



BBSH® • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 12-Spring 2003

Creating World Peace

A Heyoan channeling by Barbara Brennan, Class 2, December 2002

Align with your intention to be here now. Align with your intention to live in truth. In time before you, you will be challenged with the threat of terror. You have spent some time dealing with your internal terror, therefore you will be able to recognize the force of imagination as countries threaten each other and as these threats escalate. Remember that when you hear the threats over the airwaves, return to your center and note how such rhetoric evokes the terror within you. Note the reactions that you have, both the physiological reactions and the psychological/emotional reactions. Note the actions that you automatically do as a result of your fear. What do you choose to do in your life as a result of these threats? Are your actions based in unity or duality?

It is well noted that many of you are in the process of changing your value systems, and that many of you are on the way home to your true unified self. Homecoming includes the resurrection of families that have been split and the reuniting of relations that have been separated for quite some time, because as your value systems change you enter the sacred temple of the heart.

You will find many things there in your heart.

You will find a temple of love.

***That temple embraces all aspects of life,
even so-called terrorism.***

Notice how people in different nations, states and various places of power use threatening rhetoric to induce a negative reaction on the astral level to get people to act negatively to "the opposition." Or, shall we say, "coagulate around one side of a negative dualistic archetype." Notice the dualistic creative process. The joining of forces in opposition begins with a lot of rhetoric, emotions and lies that are all designed to evoke fear from your unevolved



consciousness held in your time capsules. The underlying intent is to induce you to move into dualism and to choose a side of a fight or an impending war.

This challenge has faced humanity for millennia in your history. It is now in this century that we choose to educate you to the best of our ability, using all forms of communication to convince you that duality is an illusion and that all human needs are the same.

One of humanity's great fears is the fear of not having enough. It leads to over-consumption that then hurts the Earth's ecosystem and depletes its natural resources. That ecosystem, by itself, without these exaggerations of humankind, easily maintains equilibrium.

Common images and fears are deeply held in people who are native to the same countries. Each country has its own dualism, its own fears, based on its history taught through verbal communication and action. These histories are written in dualistic form to create and hold dualistic images in the people in each country. Grouped together, these images form belief systems that dictate what one must do to remain safe. Thus the problems of humanity are the internal ones, and therefore, there are group reactions to internal group fears. For yourself, they are whatever fears are held inside you and your society. It is this history that is deeply ingrained in each individual in this room and in the world, in some form or another, that we seek to dissolve in order to solve humanity's issues, to retain Earth's natural resources, and to reinstate the natural balance of this Earth.

Please remember that before anything is precipitated into the physical world, it must reach critical mass in the astral world. The international rhetoric that is occurring now, the expressions of various fears and the actions they seek to invoke that follow those fears, are primarily based on images and belief systems that are held in place nationally.

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From Bonnie Brandt, Director of Academic Affairs and Research

Greetings everyone, and welcome to our Spring issue of the BBSH newsletter!

Spring has long been one of my favorite times of year. For me it is a time for new beginnings, expansion and celebration. Here at BBSH the spirit of spring is manifesting in so many ways as we plan for upcoming classes and events.

At Class 3 we will officially begin our new Bachelor of Science degree program. We will be enrolling current students in our very first online General Education courses! We will offer four different courses:

Success Strategies, Composition I, College Algebra I and Critical Thinking.

The courses will be totally online and conducted from April 14–June 27.

We are also busy planning to expand the online course offerings to our Alumni. Beginning this summer, we will be offering 3 courses: *Humanities I, Business Ethics and Ecology* from July 14–September 5. All current BBSH students and graduates will be eligible to participate in these courses.

BBSH alumni will be receiving a complete information packet in the near future that explains how you can earn a Bachelor of Science degree in Brennan Healing Science[®] by simply completing the General Education requirements and three new anatomy and physiology courses that focus on the anatomy and physiology of the human energy field.

In addition to the excitement around the degree program, we are looking forward to celebrating the spirit of BBSH with our students' families and friends at Family Days on May 2nd and 3rd during Class 4. This will be the first time I will be participating in Family Days and I am excited to be joining the BBSH extended family.

Current students, please extend a heartfelt invitation to your loved ones to join us for this special event!

In Class 5 we will celebrate another important part of the BBSH extended family, our alumni. The Alumni Intensive, now in its second year, will be a time for reconnecting, sharing and expanding. Please look for the announcement in this issue of the newsletter and for the mailing to alums which contains all the details. I look forward to having an opportunity to connect with our graduates and answer any questions you may have about the many exciting changes and new programs at BBSH!

It is truly a time of new beginnings, expansion and celebration at BBSH, and I feel fortunate to be able to share it with all of you.

**Many Blessings,
Bonnie**



From Evelyn Kannawin, Director of Operations

Greetings all!

Happy New Year to you and yours! The excitement is still in the air about BBSH becoming a college in November 2002 and being granted approval to offer a Bachelor of Science degree in Brennan Healing Science. Now the fun begins as the administrators work furiously to implement the four-year Bachelor of Science degree program to include online General Education courses.

Bonnie Brandt, Director of Academic Affairs, and I are in the midst of creating an information packet to disseminate to faculty and students prior to Class 3 in March. We are anticipating present students and faculty who wish to transfer to the degree program to have the opportunity of actually enrolling and begin registering for the General Education courses in March. Online courses are to tentatively begin on April 14, 2003. Definite dates, times and subjects will be announced at Class 3.

Alumni, we have not forgotten about *you!* We are also in the process of creating an information packet for the alumni, to send out in May of this year. This packet will include information on transfer credits and what it will take for you to receive your Bachelor of Science Degree from BBSH. We ask for your patience; we know you are as excited as we are about receiving this information.

New students will be able to enroll in either the diploma or the degree program for the fall semester beginning October 6, 2003. The next vision for BBSH is for the college to become accredited.

Accreditation is a voluntary system of non-governmental, self-regulation of educational institutions on a national level. Through the accrediting process, institutions and their programs are evaluated and recognized for delivering quality education. This recognition is extended through national, specialized or regional accrediting agencies who are recognized by the U.S. Department of Education as reliable authorities concerning the quality of educational programs. The value of accreditation for BBSH is that it encourages continuous efforts to achieve maximum educational effectiveness, and it establishes eligibility for participation in federally-funded programs—including student financial aid.

We were recently approved to apply to the Accrediting Commission of Career Schools and Colleges of Technology (ACCSC) and will submit our application in May 2003. The accreditation process takes approximately two years to complete. We will keep you posted of the process in the upcoming newsletters.

