



BBSH® • InTouch

The Newsletter of The Barbara Brennan School of Healing®

Issue 19-Winter 2005

The Generous Art of Self-Love



Heyoan Channeling by Barbara Brennan, Barbara Brennan School of Healing Europe

Class 2 Closing, November 2004

Loving the Child that You Were

Softly, ever so gently, take the child that you were at one time into your arms, caress it with love, with tenderness and with joy at its very existence. Look at this child that you were with loving, soft eyes, recognizing the light within it—the child that you were. Look now from your adult self and hold this little baby with a loving tenderness that you did not receive at that time, for whatever reason. The reasons do not matter; what matters is it is now time to fill yourself with love, with loving kindness. Fill yourself with the recognition and the love that was lacking and still is lacking for having not received it. Fill every portion of your body, every cell of your being, with this tender, loving adoration.

Surrendering to the Lacks of Your Childhood

Surrender to the true lacks of your childhood, surrender to the fact that you did not receive everything you needed and yet now, as an adult, you can give this to yourself. Softly, tenderly, caress yourself, recognizing those true needs that are still there within you.

Hold yourself gently and kindly. Give power, give light, give self-acceptance of the lacks of your childhood. Surrender to not having received what you needed

and to simply let it be. Let it simply rest within you, awaiting fulfillment.

Clarify those parts of your being with love and understanding, not judgment, not self-denigration, rather simply loving understanding of what is.

As you learn to recognize these things within you, from the perspective of a loving, accepting, adult consciousness, then truly you can heal these lacks of childhood.

The Key—Accepting Your Child Consciousness

The key here is to surrender to the truth of what was and the truth of what is as a result of those lacks and simply let them lie in your arms like a child.

Accept that child consciousness, adore it, love it, caress it, give it the power of recognition, give it the power of understanding that it is okay to be as it is now with all of

its lacks, with all of its longing, with all that was missing and still remains missing; give it the power to recognize this and accept it. Be that loving adult that you are and when the love comes upwelling from deep within your heart, from deep within your soul, fill those portions of your being that still remain empty from those early times of childhood.



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The Gift of Love: Healing the Caretaker Within

Simply Choose Love

Make the choice for love.

We do not say it is easy.

But it is simple.

—*Seeds of the Spirit*[®] 2001

Many of us journey through life taking responsibility for others. We offer our service freely. We take on many different jobs and responsibilities in all different arenas...from family matters, to friendship, to work or to community service. Sometimes our lives can seem surprisingly full and rich while at other times we may feel resentful, burdened and energetically drained. We have all heard the term “co-dependency” that became a focus of psychotherapy in the early 1980s. Thousands of books have been written to identify the symptoms of co-dependent behavior and how to make effective changes in our lives. Most of this work has studied people who suffered from addictions such as alcoholism, narcotics addiction, workaholism, overeating and mental health

—*by Donna Evans Strauss*

**BBSH Year 4 Class Dean;
Brennan Integration
Practitioner/Supervisor
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Director**



disorders. Programs were also developed for family members or friends who suffered *with* the person who was addicted. These individuals were referred to as “Caretakers” or “Enablers.” They had learned unhealthy coping mechanisms that supported the addict’s behavior. Although many of us in society do not suffer from the aforementioned addictions, we may have other addictions that go unnoticed, such as caretaking or recycling unhealthy thoughts that cause many types of relational problems.

In this article, I am offering the reader an opportunity to explore aspects of unhealthy caretaking that may inhibit growth in the following areas: physical and mental health, relationships to family, friends and co-workers, and accomplishing personal life tasks. The principles and warning signs beginning on page 12 can be applied to all areas of your life—from family and friends, to work and community service. The warning signs can help uncover places where you operate in the world from a habitually unhealthy place.

You may be trying to fill some unmet needs for unconditional love and acceptance from your parents or caregiver. So the pattern of caretaking can be traced all the way back to infancy where the mother/other was insufficiently able to mirror the infant or child’s real needs. In this distortion, the child learns to mirror to the m(other) what the mother needs. The pattern is mapped in the psyche and is supported by the life force to continue searching for ways to satisfy the unmet need. As time goes by this quality of caretaking the other becomes a natural part of the person’s personality. You may always hear someone say, “Oh, he is such a nice guy. He does so many things for people.” Or, “Look at her. She is always active in so many things. We can depend on her to get things done.” The positive reward for caretaking is being liked or loved by the outside world for what one does.

