



# BBSH • InTouch

The Newsletter of The Barbara Brennan School of Healing®

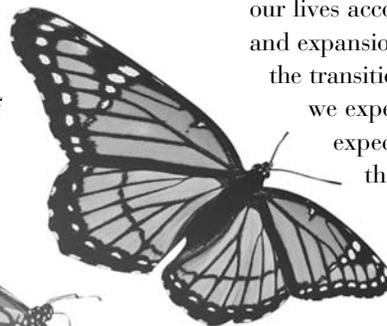
Issue 14-Fall 2003



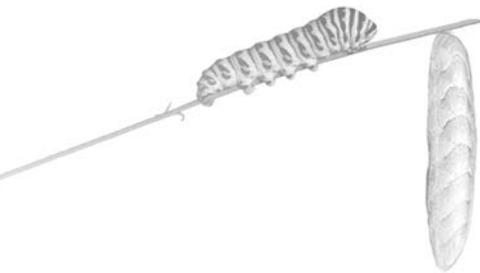
## Transitions and the Creative Pulse of Life

—By Barbara Brennan

Life is full of transitions. They can be seen on each level of the field and in all aspects of our lives. Transitions consist of three major phases. First is the break up of the old. The second is a period of confusion in which we learn to let go of things, people, habits, value systems and belief systems. The third phase is the



our lives according to our life's purpose. We feel the churning and expansion in our upper chest, in our Soul Seat. We "feel" the transition upwelling within us. As our change gets closer, we experience that great feeling of excitement and expectation. We feel the creative force so strongly that no matter what we may have to go through to accomplish the inner and outer changes that are a result of our creative process, we feel our change will turn out great. This faith is the creative life force coming through the sixth level of our field.



formation of the new. Each of these phases requires self-love, caring for the self and a lot of self-work. The self-

work includes the three T's—transformation, transcendence and transmutation—to bring about the deeper, broader life experience that is the result of each life transition.

From the spiritual level, each transition means stepping more deeply into our core and learning to live life with less attachment to the "outer" things that we use to help define who we are. We become more grounded into the core of our being and live life from that centered loving place.

The first phase of any transition is usually scary. Nothing seems reliable anymore, the things that make us feel safe are no longer there and we can't see the future. This is when we rely on that deep inner knowing of "what is right for us." It is not that we "know" exactly where to go and what to do, as much as we know that we can no longer live in the way we have been living. Thus the first phase of transition is one of hope. It is the creative life force coming through the seventh level of our field.

When the time is ripe for change, change is natural. It unfolds from within us and it makes us freer to recreate

With the support of hope and faith, we face our fear of surrender. We move into surrender to the Divine Will of God as the creative life process flows into the fifth level of our field. It means allowing the old template of the fifth level to break up and becoming aligned with the new.

With this new level of Divine Alignment, the creative life force flows into the fourth level of our field. We begin to face the aspects of our relationships with others and ourselves in which we have betrayed ourselves. Here there is much work to do. We are on this planet together to learn to love in relationship no matter what. This takes courageous love. It means walking into the chaos and the underside of life that was "our old way" and seeing it for what it was. When we say "No!" to our old betrayals and sell-outs, we do not know what will happen. Hope, faith, surrender, love and courage may go out the window. Fear and confusion may reign. Our deepest fears of our deepest pain and of not being able to change our unhealthy selves and our unhealthy habits and lifestyles are up in our face. We defend against the "other." We defend against our own self-judgments and our own lack of self-love. We have emotional reactions that can be emotional or "rational-emotional reactions." Life looks like a garbage pit. It is time to go into the pain.

At one time early in my healing practice, I noticed that whatever the presenting complaint, there was always a relational issue with another that led to an issue with oneself.

*continued on page 14*

# BBSH<sup>®</sup> In Touch

Issue 14 - Fall 2003

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## Dear BBSH Community,

Here we are again at our transition issue of *BBSH In Touch*—the ending of the 2002-03 school year and the beginning of the 2003-04 school year. Congratulations to the 2003 graduates of BBSH as we welcome you as part of the body of over 1,400 alumni from 31 countries.

We wish you joy and satisfaction in your new profession as Brennan Healing Science Practitioners<sup>sm</sup> and in whatever unique way each of you chooses to bring your core expression of healership into your life and into the world.

Donna Evans-Strauss, PS4 Dean, began a new graduation tradition this year by inviting a faculty member and the class co-presidents to address the graduating class. It was a heartfelt and inspirational ceremony in which Sherry Pae presented a message that has great relevance for all of us. (Her speech is printed on the next page.) Anne Uemura told stories about some classmates as moving illustrations of the spirit of the class of 2003. Martin Feijen spoke about being a man in a class of mostly women, and about the dreams of their healership.

I'm sure the new BHS Practitioners would welcome any support, assistance and referrals that we "old-timers" can give them as they take that big step into their new professions. Please reach out to the recent grads in your community. You will all be inspired.

And it is a great pleasure to welcome the new PS1 students in Miami Beach, Florida and in Mondsee, Austria—the classes of 2007! We know it's been quite a journey for all of you to arrive at the welcoming doors of BBSH and BBSH Europe. We send you our blessings and support as you travel through this great experience that is BBSH.

*Love,*  
**Patricia Pfof**  
*Editor and Alumni Director*

Several weeks ago I was asked to speak to all of you about "Healing in the World." My initial reaction was a terrified, "Oh my God, why me?" and "How am I ever going to begin to address a topic as overwhelming as Healing in the World?"

As I was flapping in and out of the puddles of fear around all this, guidance came in an interesting form, through the voice of a friend who said to me, "Why *not* you?" Her words were stunning, and I got it. I realized that this terrified "Why me? How can I even begin to address Healing in the World?" is actually something that life calls each of us to face time and time again. Why not me indeed, and why not each of you?

I sat at my computer and said to myself, "Okay, I get why me, but how do I begin such an overwhelming topic?" The answer came from inside as I heard, "Simply be with what is in front of you."

I saw all of you sitting here today, and I was filled with gratitude. I knew the place for me to begin was with the expression of this gratitude for each of you.

Gratitude, because in listening to and following the urgings of your soul, you are healing—healing yourselves, and in the process of self-healing, you are affecting the lives of so many others, which truly is doing the work of healing in the world. To each of you graduating students, thank you—thank you for your courage in answering the call for healing. For moving through the fear and question of "Why me?" and embracing "Why *not* me?"

To the family, friends, and loved ones of each of these graduates, thank you for supporting their longing, even though at times you may have wondered why and if in fact, this was such a good thing—because as you may have experienced, this journey of healing isn't always easy or pretty. And yet, in ways both seen and yet to be seen, you too are bringing healing to the world.

Thank you to the faculty for your endless hours of dedication in holding each of these students with loving wisdom and guiding them into places of self-discovery, helping them to feel and express the essence of their true self.

And it is with the deepest love and respect that I express gratitude to you, Barbara, for your far-reaching vision and passion, for your commitment to truth, and for your willingness to continually meet the tremendous challenges in creating and

leading this school. None of us would be gathered here today were it not for you. You give life to and sustain this incredible community, and have led the world in giving new meaning to a college being a place of "higher learning."