Thanks again for your continued support of BBSH in this time of transition and phenomenal growth.

*With love and highest regard,
Evelyn*



From Barbara Brennan International, Inc.

A Barbara Brennan School of Healing EUROPE Update

Greetings From Mondsee, Austria!

After much deliberation about the opening of the Barbara Brennan School of Healing EUROPE, we have moved the beginning of the first-year classes from January to September 2003. After serious consideration and recent discussions with our European faculty, we decided that it would be in the best interest of our European students and the school to postpone the opening.

Barbara's European tour generated so much excitement and there were so many requests to open a school in Europe that we had originally decided to move forward very quickly. At that time, we did not realize how complex it would be, and many of the logistical and business arrangements have taken longer than we anticipated. Since we want to offer our European students the same high quality program and level of support that we have offered students in the United States for over 20 years, we concluded that a postponement was the right decision.

We did have the opportunity to hold the workshop in January as scheduled, however. Barbara and I went to Mondsee to teach *An Introduction to Brennan Healing Science*. We had so much fun! The participants were such a diverse and wonderful group of people. They were very focused and went quite deep with the work. They came from all over Europe and the Middle East.

The village of Mondsee is exquisite! The night we arrived snow was falling and the lights from the Sunshine Hotel welcomed us. Mondsee's year-round population is about 2,000, which swells during the summer months, as it has a lovely large lake for swimming and boating. The village is tucked into the surrounding mountains (foothills to the Alps, I've been told), and so it feels special and certainly connected to the rural vibration of Earth.

There is both a gentleness and silence there that is easily accessible in meditation.

Our love for the place grew over the weekend. And while there are no direct flights to Salzburg from the U.S. and certain cities in Europe, Barbara received guidance during one of our meditations that this is where we are supposed to be. It feels right. You will find that if you come to Mondsee, that while it may take you a bit longer to get there, it is worth it!

What we discovered about the location is that the castle, which houses both the Culture and Convention Center and the Sunshine Hotel, was a monastery for about 1,500 years. The large meeting room has a vaulted ceiling with wooden beams and floor-to-ceiling windows that let in plenty of natural light.

While Barbara and I ran the workshop, Marie Ponsot, our Programs Manager, spent the weekend working out the logistics for September 2003. Then the three of us met with the Director of the Tourism Board, Dr. Hahn, a wonderful man. He is very happy to have us in Mondsee. In fact, everyone we met there was friendly and welcoming. We are looking forward to a great year!

We have officially begun accepting applications for next year. If you know anyone who is interested in BBSHE, direct them to our website www.barbarabrennan.com or tell them to call the office.

I hope that this year and every year is recognized by all of us as the gift that it is, and that you're enjoying your journey to wholeness.

*With love,
Laurie Keene*

Teleclass Success!

Can you remember how it feels when a good idea becomes a reality...and is successful?

Exciting? Fabulous? Doesn't it make you want to jump in the air?

Well, that is how *I* feel today!

It all began last summer when Evelyn Kannawin suggested the idea of a “teleclass” for the upcoming PS 1 students. I had never even *heard* of a teleclass, and I have to admit, I was a bit skeptical and behind the times when it came to technology.

Evelyn explained to me that the students would call in on the telephone bridge line. “It will be like a big conference call,” she told me. The intention behind the teleclass was to make contact with the incoming PS 1 students before class began. It was a way to welcome them, a way for them to “meet” other students.

So I had the unique opportunity to hold teleclasses before school in October. The new students could ask any questions they had about the upcoming new year. They expressed their feelings of excitement, and sometimes, nervousness. I led them through a short meditation where they connected to their longing and purpose in coming to BBSH. I had such fun holding these teleclasses, as did the students.

This good idea kept expanding. I went back to Evelyn. “Wouldn't it be great to offer this to *all* of the students and their teachers? It would be such a great way for the PS1-4 students to stay connected to their small class.”

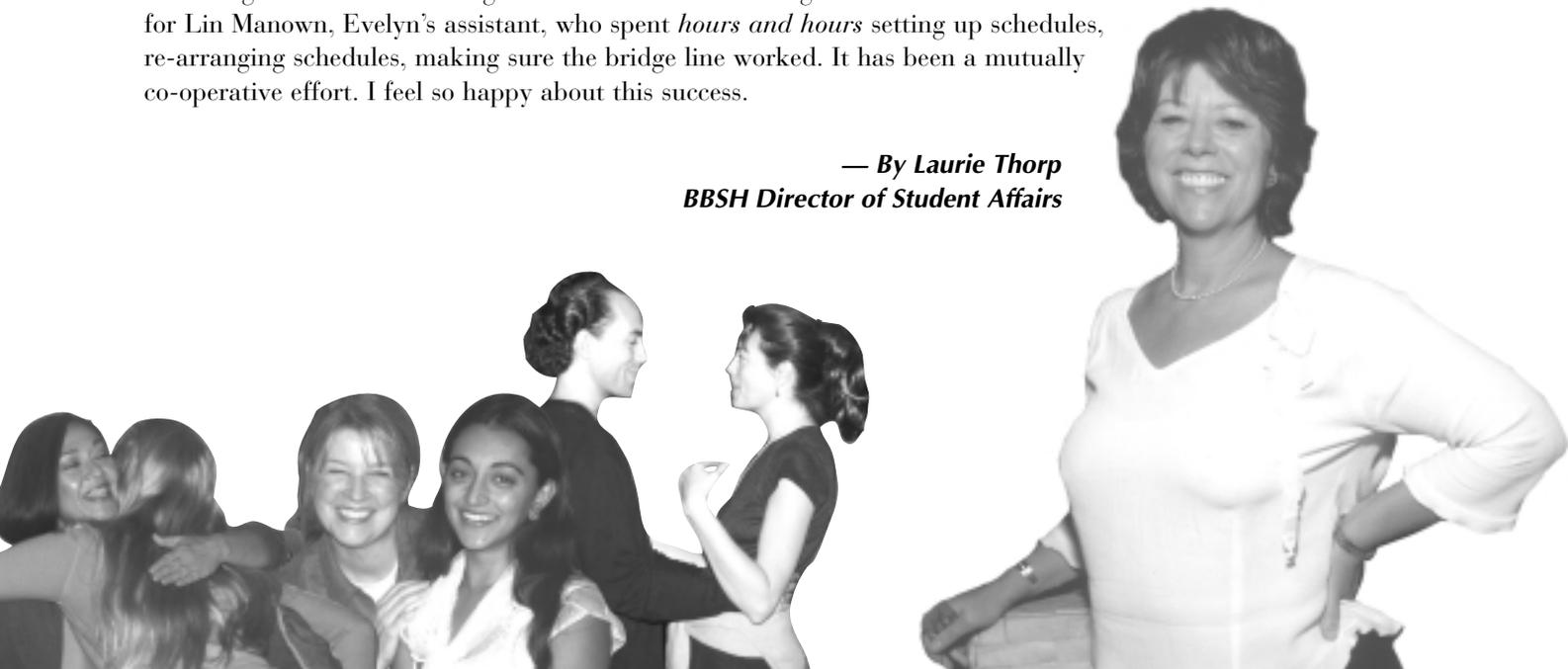
Evelyn agreed. She arranged for the telephone bridge to be set up. We took off running with the idea. We presented it to the teachers in Class 1. We were still running...and stumbling...and hitting glitches...trying to figure out how to navigate this weird telephone cyberspace—accidentally calling in to someone else's class, missing our appointed time, forgetting to tell the students when to call in. (You name it, we've done it!) It has taken a lot of commitment and patience to work out the kinks, but at last, the teleclasses are happening!

