



# BBSH • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 22-Fall/Winter 2005

## The Creative Force of Love, Duality, Authority, Core Energetics and Creating a Healthy Adult Ego



*By Heyoan As Channeled by Barbara Brennan*

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**BARBARA BRENNAN SCHOOL OF HEALING EUROPE, SEPTEMBER 2005 • COMMENTS BY BARBARA BRENNAN**

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Heyoan starts by asking:

*Who is it that you love to be?  
What is it that you love to do?  
Who do you love to love?*

Heyoan then asks us to:

*Consider the possibility of unlimited potential.*

Heyoan then goes into the things that block us from reaching our unlimited potential, such as self-hatred:

*When self-hatred runs rampant  
it is very difficult to love others  
because you are so busy focusing on everything  
you have judged wrong with yourself.*

*Where did your love go?*

*It is there.  
It is simply shrouded by the inner turmoil  
of not accepting yourself  
as you are now.*

\*\*\*

*If you accepted yourself as you are now,  
you would be quite surprised  
at the amount of light  
that would shine forth through you.*

*You do feel it at times.  
In fact, at times you feel it so strongly  
you find it difficult to believe  
that that light is coming from yourself.*

\*\*\*

*Consider the possibility that every moment of your life  
the light shines directly from your center  
to every cell of your body and radiates forth.*

\*\*\*

*Challenge yourself with attention to your intention  
by simply attending to your love.*

Why? Heyoan suggests that:

*The more you allow your love  
to radiate spherically into ever-larger spheres,  
the more you put your one creative note, which is needed,  
into the evolution of humanity, all species and this planet.*

*Your love is your most essential creative force  
and it is you who has the choice to use it or not to use it,  
to allow it to come forth automatically from your inner being  
or to hide it.*

*The very fabric of the universe is love.  
It exists within all things and all non-things.*

***continued on next page***

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## Creating a Healthy Adult Ego *continued from cover*

*You recognize love in intimacy.  
Yet, you deny it in so many other ways.  
Consider the love that generates and fuels  
the unfolding of a bud into a rose.  
Consider the love that falls upon you in a gentle rain,  
the love that you can see in the mist on the lake in the morning,  
or in the mountains as they gleam in the sunlight.*

*Feel the love in every cell of your physical body,  
the love in your hands  
as you place them on another for healing.  
That is so much easier to feel.*

*As you learn to become healers, you learn to become lovers,  
to accept others as they are and to love them.  
You become lovers of humankind,  
lovers of all sentient beings,  
lovers of the earth and the stars, the skies,  
lovers of the Divine.*

*Consider the profundity of the statement:  
Love is the basic creative force of the universe.*

*Feel the love in your body now.  
Your body is where you have made a home for this incarnation.  
Your body is an altar of love into which you place yourself  
for the duration of this lifetime.*

*You have made a home for your soul,  
your spirit, your higher being in your body.  
Every cell is filled with love.  
How else would you convince yourself  
to come into the physical world?*

*Take refuge in your body and experience it as love.*

After making the idea of love clearer, Heyoan then goes on to explain what keeps us from our love and how to recenter into it:

*Bringing opposites together  
is self-empowerment of the best kind,  
because they can only come together as one  
with your clear intention,  
to align yourself with your true purpose.*

Heyoan gives this information in this order because he always likes to focus on the basic unitive concept before getting into the duality: The basic unitive force of all creation is love; however, humanity at this stage of development is very limited in its concepts of love. That is why Heyoan spends so much time clarifying it. Then and only then does he go into the duality, which is so easy for us to focus on. Next, Heyoan brings our attention to our duality. He focuses on one of humanity's biggest issues—Authority (which the Year 3 class always works on in Class 1), the type of behavior our authority issues generate and how to heal them.

If we have not yet explored it, most of us direct our duality outward towards the other to blame. Once we get that point, then we can enlist the tools that we understand from the study of *Core Energetics* to help free ourselves. Heyoan says:

*continued on page 14*

# Charting the Progress of Healing with Brennan Healing Science®

## An Evaluation of Results



—by Roland Berard, PS '02, AS '05

### Abstract

This article introduces the Chakra Charting Method,<sup>©</sup> a breakthrough in tracking the progress of healing sessions using charts and graphs. Several case studies are discussed and data from over 90 clients are presented with comments. A useful tool for the client and the healer, the method can

also be used as a bridge to inform traditional and other complementary and alternative healing modalities about Brennan Healing Science. Further research and development using this method would substantiate and quantify the effectiveness of Brennan Healing Science for the community at large.

### A Little History

I suppose it must be the engineer in me, this need to see things visually or on a graph. The idea of charting chakra readings from healings was one of the options I had come up with for my senior project, and although I eventually picked something else, it has always stayed in the back of my mind. Then about three years ago, while I was sitting at my desk, I got the urge to check out if it was really possible to do anything with this idea. I took some data I had collected over several sessions with a client and played around with the Excel program on my computer. I developed a method to chart chakra readings from successive healings and display them graphically. Little did I know that the last project I did as an engineer would somehow serve me in my new career! Over the last three years I have charted the chakra readings for all of my clients.

What has come out of this exercise is the Chakra Charting Method, a tool that can be used to:

- Educate clients;
- Visually document the progress of healing using Brennan Healing Science;
- Visually indicate where images and limiting beliefs cause unnecessary suffering, which can then be used to support recommendations for deeper process work;
- Compile the results from all healings with a client on a single page for easy reference;
- Do research;
- Help to inform traditional and other complementary and alternative healing modalities about Brennan Healing Science.

### The Method

#### Basis of the Method

The first step requires tabulating all of the chakra readings taken prior to the healing at each session using the pendulum notation developed by Barbara Brennan, illustrated in figure 10-2 in her book *Hands of Light*.<sup>®</sup> By tabulating the readings, grouping them by modifier and then shading the distorted chakras, the effect of healing on the client's energy field becomes very clear.

A chakra is fully open if it is spinning clockwise in a full

circle. If the chakra spin is elliptical, moving in a straight line or spinning counter-clockwise, it is distorting the energy it is taking in. In order to plot this data on a graph, each chakra symbol is assigned a numerical value to indicate whether a chakra is open (taking energy into the field), closed (sending energy out of the field) or flat (holding down, compacting and/or not doing much at all).

The values I assigned to each spin are shown in this table:

Spin Notation	Direction of Spin	Assigned Value
C	Clockwise Round	1
CER, CEL, CEV, CEH, CEAS	Clockwise Elliptical	0.5
V, H, R, L	Straight Line	0
CCER, CCEL, CCEV, CCEH, CCEAS	Counterclockwise Elliptical	-0.5
CC	Counterclockwise Round	-1
S	Still	-2

These values are based on the following reasoning:

- A chakra spinning clockwise, round, is taking in energy and is fully functional (value 1).
- A chakra spinning clockwise, elliptical, is taking in energy but is distorting it (value 0.5).
- A flat chakra (horizontal, vertical, right or left) is taking in very little energy and is compacting it and holding it down (value 0).
- A chakra spinning counterclockwise, elliptical, is distorted and is sending energy out of the system (value -0.5).
- A chakra spinning counterclockwise, round, is distorted and is sending energy out of the system (value -1).
- A still chakra, if still for a long time, is very unhealthy (value -2). It is also possible that a still chakra is simply in the process of changing its spin, in which case it is not as much of a concern. In any case, with a value of -2, it will attract attention on a graph.

