



BBSH® • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 18-Fall 2004



Dear Graduates and Students,

I was so pleased with the last channeling at BBSHE in Class 5, May '04, that I want to share some of it with you. It is published in full in SEEDS OF THE SPIRIT 2004. It covers some of my favorite topics in a nutshell. With my Love to you all, here it is for your enjoyment.

—Barbara Brennan

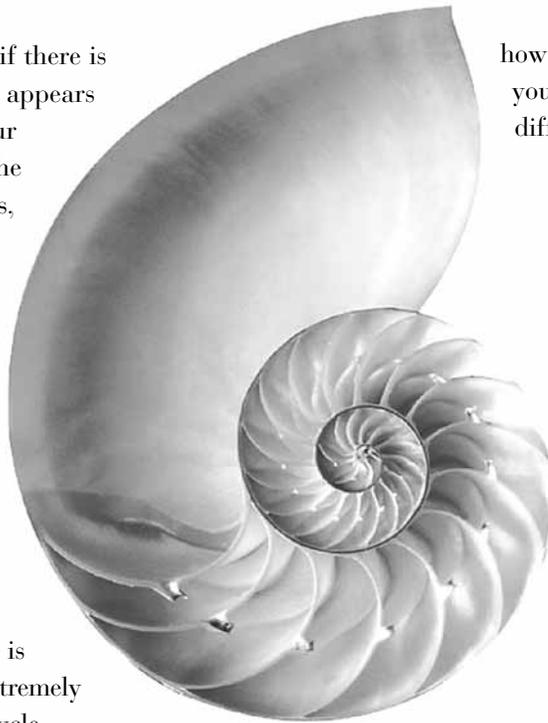
Consider the immense preciousness of simply one moment of conscious awareness.

*It is a divine gift of incarnation to experience conscious awareness
centered in a self that also has the freedom of choice.*

The Vicious Cycle

Many times it may seem as if there is no freedom of choice in life. It appears that all of the traditions in your life, all of the training, all of the education, the religious practices, and your upbringing have created certain ways that you are that are impossible to change. But as you learn the simple steps of what is needed to change, just a simple way of choosing to go into the soft pain rather than defend, your life becomes an understandable spiritual path to practice.

The vicious cycle of defense is simple, but wishes to appear extremely complicated. In your vicious cycle, you can recite over and again your many life stories that tell how terrible things have been,



how the patterns of life repeat, how life is doing you wrong. You can repeatedly recite many different ways and incidents to prove it all.

*Your vicious cycles are simply defense
camouflaged as life.*

*They are just regurgitated, undigested,
unassimilated experiences.*

Yet

*life is always moving into the unknown.
Each moment is new and different than the last.
It is the process of constant co-creation.*

All your defenses are designed to keep you caught in vicious cycles that avoid the true solution: to simply feel your original soft pain that puts you into a healing spiral that releases the creative force within you and changes your life.

***This Path of Spiral Healing is simple,
but not easy.***

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Greetings Everyone,

For over two years, I have had the great privilege to be a part of the BBSH community. It has been an extraordinary experience—full of learning, challenges, successes, and fulfilling relationships. I cannot adequately express just how deeply Barbara, the School, and all of you have touched my life and contributed to my personal journey.

And so, it was with great difficulty that I decided to resign from my position at BBSH in late September. For some time, my inner voice had been telling me, “Slow down; the work you came to BBSH to do is complete.” At first I tried to ignore the voice, but after much contemplation and reflection, I realized that I could not ignore my inner truth.

Even with this understanding, it is not easy to leave BBSH. I am so grateful for all that I have received during my tenure at the school. BBSH will have a place in my heart forever.

I would like to thank Barbara for her great contribution to personal and global healing, and to each of you who has chosen to embark on the journey of transformation. I truly believe that the only way we will see peace in the world is to find peace in our own hearts.

With Deep Respect...

Bonnie Brandt

Barbara Brennan School of Healing *Europe Update*

Greetings From Europe!

Mondsee is a special place. Quiet, contained, surrounded by lakes and mountains. Each time I go there I feel blessed. The town is small enough that we have begun to form relationships with some of the residents. Verena is the owner of the local health food store that now stays open during lunch for us while we are there. It is usually closed during that time. Herr Birklbauer and his wife, the managers of the Schloss Hotel, are always kind and attentive.

The atmosphere is intimate. The closeness of everything gives the students and teachers the opportunity to connect outside of class, at breakfast, the dance, or in the swimming pool.

We have just finished the first week of our second year. Kahea Morgan came aboard the BBSHE team as the Year 2 Dean. Most of the students from last year returned, so it was a wonderful reunion to be back together with them. We also welcomed our first-year students who joined us for this extraordinary journey. They are a lovely group of individuals.

I hope that our European graduates take advantage of BBSHE and come for the Goddess Meditation on Sunday mornings during the class week. It would be great to see you. Come and experience this very special place.

Create a blessed Autumn for yourself.

Love...

—Laurie Keene
BBSHE Dean



From The Class Deans

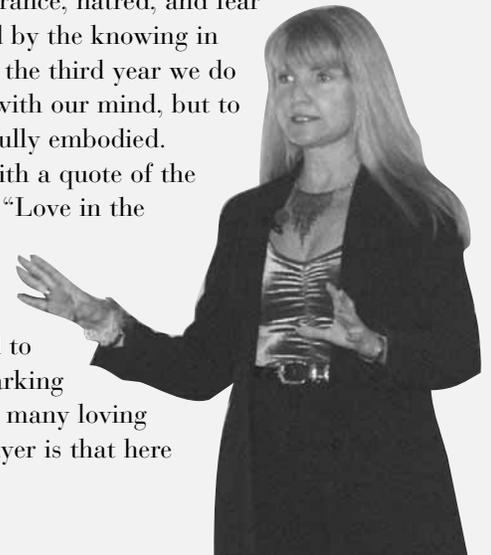
To continue our view of the class years that began last issue with the Advanced Studies program, here is Year 3 as seen by the Class Dean Donnalea Van Vleet Goelz.