I am so grateful for each Dean, Special Unit Teacher, and Director for holding the vision and direction of this school; and for the amazing office staff, AV and logistics team who skillfully support all this.

As we acknowledge these blessings that have brought each of us here today, I cannot help but also feel incredible joy. Joy that comes from knowing that we are part of not only this community, but also the joy from feeling the connection that each of us has to something greater. Joy, from knowing that each of us truly makes a difference in this life, and that we are each uniquely essential for bringing forth healing in the world. Regardless of what

you do for a living, what form your healing takes, your dedication to being a loving presence is all that is required.

Healing in the world can and will give rise to as many forms as there are of each and every one of you. Your loving presence can offer the space for a client to discover and express the essence of themselves as they work through places of unforgiveness, shame and pain. You can bring forth healing in the world as you are called to sit with a loved one who is dying. Your loving presence can bring forth healing as you meet with your management team to discuss the necessity of downsizing the corporation. You have an opportunity to bring forth healing in the world as you participate in your parent-teacher conferences at your child's school.

You have an opportunity for bringing healing in the world as you question your friendship with someone who has betrayed a confidence. You have an opportunity for healing in the world each and every day. Hundreds of times each day life offers you an invitation. The invitation time and time again is to dedicate your life to being present and to learning to love well. This is what brings forth healing in the world.

Healing in the world means attending to the challenges that impact our everyday life. Acting with the awareness that we are all interconnected by the threads of love, and that what we say and do, and how we respond to this life, is reflected

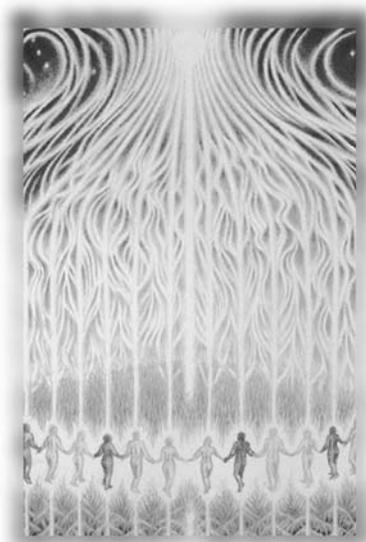


Illustration by Rebekah Hirsch

# Healing In The World

**Graduation Address given by  
Sherry Pae, RN, to the  
BBSH Class of 2003**

# Congratulations To

## PROFESSIONAL STUDIES PROGRAM

**KOBINA AGGREY**  
Rancho Cucamonga, California

**ANNE MARIE ALTVATER**  
Preston, Maryland

**KUNIKO ANADA**  
Makomanai, Minami-ku, Japan

**ENRIQUE  
ARELLANO FARIAS**  
Mexico City, Mexico

**ELIZABETH  
LEARNED BAKER**  
Stowe, Vermont

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Stelle, Illinois

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Caracas, Venezuela

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London, UK

**COURTNEY E. BIONDI**  
Deerfield Beach, Florida

**TOVE NIKOL  
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Minneapolis, Minnesota

**CANDICE E. BRAUN**  
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**LISA MARIE BROOKS**  
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**CINTHIA PAGE CABLE**  
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**CARA CANTARELLA**  
Denver, Colorado

**SUSAN CHIOCCHI**  
Boulder, Colorado

**JASMINKA CINDORI**  
Zagreb, Croatia

**MARK CLYMER**  
Hessel, Michigan

**REBECCA ANN COMPE**  
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**LORILEE CRAWFORD**  
Bothell, Washington

**NATASHA CZOPOR**  
County Clare, Ireland

**DIANE K. DABICH**  
Williamston, Michigan

**JANE DAUPHIN**  
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Voorhees, New Jersey

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NAWROCKI**  
Pittsburgh, Pennsylvania

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South Salem, Kentucky

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Portland, Oregon

**SANDY EDWARDS**  
Northport, New York

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Cartersville, Georgia

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**MARTIN FEIJEN**  
Lelystad, Netherlands

**SABINE KOIDL DE  
FERNANDEZ**  
Mexico City, Mexico

**REGULA FISCHER**  
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**JO FRITZ**  
Tucson, Arizona

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**MARK EDWARD GATES**  
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**ANN GEFFEN**  
South Natick, Massachusetts

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**MAURICIO GOLDSTEIN**  
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Ouchi-cho, Okawa-gun, Japan

**NOBORU KAWAZOE**  
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**REBECCA LYNN KING**  
Santa Cruz, California

**SHIGENOBU  
KITABATAKE**  
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**AMY KOGUT**  
Honolulu, Hawaii

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Kalispell, Montana

**JUDY ANN LASCURAIN**  
Bend, Oregon

**CARMEN GABRIELA  
LEAL**  
Denver, Colorado

**PAULINE MELINA  
LEBLANC**  
Chicago, Illinois

# Our 2003 Graduates!

**VIRGINIA S. LEE**  
Los Angeles, California

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Zwolle, Netherlands

**GILLIAN ELIZABETH LEVY**  
Westfield, New Jersey

**PATRICIA C. LIDDY**  
Lake Bluff, Illinois

**DAVID "SPARK"  
LIVERMORE**  
Moab, Utah

**EVELYN LOPEZ**  
Cincinnati, Ohio

**GAIL LASONDRAH  
LUDWIG**  
Seattle, Washington

**ALICE FISHER MALTBIE**  
Del Mar, New York

**MARILYN LOUISE MARTIN**  
Rives Junction, Minnesota

**SARA JAYNE MATTHEWS**  
Chicago, Illinois

**SARAH LYDA MCKEE**  
Washington, Vermont

**THOMAS MEIBUSCH**  
Kassel, Germany

**DEBRA LEE MICHELS**  
Honolulu, Hawaii

**JENNIFER ALLEN MOORE**  
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**MICHAEL J. MORELLI**  
Montclair, New Jersey

**LINDA NAINIS**  
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Mexico City, Mexico

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East Stroudsburg, Pennsylvania

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NEJAD RASTEGAR**  
Greenbrae, California

**KATHLEEN RESS**  
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**DR. MARLENE  
REZNICK BLOCK**  
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**DEBORAH LEIGH RUSSELL**  
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Chapel Hill, North Carolina