Even though these assigned values are somewhat arbitrary in terms of the actual amount of energy taken in by a chakra, they serve to represent the effectiveness of the chakras and the system as a whole when plotted on a graph. This makes it possible to see which chakras are above the line (taking in), on the line (flat), or below the line (sending out).

Thus, a simple visual of the state of each chakra, of the total system of the Human Energy Field (HEF), and of the effect of healing work can be presented over successive healing sessions.

### Chakra Assessment—Initial Visit

The Chakra Assessment combines on a single page the physical and psychodynamic functions of the chakras as defined by Barbara Brennan. It is used in the first session to educate clients about the HEF and to indicate to them

where the field is strong and where it needs support. The chakra spin notation is indicated next to each chakra. The chakras that are distorted are shaded.

**Group governing REASON**

Capacity to understand and visualize mental concepts

Expression of self; Ability to ask for needs; Ability to receive

Love feelings towards all sentient beings; Openness to life

Consciousness of universality of life; One's place in the universe

Quality of sexual energy; Giving and receiving physical, mental and spiritual pleasure; Sensuality

**Group governing EMOTIONS (Chakras 2A, 3A, 4A, 5A)**

**Group governing WILL (Chakras 1, 2B, 3B, 4B, 5B)**

**Endocrine gland, organs and systems nourished by each chakra**

7 - Pineal gland, Upper brain, Right eye  
6 - Pituitary gland, Lower brain, Left eye, Ears, Nose, Nervous system  
5 - Thyroid gland, Bronchial and vocal apparatus, Alimentary canal  
4 - Thymus gland, Heart, Blood, Vagus nerve, Circulatory system  
3 - Pancreas, Stomach, Liver, Gall Bladder, Spleen, Nervous system  
2 - Reproductive glands, Immune system  
1 - Adrenal glands, Spinal Column and Kidneys

**Major Modifier: EMOTIONS**  
**Minor Modifier: WILL**

**Other Comments:**

Client name: **D**      Date of first visit: **2-Mar-05**      Presenting Complaint: **Depression**

### Chart of Chakra Readings

SHADED BOXES INDICATE A DISTORTED CHAKRA WHERE THE SPIN IS ANYTHING BUT A CLOCKWISE CIRCLE (C)

TNDC - Total Number of Distorted Chakras, NEI - Net Energy Intake

Time - wks	Visit	Date	REASON						EMOTION						WILL					Progress TNDC x/12	NEI max +12 min -12										
			7		6A		6B		5A		4A		3A		2A		5B		4B			3B		2B		1					
			Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin			dia	Spin	dia	Spin	dia	Spin	dia			
0	0	1	3/2/05	CCEH	2	C	2	CCEH	2	C	2	CCEH	2	C	2	C	2	C	2	CEAS	2	CCEH	2	CCEH	2	CC	3	7	2.0		
1	1	2	3/9/05	C	2	CC	2	C	2	CCEH	2	CCEH	2	C	2	CC	2	C	2	C	2	C	2	C	2	C	2	4	5.0		
1	2	3	3/16/05	CEL	2	C	2	C	2	CCEH	2	C	2	CCEH	2	CCEH	2	C	2	C	2	C	2	CCEH	2	C	2	5	5.5		
2	4	4	3/30/05	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	2	9.0		
1	5	5	4/6/05	C	2	C	2	C	2	C	2	CC	2	C	2	C	2	C	2	C	2	C	2	CEL	2	C	2	CC	2	3	7.5
2	7	6	4/20/05	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5		
1	8	7	4/27/05	C	2	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5		
1	9	8	5/4/05	C	2	C	2	C	2	C	2	C	2	C	2	CC	2	C	2	C	2	C	2	C	2	C	2	1	10.0		
1	10	9	5/11/05	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5		
1	11	10	5/18/05	C	2	C	2	CEL	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	11.5		

The chakra readings (direction and diameter of spin) *before each healing session* are compiled on the chart. Each horizontal line represents one healing session, with the date of the session recorded on the left-hand side. The extreme left of the chart tracks the interval in weeks between each session, along with the total time in weeks from the first session.

With each successive session, some of the chakras change their spin. Some of the distorted chakras that were spinning counterclockwise or flat begin to partially or fully take in energy. Some shift the opposite way. Generally, as time goes on, the total number of distorted chakras (TNDC) decreases, the total number of fully open chakras (TNOC) increases, and the system becomes more effective in taking in and retaining the energy. Progress is measured as a decrease in the TNDC or an increase in the TNOC.

The TNDC alone does not tell the full story. By taking into account the effectiveness (assigned value) of the chakras, the energy being taken in by the system can be evaluated by adding the assigned values for all the chakras for one session. I have coined this the “Net Energy Intake” (NEI) of the system. This can be used as a guide to the overall state of health of the HEF. The maximum value for the NEI is 12 if all of the chakras are fully open, and the minimum value is -12

if all of the chakras are completely closed.

The extreme right of the chart displays the TNDC and the NEI of the system for each session.

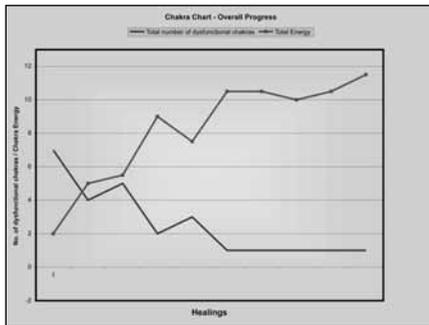
The complete chart provides an overview of the state of the HEF at the beginning of each session and how it changes over time. By shading the distorted chakras and reading the chart vertically, the habitual defenses and the modifiers clearly stand out. The chart is also a useful record of all of the sessions for each client.

The client depicted on the above chart has been suffering from a depression for the last five years. Over the course of our sessions together, the NEI increased very rapidly from a value of 2 at the first session to a value of 10 by the sixth session, and remained stable after this session. Soon after the beginning of the sessions, the client decided to quit smoking, and of his own volition (but also in consultation with his psychiatrist) he drastically reduced the medication that had been prescribed to deal with the depression. During the eighth session, he revealed that since the first visit he felt a new sensation bubbling inside. He knew this sensation to be his normal and happy self that was knocking at the door and wanted to come back out.