Candace Pert in her book *Molecules of Emotion* states, “Your brain is extremely well integrated with the rest of your body at a molecular level, so much so that the term ‘mobile brain’ is an apt description of the psychosomatic network through which intelligent information travels from one system to another. The neuropeptides and receptors, which are the biochemicals of emotion, act as messengers carrying information to link the major systems of the body into one unit that we can call the body/mind.” [pp. 188-189]

The caretaker continues to find anything that will give him or her that biochemical fix that satiates the brain/body with the same chemicals that created soothing in infancy and childhood. Yet, the person is

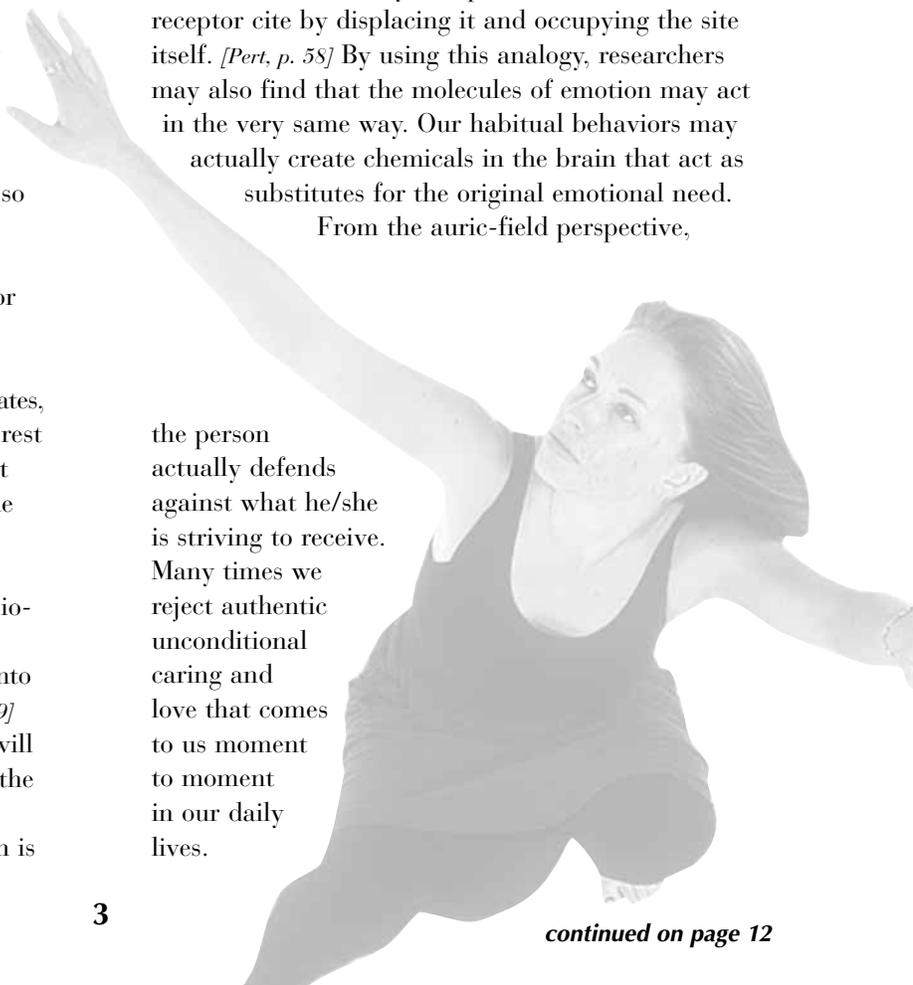
still at unrest and never fully feels satisfied. The habit of helping others is set in place and the body’s chemistry is an active component in keeping the pattern in place. Just as a heroine addict may need another fix, so does the caretaker’s body need those chemicals that cause soothing, even if the chemicals are mapped with a maladaptive behavior that the caretaker unconsciously repeats. The process is similar to Pavlov’s stimulus-response theory. Through behavioral modification of matching the sound of a bell and food, Pavlov’s dog learned to salivate after only hearing the ring of the bell. The caretaker will pick up nonverbal signals from the environment and automatically respond with preprogrammed behaviors.