Every year I always have such pleasure and, yes, some resistance to taking the journey of the third year. Interesting things come with life experience. I no longer say things like, “This year it will be easier,” or “It could not get any harder,” because, guess what? I have learned it can *indeed* get more difficult in some aspects. I look at the separation in the world right now and it brings tears to my eyes. On a personal level, I am watching and experiencing my sweet mother fight with advancing COPD. This battle cannot be won; her lungs grow weaker and weaker. As the days advance, each breath becomes more and more difficult. So in truth, I sit with more pain in my heart than I have ever had.

But the pain in my heart is only part of the truth; I also sit with more *love* in my heart than I have ever had. It feels like a little miracle. How has this little miracle occurred? The truth for me is that the work that we all go through in the third year teaches, and for me *reteaches*, how to allow grace into our lives. The definition of grace that I am using here is allowing the divine flow of communication (communion) and divine love into our living, breathing bodies. I know that the world has more divine alignment and more love in it because of the journey that each Year 3 student and teacher takes, and continues to take even after the year is over. The work and the tools we learn to use in Year 3 actually give me the purpose that allows me to want to live on this planet and watch the evolution of life, or to put it another way, the unfolding of divine grace.

I am always profoundly struck when observing the world, to realize how much healing we need to do on the levels that one studies in the third year of BBSH. So much of the world’s separation, so much of the reasons behind our wars (often even referred to as “holy” wars) is over ideology based on spiritual beliefs. The healing that occurs by truly working one’s spiritual issues is not only important on a personal level, but has global implications. What is separating us from divinity? It is often our own archaic images that are being reinforced by the culture we live in. By witnessing the images that we all carry about God and really tuning in to the fifth level—divine Will, objective divine will; the sixth level—divine Love, holy love; and the seventh level—divine Mind, one mind, we can truly be described as allowing grace to enter our lives here and now. Intolerance, hatred, and fear in our separation are replaced by the knowing in our hearts of Divine grace. In the third year we do not strive to understand this with our mind, but to allow the higher levels to be fully embodied.

I would like to leave you with a quote of the Buddha from Jack Kornfield: “Love in the past is only a memory. Love in the future is a fantasy. Only here and now can we truly love.” I am truly excited to again, here and now, be embarking on the Year 3 journey with so many loving and courageous souls. My prayer is that here and now may we truly love.



So You Want to Be a Healer?

Though I've never loved filling out application forms, I do remember fondly answering the question, "What is a Healer?" on the BBSH application. I witnessed my answer change and grow significantly through my 4 years as a student, and that told me as clearly as anything else that I was changing and growing.

In the nine years since my BBSH graduation, I regularly pause to answer that same question again. Through these years I have come to feel that healing happens as much or more through "Who a healer *is*" than through anything they say or do. But what does that mean, "Who a healer *is*"?

The answer to that question is not always simple, as many people *live* as if they were *more* than one "who." We play a multitude of roles—that of child, sibling, partner

or spouse, parent, worker, teacher, coach, church-member, community leader, and on and on. And within each role, we may sometimes say and do what we feel is expected of us rather than expressing our own Truth. I feel deeply that each

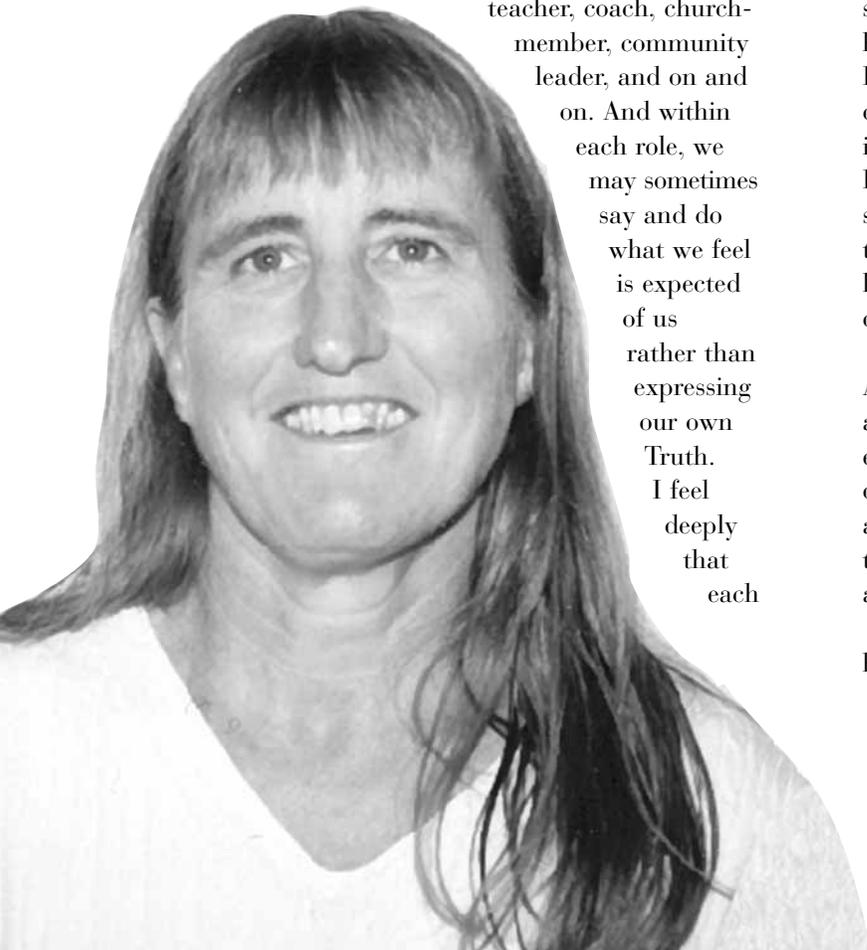
soul is really *one* "who," with a core set of values that reflect the soul's essence, or "Who they really are." It is by bringing this core self, or "Who I really *am*" to each area of life that I have begun to shed "role-behaviors" and allow my soul's purpose to manifest in a major way.