The students are asking questions about everything: the DLMs, healings they are doing, transference, boundaries. They are even practicing some of their skills during the class. “Grounding? Sure, let's do it right now! Okay, feel your feet on the floor.” They are maintaining the connections that they have begun in the first two classes.

Each small class teacher can hold a teleclass at a scheduled time at least once a month between classes. These classes last an hour—and the time flies! The students are loving it, the teachers are loving it, and they are asking for more!

I am grateful for the willingness of the teachers to bring this into manifestation and for Lin Manown, Evelyn's assistant, who spent *hours and hours* setting up schedules, re-arranging schedules, making sure the bridge line worked. It has been a mutually co-operative effort. I feel so happy about this success.

— *By Laurie Thorp*
BBSH Director of Student Affairs



The Case Write-Up: A Tool for Professional Development

— By *Martha Derbyshire*



Martha Derbyshire, M. Ed., CCH, RsHom, is a teacher on the PS 1 team at BBSH from which she graduated in 1999. She has a private practice as a Brennan Healing Science Practitioner and homeopath in Camden, Maine. For the past 19 years Martha has also been leading self-reflective women's process groups.

An important element of professional development in many of the helping professions is the case write-up. Published in professional journals, trade magazines and newsletters such as *BBSH In Touch*, case write-ups educate the reader, whether a colleague, a practitioner of a different medical modality, or the general public. Actual

client cases experienced and written by practitioners serve our profession in a number of ways and help us to become better professionals.

The network of professionals is strengthened by sharing our work with colleagues. We remember other healers when we see their authored cases. Interest peaks when we read cases written by someone we know. We can also get to know new healers by reading their work. A collection of written cases can be a way to follow other practitioners' work. If a healer likes the information in a case write-up, they will look for other cases published by the same healer. Therefore, community, an important element of any profession, is promoted with written cases.

Different styles of casetaking, analysis and treatment are demonstrated with published cases. The methodology or choice of treatment can be scrutinized by the reader, stimulating thought and provoking inquiry. Reading cases is a way to learn about successful treatments for particular conditions, to study different approaches for interacting with specific characterologies or to remind us of less-utilized techniques. The professional journal that publishes cases may index entries for future reference, or the healer can

keep a file of cases in certain areas of interest.

Reading cases might encourage us to think differently about some of our own cases. We may be reminded of a client while reading a case and have a new insight into the case, consider a new approach, or decide to refer the client to someone who has experienced success with a similar case.

Writing up cases has the potential of drawing new clients. When someone reads a case that tells a story similar to their own, they may feel confident in using the author as a healer. It may be that a practitioner of another healing modality reads a case that addresses the needs of a client they are having trouble with and decides to refer them to the author of the case. People who read journals with cases are interested in healing; they are looking for alternatives and may follow through with a referral.

We learn more about ourselves as practitioners when we write cases for public consumption. In reviewing a case, we refresh our memory about the history of the client and may get a new perspective on the client. Writing affords us the opportunity to see how we have matured as healers. It is another form of witnessing ourselves! The publication of cases can bring a sense of validity to professional healing: to the healer, the profession and to the public.

One of the major assets of a collection of Brennan Healing Science case write-ups over time is the longitudinal accumulation of literature about BHS. A thorough review of literature is always one of the first steps whenever research is done. If someone is researching an aspect of energy healing, they could read about the efficacy, the styles and the diversity of treatments of Healing Science. This promotes healing and it makes Brennan Healing Science an even more viable modality in the world. A collection of cases written by a variety of professional practitioners will eventually form a body of literature that brings

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Take us with you, so that we might carry you and be with you in these times when fear will escalate as it has been. Understand that fear is simply separation from love. It is separation from your self. It is separation from the temple of love in your heart. When you feel that separation in you, know that you have removed yourself, to whatever degree your fear is, from the Community of the Sacred Human Heart.



It is in the Community of the Sacred Human Heart that is arising all over the Earth, that peace can be created. By facing the fears that are within you, seeing how easily they are evoked from within, and feeling how powerful they are, you can also see how dangerous they can become when you project them onto an imaginary enemy that you think wishes to destroy you. The enemy, however, is in your internal duality out of which you act in ways that are not compatible or synchronistic with the healing of humanity. There are no enemies other than your internalized imaginations, or, shall we say, misconceptions that form your dualistic belief systems.

Your so-called enemies are only people who are also experiencing and expressing great internal fear and acting upon it. World hunger can be looked at as an enemy, but it is not. It is a creation of humanity. World fear is a creation of humanity. Wars of course are, as you can see in this build-up. Notice that this dualistic creative build-up is in the psycho-noetic forms. Certain individuals, out of their terror, are seeking to create a worldwide critical mass to precipitate war into the physical. They are following that step-by-step creative process. Others are seeking unity in a step-by-step creative process.

In one of the process groups, we saw the commitment of anyone who has chosen to come into this lifetime as a man. That commitment is to hold truth and to hold clear space. That commitment is to hold the territory that that particular man is responsible for. Traditionally, the incarnational work of the male individual, no matter what species, has been to “protect territory,” yet we would say that work can be seen as one of clarifying territory. It is clarifying, clearing and holding that space or territory and the beings living in that space, in love. It can be seen as “watching over.” It can be seen as holding standards of ethics, holding honor, integrity, in ways that speak the truth, in ways that do not allow for a build-up of astral or relational terror. We are referring to terror on the 4th level of the field and terror on the personal level, 2nd level, for one’s own well-being.