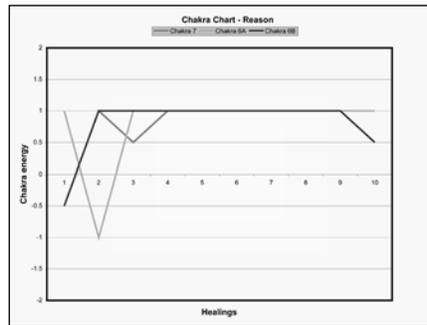
We continue to work together to allow this to unfold.

## Graphs

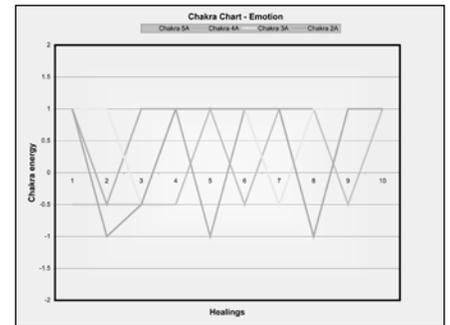
### Progress (TNDC)/Net Energy Intake (NEI)



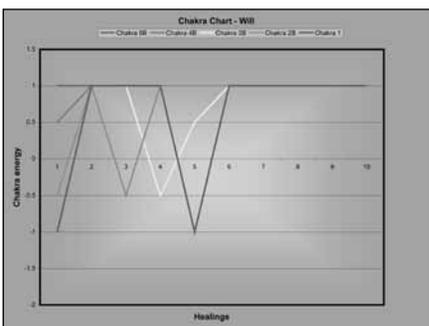
### Reason Chakras



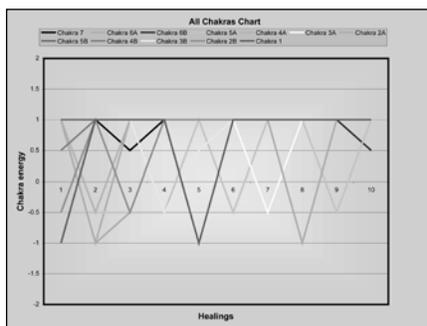
### Emotion Chakras



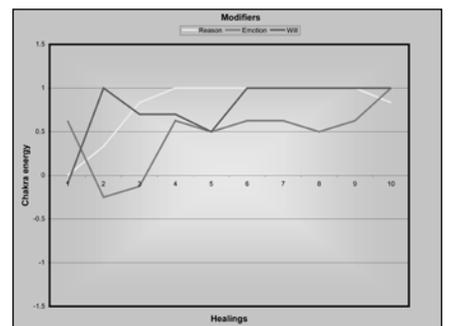
### Will Chakras



### All Chakras



### Modifiers



**Progress (TNDC) and Net Energy Intake:** This graph tracks the distorted chakras and the corresponding NEI of the HEF over time. As the TNDC decreases (line going down), the NEI increases (line going up).

**Reason, Emotion and Will Chakras:** These graphs group the chakras by modifier and track the changes over time. The client's process can be tracked from the dips in the lines. The color used for each line in the graph matches the color associated with that chakra, which makes the graph easier to read.

**All Chakras:** This graph tracks all the chakras. Again the client's process can be followed. Difficult periods can easily be identified by the clustered dips in the graphs.

**Modifiers:** This graph tracks the progress of each modifier as the healing sessions progress. There is one line each for the Reason, Emotion, and Will modifiers. The highest line of the graph is the major modifier and the lowest is the minor. Ideally, they should equalize over time, representing a more balanced approach to life.



## Case Study B: Fiber Growth on Ovary

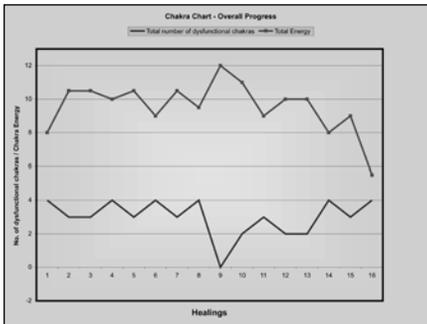
### Chakra Readings

SHADED BOXES INDICATE A DISTORTED CHAKRA WHERE THE SPIN IS ANYTHING BUT A CLOCKWISE CIRCLE (C)

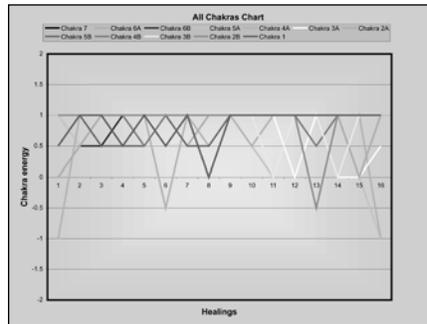
TNDC - Total Number of Distorted Chakras, NEI - Net Energy Intake

Time - wks	Visit	Date	REASON												EMOTION								WILL								Progress TNDC x/12	NEI max +12 min -12
			7		6A		6B		5A		4A		3A		2A		5B		4B		3B		2B		1							
			Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia						
0	0		C	2	CEAS	2	C	2	C	2	CC	2	C	2	H	2	C	2	C	1	C	2	C	1	CEAS	1	4	8.0				
1	1		C	1	C	2	CEAS	2	CER	2	C	1	C	2	CEAS	2	C	2	C	1	C	2	C	2	C	2	3	10.5				
2	3		CEAS	2	C	2	CEH	2	C	2	C	2	C	2	C	2	CEAS	2	C	2	C	2	C	2	C	1	3	10.5				
1	4		C	2	C	2	C	2	C	2	C	2	CEAS	2	CEH	2	CEAS	2	C	1	C	2	C	2	C	2	4	10.0				
1	5		C	2	C	2	C	2	C	2	C	2	C	2	CEAS	2	CEAS	2	CEAS	2	C	2	C	2	C	2	3	10.5				
2	6		C	2	C	2	C	2	CEAS	2	CCEH	2	C	2	C	2	C	2	C	2	CEAS	2	C	2	C	2	4	9.0				
1	8		C	3	C	2	C	2	CEH	2	C	2	C	2	CEAS	2	CEAS	2	C	2	C	2	C	2	C	2	3	10.5				
2	10		C	2	C	2	C	2	CEAS	2	CEH	2	C	2	C	2	CEAS	2	C	2	C	2	C	2	H	2	4	9.5				
3	13		C	3	C	3	C	3	C	3	C	3	C	3	C	3	C	3	C	3	C	3	C	3	C	3	0	12.0				
8	21		C	2	C	2	C	2	CEAS	2	CEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	2	11.0				
2	23		C	1.5	C	2	C	2	H	2	C	2	C	2	H	2	C	1.5	C	2	H	2	C	2	C	2	3	9.0				
4	27		C	3	C	3	C	3	C	3	H	3	H	3	C	3	C	3	C	3	C	3	C	3	C	3	2	10.0				
5	32		C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CEAS	2	C	2	CCEL	2	C	2	2	10.0				
6	38		C	2	C	2	C	2	H	2	H	2	H	2	C	2	C	2	C	2	H	2	C	2	C	2	4	8.0				
6	44		C	1.5	C	2	C	2	H	2	C	2	H	2	C	1.5	C	2	C	2	C	2	C	2	C	2	3	9.0				
4	47		C	2	CC	2	C	2	CC	2	CC	2	CEAS	2	C	2	C	2	C	2	C	2	C	2	C	2	4	5.5				