My spiritual teacher says, "What you embody you can give to others; what you don't embody, you can only talk about." Her words have always felt intuitively true to me, and imply to me that a healer is a person who embodies Who They Really Are. These are the people who can help others also become Who *They* Really Are.

For me, being Who I Really Am means a myriad number of things. On an outer level, it means talking to all people with respect and kindness, whether it is a fleeting interaction with a "stranger" or an ongoing acquaintance or relationship. It means asking or noticing the names of people who help me, and thanking them in a present and sincere way. It means noticing and, when appropriate, commenting on what people are communicating "between the lines," inviting them to be more real, or to at least feel seen. It means braking for chipmunks and butterflies, and stopping my car to relocate inchworms from my sleeve to the roadside shrubbery. And of course, it means living life at a pace that allows time, space and energy for all of these things.

And it's not always easy for me to be Who I Really Am. For it also means interrupting demeaning humor and remaining respectful towards people who act as if expressing contempt for other viewpoints will make their own viewpoint more right. Those kinds of situations are always difficult for me. But I've found that if I ignore them, as I have in the past, I feel I have betrayed myself and my healership.

On an inner level, it means striving to live with an aligned hara. I've never found that easy, and I've noticed over the



—by Lily Kara Barak '95 (formerly Joanne Smith)

years that it indirectly creates other work as well. For as I walk through the world in a more aligned way, people I contact also come into greater alignment. And coming into greater alignment, they can release blocks of energy which have suddenly become incompatible. Each greater level of light and alignment I have reached adds potential for contact with greater levels of darkness. Yet always whatever help is needed to go through any experience has been available, and has led to an even greater awareness of the wonder and incredible intricacy and perfection of creation.

Being Who I Really Am also means for me striving to live connected to my essence—not only to allow my core essence to shine through my being, but also to embody in a physical way the core qualities that I feel I have come to share.

What does it mean to “physically embody” such qualities as Innocence, Joy, Reverence, or Peace? What I am experiencing just this year is that there seem to be levels of reality I call “dimensions-of-beingness” beyond our own 4-dimensional space-time continuum. An analogy came to me that has helped me to understand this:

I love mountains—their rootedness, enduringness, majesty, grandeur. I’m not sure I can name all that I love about mountains, I just know I’ve always loved them. And I’ve always felt sad that a photograph of a mountain captures so little of how I experience a real mountain. But a photograph is only a 2-dimensional, “lower-level” representation of the mountain; it can’t do any better.

As best I can tell, what is “added” in each “dimension-of-beingness” has to do with consciousness. My experience is that the qualities I most treasure in our space-time reality—compassion, joy, reverence, innocence, oneness, beauty (and on and on)—are each like a “photograph” of a mountain. That is to say, they are a limited representation of the “real thing,” which exists in a “higher level dimension” and is beyond words or even imagining without having an experience of it.

My experience is that while connecting with one of these levels, my intention and body become infused in a way that is helping me to become more of Who I Really Am, and seems to be of help to others as well. My intuition is that if I (or anyone) could somehow become anchored in, for example, the “dimension-of-beingness” for which “compassion” were the “photograph,” it would be impossible not to be compassionate, just as it is impossible for us not to be 3-dimensional.

I have great awe for the healing potential that these

higher levels seem to have. I also have awe for how long I’ve been learning about healing before discovering them. Our “culture of mastery” teaches that the mastery of information, skills and techniques will bring us that which we most desire. My experience is a bit different: that information and techniques are helpful, but the richest depths of life and healing work are reached through humility, reverence, and surrender to that which is greater than oneself. These are the doors that have helped me to become more and more of Who I Really Am.

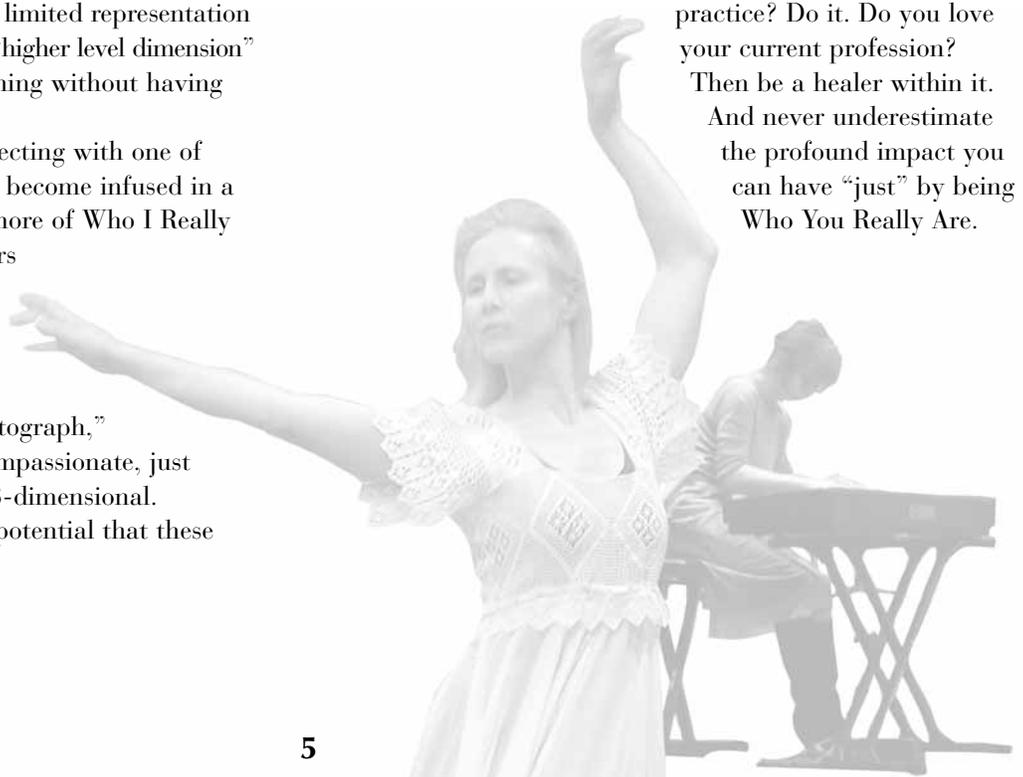
For the last nine years, I have supported myself financially through working in my pre-BBSH profession as a mechanical engineer. My healing work has occurred mostly through just being (as much as I am able) Who I Really Am in all of my interactions, in all of life. I’ve long been aware that many of the people I work with in my profession as an engineer seem to have very little awareness of any reality beyond what they perceive with their physical senses. These are people who would never go to a healer because they’ve never heard of hands-on-healing, and/or don’t have any idea of what is possible in life beyond what they already know. These are the people I want to help, and *do* help.