Consider the possibility that now, in this time of human history, we are challenged to continue this communication across the so-called veil and walk in both worlds. We are challenged to name the exaggerated emotions. We are challenged to name the process of purposefully exaggerating negative emotions—rage, anger, fear, terror—in order to control the emotional reactions and actions of those who are vulnerable. Vulnerable because these human beings have not had the privilege of this type of education. They are vulnerable because there is such a lack of knowledge of what is being said here. There is a great deal of knowledge of how to rev up negative emotions in order to get a particular reaction. However, there is a tremendous lack of knowledge about how to move from an emotional reaction to a centered feeling of light, love and power.

Moving from an emotional reaction into love requires going into and through one’s fear and the pain beneath it. This is exactly what history blocks. History turns the focus outward. Healing turns it inward. On the way into that pain at the very edge between an emotional reaction and pain, there is great suffering and great expression of that pain. Yet as you sink deeper into that pain, in communion with another human being, that pain becomes quiet and the light emerges in beautiful resonant communion. It means “coming down to the place we ought to be” as the Shaker song says, “the place that is just right.” It means simply acknowledging each individual’s human condition. The building up of emotional reactions in a political situation denies the simple truth and misuses humanity’s denial of the true human condition, which is simply that all human needs are the same regardless of political or religious affiliation.

There is no question about this when sinking into your heart and joining the Community of the Sacred Human Heart. At this stage of evolution, human history is mostly based on emotional reactions and superego demands that one must deny one’s true state of being and be better. This causes great strain on the internal system of any human being, no matter at what level of progress on the path. You are now given greater challenges to those places within you that are still held in shadow and confusion and that are also connected to the collective unconscious of humanity, some of which is rather split.

These things weaken humanity, primarily because you were taught you must be better, and that you must do things in a certain way. Yet the more you learn to sink into your spiritual longing, that you hold in your high heart, the more you are able to sink into this beautiful sacred human heart that you are, the more you will be able to face these things. They are quite simple. It is so relieving to make a simple statement of the truth of

where you are right now. What you are feeling, what you are thinking, what the sum total of your life experiences is in this moment. It is so simple. When you find yourself able to do that, you will find that a great amount of the chaos or apparent chaos in your life dissolves. The chaos in yourself and in your life is held there by denial of the simple truth of who you are.

Perfectionism of its own accord implies denial.

Yet by simply moving into the human condition, in truth, brings you into the humility that I spoke of in my last lecture. Humility, what a wonderful word.

Humility means placing yourself in your perfect place in the divine plan of God. In fact, you don't need to place yourself there, you already have. It is simply allowing yourself to be in that place of divine precision with all of who you are.

You have great gifts. Everyone here, each individual, has many gifts to give. You also have great pain, some confusion, and undeveloped areas of your being that need development. So it might be confusing. Undoubtedly in your childhood as you were growing up, there were certain leaders that were held up before you, that were considered to be great leaders. A certain degree of perfection was attached to them, as well as the idea that you would not have pain or that you would not have to struggle if only you were like that person.

Those teachings were based on duality. I assure you every great leader, spiritual or otherwise, has great pain and personal transformation work to do. There are two major difficulties that were created by having been shown someone that was supposedly perfect: It induced an internal striving for perfection, and it generated self-judgment because you are not perfect in the way perfection was held out to you. Thus you have pain that is then followed by more self-judgments. You erroneously believe that if you become perfect, you will not be in pain. So every time you go into pain, you judge yourself. Judgment simply holds the pain in place. Learn to recognize judgment as the first level of defense; it hides your perfectionism. It hides your demand not to have pain. It hides your wanting to be better than others (just another way to avoid pain). Yet under judgment is your fear of pain. I am using pain in a general way here—any kind of pain: starvation, poverty, abuse, ridicule, being ostracized, etc.

You see, the power of the rhetoric that is flying around the world on either side of many sides of many fights is based on your fear of pain and your images of what you must do to avoid that pain. Your image says that if you have pain, it means there is something terribly wrong with

you. After all, look how long you have lived, how much you have learned and all the work you have done, etc. The intent to war has a simple equation: first induce fear, then terror, then rage, followed by actions of war.

You are the light bearers. You and many like you all over this planet are doing light work everywhere. Do not believe that because you are light workers that it won't happen to you. That's another version of "I did this work and now I don't have to have pain." Leaders that hold clear space, healers that give of themselves, light workers of all kinds, have pain and are not exempt. There are no exemptions in the human condition. There may appear to be some, for certain times of certain people's lives, but they are not exceptions.

Coming here means walking straight into your pain and fear. It means doing the work you have come into this incarnation to do and with this work you are blessed. The blessing is a blessing of humility. The blessing is one of the ability to walk into surrender and to simply be who you are, and that is enough. In being who you are, your cup runneth over. In being who you are, you can see through the dualistic rhetoric that is seeking to build up the dualistic creative psycho-noetic consciousness-energy forms into a critical mass to precipitate down into the physical world and explode into war.

With this self-knowledge, self-humility and self-surrender, comes a relaxation into divine precision, and with it you feel this eternal connection to the divine that says, "Take care of yourselves, initiate communion with the spiritual worlds of God, whatever that means to you, in your life. With it you release and open the doors within you to the great surges of luminous awareness that come with the mystical life."

In this century there is the challenge to live the mystical life while living the mundane, to come out of the secret communities that are locked away somewhere in mountains or forests. Yes, of course we return to them for renewal, but live your life among humanity. Bring spirit to humanity.

Spirit moves through you in ways of divine precision that you most likely do not understand in the beginning. What at first appears to be chaos is in fact divine precision working through each individual on this planet, no matter what species. It is divine precision working through to bring synchronicity; love and light.

When you are in your place that is just right, your mystical life unfolds to bring peace and love. When you choose not to engage in the escalation of fear, when you choose not to add to the duality of the collective unconscious that humanity is revving up in terror, when you choose to be in love, let the light flow through you and follow it step

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by step, those dark clouds that are gathering will dissolve.

Do it in communion with the light workers on this planet. Allow the mystical to unfold from within you, to flood you from the spiritual worlds. What humanity calls power, many times is willful insistence on one's own ways, whether it is an individual, a small group, a nation, a religious sect, a religion, or parts of them.

Humanity has erroneously equated power with willful action, with acting against an individual's free will.

True power is effortless.