**JEANINE SCHEURINK**  
Zwolle, Netherlands

**CAROL SCHINDELL**  
Bayside, New York

**LYNN SCHLOW**  
State College, Pennsylvania

**KLARA SEIGER ULLMAN**  
Sudbury, Massachusetts

**MARY ADRIENNE SIMONINI**  
Taos, New Mexico

**SILVIA SLAVEN**  
Johannesburg, South Africa

**ELIZABETH SPANUELLO**  
Bellingham, Washington

**DORI ELLEN  
STEIMAN SCHOONMAKER**  
New York, New York

**STEVE STROUD**  
Wenatchee, Washington

**ERI SUZUKI**  
Ichijyoji, Japan

**ERIKA TAKE**  
Kitaku, Kobe City, Japan

**PAMELA IRENE THOMAS**  
Baltimore, Maryland

**EDWARD A. THRALL**  
Plantation, Florida

**HIROKO TSUKIJI**  
Madison, Virginia

**ANNE M. UEMURA**  
Napa, California

**NORIKO UKUMURI**  
Tokyo, Japan

**SCOTT DAVID VAN HORN**  
Boulder, Colorado

**IRMA THERESIA  
MARIA VERHOEF**  
Soumensac, France

**BARBARA WALDER**  
Küsnacht, Switzerland

**THERESA S. WALSH**  
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**THOMAS WERMUTH**  
Aurora, Illinois

**LARK WORTH**  
West Chester, Pennsylvania

**MARIKO YOSHIMURA**  
Wakayama, Japan

**BRENNAN INTEGRATION  
PRACTITIONER/  
SUPERVISOR TRAINING  
PROGRAM**

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Geldern, Germany

**ANNE M. BECKLEY**  
Damascus, Maryland

**MARLA BELLSCOGIN**  
Hollywood, Florida

**ANNA MARIA  
ROSETTI BOSSI**  
Torino, Italy

**JOY SPLENDORA  
D'ANDREA**  
New York, New York

**GUILLERMINA  
DE KOEHN**  
Mexico City, Mexico

**REBECCA ELLENS**  
Miami, Florida

**SUSAN E. HEWITT**  
London, UK

**PATRICIA HOWARD**  
Jamaica Plain, Massachusetts

**ANNA YOUNG SCHALK**  
Isle of Palms, South Carolina



**Graduate Natalie Rastegar**



**Class of 2003  
Co-Presidents  
Anne Uemura and  
Martin Feijen**



**Barbara Brennan**



# An Image For Transformation

—by **Bonnie Brandt**  
*BBSH Director of Academic Affairs*



**The Chambered Nautilus**

Whenever I contemplate the significance of transition, I am immediately drawn to the multitude of templates for this process that we witness in nature. For me, one of the most potent of these images is that of the chambered nautilus. The chambered nautilus is a relative of the octopus and has inspired poets and artists throughout the ages. This mysterious creature lives in the depths of the ocean, and as it grows, it secretes a beautiful and expanding flat, spiral shell. As the animal creates its magnificent

home, it moves from the innermost chambers of the shell and takes up residence in the newly created spiraling chambers.

The poet Oliver Wendell Holmes in his poem entitled *The Chambered Nautilus* says, “Build thee more stately mansions, O my soul, As the swift seasons roll.”

For me, the chambered nautilus is a metaphor for personal and global transformation. This creature spends its days plumbing the depths of the sea. As it nourishes itself in the inner most depths of the ocean, it is able to build an ever-expanding and more stately expression of its essence.

Likewise, we as seekers of the truth and healing must go deep within the ocean of our own being. Only then do we find the nurturance to create an ever-expanding expression of our true longing—only then can we build more stately mansions which anchor us in our essential nature as the tides of change come and go.

To our recent BBSH graduates, I celebrate all of your accomplishments and look forward to seeing your healership spiral out into the world. I also welcome and celebrate those students who are either beginning or continuing their transformational journey at BBSH. Can you feel the pull of your soul’s longing to go deeper into your being? Are you willing to build a “more stately mansion” to house your true essence?

As we all embark on the transitions that await us during the 2003-2004 school year, may the image of the chambered nautilus shell remind us of the exquisite beauty of building a deeper, more authentic life—wherever we are, whatever we are doing.

# Class of 2003 Gift To BBSH



## COPPER WATER FOUNTAIN

—by **Jennifer Moore '03**

The fountain is made of a copper bowl purchased near the copper mines of Arizona. Surrounding the bowl is a copper Genesa Crystal. The candles can be placed in the four directions and the pump is placed in the middle. The four copper tubes are in the shape of two hearts. The water contained in the bowl is a symbol of the unity of the class. Each member of the class brought water from their home and sacred places near their homes. The water which was under the drum at our ceremony and which represents the joining of the masculine and the feminine, has also been placed in the bowl.

Each class member has taken some of this water home with them as a memento of our time together. Barbara and the Class Deans will also keep this water. Even if the water evaporates, the essence will still remain.

According to *The Perelandra Garden Workbook: A Complete Guide to Gardening with Nature Intelligences* (by Machaelle Small Wright), a Genesa Crystal is an energy device which looks like a ball formed by four precisely positioned bands. It functions as an antenna. The Genesa Crystal draws to it life energy, then cleanses the energy, shifts it up to a “spiral,” and shoots it back out into the environment. A two-foot-diameter Genesa Crystal affects the life form within a two-mile radius.

Copper provides a harmonic connection between the physical and astral bodies and aligns the subtle bodies. It has been used successfully to transmit thought, and is said to be the bestower of good luck.

Copper conveys the messages that there is no need to seek love or to constantly search for life, and that there definitely is a need to seek and release all of the restrictions which one has installed within the self. It allows one to recognize the barriers which are in the path of one’s development. It directs the energy toward the pursuit of one’s path of evolution.

# Dean Ramsden, PS2 Dean, Moves On After 10 Years of Service

—by *Barbara Brennan*

After 10 years of dedication to teaching the PS2 class with his team at BBSH, Dean Ramsden has decided not to renew his teaching contract. We are grateful for all that Dean has given to the school, and wish him well on his path.

In 1994-95, Dean accepted the position of PS2 Dean, and Patricia White Buffalo became Assistant Dean in 1996-97. At that time the PS2 year was in great transition and BBSH was in great flux, as the student body grew. Over the next few years Dean and Patricia, with the help of the core teaching team that has been there for many years, updated and reorganized the PS2 curriculum.

Those of you who know Dean know that he is an avid reader, interpreter and innovator of the transformative process. Dean—with the help of Patricia and the PS2 teachers—introduced new reading material, the Hero's and Heroine's Journey, more material on the shadow self, and poetry into the curriculum. I personally loved sneaking into the PS2 classroom to listen to Dean as he read David Whyte's poems. Dean's charismatic stage presence and poetic presentation is powerful.

Patricia and Dean wrote up the Integrated healing model we use today. They organized the team into an efficient working group, and made sure that each teacher on the team knows how to teach the large group from the stage.

Dean has also been a guiding influence for the men in the school. He started the mens' groups which are thriving today.



Thank you Dean, for all the years of service and a job well done. We wish you good luck with all you choose to do in the future. I know that you have been wanting to write your book.

Now you will have time to do it. I am sure it will be great!

We will miss you.

# The Next Aloha!

—by *Kahea Morgan MED, MBA*  
*BBSH PS2 Dean*

I love the word "Aloha."

Those five simple letters grouped together can convey so much. A wise healing is held in the meanings of "Aloha"—goodbye, love and hello.

"That's crazy," you say? Look deeper.

I see love linking duality. I see a subtle teaching: "Remain in the essence of love, the heart, through each transformation/transition."

Hawaiian words can have meaning upon meaning. There are only 12 letters in the alphabet. The true meanings of a Hawaiian word unfold as you take the time to dive deeper. The deeper one dives, the more subtle, mysterious and potent the word becomes.

Aren't these similar characteristics of a spiritual path and the path of healership?

As a PS1 student, did you have any idea on the first day of your first class at BBSH, that your life would unfold as it has since then? I sure didn't! I have had a long association with the School, in so many varied capacities. Over these years, I have had the honor to witness again and again the powerful unfoldment that occurs when a student or teacher finds the courage, trust and humility to fully embrace their commitment to their path of healership, to surrender to the Truth of their heart, and to engage deeply with the precious gift of their life.