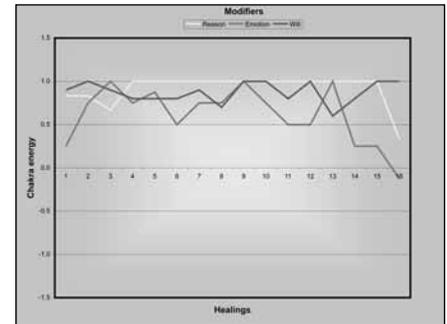
Progress (TNDC)/NEI



All Chakras



Modifiers



This client had a growth on one of her ovaries that she could actually feel through the abdominal wall. During the ninth session, she told me that she could no longer feel the mass under the skin. I used the chart to show her that her 2nd chakra, which nourishes the reproductive system, had cleared since she had first come to see me. The chart was a visual confirmation of the healing that had taken place in her field and in her body.

The NEI increased from an initial value of 8 and stabilized between 9 and 12 until the thirteenth session. The dips in the graphs from the thirteenth to the sixteenth session indicate that there were emotional issues coming up as she moved through her process.

Chakras 5A, 4A, 2A, 5B and 1 are habitually distorted. Chakras 1, 2A and 5B cleared over about seven sessions, but 5A and 4A did not, indicating that further work needed to be done with core beliefs and images.

Since the client did not return for more sessions, it was not possible to continue to track her progress.

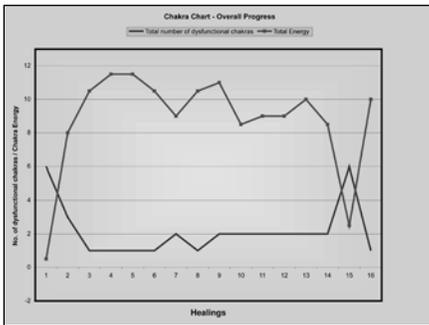
## Case Study C: Self-Study and Relationship

### Chakra Readings

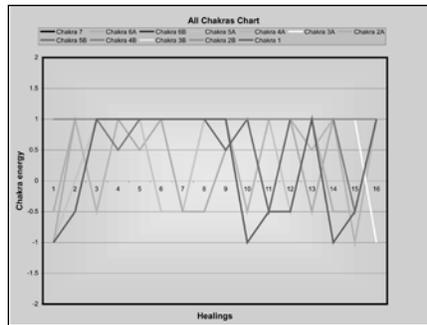
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			7		6A		6B		5A		4A		3A		2A		5B		4B				3B		2B		1			
			Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia	Spin	dia			Spin	dia	Spin	dia	Spin	dia		
0 0	1	10/25/04	C	2	CCEH	2	C	2	CC	2	CC	2	CC	2	CC	2	C	2	C	2	C	2	C	2	C	2	CC	2	6	0.5
1 1	2	11/1/04	C	2	C	2	C	2	H	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	CCEH	2	3	8.0
1 2	3	11/10/04	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5
1 3	4	11/15/04	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CEAS	2	C	2	C	2	C	2	C	2	1	11.5
1 4	5	11/22/04	C	2	CEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	11.5
1 5	6	12/1/04	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5
2 7	7	12/15/04	C	2	C	2	C	2	CCEH	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	2	9.0
1 8	8	12/20/04	C	2	C	2	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.5
2 10	9	1/5/05	C	2	C	2	C	2	C	2	C	2	C	2	CER	2	CEL	2	C	2	C	2	C	2	C	2	C	2	2	11.0
2 12	10	1/19/05	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CC	2	2	8.5
1 13	11	1/26/05	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	CCEH	2	2	9.0
2 15	12	2/9/05	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CCEH	2	2	9.0
2 17	13	2/23/05	C	2	C	2	C	2	C	2	CEL	2	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	2	10.0
3 20	14	3/16/05	C	2	CCEH	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	CC	2	2	8.5
1 21	15	3/21/05	C	2	CCEH	2	CCEH	2	CCEH	2	CC	2	C	2	C	2	C	2	CCEH	2	C	2	C	2	C	2	CCEH	2	6	2.5
2 23	16	4/1/05	C	2	C	2	C	2	C	2	C	2	CC	2	C	2	C	2	C	2	C	2	C	2	C	2	C	2	1	10.0

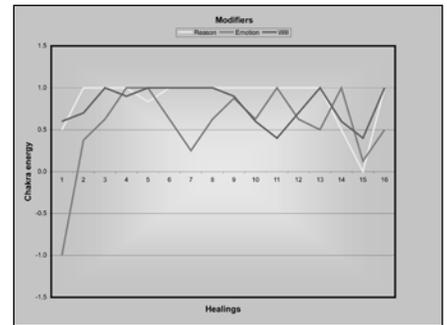
Progress (TNDC)/NEI



All Chakras



Modifiers



This client came to study herself and to fulfill her longing to create nourishing relationships. She had become aware of a pattern in her relationships with men; she left them after only a short time. She knew as well that she had very weak boundaries. She wanted to understand and transform these dynamics and break the pattern so that she could create something different with her new partner.

The NEI increased rapidly from an initial value of 0.5 to a value of 11, stabilizing for a while around 10 and then decreasing somewhat as her process deepened. She made new discoveries about herself and about what she really needed and wanted in relationship with a man. As she increased her awareness of her dynamics, she adjusted her boundaries and changed her ways of relating. The relationship became very intense and she finally realized that it was not providing the nourishment she needed. She experienced tumultuous shifts in her emotions as she struggled with the decision to stay or leave this relationship. These shifts can be seen toward the right-hand side of the graphs.

## Effect of Healing on the HEF – An Analysis of the Data

Out of the 90 or so clients I have seen over the last three years, 66 (72%) came for at least four sessions, 48 (52%) for six sessions, 29 (32%) for eight sessions and 23 (25%) for ten or more sessions. While this is not a controlled study in that the time interval between sessions and the total duration of healing is not consistent from client to client, it was interesting to analyze the data. I would like to share my observations.