As I walk through the world “just” being Who I Really Am, I see doors opening in people. I don’t know what comes through those doors, but I hope it is some awareness of a different way to move through life, and/or some sense of a broader reality. In my own process, it has always been a great gift to have an experience I’ve never had before. For however fleeting that experience might be, it expands my awareness of what is possible, and that allows me to seek and bring more of what is possible into my life.

Do you long to have a healing practice? Do it. Do you love your current profession?

Then be a healer within it.

And never underestimate the profound impact you can have “just” by being Who You Really Are.



Learning To Fly!

On June 30th of last year, I walked to the edge of the cliff that was my life as I knew it, and stepped off. I left my well-salaried job in corporate America with just enough money in the bank to last almost six months, if I managed expenses very, very carefully. I didn't do it the way all the books that are written to help you through such an experience suggest you should; in other words, I didn't have a plan. (Rather amusing, given that a large part of my corporate life had revolved around the setting and monitoring of business plans!) I had only an insistent longing that would not be ignored and one isolated moment of complete clarity:

The time is now.

And so began my first real lesson in radical self-trust.

Of course, my bank account was not a true account of the resources at my disposal. I was ready to test the belief that, in the words of author Tama Kieves, the universe wanted to thrive through me. The whole universe! Why, that was significantly more abundant than my closely guarded savings account!

And I had my BBSH training. I knew when I graduated that my beloved diploma was much like the driver's license I so joyfully claimed, just as quickly as Maryland law would allow, when I was 16. It was an affirmation that I had trained and studied and was ready to begin...driving, then; thriving, now. Living the life I came here to live. My BBSH experience came alive for me, surrounding me with its loving presence and holding me in a state of grace. I wasn't alone on this journey, and I knew the signposts to look for along the way.

I had tried leaving the corporate world once before, with the very serious and noble goal of creating a healing center. And I did create such a center, and then I had to close it down...or rather, it imploded on itself. My final role was one of tending to its collapse in a way that would minimize harm to myself and others.

Such a spectacular failure! And so I'd gone back to the world I'd known, the world of tasks and goals and deadlines and bottom lines, to earn the money I needed to repay the significant debt from my failed business. I knew the experience was a great teacher, but I was frankly too tired and cranky to study the lessons. I consoled myself with the tepid reminder that, well, at least I'd *tried*.

And then I tucked my ragged visions of a different life into a safe place and went about the business of life.

Until—and with miraculous ingenuity and fortitude—those ragged visions pieced themselves back together



—by Suzanne Eder '00

and nudged their way into my consciousness. By that time I was commuting several days each week from Delaware to New York for my job, growing more tired by the month. On paper my life looked rather glamorous, but in reality—*my* reality—I was drifting further and further from everything that had meaning and purpose and passion. I was drifting further and further from myself.

And so I jumped. Right into the abyss. I surrendered, and I finally understood what that meant. It meant that I put down the struggle and let myself be carried into the Flow, guided by my innermost knowing. Just like they taught us in school! The teachings floated into my consciousness and blazed with a new and brilliant meaning—intensely personal and wildly universal all at once. Surrender...trust...effortless intention...the *I am* presence...it was all true, and I'd always known it. I felt a bit like Dorothy, clicking those gorgeous red shoes and declaring, "There's no place like home!"

I came home to the Self that was longing
to write and



teach and work with clients
who needed support on their
own spiritual journeys.

Of course, there were many times I felt more like the Dorothy who was frantically running from those rather freakish flying monkeys—the monkeys of worry and blame and monumental self-doubt. And that really *big* monkey that kept taunting me with the dire prediction that I would lose my home and my beloved cats and everything else near and dear to me. I'd end up on the streets, homeless, and not very clean.

That monkey was particularly persistent, so I surrounded myself with support and inspiration: my luminous supervisor, my precious life coach, my blessed family, and a circle of brilliant, challenging friends who saw to it that I saw clearly. And this is what I saw:

The universe really does want to thrive through me.

My favorite part of this story is the part about my house. That really big monkey assured me I'd have to leave my home in order to follow this ridiculous path I'd chosen. It would be difficult to overstate the amount of energy I poured into various financial analyses, trying to "figure out" what to do. There was much wringing of hands and gnashing of teeth. I exhausted myself

and most of the lovely people in my circle, wondering piteously what would become of me. Then, in one of those moments of great clarity I'd prayed for, the truth revealed itself to me in utter simplicity: My house was my home, and all the energy I'd spent in researching alternatives was my way of avoiding the real issue of being terrified that no one would actually pay for my services. And so I allowed myself the luxury of considering financial alternatives that any financial advisor would seriously caution a rational, thinking person to avoid. All I knew was that I needed to stay in my house for now, so I wrote myself some big fat checks from several of those low-interest credit cards and waited for the next step to be revealed.

Within just a few months (again!) of my money running out, I got a call out of the blue (you know, that big, wonderful universe!) from a mortgage broker I'd spoken with several months prior. He was calling to tell me about a brand-new, highly unusual product that would enable me to refinance my home without having to "prove" that I had the income to pay the mortgage. I applied, I was approved, and in March of this year I refinanced my home, paid off my credit cards, and set aside a tidy little sum.