This is, as you know, a distortion in the energy-consciousness system. It is running a great deal of energy through the will centers and using a forcing current. A lot is being done to convince one to go into that willful state. Yet here, you have had the experience of true power. It is effortless. When your energy-consciousness system is aligned, fully centered, balanced and clear, it becomes more coherent. It is your vehicle to do your life task. It simply functions automatically with effortless intention because you have a balance of reason, will and emotion, and because your purpose is solid and clear and grounded. When you have done that, you have entered into the sacred now in the space in the center of your heart chakra. The energy-consciousness system is a great tool for doing this. It is most important to learn to do this. If we wish to save humankind from self-destruction, this is one of the ways to accomplish it. Every individual can do this with your own individual precision, allowing your free will to flow in communion through the sacred center in your heart.

Out of chaos comes order. What appears to be chaos when you are in a dualistic state, when centered, is seen for the truth that it is—divine precision.

Humanity is challenged to stay in truth.

The chaos in your life is challenging the areas of your being, the areas of your individuated self that are not yet developed because you have chosen this time to develop them.

If you have chaos in your life, you might need it to break your systematic control of how you run your life that brings you the pain and unfulfillment.

Because of the importance for each individual to learn now, to self-educate, your experience of chaos increases in

order to break that unhealthy mold of behavior you have been in for perhaps many lifetimes.

Thank God for chaos; it is bringing you to truth.

Find how the chaos in your life is challenging the areas that you really want to change. It is breaking down the systems that hold those habits in place in your life. Utilize the international threats of war and terrorism. Utilize them to break down your unhealthy habits of how you run your life. They really work to do that. You see when some might be getting caught up in war, others can utilize that rhetoric, the speeches that you hear on television, you can utilize it because it evokes fear within you and that fear is a direct line into your negative habits. It is precisely your negative habits that create your unfulfillment.

So now, let us come together as a great powerful force that emerges out of effortless intention, the intention to become whole, the intention to fill every need upon this planet.

The need for clear loving communion; the need to create; the need to love, and be loved; the need to be safe; the need to be comfortable; to have nourishment; to care for your body; to live in a community; the need to have freedom so that your free will can lead you through your creative endeavors; the need for your creations to be accepted; the need for recognition; the need to recognize each individual and that each individual's reality is different; that each individual's longing is specific to that individual; that each individual is sacred; that each individual's body is sacred; a holy temple to be cared for and honored; to be caressed and loved; to honor and love and care for yourself; to recognize self-judgments as a defense and splitting of your creative energies; to be here for yourself and thereby to honor others.

This is how one prevents war. To feed the hungry; to love the deserted; to hold love and clearing for those who are confused, whose pain is deep and who are lost in duality.

Bring forth this love. Fill your body with it; fill your lives and your families with it. Let it radiate out over this planet. Send healing to the leaders of all the nations of the world for clarity, for love, for truth. Do your part in healing the collective unconscious held in duality by first clearing your own. When you do this, you also remove that which you help hold in place from the collective unconscious. You can also focus on clearing the psychic noise of the astral world that is held by others. This is your predilection for you are here and it is your privilege in being a healer.



substance to our work in the world and invites academic investigation.

I encourage professional healers to consider writing a case for publication at least once a year. Remember (how could you forget?) that everyone who has graduated from BBSH has already written one case! Consider submitting cases to be published in *BBSH In Touch*, as well as in other healing and healthcare journals. Challenge yourself to add to the body of knowledge about healing. It is a way to contribute to the profession, to develop your professional reputation, to give yourself a sense of accomplishment, and to bring recognition to the work you are doing in the world.

Cases written for publication can be very simple or quite complex. It is important that the information is accurate, that the case is easy to read, and that there is some intention in the writing that is clearly conveyed. What is it that you want the reader to get from the case? Writing is another aspect of healing as an artistic expression. Use your creativity to write a case that is entertaining, educational, intriguing, or even confusing. Most often, client results that are considered successful are presented for public perusal. However, presenting a complicated case, a case that doesn't seem to be moving, or a particularly challenging case, can be highly educational. It may draw response from other healers, and dialogs can be forthcoming. Write about a case that you are passionate about and you can't go wrong!

Ethical respect is of utmost importance in writing about another person's healing journey. Written permission from the client is, of course, essential. Consider getting a waiver signed with each new client, then verify the permission if you choose to publish the case. Names can be changed in the write-up, or initials can be used to protect the privacy of the client. Personal details are not as important as presenting the client, describing some aspect of the healing and discussing the results. Remember that the editorial staff of the publication has the option to accept, reject, edit and critique all submissions.

A Case of Chronic Ear Infections

Case Write-Up by Martha Derbyshire

Peggy is a seven-year-old girl whose energy is low. She is clingy with her mother and acts shy in a somewhat seductive way. She stays close to her mother but constantly engages me with her eyes as well as energetically. A large girl for her age, she is physically soft, makes funny grimaces with her face, and speaks with an accent of baby talk. Peggy is a caretaker, especially concerned about her mother's well-being. She feels left out as a big sister and is desperate for

the kind of attention she sees her little sister getting.

Her mother feels like she is always rescuing Peggy; she wants her to pull it together and be tough. She reacts harshly to the child, almost as if she cannot be bothered with her daughter's attempt to get her attention. Peggy's world is drawn in; her mother says she has been in an inner struggle for four years. Her mother reports that Peggy hates her Dad and doesn't want to go to his house.

This young girl has had ear problems since she stopped nursing as an infant. She had recurrent ear infections for the first year of her life treated with repeated rounds of antibiotics. Though the antibiotics were high powered, she would have a new infection within a week. At 18 months of age, she had tubes put into her ears, which resolved the problem until this year.

Now she's in pain all day and lies on the floor at school until her mother comes to pick her up. Her mother says she gets special attention by being sick at school, with headaches daily and stomachaches, and her eyes hurting all the time.

The Ear, Nose and Throat specialist referred her to an allergist. A surgeon diagnosed Peggy with retracted eustachian tubes with negative pressure, enlarged adenoids, and an inability to process ear fluid. He recommends surgery. She has tried prescription antihistamines and a steroid nasal spray with no improvement. She is scheduled for allergy testing, with allergy vaccines likely.

The interesting aspect of this case is that Peggy says clearly to her mother, "I finally got what I wanted—to be with you." She is very affectionate with me when her mother leaves the office. She talks about fighting with her sister, but not wanting to fight back. She is a peacekeeper; she tries to be nonconfrontational. She fears the dark and feels bad when there is fighting or when someone gets hurt. Peggy tells me she is scared when her Dad uses a loud voice, that she worries about her little sister and that it is hard for her to hear her Dad yell at her sister. She tells me a fantasy dream and says she feels like she is really there. There are clearly some things that she is not comfortable talking about.