### Distortions in the HEF at the Initial Session

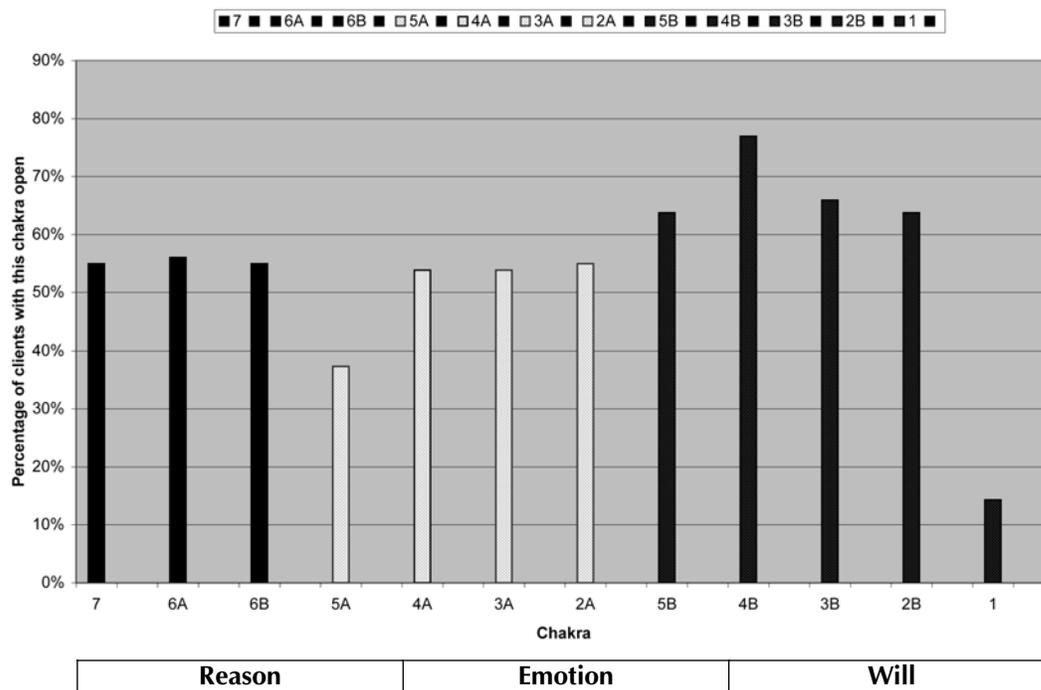
Clients often wait until things are really not going well before coming for help. It is not surprising therefore, to see an abnormal number of distorted chakras on the first visit due to the snowball effect of deteriorating well-being.

Table 1 and the bar graph below show the total number of distorted and fully open chakras at the first session as a percentage of the total number of clients.

**Table 1—Total Number of Distorted and Fully Open Chakras at First Session**

	Reason			Emotion				Will				
	7	6A	6B	5A	4A	3A	2A	5B	4B	3B	2B	1
<b>% Distorted</b>	45%	44%	45%	63%	46%	46%	45%	36%	23%	34%	36%	86%
<b>% Fully Open</b>	55%	56%	55%	37%	54%	54%	55%	64%	77%	66%	64%	14%
<b>Average Open</b>	55%			50%				57%				

### Open Chakras at Initial Visit



Almost half of the chakras were distorted in some way. 86% of the clients had a weak 1st chakra (ungrounded and low in energy) and 63% had a weak front aspect of the 5th chakra (difficulty expressing one's self, not asking for one's needs and difficulty in receiving).

The average data indicates that there was more energy in the will chakras (57%) than reason (55%) and emotion (50%), suggesting that the average presenting major modifier was Will, with Reason a close second and Emotion as the minor.

This seems like a good correlation with our goal-oriented society that encourages people to be mental and to be busy doing things rather than to be in touch with and express the emotions one is experiencing. We must keep in mind, however, that this sample may not be representative of the general population; my guess is that it is not very far off.

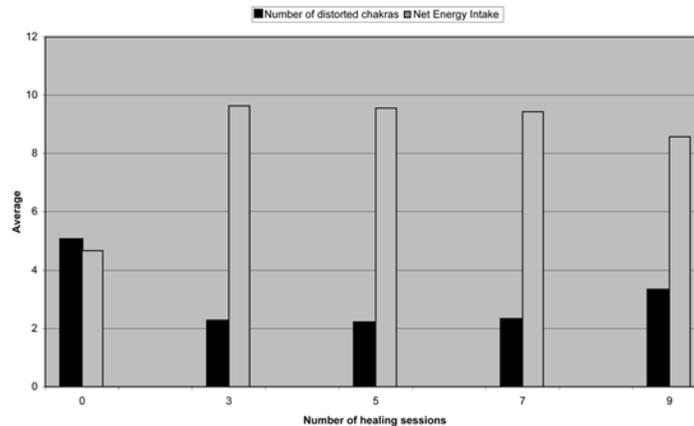
## Effect of Healing on the Total Number of Distorted Chakras and the Net Energy Intake

Table 2 and the bar graph below present data on the TNDC and the NEI at the initial visit and after 3, 5, 7 and 9 healings as measured *before the healing* on the first, fourth, sixth, eighth and tenth visits.

**Table 2—Effect of Healing on the TNDC and the NEI**

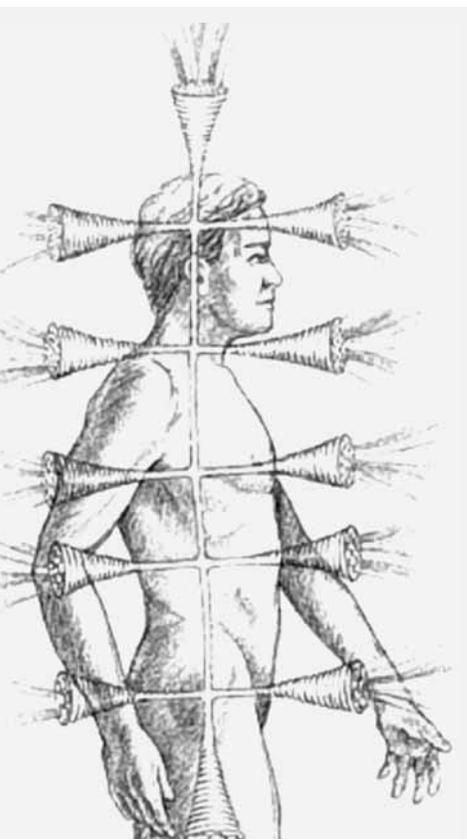
Number of Sessions	Before 1st Session	After 3 Sessions	After 5 Sessions	After 7 Sessions	After 9 Sessions
Average TNDC	5.5	2.3	2.2	2.3	3.3
Average NEI	4.63	9.6	9.6	9.4	8.6

### Effect of Healings on the HEF



Clients have come in with as many as ten distorted chakras and a Net Energy Intake as low as  $-5.5$ . A negative NEI indicates that the system is sending out more energy than it is taking in.

However, the HEF reacted very quickly to healing and remained quite stable, as shown by the low average number of distorted chakras (2 to 3) and the relatively high (8.6 to 9.6) NEI after 3 and 9 healing sessions (fourth and tenth visits).