When I departed BBSH last November to help my son in his congressional campaign in Hawai'i, I had no idea my sabbatical from BBSH would be so brief. I had a joyous journey in Hawai'i with my family and the land that supports my heart. I am honored to receive a call once again to join the BBSH community and serve in the role of PS2 Dean.

The PS2 year is one of surrendering to rich transformational process without separation. It is about remaining in the heart while it unfolds in loving courage, trust and humility to embrace all of life with joyous pleasure.

On behalf of the talented and committed PS2 teaching team, I extend a warm "Aloha," a heartfelt welcome to the new PS2 students. It promises to be a year of transformation, hard work, joyous pleasure, fun, and embracing even deeper the mysteries of this precious Life.

# From Barbara Brennan International, Inc.

## A Barbara Brennan School of Healing *Europe* Update

We have begun our final preparations for the September opening of BBSHE. Our bags are packed and we're ready to go! Barbara and I made a trip to Munich in June to teach a workshop on High-Sense Perception. It was great to be back there, and the reception for Brennan Healing Science Work continues to flourish. I had a nice time with many of our European graduates and students. Ellen Schumacher (a teacher who has been on sabbatical for the last few years) and I talked about how the location for BBSHE was discovered. I asked her to write an article about it. So here, in her own words, is how we came to Mondsee.

*With love... Laurie Keene*

## Greetings From Europe!

### Holding a Vision: How We Found Mondsee Castle

—by *Ellen Schumacher*

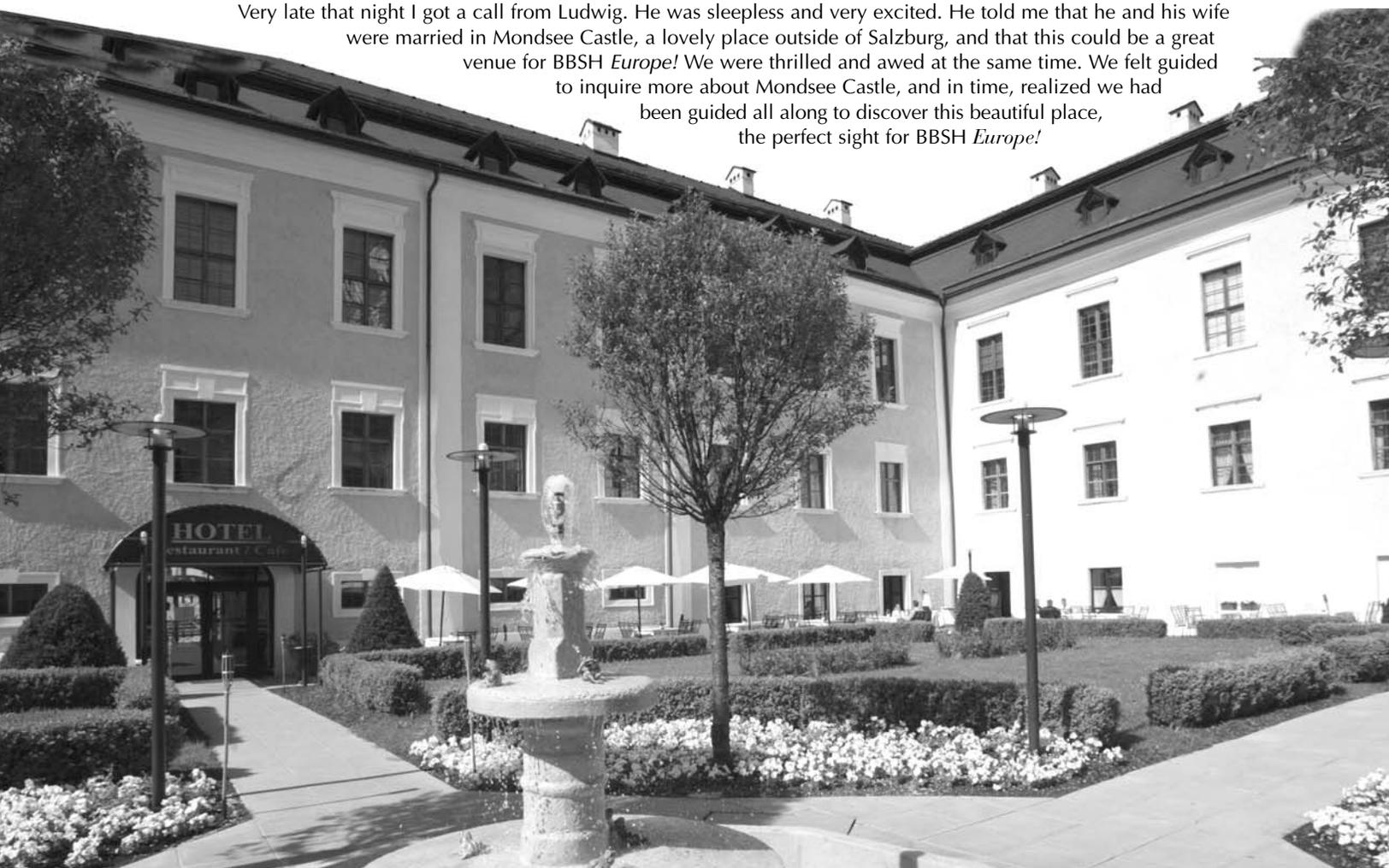
Ludwig Brandstoetter (a former BBSH student from Salzburg) and I have been spiritual colleagues and friends for the last few years. Last year we decided to exchange healing work with each other. I was giving him BHS healings, and I received osteopathic healing work from him in return.

When we met again to exchange healing work—shortly after Barbara's successful European tour last summer—we were both very excited about the decision to bring BBSH to Europe. At the time of our meeting, however, finding a suitable venue for the school had been rather dissatisfying. We did some brainstorming in search of a location, while holding the vision for BBSH *Europe*.

One Friday afternoon when we had met for healings, we felt that the healing energy was very special. We could sense that the room was full of spiritual beings working with us and through us. It felt like a blessing. After our healing work was finished, Ludwig left my office and headed back to Salzburg. Still in a state of expansion, I began clearing my healing room. When I was tidying up the space, I found a golden ring on the floor. I picked it up and saw that it was Ludwig's wedding band that he had taken off for work and had forgotten. When I saw this ring, I immediately "knew" that it was a sign of something very important.

It didn't take long for the doorbell to ring; Ludwig had come back, somewhat panicked, about his missing wedding ring. I opened the door, presented his ring to him, and told him that I didn't know exactly what it meant—but I was sure it meant *something*.

Very late that night I got a call from Ludwig. He was sleepless and very excited. He told me that he and his wife were married in Mondsee Castle, a lovely place outside of Salzburg, and that this could be a great venue for BBSH *Europe*! We were thrilled and awed at the same time. We felt guided to inquire more about Mondsee Castle, and in time, realized we had been guided all along to discover this beautiful place, the perfect sight for BBSH *Europe*!



# New Library Services For BBSH Students At School And Online

—by Evelyn Kannawin  
BBSH Director of Operations

Library services are an important part of a Bachelor's degree program, and we are pleased to announce that we will be offering on-site and online library services to BBSH students beginning at Class 1, 2003.