Not enough—the big monkey was ever-so-happy to point out—to last even as long as the penalty period for early prepayment of the mortgage, should I need to sell within that time. I can remember reviewing all this with my supervisor—all of the math, all of the pros and cons of options I was considering. After I'd exhausted myself yet again with my what-ifs, she asked me quietly, "Where is the room for faith in your plan?" My coach was a bit more to the point. She said bluntly, "Suzanne, you have to stop doing the math."

I'm a bit of a slow learner with all of this surrender stuff, but I can recognize Truth when I hear it (generally). So I simply stopped doing the math. I put away my calculator and firmly told the big monkey to play with his own kind. I took a deep breath, refocused on my work, and stepped into the stream.

And then I landed a consulting project with my former employer, and I've been happily paying my bills and developing my client practice ever since. The big monkey flies back every once in a while to remind me that this consulting work could end any day now—and indeed it could. And when it does, my task will be to take a deep breath, refocus on my work, and step into the stream.

The Timing of Catharsis: When Does Healing Result?

There is integrity to the timing of catharsis—our ability to process our feelings—that sometimes goes unnoticed. Over time we can develop the discernment to know if emotional expression and release have led a client to go deeper within their wound to feel more of themselves or if, instead, they are in an habitual reaction, be it collapse, anger, or hysterics. When we feel new depths, we gain a new level of awareness and have the opportunity to make new choices. When we are in an habitual reaction, we are spinning our wheels.

Starting out in our healership, it may appear that our tendency to drop into the expression of emotion is a real sign the healing happened. At least we know *something* happened!

I remember working with a client who liked to come

for healings and was very reluctant to do any process work. I did not want to collude with her, yet in hindsight, I was not conscious of the amount of terror she held; she wanted the spiritual buzz of the healing. Then in one session she spoke of someone dear to her reaching out to touch her, and she immediately skipped over it to other details. I was glad I had been present enough to catch the poignancy of this contact and how much it seemed to satiate a longing in her. So I invited her to slow down, come back to herself, and touch her face in the way she had been caressed.

The dam broke, and after many healing sessions, she touched into her wound and wept. I was very touched by her process and the delicacy of the contact she had finally made.

As I wrote up the session for my BIP homework, I had to ask myself, “Who was it beautiful for? Me or her?” I became aware of my pleasure in developing my own skills of tracking and creating enough safety that someone so reluctant to process could drop into their pain and longing. However, I really questioned what benefit it had been for my client. Had I been in relationship with her? Had she been really ready for the experience? As I reflect, I see that perhaps she was not. That was the last time she came to me.

People with very young wounding need time to build their own container for process. In a recent session, a client I have been seeing for over two years



—by Patricia Howard '99, ASED '03, BIP/STP '03



had her first real sense of her wound. While in the initial healings, she went into expanded places, leaving her body in the process. I have been inviting her to stay present in her body, with her breath, and trusting the wisdom of her body. She has been doing this, and in a previous session was almost dropping into the wave, a few coughs came, yet I did not feel it was a matter for me to charge her field more. It was more about her developing her own integrity... this ability to stay true to herself and be deeply connected to her body...that she could choose moment to moment to stay with her feelings and experience and surrender to it.

In a recent session she dropped into this feeling place, feeling deep grief, the isolation that she had avoided all of these years. There was no need to run anywhere. She had the capacity to stay with herself. Then came the wisdom: she was not isolated—everyone in her family was feeling the same pain and helplessness. My client could finally let go of all of the anger and blame she had for one particular family member. Having developed an ability to stay with herself, she dropped deeply into her pain and came out of it with a depth of compassion and wisdom that she had not known before.

She was truly changed by this experience.

We are all in such different places. It is important to recognize this in ourselves and in our clients. Collapsing may be a sign of trust in self and the healer/client relationship.

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Meet The BBSH Logistics Department!

In the continuation of our series, we are happy to introduce the Logistics Department at the BBSH offices in Boca Raton, Florida...and on location at BBSH/BBSHE classes.

Bonnie, Janet, Dirk and Georgette are the wheels that keep Resident Training weeks running smoothly... working tirelessly in meeting the many needs of our teachers and students during class weeks!

We are extremely fortunate to have them as members of the BBSH family!



Georgette Marshall Domestic Logistics Coordinator

Hi! I'm Georgette, and I was born on the outskirts of London, England in Crawley, Sussex. I moved to Daytona Beach, Florida as a teenager with my mother and sister, where I lived until three years ago, when I moved to South Florida. My father and other family members remain in England, where I make periodic visits.

I have one child named Chiquita—a 10lb. female black Chihuahua. She is very spoiled, and very much *loved!*

I am a true car enthusiast, and previously owned a drag car for seven years—assisting in the building and maintenance of the vehicle, and of course, I was the main driver! I currently attend numerous car shows yearly, and am involved in several local car clubs.

My education includes a B.A. degree in Organizational Management from Warner Southern, with a minor, A.S. degree in International Marketing Management.

I've worked in the marketing industry for over 10 years. Specifically, my background includes the planning and execution of various events and promotions for major consumer product companies.

Although only with BBSH for a few months, I feel that I've already become part of the team. As the Domestic Logistics Coordinator, it's my responsibility to ensure that all planning and implementation requirements are provided for the on-site U.S. school classes and adjunctive

programs. I thoroughly enjoy working at BBSH, and believe that the environment here truly reflects the school philosophy. I look forward to meeting all of the students and faculty, and envision a time when we will expand our school to diverse locales all over the world!

Janet Hotcaveg BBSH Logistics

Hello, everyone! I joined the Barbara Brennan School of Healing in December 2001 as member of the logistics team. Since then, I've been actively involved in the structural phases of day-to-day planning, movement of large groups as needed, and various class activities.

I'm motivated by the diversity of the student population and the variety of backgrounds and heritage of our students. I thrive on the many challenges and requests required in preparing for a successful school experience for all involved.