Unfortunately, the person may be so disconnected from having their real need for unconditional love met that they may not even recognize unconditional love when it is there. The neurotransmitters do not pick up the signal for authentic unconditional love and have not trained the receptor sites. The neuropeptides that carry the expression of unconditional love are mapped with the behavior of caretaking rather than the authentic sense of being cared for or caring for the self.

Candace Pert discovered the receptor sites for opiates by experimenting with Naloxone, a potent drug that reverses the effect of overdosing on heroine. The Naloxone actually bumped the heroine from the receptor cite by displacing it and occupying the site itself. [Pert, p. 58] By using this analogy, researchers may also find that the molecules of emotion may act in the very same way. Our habitual behaviors may actually create chemicals in the brain that act as substitutes for the original emotional need.

From the auric-field perspective,

the person actually defends against what he/she is striving to receive. Many times we reject authentic unconditional caring and love that comes to us moment to moment in our daily lives.



Dealing With The Unexpected, Utilizing Your Core Authority

Heyoan Channeling by Barbara Brennan, Barbara Brennan School of Healing

Teacher Opening, October 2004

Align with your purpose in being here for this year, for your teaching, your personal process, and for your life. This year will bring a great deal of changes, some unexpected, and many already known. As you experience these changes in your life and in the world at large around you, simply move with the changes. Do not resist life as it comes to you, for there is a greater wisdom in the universe

than you may understand in any one particular moment.

So when the unexpected comes, let yourself be curious.

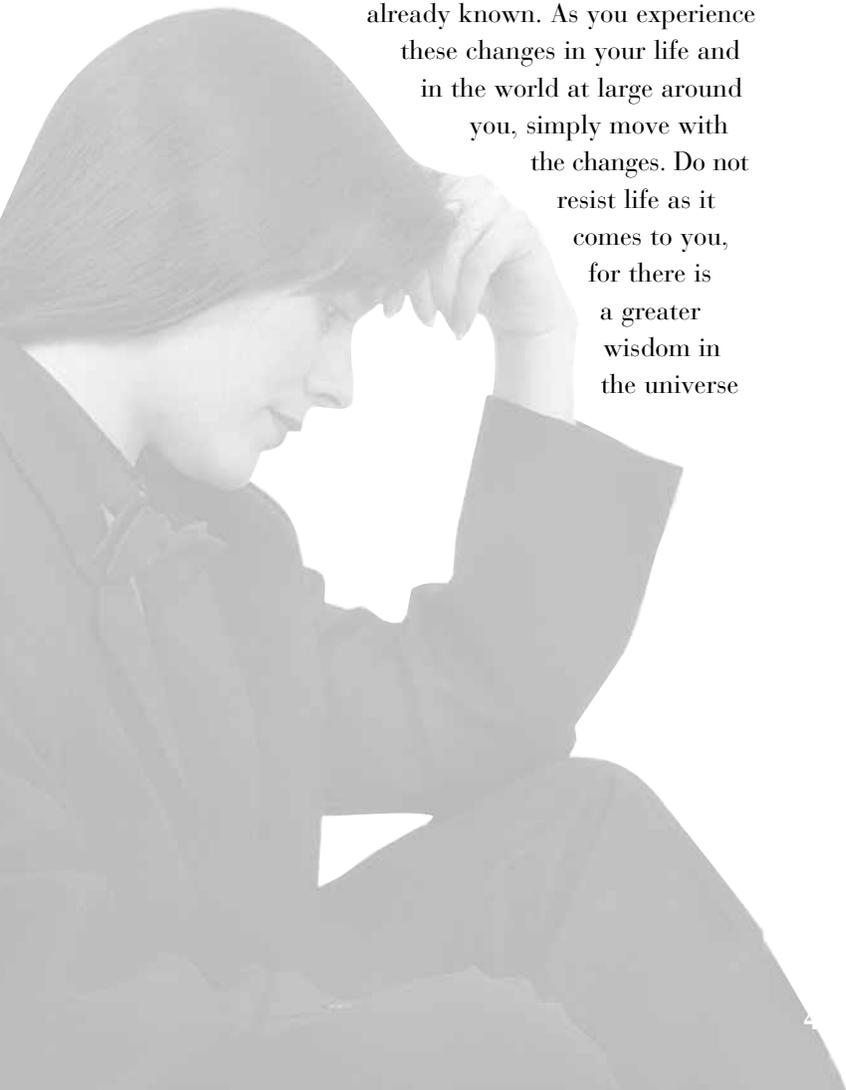
Even though your first reaction might be anger or fear at a change, let yourself be curious about what this change is about for you on a deeper level of your being, perhaps something that you may not even understand. When you clarify your inner being and your personality, life continues to bring to you “good things,” as you call it. In this particular lifetime, you have come to learn how to follow what you know to be true deep inside. The greater part of humanity is learning this skill.