I treat Peggy with a homeopathic remedy as well as energy healings. During the first session, I am listening carefully to the story the mother tells me, watching the interaction between the mother and child, while paying close attention to Peggy's body language and her energy field. I use this time to tune in to the client and hold the healing response appropriate for her character structure. The interview time can be a very powerful healing since the client hears her own story; she finally feels seen and heard.

In the first chelation it is clear that the second and fifth chakras are very constricted; the emotional strain on her system is intense. There is much congestion in the head and fluid buildup in the ears. It is as if the head is still trying

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BBSH Graduates Working in World Service

As a direct healing response to the terrorist attacks of September 11, 2001, a free Brennan Healing Science clinic was offered to the residents of New York City in 2001.

Building on the container and results of the 2001 clinic, 18 BBSH graduates donated their time and service to repeat the effort in December 2002. I remember that this clinic began as a dream of bringing our work out into the world while supporting each other in community. In two years, we've had the pleasure of experiencing

the power of our community working together in service. We have been able to offer 142 sessions to the people of New York City, and the response has been deeply moving.

Coming together to create this clinic is an incredible act of love and teamwork. I want to acknowledge and thank you all for the support we received from the BBSH community. I especially want to thank the following healers who donated their time on-site, many of whom traveled long distances to serve:

Thomas Ayers '97

Kaye Baluarte '02

Mary Pat Fitzgibbons '00

Georgia Haneke '97

Fabienne Heymans '02

Michele Horvath '02

Jane King '00

Purim King '01

Carol Kulig '95

Charles Muldoon '00

Gloria del Piano '00

Kate Prendergast '00

Karalee Rocker '02

Vincent de Rosa '98 AS'01

Steven Rosenberg '99

Lorraine Tollan '01

Esther Usai '01

(Director, Client Intake)

I also want to give special thanks to Andes Bell '94, TT '96, and Bruce Bell '93, TT '95, who donated supervision to clinic staff as well as meeting space at *Life in Motion Yoga* in Manhattan.

As part of the clinic evaluation, we asked the clients to "please tell us about your healing today." On the facing page is a sampling of the many comments we received. Written permission to use

these remarks—along with selection of full-name or initials-only attribution—has been received from each client quoted here.

My prayer is that efforts like this will continue to happen around the globe and that you will be inspired to create similar events in your community. Please feel free to contact me if you are interested in learning more!

What would you attempt to do if you knew you could not fail?

*With love and deep gratitude...Elizabeth Barrett '00, Clinic Director
(845) 831-1475; ebarrett@hvi.net*



NYC CLINIC VOLUNTEERS, SATURDAY, DECEMBER 7TH, 2002

FRONT ROW (LEFT TO RIGHT): Steven Rosenberg '99, Vincent de Rosa '98, Esther Usai '01, Elizabeth Barrett '00, Thomas Ayers '97

BACK ROW (LEFT TO RIGHT): Kaye Baluarte '02, Mary Pat Fitzgibbons '00, Purim King '01, Carol Kulig '95, Karalee Rocker '02

Brennan Healing Science Clinic for New York City — December 2002

Client Comments:

"I felt energized and focused. Like a heavy load was lifted. My mind feels clearer. My body feels charged. Just a real positive feeling that I can go on. It was great."

—Celeste Bucca, Legal Department Supervisor

"Marvelous! I feel much more centered, open and calm but energetic. I feel less anger and stress. I also enjoyed my interaction with my practitioner. I learned so much!"

—Ben Henderson, Teacher, writer

"A very deep, profound, yet sweet experience. I felt the presence of many comforting elements, and felt an astonishing sense of opening."

—E.M., Hearing Officer/Attorney

"[My healer] was awesome. I was able to understand why I'm blocked and how easy it is not to be with someone's help. Every person in the world should feel this. That would be an amazing, blissful world. It can happen. Let's all work on that."

—Todd C., Freelance Photographer

"It was utterly wonderful and mind-blowing. A very spiritual level, brought me direction on my next step in life. It felt wonderful and was spiritually profound."

—Lynne Goodman, Graphic Designer

"It was beautiful. I felt energy moving through my body and felt my hands pulsating. It felt like pressure in my neck up to the head. I liked the way I was received and treated here. I liked the energy of the place and especially my healer."

—S.C., Reflexologist/Office Manager

"I felt an utter letting go into the hands of my conduit for healing. The process of the healing, the feelings, the connection to what was going on was great. The session was very beautiful and loving."

—Terri McNamara, Office Manager

"I felt a lot of balancing going on—particularly my left side being aligned. I saw colors—green, purple, blue, red, yellow—and felt different temperature sensations at different times—hot hands, chills up the spine, hot feet then cold feet, etc. I felt heavy at times. Heard wonderful messages at the end. Now I feel very present, relaxed, affirmed, balanced. Thank you!"

—Michele Gentile, Personal Assistant/ Reflexology/Food Writer

"Peaceful. Calming. A great light show like a blue and purple aurora borealis inside my eyelids. I was reminded of taking time for myself and given some easy exercises to clue myself into and lessen my anxiety."

—Christina, Interior Designer/Architect

"I was treated respectfully, kindly. I was empowered by being reminded of my abilities to set limits and my loving heart energy. I felt relaxed. My mind wandered and many images came into it as well as colors and textures. The touch was sensitive and I was able to focus on those areas. I wasn't sure what I was supposed to do, but just let myself be treated. The questioning was thoughtful. I felt refreshed."

—M.B., Dancer/Medical Clinic Administrator

"[My healer] has a gentle peaceful presence—for me the session began as soon as he introduced himself and shook my hand. In the healing room, his questions and comments were insightful and brought flashes of realization for me. His energy was powerful while remaining gentle as he ran energy through my system. The entire experience was warm and nurturing. After the session, I feel calm, centered and expanded. A great experience."

—Leslie Holder, Energy Healer

"Sensitive and profound healing. I feel surrounded by light now."

—Phyllis Stern, Writer, Healer, Secretary

to push out the tubes—there is an outward pressure.

Paying attention with much patience and gentle, loving energy in these areas begins to loosen the consolidation of energy in the head. This begins to bring consciousness to the relationship between the emotional and physical imbalances in the system. She is emotionally sensitive to the discord in her household, doesn't want to hear it, and is not able to speak herself. Peggy is groggy and a little grumpy after the session.