I was born and raised in Montauk, a small town on the tip of Long Island, New York. I bring to my job a passion for activity, a committed work ethic, and grounded wisdom. All of these qualities ensure a positive experience for the staff, school community, and for me as well.

I am a knowledgeable horticulturist, enthusiastic creator of culinary presentations, and an animal lover—and I'm looking forward to the challenges of the school's new venue.

Dirk Pohlers

International Logistics Coordinator

Hi, there! I'm Dirk—a native of Germany now residing in the United States. As a member of the BBSH logistics team, I serve as a link between our office, with its administrative functions on the one hand, and our on-site class program on the other.

I was originally hired as the Programs and Operations Assistant in December of 2003, but have since assumed the Logistics Coordinator role for our European school.

What I enjoy most about my job are my ever-supportive coworkers, as well as our students. Their sincere appreciation of our school motivates *all* of us here in the office.

Also, the prospect that one day we might grow into a truly global organization, with multiple campuses spanning the world, proves equally exciting. (And not just from a logistical standpoint!) As such, I hope that my upcoming one-year anniversary with the school will be one of *many*.

When not at work, I spend most of my time with my wife Nicole and our two rabbits. I also like to read books and watch movies, provided I'm not out on the soccer field—playing, watching, refereeing and the like.



Hi. My name Bonnie is Bonnie Allen. I live on Long Island, New York, and it seems to me that my lucky number is *six*. I was born on the *sixth* of January, and come from a family of *six* children. Life wouldn't be complete until I had *six* beautiful children of my own...and now I'm blessed with *six* adorable grandchildren, plus three step-grandchildren.

Aside from my family, the most important thing in my life is my faith and my relationship with God. My passion in life is music, and I enjoy singing in my church choir every Sunday. My prize possessions are my baby grand piano and my tennis racquet, which tells you how I like to spend my free time! I love to dance, play games, paint, get lost in a good book, and be near *any* body of water. I'm addicted to people, seltzer with lime, pizza, candy, and the movies (as long as I have buttered popcorn).

Simply put, my job as an Assistant Logistics Coordinator for the past 12 years (derivative of *six*) is mainly to help execute the logistical needs of the school that have already been determined by the office. I work as a liaison between the school and the hotel to see that the classroom set-ups are what the teachers have requested. My daily routine would be to wake up at *six*, check the classrooms to see that they're clean, that supplies are in place, signs are posted, to see to all the changes of the day, sell products, do office work, inventory supplies, help the students as best I can, and be available to Barbara, teachers and staff for whatever tasks they may need. Aside from the daily routine, there are always the added programs such as HMDs, creative arts, family days, graduation, etc. I try to stay in the background as much as possible, but I am *always* present. I have been told many times by the teachers that I have a *sixth* sense, which makes me wonder at times whether I should become a student myself.

Bonnie Allen BBSH Logistics



My job has carried me from the Radisson in Islandia, New York...to the Legends in New Jersey...the Wyndam in Miami Beach...the Radisson in Miami Beach...and now to the Bonaventure in Weston, near Ft. Lauderdale.

That makes it five. Do you think there will be number *six*? Probably, and there isn't another place I would rather be—because where else would so many loving, spiritual, talented, intelligent and understanding people surround me?

It is an honor to work for Barbara Brennan, whom I admire...to work with a faculty that is so qualified and loving...and to interact with students from all over the world, united as *one*.

If there is one thing I will come away with when eventually leaving my position with logistics, it will be knowing that change is constant, inevitable, and mostly for the better; that I have done the best I'm capable of doing, to know and acknowledge boundaries, and to hold steadfast to these *six* values that I live by daily:

"Honesty; integrity; kindness; sincerity; love and faith."

Sponsor an FBHS: A Rare Opportunity to Change Someone's Life

—by Lisa Boris, FBHS Coordinator

Do you have a longing to share your BBSH experience with your friends, family and community? Fundamentals of Brennan Healing Science (FBHS) Workshops are a fabulous way for people to bring a taste of this deeply transformational work out into the world by introducing the basics of Brennan Healing Science.

BBSH graduates are eligible to sponsor FBHS Workshops, so why not create an opportunity in your hometown? You can make it happen! The first step is contacting one of the FBHS leaders on the following page and inviting them to lead a workshop in your area. As a BBSH graduate, the benefits for you are numerous: the opportunity to expand your healing practice, assist your clients in deepening their healing process, reconnect with the school community by bringing your work out into the world with a qualified and trained teacher, and expand your own healing skills. Above all, the participants of the FBHS Workshop will benefit from something only you can share—your passion for this

work. And while students may not sponsor workshops, they are more than welcome to come and help, strengthen their skills and connect with the community.

Donna Evans-Strauss, Year 4 Class Dean, holds several FBHS Workshops each year, both in the United States and Canada.

In Donna's words, "An FBHS is a great opportunity to bring what we do into the community and touch people's lives with this fabulous work. I have led about 8 to 10 workshops over the past few years. It's a collaborative effort. Students and teachers come out to help, and it's a great time for everyone, especially the participants who may be experiencing energy consciousness for the first time! Students who volunteer experience so much about what they have learned at BBSH while living the work at an FBHS Workshop. It's a blast—get involved and have *fun!*"

This experience is also a great doorway to bring your passion and leadership out into the world. Sharon Hartnett, who along with other BBSH graduates Linda Nainis and Karalee Rocker recently sponsored two workshops in the Washington, D.C. area, stated, "It has helped me develop better teamwork flow, logistical and financial planning skills and more creative marketing strategies. Most importantly though, this is a chance in a lifetime to change someone's life in a very real and exciting way."

I encourage each one of you to take this opportunity to get involved and create a workshop in your area!