As humanity learns to develop this skill, it supports the evolution of the entire planet.

There is a deeper level of integrity in following your inner way of knowing. This deeper level of integrity is one in which ethics from the outer perspective may change. There are sets of ethics in particular formats for various different groups of people around the planet.

Following a deeper inner knowing will lead you on a highly ethical, loving path that will bring you fulfillment each step of the way. You have seen it here. Surrendering to the sorrow of losing a loved one has allowed you to move through that process so that you can allow love to come to you again. Yes, it will be different and the unexpected will occur.

Well, that is each moment that you live!



*Each moment is new and different.
Each moment includes an element of the unexpected.
Otherwise it would not be another moment.*

*By following your deeper inner knowing
you will approach the unexpected in
an entirely different way.
In a way that requires digging deeper and tapping into
your own authority that exists within you.
There is no other more important
authority on this earth for you
than the inner one within you
that you are learning to hear more clearly every day.*

So consider that the evolutionary process of humanity now is to dig deeper, to clarify your senses and your understanding of what this inner authority is telling you to do in any given moment. Of course, the work is to separate out the difference between one's defense and one's inner authority. Thus the practice we have been advocating for several years now is to meditate on your core qualities.

As you let yourself go deeper, you will find that your inner authority has the beautiful core qualities that you have developed in previous incarnations. The nature of your inner authority is expressed in your core qualities. Thus you will be able to recognize your inner authority by recognizing your core qualities. That experience, that tenor, that flavor, that fragrance of those inner core qualities will tell you that it is indeed your authority within that is directing you.

It is by this authority that we are moving ahead with you step by step in the spiritual evolutionary process so that humanity can divert a possible cataclysm, even though all of the signs are there that humanity is about to destroy itself!

One of humanity's difficulties is that different ethnic groups, different cultural groups, hold ethics in a particular way that can be and is many times completely misinterpreted by another culture.

However, if we move together toward understanding basic human needs and directly experiencing each individual's core qualities by finding how they are

expressed by an inner authority, then you can develop the ability to evolve beyond these cultural misunderstandings that escalate into exaggerated, blaming emotional reactions that eventually create wars.

This then, my dear ones, is the most important theme that we will be dealing with this year, by living it as well as teaching it, as we stand here with you, honoring the inner authority within you. We are here recognizing your inner authority, so that you might develop ways of standing in, being in, and speaking from that place of loving inner authority: your passionate presence that arises out of the core essence, that moves through the center of the heart and speaks, that is completely unique to you.

Move your conscious awareness into this inner authority. Feel it, taste it, hear the tone, smell the fragrance. What is the nature of your inner authority? Utilize one or several of your core qualities to help you move step by step into this authority.

How does it sound, how does it sing, how does your body move as a result of it?

Feel it, see it, hear it, know it, smell it, be it.





—by Laurie Keene

BBSH/BBSHE
Year 1 Class Dean

From The Barbara Brennan School of Healing *Europe*

Since the summer issue and my interview with Irene Tobler, I decided to periodically bring you interviews with various faculty of BBSHE. I think it is great to get to know the diversity and expertise that different people bring to BBSHE. For this issue, I have taken the opportunity to interview Jan Janssen, who currently teaches in the second year of training.

Jan was on the faculty of BBSH for a few years before returning home to Belgium. Since his return, he has been on faculty at BBSHE. Jan has taught in the first, second and third years of training. We spent a lovely evening at an Italian restaurant in Mondsee during Class 3. It was there that I asked him to share some of his passions and insights about Brennan Healing Science.