The location of our new school library will be on the fifth floor of the Radisson Deauville Hotel in Miami, Florida, Room 539. There will be books and videos in several areas of study. The library will be open to students, faculty and staff Tuesday through Friday of each class week from 5pm to 8pm. Should you need access at any other time, you can contact Marie Ponsot in the logistics office. Visiting alumni may also access the service while at school.

BBSH has also contracted with Library and Information Resources Network, Inc. (LIRN) which is an electronic library that will provide BBSH students, faculty and staff access to electronic research resources. At Class 1, each BBSH student, faculty member and staff will be given an identification number to gain access to the electronic library. This comprehensive service offers many features, including:

- *Newspapers, magazines, books, maps, pictures, audio/video and TV/radio transcripts*
- *A large list of search topics to browse*
- *Reference sources such as dictionary, thesaurus, encyclopedias, almanac, atlas*

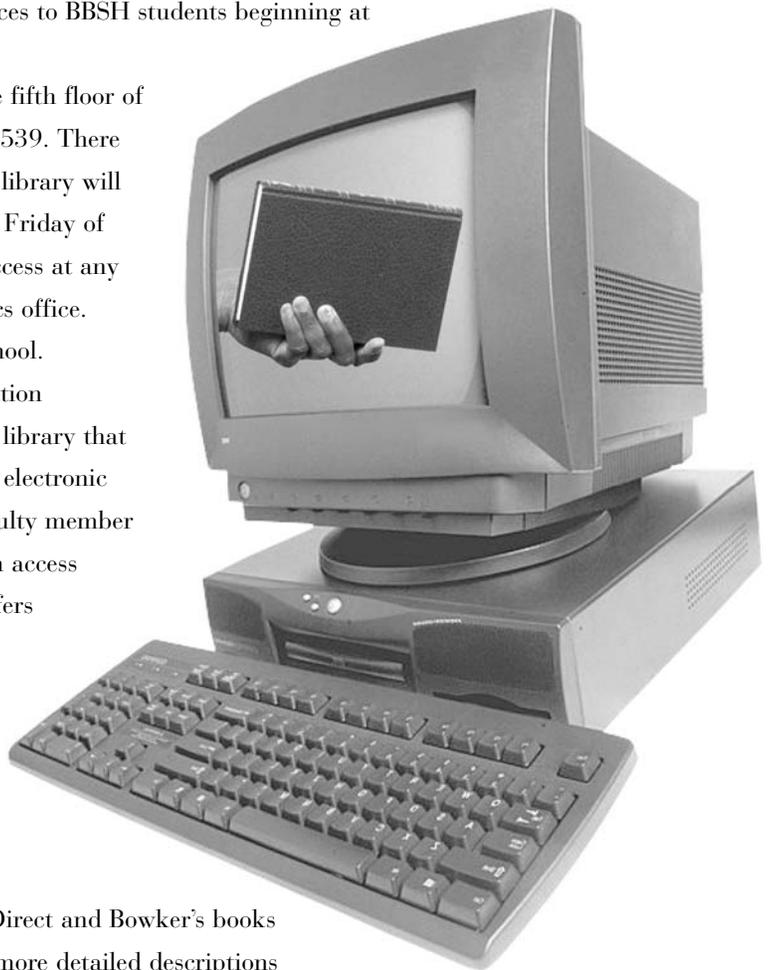
Resources include Infotrac Search banks, Proquest Direct and Bowker's books in print. Please refer to the information in the box for more detailed descriptions of the available resources.

To gain access to the LIRN online library, the following steps must be taken:

1. Enter web site address: **www.lirn.net**
2. Click on LIRN Member Database Access
3. Enter your personal access Identification Number and click on Submit
4. You will then be able to work within the site as you desire

*(Please note: If you are having difficulty gaining access to the site via Microsoft Explorer on a MacIntosh computer, try accessing via your Netscape web browser.)*

Should you wish more information on any of the resources, please feel free to call me at **+1 561-338-9155**.



# INFOTRAC SEARCHBANK

Includes the following research areas:

## Books In Print

Use this database to search for books in and out of print. Over 1.9 million titles retrievable by title, author, subject, publisher, publication date, ISBN and more. R.R. Bowker's Books

## Business and Company Resource Center with PROMT and Newsletters

Business and Company Resource Center is a fully integrated resource bringing together company profiles, brand information, rankings, investment reports, company histories, chronologies and periodicals. Predicast's PROMT and Newsletter databases are fully integrated in this database. Search this database to find detailed company and industry news and information.

## Computer Database

Use this database to find computer-related product introductions, news and reviews in areas such as hardware, software, electronics, engineering, communications and the application of technology.

## Custom Newspapers

Indexing and full text for the London Times (1/97 to present), Intl Herald Tribune (1/96 to present), Atlanta Journal-Constitution (3/98 to present), New York Times (11/00 to present), Los Angeles Times (1996 to present), Christian Science Monitor (1996 to present), and St. Petersburg (FL) Times (11/99 to present).

## Expanded Academic ASAP 1980-Jul 2003

From arts and the humanities to social sciences, science and technology, this database meets research needs across all academic disciplines. Access scholarly journals, news magazines, and newspapers—many with full text and images!

## General Business File ASAP 1980-Jul 2003

Analyze company performance and activity, industry events and trends, as well as the latest in management, economics and politics. Access a combination of broker research reports, trade publications, newspapers, journals and company directory listings with full text and images.

## Health and Wellness Resource Center 1980-Jul 2003

Use this Resource Center to find magazines, journals, newspapers, definitions, directories and information on: Fitness, Pregnancy, Medicine, Nutrition, Diseases, Public Health, Occupational Health and Safety, Alcohol and Drug Abuse, Prescription Drugs, etc. Included are links to diet, cancer, and health assessment sites, as well as government databases. The material contained in this Resource Center is intended for informational purposes only.

## Health Reference Center Academic 1980-July 2003

Use this database to find articles on: Fitness, Pregnancy, Medicine, Nutrition, Diseases, Public Health, Occupational Health and Safety, Alcohol and Drug Abuse, HMOs, Prescription Drugs, etc. The material contained in this database is intended for informational purposes only.

## Literature Resource Center (LRC) July 2003

Literature Resource Center provides access to biographies, bibliographies, and critical analyses of authors from every age and literary discipline. Combining Gale Group's core literary databases in a single online service, the Literature Resource Center covers more than 120,000 novelists, poets, essayists, journalists and other writers, with in-depth coverage of 2,500 of the most-studied authors.

## Newsletters ASAP 1998-July 2003

Newsletters ASAP provides access to information from specialized business, industry and technology newsletters issued by various news services and industry watchers.

## Opposing Viewpoints Resource Center June 2003

Opposing Viewpoints Resource Center draws on the acclaimed social issues series published by Greenhaven Press, as well as core reference content from other Gale and Macmillan Reference USA sources, to provide a complete one-stop source for information on social issues. Access viewpoint articles, topic overviews, statistics, primary documents, links to web sites, and full-text magazine and newspaper articles.

## Student Resource Center—Gold 1980-Present

A fully integrated database containing thousands of curriculum-targeted primary documents, biographies, topical essays, background information, critical analyses, full-text coverage of over 1,000 magazines, newspapers, over 20,000 photographs and illustrations, and more than 8 hours of audio and video clips. Includes Student Resource Center Health Module.