Two weeks later, I see Peggy again. Her mother tells me that Peggy put her hands over her ears during a parental fight saying, "You are hurting my ears." This is a much more direct statement indicating the connection between the emotional state and the physical ailment. She is still calling her mother to pick her up from school as her ears still hurt and she reported being yelled at while visiting her father. This time, the chelation focused on the third and fifth chakras. The child is clearly labeling the deeper issue: her ears hurt when she hears her parents fight. Her sense of self is challenged, there is an issue with not feeling safe if she expresses her truth. Her consciousness system responds favorably to the healing; the congestion in her head, especially around her ears, lessens as clouds, mucous and fluid are discharged.

Three weeks later, Peggy's ears still hurt, but she is no longer going home from school. She doesn't have to tell her teacher because it isn't so bad anymore. She has no more headaches or stomachaches. Her eyes still hurt some, but not as badly. Peggy called her mother, crying, from her father's house. Her mother reports that Peggy is on an emotional rollercoaster and is frequently scared. But, she is talking about it more. Her energy is improved and she is caring for herself more. Clearing the continued congestion in the second chakra gets to a deeper level now; it becomes evident that there is repressed fear, indignation, humiliation and anger. Restructuring the fifth chakra front and back reveals that the fluid seems to act as a protective distortion to keep the intellect and emotions in a fog. The child cannot make intellectual sense of her emotions. As the accumulation is decreased with the healings, her emotions are more easily expressed. The appointment with the allergist is postponed and the surgery has been cancelled.

Peggy continues to improve physically. Her ears do not hurt every day. Clearing the energetic congestion in the ears while balancing the second and fifth chakras in the next couple of healings reinforces the integrity of the vertical power current, thereby allowing the energy to flow more freely between the energy centers. Even though there is still fullness in both the second and fifth chakras, her essence is more easily accessed. With this, her vital

force is available for healing.

Three months after the initial appointment, Peggy has a cold with a runny nose, but there is no sign of ear pain. This is an excellent sign that the vital force and immune system in the body can have a simple cold without going into the chronic distortion of ear pain. She is no longer having trouble reading, she and her mother take a walk together every morning, and her mother is much more tolerant of her. Peggy gets another cold a couple of months later, this time with a fever and nasal discharge but again, no earache.

Six months after beginning treatment, she has been swimming a lot, but there is no swimmer's ear and no pain. She is doing well. A brief chelation indicates that the fifth chakra still tends toward its patterned distortion. This may be related to Peggy's difficulty in talking about what is bothering her, the difficulty she has being a sister and in school and getting the attention and nurturance she desires. Even though the vulnerability remains in this area of her body, the energetic block no longer manifests on the physical plane.

Regular energy healings cleared the congested energy that accumulated in the head. Recognizing the congestion on the energetic level while holding it with love and understanding created first acceptance, then space. This released the fluid build up in the ears. Balancing and clearing her chakras opened the flow of energy through her body while allowing her vital force to support the body's immune function and emotional stability. Seeing Peggy several times helped us to develop a safe relationship. With repeated energy healings, the energy-consciousness system could finally hold its alignment rather than going back into the distortion it was growing accustomed to. Energy could eventually sink below the surface tension into the emotional pain related to her fear and pain around her parents' confrontational marriage, her sibling rivalry and personal struggle with feeling safe. The physical compensation of hearing problems was addressed on the spiritual, emotional and mental levels, as well as on the physical.

With the release of stagnated energy, Peggy's relationships with each of her family members improved. She is even enjoying, rather than dreading, being with her new step-mother. She is living in more of her essence rather than her defense mode of being ill to seek the attention she so yearned for. Surgery and allergy vaccines have been avoided. It has been nine months since her first healing, and Peggy continues to do very well.

Editor's Note: *Thank you, Martha, for bringing this important learning tool to us. We welcome any questions or comments for Martha about her case study or the case write-up process and will publish your questions as well as her response. Alumni are invited to submit case write-ups of how you've applied Brennan Healing Science. Please contact the Editor for format and length information.*

Building The Bridge Between Conventional Medicine and Holistic Healing

—by *Lucinda (Linda) Kurtz, MA*
BBSH '99
Ann Arbor, Michigan

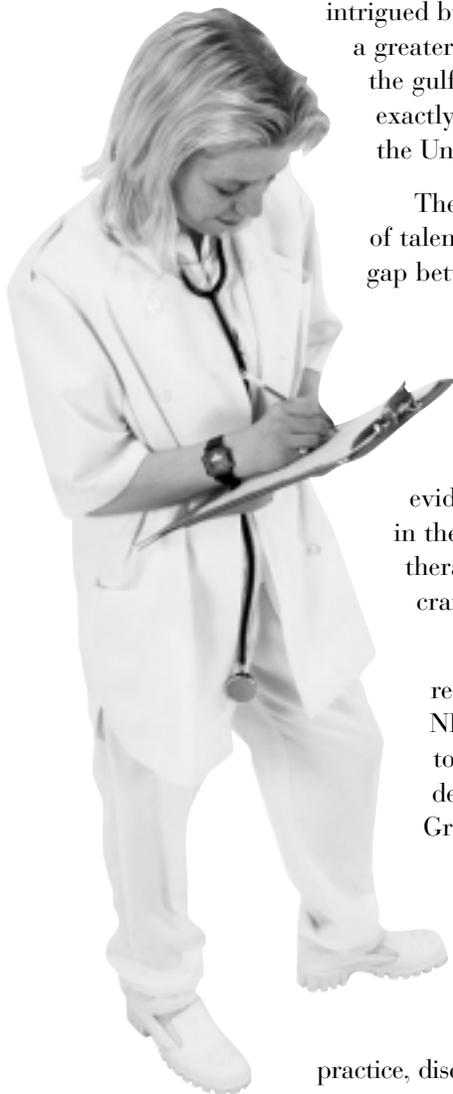
“Research Your Passion in Complementary and Alternative Medicine: A Skill-based Course for Community Practitioners,” read the advertisement in an Ann Arbor newspaper this past summer. I was intrigued by the possibility of bringing my Brennan Healing Science energy healing into a greater acceptance by mainstream medicine. Would this course enable me to bridge the gulf between alternative healing modalities and evidence-based medicine? What exactly is the Complementary and Alternative Medicine (CAM) Research Center at the University of Michigan that was offering this course?

These and other questions lead me into a remarkable connection with a number of talented and committed researchers and practitioners devoted to bridging the gap between allopathic and complementary medicine.

The teachers for my course were Rita Benn, PhD, Director of Education and Suzie Zick, ND, MPH. The level of sophistication of their instruction, the quality of the materials they provided, the professionalism of their approach, and the seriousness of their commitment to bring together conventional and complementary practices and practitioners was clearly evident. Also clear was their respect for the ten of us community practitioners in the class who offered a wide range of healing modalities including massage therapy, nutrition, chiropractic, homeopathy, energy healing, naturopathy, craniosacral therapy, and herbal medicine.