Laurie: I always love to hear why and how people choose to study at BBSH. So Jan, what brought you to BBSH?

Jan: I started at BBSH in October 1996. I had bought Barbara's books in March 1995 and started reading them thoroughly and studying them by myself. After a year I discovered there was a school by Barbara. In August 1996, I took an Introduction to Brennan Healing Science (IBHS) workshop in Hauppauge, New York. My idea was to take the workshop and then wait a year until 1997 to begin school. But I was so pleased with the IBHS that I applied a few weeks later.

Laurie: Was that your first time in the United States?

Jan: Yes.

Laurie: What did you find important about Brennan Healing Science [BHS] that made you really want to study it?

Jan: The first thing was that I was already a practicing Buddhist, and the Bodhisattva ideal of helping all sentient beings was an important driving current in my life. Secondly, I have been sensitive about light work ever since childhood.

The two other reasons as to why I chose BBSH:

One is because BBSH is very solid, grounded, professional, and in Dutch, we have a word, "integer," which is similar to the English word "integrity." BBSH has that, and that was important to me. The other reason is that I am an engineer, and therefore, scientific. Barbara's scientific framework and her description of the healing model are very accessible to me.

Laurie: What kind of engineering did you study?

Jan: Constructional and land surveying.

Laurie: I know that in your work as a teacher at BBSH and BBSHE, you have brought some of your Buddhist practices into the curriculum. In particular, yoga and chanting. Both are exquisite. Can you describe your chanting practice for our readers?

Jan: The chanting itself is not the practice. The real practice is the gradual attainment of ever-deepening self-realization. The chanting can be a vehicle for both accessing deeper levels of the self and a vehicle to induce that state-of-being within others.

Laurie: How long have you been a Buddhist?

Jan: Since 1994.

Laurie: What form of Buddhism do you practice?

Jan: I have an open mind to all religions and I have a lot of respect for the four lineages of Tibetan Buddhism. But I have a special affinity with the Kagyu lineage of Tibetan Buddhism through personal connection with three Tibetan masters.

Laurie: I know you have a passion about integrating BHS with business organizations. Can you share some of your vision about this with our readers?

Jan: At the time that I enrolled in BBSH as a student, I was dividing my time equally between my Buddhist practice, my healing studies, and owning and managing a wholesale business.

Laurie: Is that when you developed this interest?

Jan: My interest was always in managing the business as efficiently as possible, and I realized that many BHS skills could be very instrumental in doing so.

Laurie: What does “managing a business efficiently” mean to you?

Jan: It means excellent time and energy management. It also means to stick to the essential purpose of the business, heal the dualistic image that business is separate from the divine plan, and work to heal the distortions associated with money and work.

Laurie: Was your Senior Project about this?

Jan: Yes, I wrote my Senior Project on healing techniques for businesses.

Laurie: It sounds useful.

Jan: Actually, my Senior Project addressed my vision of how to integrate BHS and business. Over the years I applied several BHS techniques to various organizations. These included setting the hara line of a business, accessing the core quality of abundance for that business, channeling healing energies for the collective consciousness of that group of people. One example of how to do this is by infusing uplifting vibrations into the negative belief systems held in place by that group of people. A few common belief systems and images I worked with were: life is hard, work is boring, authority is against me, work and pleasure don't go together, earning a living is hardship, etc. I also worked to increase the health of business relationships by applying the healing responses to various character structures and by doing cord healings.

Basically, what I am supporting people to learn is how to surrender to the source at ever-deepening levels. When they learn to surrender to the source, they experience a sense of relief and they feel held and inspired by a safe and intelligent power from within.

Laurie: Jan, that is fantastic. Is there anything else you would like to share about your love of BHS and business?

Jan: I am very passionate about bringing spirituality into the most mundane areas of our lives, such as work. I don't like spirituality to be conceived of as a hobby—you know, something to do in your free time while maintaining totally different attitudes in day-to-day life. The true choices that one makes in matters close to the heart determine the quality of spiritual practice. And it is exactly in those areas that the most powerful shifts can occur.

Laurie: That is beautiful. Tell me, what is your definition of spirituality?