## Proquest Direct

Researches multiple databases for articles printed in full text and/or scholarly journals including peer reviews. You may search by publication title or author, entering type of article and type of publication.

## Bowker's Books in Print Features

- Superior searching capabilities and several search modes
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- An easy way to download, e-mail and print title information and search results
- Ability to check stock availability with various wholesalers, plus check discounts, schedules, return policies and more
- Ability to check whether your library has a particular title
- Ability to download title information into vendor-specific formats to streamline the ordering process
- A search workspace for forthcoming titles and another for children's titles as well as fiction

# Tools For Riding The Waves of Transition

—by Laurie Thorp, Director of Student Affairs and PS1 Teacher

*Transition refers to the time of full dilation, just before the urge to push the baby out is felt by the mother. Transition is an intense time during delivery. Some mothers will go through transition very smoothly, and some will need your help. The mother may become emotional at this time when she wasn't emotional before, and won't be later. Rational thought may leave her, and she may think for a moment that she can't do it. She may feel nauseous. Assure her that this is temporary and that her brains will return shortly... Transition lasts only a few moments, so don't take it too seriously. She needs to understand that she may have to exert great pure effort to keep herself together at the time of transition.*

This is how Ina May Gaskin, in *Spiritual Midwifery*, describes transition during the birthing process.

Death is also called the great transition. When I have worked with people who were dying, I have seen their soul substance leaving and returning to the physical body. I asked Faye, a friend of mine who was dying of cancer, if she felt like she was “practicing what it was like to be out of physical form,” as I watched her leave and then come back, then leave again. She answered that indeed she was. It was like a trial run. She was practicing the transition from life into death.

Our lives are filled, day to day, with transitions, both small ones—the transition from sleeping to waking...eyes barely wanting to open, gentle stretching, fragments of dreams dancing through our semi-conscious state...moving into the more conscious state of hearing the rain falling on the tin roof, feeding the cat, walking the dog—and then there are the big ones. Transitions usually require us to sit in the unknown, knowing that change is upon us but not necessarily knowing where we are going or how we will get there.

## **Journal Entry, Wednesday, January 22, 2003:**

“I cannot even begin to write/express all that I am feeling inside. I have just come back from taking Jesse to NYC for college. I am almost afraid to start writing about it—because all of these feelings are just below the surface.

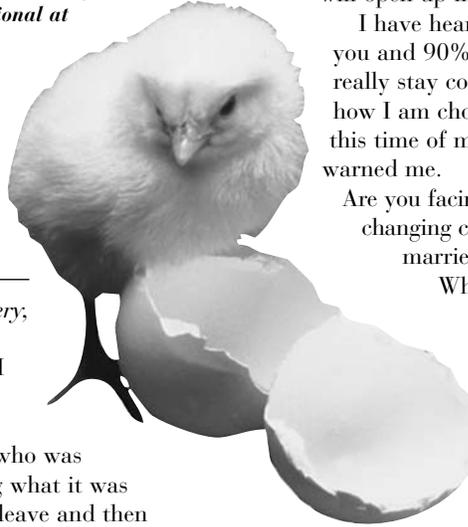
“He gave me this huge bear hug as we said goodbye on the corner of 2nd Avenue and 12th Street. I am feeling the loss/change in such a big way. He is ready to leave home—to launch, to fly, to step into the world in a new and powerful way. He is leaving home. It feels like death to me, and at the same time, a celebration.

“Waves of grief keep washing over me, followed by waves of excitement for him, then waves of prayers for his safety, well-being and fulfillment. And then waves of gratitude that I have completed this leg of the journey with my oldest son.”

## **Journal Entry, Thursday, January 23, 2003, 4:15 AM:**

“I woke up to this deep, deep sorrow. I never knew that having children grow up would feel like this. The painful joy, the ecstatic pain.”

You could say that I am deep in the depths of mid-life transition. This is a big one. It ranks up there with birth, marriage, divorce,



death. This phase of my life as a single mother with children at home is coming to a close. My identity is changing. My life will open up in a whole new way. Who am I becoming?

I have heard it said, “Life is 10% what happens to you and 90% how you react to it.” My intention is to really stay conscious of how I am playing this one out, how I am choosing to react to this transition, this loss, this time of my life about which no one could have warned me.

Are you facing a transition in your life? Perhaps you are changing careers, or moving to a new house, or getting married, getting divorced, starting a family.

Whatever the transition is, my experience is that it certainly stirs things up.

So, how do we navigate our way through this? How do we use this time as a time of learning, healing, growing? Well, here is what I do. I did not go to the Barbara Brennan School of Healing for nothing! I have an abundance of tools in my “survival bag” that will support me through any transition.

First of all, I let myself feel whatever feelings are lurking inside. Most importantly, I do not try to make sense out of them and I do not try to change them. I simply feel them...all of them. Fury, grief, joy, hopeless, defensive, fighting back...whatever is inside, I let myself feel it.

Next, I use all of my favorite ways to move the energy. I am not a runner or an aerobics teacher, and I rarely get to the gym to “pump iron.” Instead, I crank up the music, I pull out all the stops and I dance in my living room. Bruce Springsteen is crooning, Bonnie Raitt is rocking, Big Lester and the Blues Kings, Pele Juju, they are all there helping me move that energy! All I can say is that it is a good thing that the neighbors aren't looking in my windows at 6:30 in the morning!

Next, I plug *Madame Butterfly* into the CD player and I sing my heart out. (Windows are closed!) I pretend I am a soprano at the Metropolitan Opera House and reach for those high, high notes. Then it is rock and roll, then my favorite Broadway soundtrack, *Tick, Tick, Boom*, and I usually end with a sultry Patsy Cline imitation of *Crazy*:

So now I am feeling pretty open, the energy is moving, and I am ready to do some internal healing. So I move into Witnessing, Asking and Experiencing (WAE). I must say, this is one of the most useful tools in my survival bag. It seems like such a simple thing, “What's here now?” Simple and profound. It brings me to a quiet self-awareness. It immediately puts me in contact with myself... my upset, my tears, and my beautiful, self-loving container.

Next, I begin the Dialogue—between Me and Me. I use my journal for this. I let each of my internal voices speak. I write it out. I use my “WAE” to dialogue with myself, to begin to uncover what is being activated, triggered. Am I in defense? What are the deeper underlying feelings that I do not want to feel? What images/beliefs are being activated? What wound is being touched?

# Saturday Lightwork Meditation Card

—by Hilary Meth '01

A beautiful new Saturday Lightwork Meditation card, drawn by Rebekah Hirsch '02, was handed out to everyone who attended class 5. Any graduate who would like a copy can email their snail mail address to [hilarymeth@lineone.net](mailto:hilarymeth@lineone.net) and one will be sent. It is hoped to print a new card every two years done by a different BBSH artist, and a fund is being started so that next time every graduate throughout the world will automatically receive it.

