in safety.”

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I walk on contentedly and enjoy the sunshine playing with the shadows of the leaves and yet I should have been sure that the butterfly who sat on my knee was a messenger of the transformation awaiting me...didn't she just emerge from the chrysalis? And then it happens in a second's time. I lose balance. I fall. My left foot is dangling. My ankle is broken. My life has changed. I can no longer walk.

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Now a surprise: The healer in me takes over instantly. By now I sit on the cool forest trail, with my broken ankle swelling and my tibia wanting to push through the skin. I hear within me, "This does not look right anatomically!" My hands move and align the bone back into place. No pain, no panic. My hands hold my ankle. The roots of the trees take me in their arms and hold me. The butterfly dances by. I send my husband off to get help and begin toning, singing to my foot, clearing lines of light, starting the repair. There is no doubt, no confusion, no shock. There is only the moment of now to focus on, so the rock told me. The rest is indistinguishable. The sunlight plays with the shadows of the leaves, drawing new designs with each breath of the wind. I align my hara with those of the trees. All is still. I wait for the ones who will help me to arrive, and they do.

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The rescue with a four-wheel drive vehicle off the steep mountain was an adventure in itself, and the caring and warmth of the staff in the small town's emergency room was brighter than the sun outside. This was my first meeting with allopathic medicine since my healing studies. How smoothly they flowed together! The sacred space

around me brought all I needed to me without effort. Loving hands took off my shoe and sock, supporting my injured leg, supporting my emotions. The precision of the emergency room took over, smoothly, silently and softly. I could feel the doctors, nurses and attendants glow in my presence; they loved to help me. The surgeon arrived and explained the details of the surgery. Then with splint and IV in place, I was brought to a room, dinner and sleep. A most loving and caring BBSH healer started long-distance energetic surgery and other wonderful techniques long before I got wheeled into the operating room next morning. Here the surgeon created a work of art in repairing my foot, using a plate, ten screws and washer to reconnect the bones and ligament. My leg is so strong!

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In all this I learn to receive and let go. My resistance melts and I begin to feel what support is like, even at the level of bone. The first step of a new life for me has been taken. Yet I could no longer walk.

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Crutches are great teachers. Each step becomes a prayer. A prayer is that mindfulness where I connect all my bodies into one focused now, just before courage takes over to allow me another step, one further expansion—away from fear—to accept my limitation and yet burst forth and then, once again, the foot is back on earth in a new position, to contract, stop, breathe. Then I sense once more the ring of the mind's fears and the crutches lift, another hop. There is no room for anything else! What happened to the mind's clutter and chatter? It is the prayer of my body's limitations that expands its horizon and elevates me to where I belong. I surrender into the rhythm of each step. Each is a new discovery. Everything is able to exist in the same space, harmoniously.

It is written that Isis spent years searching for all the pieces of Osiris. This is where we healers are changing the script. We now accept support and help in our search...no longer is it necessary to walk alone. The search remains the same in essence: It is a marriage of the broken pieces of both the feminine and masculine aspects of our being into a new whole. For me too, something had to break in me for some very old and dark emotions to clear. They poured out of my broken tibia like a torrent of pent-up fears, terror, anger, shame, rage, hate, fury, jealousy, pain and tears. All I could do was to lean back into the flow and cry and cry and cry. I saw within myself how the pain stored in my bones projected many lower self aspects onto the masculine, and the men in my life. I had rejected the support from the masculine. I had found Osiris, but refused to extricate him from the wooden enclosure. I wanted him punished. An initiation always ruptures something first. The wood has to melt.

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Initiation always brings healing, too. Here I need to mention the miracle that pervades this story: I have had no pain whatsoever! Discomfort, yes. Pain, no. It is a most powerful reminder of the effectiveness, precision and power of our healing skills. If ever doubts should creep in about my own healing work, I will remember that I broke both the lateral and medial malleolus and fibula and did not feel any pain after my leg was stabilized. Brennan Healing Science works!

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My journey of healing continues. I cannot walk yet. Others support me in my steps and not all of those steps are taken with legs and feet. There are many ways to receive support. I do not have to do it alone.

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Life is so much joy!

# Registration now taking place

*Classes conducted in English.*

**Year 1 Class Dean: Laurie Keene**

Class #1: Mon. Jan. 13 - Sat. Jan. 18, 2003  
 Class #2: Mon. Feb. 17 - Fri. Feb. 21, 2003  
 Class #3: Tues. March 18 - Sat. March 22, 2003  
 Class #4: Tues. May 13 - Sat. May 17, 2003  
 Class #5: Tues. June 24 - Sat. June 28, 2003

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Contact us in the U.S. for more information and to receive a catalog, or visit our web site:

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## 2003 Resident Training Dates

**Culture and Convention Center  
 Schloss Mondsee • Sunshine Hotel**  
 (Year 1 classes only. Future school  
 year locations to be determined.)  
 Year 2 classes to begin in 2004;  
 Year 3 classes to begin in 2005;  
 Year 4 classes to begin in 2006.

**Mondsee, Austria**

## 2003 Resident Training Location



# Classes Begin This January.



**BARBARA BRENNAN  
 SCHOOL OF HEALING®  
 (BBSH®)**

500 NE Spanish River Boulevard, Suite 108  
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