Please contact me if you would like more information:

lisa.boris@barbarabrennan.com

561-620-8767

SCHEDULED FBHS WORKSHOPS

November 5-7, 2004 • Easton, Maryland
Laurie Thorp, FBHS Leader

January 21-23, 2005 • Alberta, Canada
Donna Evans-Strauss, FBHS Leader

January 21-24, 2005 • Stockholm, Sweden
Rebecca Ellens, FBHS Leader

March 3-5, 2005 • Winnipeg, Manitoba, Canada
Alain Grouette, FBHS Leader



Current FBHS Leaders

Joy Adler	Rensselaer, NY	518-436-1515
Anne Beckley	Damascus, MD	301-253-3242
Kathy Bower	Santa Cruz, CA	831-475-2164
Priscilla Bright	Mt. Tremper, NY	845-688-7175
Edie Crawford	Kapáau, Hawaii	808-889-6194
Irena Cuber	Piran, SLOVENIA	+386-40-599-365
Rebecca Ellens	San Diego, CA	858-205-3248
Donna Evans-Strauss	Doylestown, PA	215-345-8789
Helmut Giebel	Traunstein, GERMANY	+49-861-164111
Donnalea Goelz	Atlantic Beach, FL	904-249-4445
Alain Grouette	Quebec City, CANADA	418-849-7266
Sue Hewitt	London, UK	+44-208-671-6743
Anne Hoyer	Holliston, MA Ireland	508-893-9915 +353-44-49166
Hidetaka Itoh	Nagoya Aichi, JAPAN	+81-90-7606-5999
Laurie Keene	Annville, PA	717-867-4169
Jo Anne Koenig	Falmouth, MA	508-495-3808
Gisela Koidl	Mexico City, MEXICO	+52-55-5516-0403 +52-55-5271-6907
Nijole Ladd	Key West, FL Paris, FRANCE	305-296-7722 203-981-8782 +33-1-4747-114
Phyllis Lehman	Warwick, NY	845-258-4563
Kahea Morgan	Centerport, NY	516-429-3333
Nancy Christine Navarra	Miami, FL	305-255-5125
Catherine Nelson	Bozeman, MT	406-585-8025
Sherry Pae	Harrisburg, PA	717-867-4034
Kate Pernice	Monroe, NY	845-782-4660
Patricia Pfof	Portland, OR	503-618-7832
Ada Robinson	Marshall, MI	269-781-3010
Anna Rossetti Bossi	Torino, ITALY	+39-011-562-40-58
Gundi Schachermaier	Neuburg-Donau, GERMANY	+49-8431-7185
Sandra Stephen	Dublin, IRELAND Boston, MA	+353-831-1469 617-265-0349
Laurie Thorp	Chapel Hill, NC	919-968-1357
Irene Tobler	Sant Feliu de Guixols, SPAIN	+34-972-32-72-55
Cristie Torrenge-Furth	Ft. Lauderdale, FL	954-772-3336, ext. 11
Lisa VanOstrand	Miami, FL	305-672-8490
Christine Whaite	London, UK	+44-207-377-2509
Patricia WhiteBuffalo	Santa Cruz & Los Gatos, CA	831-457-4056
Ky Woolf	Madison, VA	540-948-5535
Catherine Wright	Burlington, Ontario, CANADA	905-634-1445
Chiyomi Yoshida	Seattle, WA	206-365-3606

Please Share Your Research Data



Hello, all!
My name is Carolyn Hansen, a 2003 BBSH graduate currently in the second year of the ASED program.

I've been talking with a local hospital about the possibility of doing Brennan Healing Science for their patients. The hospital administration is considering my request, and has asked me to submit examples of BBSH graduates who are doing healings in hospitals, and/or research that shows the effects of our work.

To collect this information, I've put a request on HEALERS CONNECT and on the list serve of my graduating class, and that of the class of 2002. I've received some good responses, and also requests to share this information with other graduates wishing to do healings in hospitals.

I would therefore like to organize this material into an article for this newsletter, since that would be helpful for those of us seeking access to hospitals.

To make this the best collection of information, please let me know of:

- 1) Research...published, unpublished or in process...showing the benefits of our work; and
- 2) Brennan Healing Science Practitioners doing work in hospitals.

I would appreciate hearing from you within 4 weeks of your receiving this newsletter! Love and light...

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Email: AttyHansen@earthlink.net

After a lifetime of holding up, to finally let go is a precious part of their process. It can be a sign that we have connected and have the potential to integrate younger aspects of consciousness in us. It can also be a habit to avoid a deeper pain or personal power and responsibility.

When working with clients who are stuck in this cycle of emotive release—whether it be pain, anger, sadness, and who feel that the processing is what they do to heal—if I feel that I have developed enough trust in the relationship, I will name without any judgment what I see, e.g., “You have just gone into overwhelm and then collapse.” This often gives them permission to witness themselves and shift out of their habitual reaction in an effortless way.

Transformational healing comes about when we resolve something within ourselves. While catharsis may be part of this process, the healing comes about when we continue the impulse that got interrupted by wounding or trauma, be that reaching out, taking in, expressing our creativity, fully experiencing ourselves as love, or showing up in our essence. Some people are comfortable with catharsis. For others, the transformational path will come about by developing a mindful presence of being with themselves and the sensations in their body. Being able to stay present with whatever is happening in this moment.

Integrating this universal consciousness with the wounded child consciousness can be very quiet and still. For example, in this way, rage can be experienced as a strong sensation in the center of the body that feels very held. The transformation comes about by sitting with these sensations, going toward them rather than acting them out.

For many of us, the path to transformation is a combination of the above, often starting with a very outward expression of this held energy that has been repressed for so long, and then perhaps, moving toward a way that we can be with these intense feelings within our body, and yet maintain a sense of presence with ourselves.

It is so exciting to learn skills, techniques and ways of being with people. I also marvel at the invitation we have to stay in relationship with all aspects of our clients, and really honor where they are on their journey.

And of course, having kindness toward ourselves for where we are in our journey, and our willingness to grow further.

*This Path of Spiral Healing is simple,
but not easy.*

Utilize everything you have learned
to become clear in the moment.