Jan: It is the actualization and application of all core qualities.

Laurie: Three years ago when we talked about bringing BBSH to Europe, you were instrumental in organizing the IBHS that was held in your country, Belgium. How do you feel about having BBSHE in Europe? Why do you feel that's important?

Jan: The work of Barbara is of a quality and level that transcends any country or culture. It is so universal, and yet it speaks to the evolutionary needs of this era. It deserves and needs to be accessible all over the world, not only Europe. Since I am rooted in Europe, I am very happy to be in the position to be a small part in bridging the Atlantic Ocean between the two schools.

Laurie: I am very moved by what you have shared with me tonight. Your words have been exquisitely nourishing. Having known you for many years, I have always experienced you as a deeply thoughtful man with a great sense of humor and a lot of integrity, or “integer.” In conclusion, would you like to share anything else with our readers?

Jan: For those of you whom I have not had the opportunity to be with as your teacher, I hope someday we can come together at that same deep level of contact we enjoy as teachers and students, and I pray that all living beings can benefit from the work we teach in the school.

Laurie: Jan, again—thanks for taking the time to share with our readers your approach to BHS, Tibetan Buddhism, and business. Perhaps I'll see you in your yoga class. That is if I can get out of my room early enough!



**Jan Janssen,
BBSHE Teacher**

Meet The BBSH Publications Department!

In the continuation of our series, we proudly introduce the Publications Department of BBSH.

Stuart, Ira and Brad help put the important work of Brennan Healing Science into words, onto the printed page, and on the web.

As you can see by their profiles here, they're a unique, energetic trio with some rather great stories to tell—the perfect additions to the BBSH family. We are lucky to have them with us.

Ira Ratner Graphic Artist

How ya doin'!?

I'm Ira, and that's how we used to say "hello" in Brooklyn. (Even after living in Florida for 12 years, it's how I *still* say it.)

I'm the Graphic Artist for BBSH and BBSHE, which means if it's printed and has a healing hands logo on it, I'm the one who did the design/layout and put it all together for final printing.

School catalogs, brochures, advertisements, this breathtaking copy of *In Touch* you're now holding...they all have to pass through my creative thought process, keen eyes and dexterous fingers before the finished piece is passed on to *you*.

And as you can see, working here has taught me to enjoy that generous art of self-love!

In addition to the work projects listed above, I do a whole bunch of other things here as the school's graphic artist. Many, *many* things! Too many to even fit on this page! Why, they could fill up an entire *issue* of this newsletter!

I started working for BBSH the week of "9/11." My trepidation of starting a new job—plus so many emotions caused by the tragedies—well, let's just say that I felt like the poster boy for the lower self. (I *still* feel that way at times, but thankfully, I work with a lot of people who don't.)