## Looking to the Future...

*Charting chakra readings using the Chakra Charting Method is truly a breakthrough in tracking, charting and demonstrating the progress of healing work and its effect on the HEF. It is very useful for the healer and the client, and can be used as a bridge to inform traditional, and other complementary and alternative healing modalities about Brennan Healing Science.*

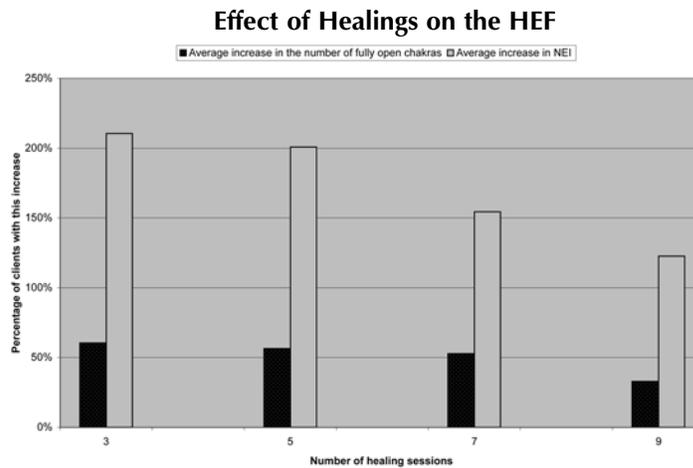
*The number of distorted chakras and the Net Energy Intake are not the complete story of healing, but they are important factors in the process. The healing work helps to bring the field back into balance. However, even when the field is mostly open and stable, healing is a moment-to-moment choice of aligning with our longings, our life task and our divine essence. In order to do this, we need to bring to consciousness, challenge and transform the limiting beliefs and images that unconsciously organize our present-moment experience and cause unnecessary suffering. As the HEF begins to take in more energy, the chakras can nourish the body and govern the psychodynamics in a more positive way, allowing the client more favorable conditions for healing the self and fulfilling his or her longings.*

**Effect of Healing on the Number of Fully Open Chakras and the Net Energy Intake**

Table 3 and the bar graph below indicate the percent increase in the number of fully open chakras and the NEI compared to the initial visit over time after 3, 5, 7 and 9 sessions as measured *before the healing* on the fourth, sixth, eighth and tenth visits.

**Table 3—Effect of Healing on the Number of Fully Open Chakras and NEI**

Number of Healing Sessions	3	5	7	9
Average Increase in the Number of Fully Open Chakras	60%	56%	53%	33%
Average Increase in NEI	211%	201%	154%	123%



On average, the number of fully open chakras increased by 60% over the initial visit after three healing sessions. The average increase in the number of fully open chakras remained above 50% until the ninth session. For 83% of the clients, there was an increase of at least 25% in the number of fully open chakras after three healing sessions. For 18% of the clients, there was an increase of at least 100% in the number of fully open chakras after three healing sessions.

On average, the NEI increased 200% over the NEI at the initial visit after three and five sessions, dropping to 154% after seven sessions and to 123% after nine sessions. Some clients with many distorted chakras experienced a dramatic increase in energy as high as twenty times their original NEI. (See Case Study C.)

One might conclude from the above that it is better to stop after five sessions! However, in the process of healing and running more energy into the HEF, the client starts to sink into and begins to work with the deeper issues. The client is making new discoveries and is risking making changes to the way that he or she relates to others. The process of healing causes shifts in the HEF and is seen in a variation of the TNDC and the NEI. This is what we see happening after seven and nine healings. This eventually levels out and the HEF becomes more stable as the person learns to integrate the new choices and the new awareness of the dynamics in their life.

*While many will argue that the pendulum is not a scientific instrument and is subject to influence by the user, healers and dowsers have been using it for many, many years. The results are consistent once a healer learns to handle it correctly and gains experience with it. The data collected over many sessions is reliable and indicative.*

*I hope that the availability of this method, and of the results presented herein, will encourage further research on the effect of Brennan Healing Science as a healing modality, using the method along with recognized research protocol (double blind, consistent healing methods, consistent interval between sessions, similar presenting complaints or diseases, etc.).*

*Research findings from hands-on work with clients presented in this way would support the theory of Brennan Healing Science, and be an effective way to demonstrate the power of healing work to a world that thrives on statistics and studies.*

*As independent studies confirm positive results, the community at large will recognize the potential that Brennan Healing Science has to bring clients back to health, wholeness and well-being.*

**—Roland Berard • [www.rolandberard.com](http://www.rolandberard.com) • [info@rolandberard.com](mailto:info@rolandberard.com)**

The "Chakra Charting Method" is copyright Roland Berard

**Roland Berard is a healer in Montreal, Quebec where he practices Brennan Healing Science, Hakomi therapy and the Emotional Freedom Technique (EFT). A Reiki Master since 1997, he has been teaching energy healing for 8 years.**

# “Flexing Your Soul”

—by Alessandra Shepard, '96

I am delighted to share with you the news that I co-authored a book that was published in September of this year. It's called *Flexing Your Soul: Moving with Energy and Consciousness*, and includes more than 600 photos and 80 (mostly Core Energetics) exercises.

I hope it will prove to be useful.

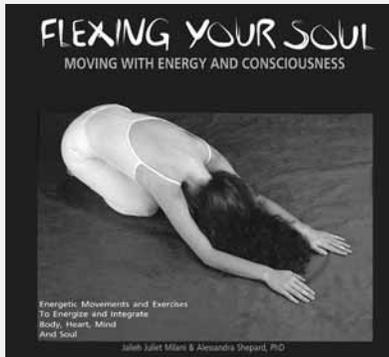
Inspiration for the book began as a simple effort to compile movements and exercises from my and my daughter Jalieh's Core Energetic Training and

experiences in body work. Years ago, Jalieh began compiling a variety of energetic exercises, and when the time finally came to work in earnest, she invited me to write a book with her. Except for Alexander Lowen's book published in 1977, *The Way to Vibrant Health*, we knew of no other book like the one we were conceptualizing.

The feeling that this was a novel idea was very exciting to us. We felt deeply that a book like *Flexing Your Soul* would be an important contribution to the field of healing and body work.

The process quickly took on a life of its own as a result of our combined energies and experiences. Very early in the process, we understood that *Flexing Your Soul* had to have an energetic component that was simple, clear, and accessible. We felt guided to create a book that could be used by anyone interested in the energy system, who was presently at any level of experience with body work, and at any level of fitness or awareness.

This process of understanding also reminded me of my own waking up, and helped me to realize that *Flexing Your Soul* could facilitate the awakening process for others too.



Alessandra (right) with daughter and co-author Jalieh Juliet Milani!

I also realized that the book could ask questions like, “Where are you when you are not in your body?” At that point, my excitement and passion for this work took a quantum leap.

The book took form in Brazil where Jalieh was living (I was living in the U.S.), when Spirit guided us to one very talented Brazilian photographer and designer. From a diverse group of models ranging in age from 24 to 60 years old, we organized 626 photos, simple “how to” instructions for each movement, and a background paragraph called “Energy and Consciousness” for each of the 80 exercises.

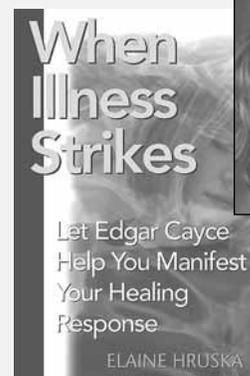
Finally, we were ready to publish the book. We knew we wanted to work with a publisher who could help us bring the book into the world with the same love and spirit that had motivated us to create it, and we feel fortunate to be working with The Pathwork Press.