The CAM Center, launched in 1998 by a National Institute of Health research grant, just last year received an additional \$1.5 million grant from NIH for an ambitious 5-year educational expansion. Its purpose is threefold: to create an integrative undergraduate Medical School CAM curriculum; to develop an interdisciplinary CAM Faculty Scholars Program; and to initiate a Graduate Certificate Program in Holistic Health.

Each one of these components builds upon the other to create a program that has become a national and international model for integrative medicine. First, CAM course content is skillfully incorporated over the four-year curriculum starting with a unit in the first year where students have an opportunity to go to different practitioners in the community, observe their practice, discuss their experiences, and try to understand how conventional medicine and



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Second Annual Alumni Intensive Class 5 June 3-7, 2003

Complete program schedule and registration information will be mailed to alumni in March!

We are delighted to invite all alumni to participate in the 2003 Alumni Intensive. This week-long program will be an opportunity for you to deepen your healership, connect with your colleagues and friends and re-experience the energy and magic of BBSH. Here are some of the highlights of the class week:

*Class and channeling
with Barbara Brennan*

*Advanced healing classes with the class
deans...Laurie, Dean, Donnalea and Donna*

*School update with Bonnie and Evelyn,
our new BBSH administrators*

*Professional development
with Sherry and Patricia*

Alumni class facilitator, Judy Krusell

Supervision group

Alumni Luncheon

*Fun and Sun with
old friends and new ones*

All BBSH has to offer

*We all look forward to
welcoming you home!*

BBSH Launches Resident Training Library!



Dear Alumni and Students,

To aid students in their studies for the Professional Studies diploma program and the new Bachelor of Science degree program, BBSH will create and maintain a portable library that will be available during all school weeks at the Radisson Hotel in Miami. We would like to compile a comprehensive selection of books, and ask for your assistance in doing this.

If any of you would like to donate books that you think would make a valuable addition to the library, please contact the BBSH office. New or used books on any subject—even pleasure reading—all will contribute to the quality of study and value that the library will provide BBSH students. We will collect books at class or you may mail them to:

**Barbara Brennan School of Healing
500 N.E. Spanish River Boulevard
Suite 108
Boca Raton, FL 33431
Attn: Librarian**

Libraries often have multiple copies of various books available, especially popular books. So, even if you think the library already has the book you had intended to donate, contact the BBSH office and check to see if an additional copy would be useful.

Thank you so much for your support of this project. As BBSH moves forward into the New Year and into the larger expansion of the school, including a degree program, your support continues to be an essential and valued part of this growth.

Blessings for the New Year.

—Tim Lowry
BBII Special Projects Administrator

Family Gallery



After a 6-year transatlantic relationship, Lennice Malina (on the right), BBSH graduate of 2001 and a Chicago-area resident for 51 years...and her life partner Carola Ising-Malina, a German citizen...have legally wed and are finally living together in Germany!

The invitation read:

“To love a person means to see them as God meant them to be.”

—D o s t o j e w s k i

We wish many blessings to the happy couple!

Building The Bridge *continued from page 13*

CAM function either alone or in tandem. In addition, the interdisciplinary CAM Faculty Scholars Program is creating a cadre of enthusiastic and committed scholars across all segments of the university community to root this new perspective into already established disciplines and course offerings. This faculty training is the precursor to the final element of the expansion, the development of an interdisciplinary Graduate Certificate Program in Holistic Health and Healing that provides an opportunity for students in any discipline to learn more about CAM, and will provide them with a solid foundation for integrating CAM and conventional medicine and undertaking clinical practice or research from a holistic health perspective.

Both Rita Benn and Sara Warber, MD, the co-director of the Center, point to the opening of an Integrative Medicine Wellness Center in the near future as the next step in bringing alternative healing modalities to the community. Dr. Warber will be one of the two family physicians working at the Clinic one-half day each week. She sees this as a big step toward creating an atmosphere of respect for what is useful to each patient that might be beyond the normal practice of his/her own physician. Evidence can be gathered to provide documentation on alternative modalities that consistently assist the patient in his/her healing process

Viewing the CAM Center and its offerings from the inside, as a practitioner enrolled in a challenging course of study focused on learning the essential elements of researching and grant writing techniques, I am truly

exhilarated at the new perspective this undertaking has given me. I am impressed by the combination of scientific rigor and broad collaboration that is needed to bring any small new development into accepted practice through research. I understand the requirements of “evidence-based” medicine and how a new practice must be validated in a particular manner to become accepted and integrated into practice. As a result, I am embarking upon a research project in collaboration with the CAM Center on the effects of energy healing on women who have been sexually abused, continuing and deepening the work I did for my BBSH Senior Project.

This “insider’s” view also provided me with new language with which to discuss my energy healing practice with two first-year medical students coming to learn about this CAM modality in late fall to satisfy one part of the CAM component of their training. I mused to myself how different this interaction with these medical students was from interactions in former years. I could explain my work in new language, with a new sensibility of the mind-set of these students, based in the theory, evidence, and practice of conventional medicine. Somehow, the distance between us didn’t seem like the yawning gap I originally perceived.

My hope is that the medical students who visited me and the other CAM community practitioners, as part of their undergraduate medical school curriculum, can get a small taste of the “knowledge gained through subjective awareness” that guides our work. This could provide an experiential basis for a larger understanding of reality that encompasses more than just the physical and posits that everything is fundamentally interconnected. I am heartened by the integration of underlying assumptions that is taking place led by practitioners in both conventional and alternative medicine and hope to make some contribution to this endeavor.

—lucindakurtz@comcast.net

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2003-04 Resident Training Location

Mondsee, Austria

***Culture and Convention Center
Schloss Mondsee • Sunshine Hotel***

***(Year 1 classes only. Future school
year locations to be determined.)***

Year 2 classes to begin in 2004;

Year 3 classes to begin in 2005;

Year 4 classes to begin in 2006.

2003 Resident Training Dates

Class 1: Mon. Sept. 22 thru Sat. Sept. 27, 2003

Class 2: Wed. Nov. 12 thru Sun. Nov. 16, 2003

Class 3: Wed. Jan. 14 thru Sun. Jan. 18, 2004

Class 4: Wed. March 10 thru Sun. March 14, 2004

Class 5: Wed. May 19 thru Sun. May 23, 2004

Year 1 Class Dean: Laurie Keene

Classes conducted in English.

Registration now taking place