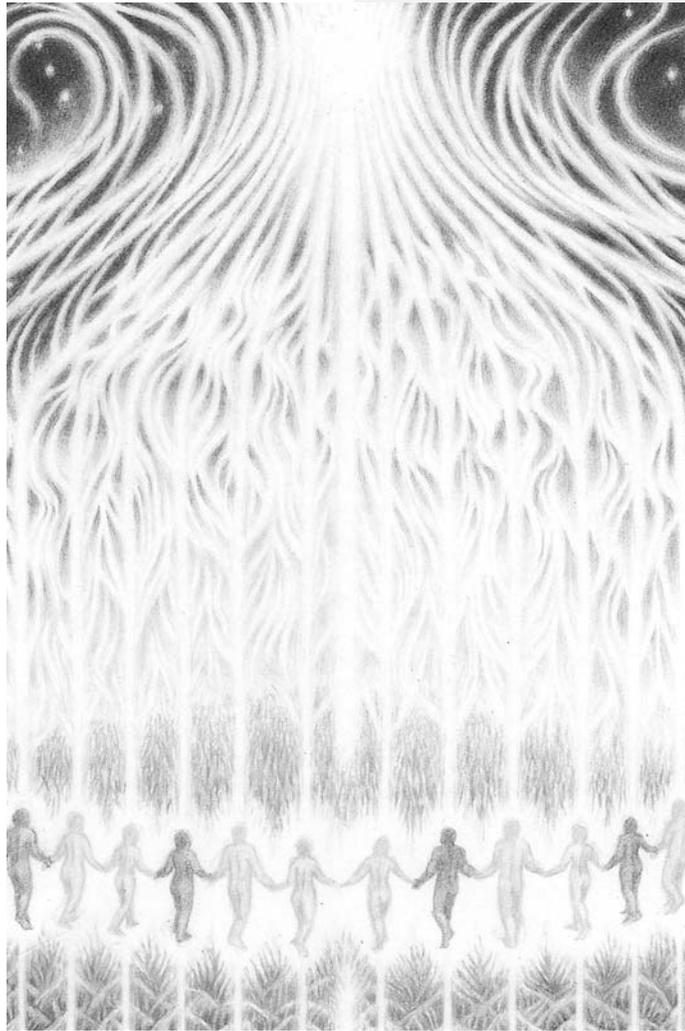
The Saturday Lightwork Meditation grew out of the May 2000 planetary alignment of all 7 inner planets with the Earth. It occurred at 7 am during class 4 when the School was in McAfee, New Jersey. We put up signs for an outdoor meditation down by the swings, and about 100 people showed up! Rebekah spoke briefly about the astrological significance, and then we stood in wide circle focussing on the sun. We were spellbound for 45 minutes and the experience was deeply profound.

Afterwards we realized how much stronger we were as a group, and that our BBSH training had aligned our intention and very being. Something had been forged that needed to continue, and the idea for a weekly meditation to anchor the Light was born.

The time of 9:00-9:30am Eastern time was chosen because it meant that all frontiers of the BBSH community could connect at the same time: On the West Coast it is 6:00-6:30am, and in Japan it is 23:00-23:30 pm. (in the summer 22:00-22:30) For us in England it starts at 2pm and in Europe it starts at 3pm. The times are not perfect for a lot of people, but it is worth it. Of course you can tune in at another time, but the actual time is a powerful experience. The energy pours down on the stroke of the starting hour and stops on the dot half an hour later.

If you are a student, it's a great way to stay connected with the School and classmates during the breaks and it seems to set the tone for each week's process. As a graduate now, it is one of the highpoints of my week; the chance to meet hundreds of BBSH'ers on the inner planes to anchor the Light to make a contribution to global healing, and reinforce connection to our beautiful community.

*The image on the card is one that started coming to me many years ago at the time when I first began to receive guidance. As I was listening to a beautiful piece of music (the closing moments of Prokofiev's Romeo and Juliet) I saw a serene landscape of soft green hills under a sky filled with a clear radiance like the light of dawn before the sun appears. As I watched I saw people silently appearing from all directions, walking intently to join with each*



*other. Holding hands they formed a line at the base of the hills and started to slowly ascend the hill. As they approached the summit the light grew brighter and brighter and I saw that on all the hilltops circles of people coming together in peace, love and unity, ushering in a new order of harmony between human, heaven and earth. When Hilary asked me to channel a picture for the Saturday Lightwork meditation card, this was the image that kept returning to me, as though now was its moment to take form.*

*When I came to work on the picture I found myself struggling with how to represent the light that was emanating from the people. Feeling rather stuck I went out and took my son for a swim. As I was swimming underwater I kept finding myself prompted to watch the way the light illuminated the ripples on the surface and realised that I was glimpsing something about the wave form of the human energy field—the way that the light of our essence ripples out from us and the interference patterns forming between people's different transmissions or communications.*

*This I took back to my drawing and is the basis of the network of light radiating out from the group. It felt important to me to draw the lines of light by hand rather than working them out geometrically because this is the light of humanity with all its wondrous imperfections.*

*Then I discovered that as the light of the individuals ascended they came together and united into a brilliant star, a portal for the light of the Divine to flow through into our world.*

*I would like to thank everyone for their appreciation of the card. I am a double Aquarius, so groups have always been life's blood to me, and I am grateful to have had the opportunity to share my vision with all of you.*

—Rebekah Hirsch '02

## Transitions and the Creative Pulse of Life

*Continued from cover*

Even if it was a simple bicycle accident in which someone hit the curb too hard and went over the handle bars injuring his shoulder. This fact surprised me. I hadn't grasped its deep meaning. We are all in this together to help each other clarify for ourselves the truth about ourselves. We are helpmates who help bring out and heal each other's personal issues.

Ultimately, all issues are personal ones with ourselves. We form erroneous opinions about ourselves early in childhood. We carry them forward from past lives. We struggle with these ideas and opinions within ourselves and project them out onto others. We are stand-ins for each other for things we cannot see in ourselves. When we stop projecting onto others, our issues are up in our face. They are our deepest fears of our deepest pain of not being able to change our unhealthy beliefs, habits and lifestyles. Perhaps we believe that we are basically defective and cannot improve. When we go into our pain everything softens, our love carries us into healing, our bodies relax and the inward journey of the transition becomes complete. We rest. We meditate. We feel universally connected with all life. We are at one with ourselves. We sink into our Divine Core in peace.

The expansion phase of the creative life pulse is one of learning to integrate the newly recovered self and the uncovered core qualities into a new kind of life. It is also necessary to integrate the new learning into our lives. This is the practical phase of reeducating the child consciousness as it grows into adulthood. It takes time and love to learn these new practical life skills. As the creative force moves up from the first level of the field through the first three levels of the field, we improve our physical bodies and living spaces. We may change our jobs and our daily routine. We accept, take care of and love ourselves in new ways. This gives us a new doorway through which we can grow loving relationships with others. Our relationships grow more mature, old habits drop away. Then we move into a new relationship with the Divine. With these changes we move more into world service, healing and improving the world we live in. We have seen our part in the status quo and have improved it. We have dissolved more boundaries that supposedly have kept us safe, but actually have separated us. We have replaced our boundaries with more roots into the core of our being. We express more positive, centered and powerful individuality.

The more we are able to recognize these creative life cycles, the easier it is for us to go through them. The more we practice, the easier it gets. The more we remember that the ultimate goal is to re-identify ourselves with our core and to develop more core qualities, the easier it is to accept and surrender to our life cycles and the transitions that are a part of them.