Interestingly, one of the endorsers of *Flexing Your Soul* is Amit Goswami, who starred in the popular and inspiring movie *What the Bleep Do We Know!?* We feel confident that you will find, as we have, that these movements and exercises will enhance and facilitate your work with individual clients and groups. For more information, please visit [www.pathwork.org](http://www.pathwork.org).

—With love...Alessandra  
alessandra@enocommons.org

# “When Illness Strikes”

—by Elaine Hruska, '97



In July 2004, A.R.E. Press published a book they commissioned me to write, entitled

*When Illness Strikes: Let Edgar Cayce Help You Manifest Your Healing Response*. It took ten months to complete, and was indeed a labor of love as I became

more familiar with the Cayce readings on healing and shared in others' healing stories. I also mentioned the Barbara Brennan School of Healing, how we were taught to work on ourselves to become better healers, and the importance of intent.

I just wanted to let others know of my accomplishment, especially those who graduated in 1997 with me! How proud I am of this achievement, and what a big difference

the school has made in my life.

From 1974 to 2000, I “officially” worked as an editor at the A.R.E. (Association for Research and Enlightenment, Inc.), a nonprofit, membership organization founded in 1931 by the psychic Edgar Cayce. My main task at that time was proofreading and editing other writers’ compositions.

Now, in 2003, I was “retired” (many of you might know...or guess...what that means!), when I was approached by my former work colleagues about the possibility of a book on healing principles from the Cayce readings—over 9,000 of which concern physical illnesses and treatment.

First of all, I was asked if I thought there would be enough information for such a book. “Oh, yes!” I exclaimed. Did I know of anyone who would write it? “Well, tomorrow our massage school faculty and therapist meetings take place. Surely of these two groups, *someone* will take up the task.”

That evening, I “slept on it,” and awoke the next morning realizing that *I’m* the one to write that book! Deferring to others—a habit of mine—was at this time inappropriate. I had the passion and love for this work to do it. Yet could I possibly put one other item on my plate?

An inner voice affirmed my decision to do it.

It took ten months to write *When Illness Strikes*, working on it nearly every day, from just a few minutes to a few hours at a time, in between massage appointments, teaching classes, and *life*. It became truly a labor of love.

Despite times of tediousness and writer’s block, I can honestly say I overall enjoyed the task, the challenges, the synchronicities and the help I was getting to “keep on keeping on.” My hope, of course, is that the book will assist and serve others, and I’ve already received letters and comments confirming this. So it is with heartfelt gratitude that I share this pleasure and product with all of you.

For more information, please visit A.R.E.’s web site: [www.arebookstore.com](http://www.arebookstore.com). Or call A.R.E. Press at 1-800-723-1112.

Thanks to all of you involved with the school (whether known or unknown to me!), those who continue to challenge us and help us grow and develop our souls.

—Love...Elaine  
[elaine.hruska@edgarcayce.org](mailto:elaine.hruska@edgarcayce.org)

## New Alumni Intensive Scheduled

“A Transformational Intensive,” a two-week alumni program taught by senior faculty member Patricia WhiteBuffalo, will be offered during BBSH Class #3 (February 15-19, 2006) and Class #4 (April 5-9, 2006) at the Sheraton Miami Mart Hotel in Miami.

The program will focus on each participant’s personal transformation, while teaching advanced healing skills, deepening knowledge of the psych-spiritual process, and strengthening the connection to Core Essence.

The following teachings will be included:

- *A Soul Retrieval Healing incorporating BHS Skills*
- *Shamanic Journeys*
- *Trance Movement*
- *Group Process*
- *Heyoan’s Lectures from Seeds of the Spirit®*
- *Mapping Personal Lifelihood Stories*
- *Early Childhood Development*
- *Creative Arts*
- *Eastern Chanting*

The program will also include traditional large school gatherings: Barbara’s Welcome/Meditation, Heyoan Channeling, Goddess/Healing, Student Art Show and Performances, HMD Lectures, the Brennan Healing Science for Organizations Meeting, and the School Dance.

Tuition for the two-week intensive is \$2,000, and a registration form can be downloaded from our web site at [www.barbarabrennan.com](http://www.barbarabrennan.com), or obtained from the registrar at 561-620-8767/[registrar@barbarabrennan.com](mailto:registrar@barbarabrennan.com).

The deadline to register is January 10, 2006; no registrations will be accepted after this date.



### Patricia WhiteBuffalo

*I’m pleased to have another opportunity to teach for many of you again. It has been my passion to create an alumni program that would focus on the personal transformation of each participant. I’ve created “A Transformational Intensive,” which will include BBSH healing science skills as a foundation, while utilizing new techniques with the introduction to shamanism and study of early child development.*

*The program is filled with magical moments to awaken to the true nature of our being, with plenty of time to reunite with the BBSH community, inner reflection, and fun with long lunches and movie night.*

*The skills we’ve learned at BBSH are powerful transformational tools. We will also deepen the process of awakening by using a full spectrum approach—body, mind, emotions, and spirit. We will then create a Personal Practice that utilizes all four bodies. In the creation of the Personal Practice, we will explore how to liberate the physical body through movement, clear the emotional body of repressed feelings, reprogram the mental body to the ultimate truth, and sit in divine presence to awaken the spiritual body. Each of these processes will be seen as equally important.*

*I would like to personally welcome all graduates to return to the community of the sacred human heart, BBSH, and reexperience the magical transformational process that can occur when hundreds come together for one purpose: **AWAKENING!***

—Blessings along your path...Patricia  
[pwb@cruzio.com](mailto:pwb@cruzio.com)

## Creating a Healthy Adult Ego *continued from page 2*

*We do the expressive bodywork here  
to uncover your inner duality and get your creative force moving.*

Heyoan describes this process in terms of the Heart Chakra:

*In fear you shut down your heart chakra.  
In rage you force open the back of it.  
Then you have empowered yourself  
with flowing energy.*

*In rage, sometimes there is honesty and sometimes there is not.  
Rage may have to start as blame, "You did it to me,"  
and then it can go into more truth of the Lower Self.  
It says, "I want to kill you."*

*When you make that statement out loud,  
you move your energy and it transforms  
to clear creative force, most automatically,  
through the understanding that you simply wanted  
to give your power back to yourself  
that you had removed from yourself, in your fear of  
your own negative inner voice or Super Ego.*

*Your understanding and freedom melts your killer voice.  
There is nothing to fight against!  
Your interest turns to your life's creative force,  
to what you wish to create in your own life.*

Notice that we are once again back to the beginning love!  
Then Heyoan mentions the two BBSHs as a safe container  
to go into the Lower Self:

*We hold a safe container here  
for you to experience the fear and the rage;  
to experience the Mask and the Lower Self;  
to experience your duality in its full-fledged display.*