Find the moment in which
you automatically switch from wholeness to duality.
You can learn to recognize that moment.

Name it so that it becomes familiar.

That is the moment that you fall into the linear time,
and the three-dimensional space of the traumas.

When you learn to recognize it you can learn to choose,
with clear intention, not to self-identify with duality.

You will learn to shift your identity to wholeness
and the ever-enlightening process
of co-creation from your divine center, your core.

That, my dear ones, in a nutshell,
is the enlightening or awakening process.

It is awakening to the point of now,
that is here, always, outside of the limitations
of the so-called space-time continuum.

*Consider the possibility of an ever-enlightening future,
which is actually an ever-enlightening walk into the self.
It is a walk into the light and source of life and creation within you.*

You Live in Exciting Times of Healing Opportunities

You live in a very exciting moment on this earth, when there is great potential for healing all of the strife and pain of humanity on either side of any argument or war. It is here now to be found, witnessed, experienced and brought forth for healing. All of the pain of the so-called lower self, which is simply a stronger defense, will be brought out for healing. All of the blame, all of the war, is coming forth and being made visible. Just as in your process here, you bring forth your negative defenses to make yourself aware of how you have limited yourself with them. This includes your self-judgments, and your judgments of others.

International Healing

One of the first steps in healing is to energize the HEF system and to bring the negativity out. That is happening on the international level now all over the earth. The problems of humanity are overwhelming; doesn't it make you tired? All of the illnesses,

all of the AIDS, all of the poverty, all of the starvation, all of the people who are taking the resources for themselves and hoarding in one place, while people starve in another; all of the natural disasters, the earthquakes, the pollution, the energy strife, the weapons. How can these problems be solved?

The first step is healing the self, for all of these problems are created collectively, collectively by agreeing to believe in and practice duality by blaming each other for your own pain and your own creations. This happens with individuals, families, in significant relationships, between nations, between religions, all over the earth. Someone else is found to blame, and they say, "It is their fault. Let's have a war to end all wars!" Or some claim one religion is better than the other. On and on and on it goes. It all starts with the individual. An individual blames another because of his/her lack of true self-identity. Individuals create groups that do the same thing. The groups expand to include ever greater groups of individuals who blame those outside their group. It is time for each individual in a group to take self-responsibility and then lead the members of the group to do the same, then to lead each member of the group to take responsibility for what goes on in their group and stop pointing blame towards others.

You Are the Points of Light that Arise All Over the Earth

Now, in this age of enlightenment, all over the earth light centers are arising. Each individual here is a light center, each individual all over the earth is awakening. No matter how bad it sounds

or looks on the airwaves, each individual is in the awakening process in some way. Of course you see very strong denial and blame. Yet, at the same time all over the earth, from every country, come the light seekers, arising everywhere, saying,

*This is not okay, I want to know the truth.
I seek the light all around me and within me.*

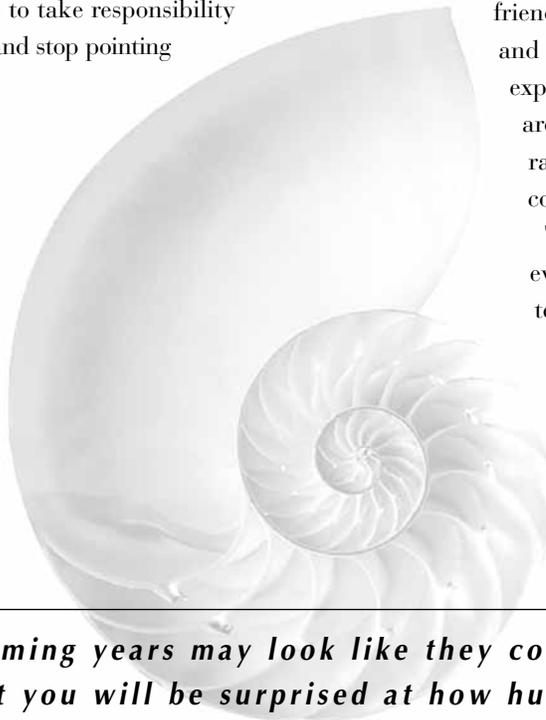
So on one hand, there is terrible lower self acting out; on the other hand, the light is arising everywhere. Groups are forming together and moving into light. Where do you choose to place yourself in this greater reality?

*Consider the possibility
that in unleashing the creative force in you,
you have no idea of the power
that you generate within yourself.*

It creates more personal radiance within you. Your radiance affects all of your family and your friends around you. They change their lives and radiate love and pleasure. Your radiance expands exponentially in all directions around you as each friend adds to this radiance. All peoples of the earth are connecting in this way now.

The covert lower self is being unearthed everywhere now. Everything may look terrible on the outer level, because you do not yet understand the power of what each individual is bringing forth into the light of awareness. You will witness this in the next several years.

***The coming years may look like they could be terrible,
but you will be surprised at how humanity will
come together in the next several years for healing.
Allow this to happen in yourself and your families.
Let your radiance expand out in ever-greater circles of light!***



*Alumni Are Invited
to Visit BBSH
Each Class Week and
Participate in:*

H.M.D. Lecture

Thursday, 7:00-8:30 PM

Keyoan Channeling

Friday, 8:00-9:00 AM

*Special Topic
Alumni Class/
Supervision Group*

Friday, 3:00-5:00 PM
(Classes 1-4, Class 5 TBA)

Ceremony

Friday, 7:30-8:30 PM

Goddess Healing

Saturday, 8:30-9:45 AM

*Healings with
Fellow Alumni*

Saturday, 10:00 AM

The 2004-05 classes are being held at the beautiful Wyndham Bonaventure Resort and Spa in Weston, Florida, near Ft. Lauderdale and on the edge of the Florida Everglades. The hotel provides a true resort experience complete with a full-service spa for men and women, a golf course and lovely grounds with waterfalls and paths along the lakes to view the many varieties of tropical birds. Please call the hotel at **954-0389-3300** for reservations.