Such transitions not only take place in individuals, but also in groups, nations and the world. The European Union is a great example of a great transition. The countries involved are in the process of continually dissolving more boundaries, and at the same time, acknowledging the uniqueness of each

nation and the groups within those nations. I was impressed by the Euro, which has the symbol of the EU on one side and the symbol of the individual country on the other—thus honoring each individual within the whole of the union.

Most of the world is in the beginning of a huge transition. Chaos and fear run wild. Most people do not feel safe. This has been predicted for centuries by Nostradamus. What kind of chaos and fear is coming up for you around this world transition that is now in the stage of fear and chaos? It is time for your hope, faith, surrender, courage and love to make your transition smooth and to release you to do your part in the world change. What transition do you need to go through to move closer into your core and into your personal world service? What is your longing for world service and what support do you need to go through your cycles of change to be ready?

BBSH is in great transition. We've completed the move to Florida. We've completed the BS degree in Brennan Healing Science. We move into Europe. We've expanded the Integrative Care teachings with a great deal of work from Sherry Pae. Sherry and Anna Schalk are developing A&P II for the BHS BS degrees. The men's groups are thriving. The new physicians' group has had a good beginning. There is so much to do there. We are beginning to think about more interface with the medical world. The new business group is going well. Patricia Pfof is more interested in the business applications of BHS. I have a deep "knowing" that the world service aspect of our work is going to have another new beginning.

What is your longing? Where are you headed? What is up for you?

# Alumni Are Invited...

**To visit BBSH each class week and participate in:**

### **HMD Lecture**

Thursday, 7:30pm–9:00pm

### **Heyoan Channeling**

Friday, 8:30am–9:30am

### **Special-Topic Alumni Class/Supervision Group**

Friday, 3:00pm–5:00pm  
(Classes 1 thru 4 only)

### **Ceremony**

Friday, 7:30pm–9:00pm

### **Goddess Healing**

Saturday, 8:30am–9:30am

### **Healings With Fellow Alumni**

Saturday, 10:00am

Please contact Patricia Pfof at  
[pfost@netstep.net](mailto:pfost@netstep.net) if you plan to attend.

We wish you a good trip home!  
You are always welcome.

## Healing In The World *continued from page 3*

throughout this earth, in our families, our communities, cultures, our schools, our churches, our organizations, our political systems, our nations, and in the very ecosystems that sustain all of life here. Your loving presence matters in healing the world. It has been said that, "Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for love alone takes us and joins us by what is deepest in ourselves." Love underlies all forms of healing, be it personal, the healing of a family, a community, healing between races, ethnic groups, nations, or the planet itself. In dedicating your life to learning to love well you are making an offering to life...an offering for life to live you fully...an offering for healing in the world. Your loving presence can lead you to find the wisdom to live moment to moment with what you do not know, with what is painful, with what you cannot control—and to still choose life—to answer the question of "Why me?" with "Why *not* me?"

Each of you holds a vision for healing in the world. Holding this vision with loving presence and possibility is part of the process of breathing life to the vision and giving birth to its form. Can you imagine a world where healing has brought a way of life that honors the mystery of transformation? Where we commonly recognize that there is no separation between medicine and healing? Where we act with the awareness that all life is sacred? Where the concepts of energy and consciousness are taught along with reading and writing in our schools? Where, as communities and nations, we use our collective knowledge and resources to make certain that no one is left homeless or hungry? What is your vision? And how does this moment, and each moment that you live, breathe life into this vision, energizing it with the consciousness of loving presence and life itself?

As we engage in the celebrations of this day, I extend an invitation to each of you to dedicate your life to learning to love

well and to be present to all of life, for in accepting this invitation you are making the choice for healing in the world. When you find yourself struggling with the question of "Why me and how can I ever address something as overwhelming as Healing in the World?"...remember, why *not* you?

Remember, each of you is essential for healing in the world, and that the place to begin can be found in simply being present with what is in front of you.

## Tools For Riding The Waves *continued from page 12*

What is my longing? I write out the feelings, the fears, the longings. I engage my compassionate witness, my deeply loving higher self. I stay in contact with all that I am. Almost always this brings some disentangling of the melange of feelings, brings some clarity, and even begins to make sense of it all.

I keep reminding myself that "this too shall pass." I pray. I meditate. I ask for guidance. I call on words of wisdom from others. I keep a folder of favorite writings and poems. Rainier Maria Rilke, Mary Oliver, Heyoan, David Whyte, Seamus Heaney, Roland Flint. I am reminded that I am not alone in this time of transition, this time of pain, this time of healing.

This is one of my favorites from Rilke:

***I beg you to have patience with everything unresolved in your heart. And to try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given you now because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually without even noticing it, live your way into the answers.***

My prayer for all of us is that, as we move into and through the transitions in our lives, we may indeed "live our way into the answers."

# Business Cards Available For BBSH Graduates

We are happy to offer beautiful business cards for the exclusive use of BBSH graduates.

In addition to being a great marketing tool to promote your Brennan Healing Science practice, these cards can be customized to include your other professional credentials, as well additional customized text of your choice.

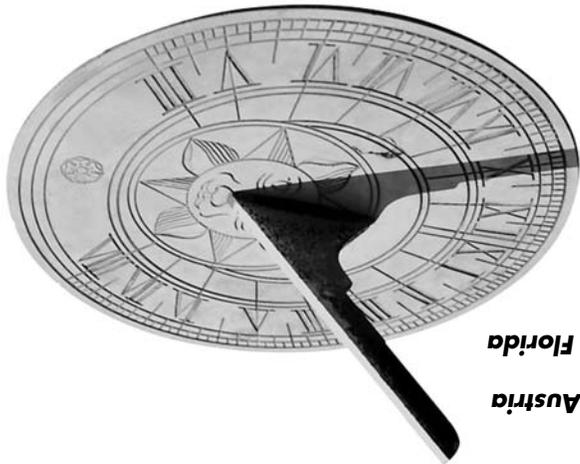
*You can even choose to include your photo!*

Available in your choice of two ink colors (black or purple), two paper stocks (glossy cream or glossy white), and printed on one side or two sides, these cards will serve you well—helping you bring your special healing light into the world!

To receive your order form via e-mail with costs and other specifics, e-mail Ira Ratner at:

**[iraratner@barbarabrennan.com](mailto:iraratner@barbarabrennan.com)**





Our school representatives are available Monday through Friday, 9am to 5pm Eastern Standard Time:  
**1-800-924-2564** (Toll-free in the U.S.)  
**+1 561-620-8767** (Outside of the U.S.)  
 E-mail: [bbsb.office@barbarabrennan.com](mailto:bbsb.office@barbarabrennan.com)  
 Fax: **+1 561-620-9028**  
 Website: [www.barbarabrennan.com](http://www.barbarabrennan.com)



**Classes Begin:**  
**September 22, 2003 in Mondsee, Austria**  
**October 13, 2003 in Miami Beach, Florida**

There is still time to enroll for the upcoming school year. Do you know someone who is interested in joining the many other students who will be taking their first steps toward discovering how to live a more centered, balanced and loving life? If so, please encourage them to contact the school. Our admissions department is happy to assist with any questions they may have. Now, with the new Bachelor's degree program in the United States—and the opening of our European school—there has never been a more exciting time to be a Brennan Healing Science® student!

# It's Not Too Late!



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 (BBSH®)**

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