*That will allow you to get acquainted with it,  
and to then understand its power,  
the power of knowing how your duality held in your images  
blocks your beautiful fundamental creative force of love.  
As you allow it to flow,  
the duality dies into the unity of the creative force within you,  
and you once again respect yourself.*

*Did you notice there is a certain loss of respect  
when you have fear or anger?*

Then Heyoan takes us on another cycle. He goes deeper  
into authority issues with the statement:

*Your use of free will  
is distorted by your authority issues.*

To make this statement clear, Heyoan offers self-discovery  
questions that help us find our own examples of our distorted  
use of free will:

*How do you choose to use your free will?  
Consider the authority within you that regulates your free will.  
Does your inner authority regulate your free will  
in a kind and gentle way with yourself?*

*Do you have an authority within you  
that allows you time and space to center into yourself,  
to find out what your truth is?*

*Do you have a kind and loving authority within you  
that allows you to live in ecstasy,  
in love, the way you would most like to live?*

*Do you have a kind and loving authority within you  
that allows you to love and accept yourself exactly as you are?*

*Do you hold space for yourself to be  
and to grow into the delightful being that you are,  
to let the expression of this delightful being that you are out?*

*Do you let yourself express your creative force,  
your love as well as your doubts?*

*What does your negative authority say to you?  
Learn to recognize its language.  
It is a language of duality.*

Heyoan then makes it clearer by naming the negative  
inner authority as the part of yourself that does not accept  
your pain or your life conditions and blames you for them:

*Consider the importance for you  
to recognize your negative inner authority  
and to begin hearing what it says  
as a negative inner authority that is in duality.*

*It is the part that judges you.  
It is the part that does not accept your experiences  
in this lifetime that have been painful.  
It does not accept your mistakes  
as it points each one of them out to you.*

*It doesn't even respect the learning process that you are in.  
Nor does it give you time and space to learn.*

Heyoan now names the truth, simply and clearly, and  
offers hope:

*These negative voices are imbedded in your psyche.  
They are yours.  
You may not know their origin  
but now you have taken them on  
to regulate your behavior  
as if you would not behave well without them!*

*Consider the possibility that this entire construct  
of the critical authority within you  
is actually not needed.*

*In your psychodynamic process here,  
you will, step by step, replace those negative inner voices  
that make up this negative inner authority  
that is called the Super Ego  
with a healthy adult ego that knows your truth and lives by it.*

To close, Heyoan leaves us with this thought:

*See your life as a work of art, a work of love.  
Create your life as a dance of the spirit.  
Generate self-respect in everything you are, do and say.  
Learn to recognize those areas where you do not do that.  
Utilize the tools presented here and  
practice replacing judgment with love and space.*



Laurie Keene, BBSHE Dean

# From Barbara Brennan International Inc.

An Interview with Donnalea Goelz

BBSHE/BBSH YEAR 3 DEAN



Donnalea Goelz

**Greetings From Europe! We began our third year of training in Mondsee last month. Donnalea Goelz, who has been the Year 3 Dean in the United States for several years, has joined the BBSHE team as Year 3 Dean.**

**We recently spent an evening together in Florida, and here is our conversation:**

**Laurie:** What motivated you to join BBSHE?

**Donnalea:** I love the school so much, and because we are an energy school, I know the importance of the energetic template of each year. I wanted to bring in a really strong template for the third year.

**Laurie:** You just taught your first class in Europe. What do you like about BBSHE?

**Donnalea:** I love the mountains, the lake and the international feel of the student body. I love the complexity of relationships between countries and how they are coming together and deepening the healing and love between people.

**Laurie:** I know as a Class Dean you bring a lot of other disciplines and life experiences to your leadership. Can you share some of that with our readers?

**Donnalea:** Probably the number one priority in my professional life has been movement and the importance of movement and dance in life. I am a Continuum teacher, and I also teach other movement forms, such as tai chi and dance.

I really believe that opening to the wisdom of the body is essential in any conscious development. By increasing the consciousness of the body, a true evolutionary process can take place within the individual. I believe that BBSH/E is helping to develop the next phase of our species, and I believe that the work of Continuum also helps support that process. With Emily Conrad's permission, I have been able to bring her work of Continuum into BBSH/E as well.

**Laurie:** I have heard that you have brought tai chi into the Mayo clinic. What can you share with us about that?

**Donnalea:** Yes, I'm very excited about this pilot program we're developing at the Mayo clinic in Jacksonville, Florida. It's designed to first teach doctors, nurses and other healthcare professionals. We'll then develop courses for the doctors and other healthcare professionals to bring tai chi to their patients.

**Laurie:** I know you have a center that supports healing in your community. When I visited you a year ago, I was blown away by its elegance, its beauty, and how it has developed and integrated into your community. What inspired you to create it, and how has it evolved through you over the years?

**Donnalea:** That's a very interesting story. When I was a third year student at BBSH, we were given an assignment to draw our healing room. I thought the assignment was hilarious, since I

wasn't even going to be a healer at the time. But I went ahead and did it since it was required homework.

I sat down and drew a square for my healing room. Then I realized I wouldn't want to practice alone, so I drew another square, and then another square. I then had a brilliant idea. Since I was teaching tai chi, I thought I would draw a movement studio in the back. I laughed and thought, why don't I draw a store, because I love books, and clothes and crystals. I handed this all in, thinking it was only a lark, and a funny one at that.

Two years later, I graduated, and a friend approached me to enter into a business venture. It was to start a store. Well, one thing led to another, and two days before the grand opening, I looked around and realized this creation was exactly what I had turned in as homework two years earlier—complete with studio, offices and store! We even designed healing gardens outside the center to allow our clients a natural space for integrating their healings following treatments. It has now grown into a very successful business, as I've applied the basic principles of healing that I've learned at BBSH.

**Laurie:** I also know you live on the ocean, and have a great husband and grown children.

**Donnalea:** What I can tell you about my family and children is that they are the center of my life. I also want to say that I've found parenting to be the most difficult, rewarding, challenging and meaningful experience of my life. My children are my greatest spiritual teachers. They have opened me up to realizing just how deeply I can love.

**Laurie:** You do so much: family, business, teaching movement, and now teaching at both BBSH and BBSHE. As I have come to know you, you always seem to handle all that you do with grace. What can you tell us that may be of help to those who also lead very busy lives?

**Donnalea:** It's not that it's always working perfectly or that it's always calm. Things fall down. Things go crazy. In other words, chaos happens. But I like to embrace the chaos. I truly believe in divine will. And I allow myself to be aligned with it and to be present with what is as much as I can. I try not to judge something as being good or bad, because I do not believe in something as being good or bad. I try to just go with the flow. And I pray.

**Laurie:** Thanks, Donnalea. It has been great having this time with you and learning more about your life.

—BARBARA BRENNAN

*Use it well.*

*Feel, see, hear and know the light of the world is  
around you, above you, below you and inside you.  
The light of the world is in your hands.*



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