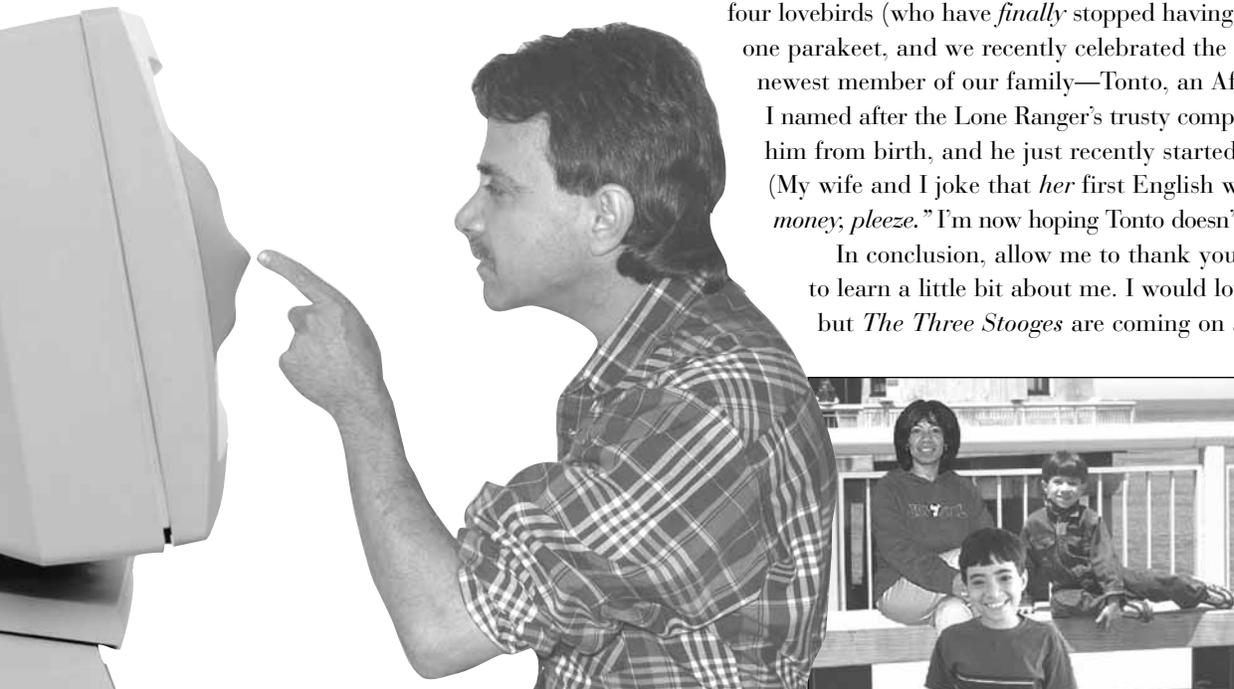
Fast forward to the present day, and I continue to be astonished, impressed and at times *puzzled* by the depth of commitment you all show to yourselves and to your work. To this day, I still don't know how you do it...or even *why*.

You see, while you're out there helping people improve their lives, I'm laying on the couch watching *The Three Stooges*. (I try not to feel too guilty, though, because if it weren't for folks like *me*, folks like *you* would have nothing to do!)

I'm an avid acoustic guitar player, and my wonderful wife's name is Magdalena, a native-born Venezuelan gal I met while on vacation in Caracas 16 years ago. (*Long story!*) We have two sons: Jamie, 13, and Timmy, 8. Our home is also home to

four lovebirds (who have *finally* stopped having babies), one cockatiel, one parakeet, and we recently celebrated the first birthday of the newest member of our family—Tonto, an African Grey parrot that I named after the Lone Ranger's trusty companion. I hand-raised him from birth, and he just recently started talking up a storm! (My wife and I joke that *her* first English words were, "Geeve me money, pleeze." I'm now hoping Tonto doesn't learn the same thing.)

In conclusion, allow me to thank you for taking the time to learn a little bit about me. I would love to write even more, but *The Three Stooges* are coming on any minute now!



With me taking the picture (as always!), here's my wife Magdalena and our boys Jamie (center) and Timmy. To the far left is me trying to fix yet another computer problem!

Brad Goldstein Editorial Assistant



Here I am “hiking” along the backroads of Halong Bay, Vietnam during the rainy season.

Hey, I’m Brad and I’m one of the newest editions to BBSH. My main responsibility here is to assist Stuart in the editing functions of the Publications Department. I am also currently working on editing and redesigning the Barbara Brennan website, giving it a whole new look, streamlining its design, with the ultimate goal of simplifying its use. I will also be assisting in the editing of Barbara’s upcoming books. Although I might appear to be the youngest employee here, Dirk (our International Logistics Coordinator) is a good 4 years younger.

Before starting at BBSH, I was working in the marketing department at the Morikami Museum and Japanese Gardens.

I spent most of my time at the museum supervising the private parties, mostly weddings and Bar Mitzvahs. And most of those evenings consisted of me telling people of all ages to stop abusing

the giant stone Buddha statue! Before that I was a high school English teacher in Higashiosaka, Japan. I was in Japan for three years, during which time I was able to travel to ten different countries. My favorites were Laos and Tibet.

I have a degree in creative writing from the University of Tampa. Thanks to this degree I find it almost impossible to write anything serious. I also have a degree in Graphic Design from the Art Institute of Fort Lauderdale. And thanks to that degree I now have this job.

Stuart Adams Editorial Specialist

I’m Stuart, the Editorial Specialist here at BBSH. I’m pleased to finally get a chance to introduce myself to all of you, the students and graduates of the school. Although I haven’t personally been through the Professional Studies program, my position here brings me into daily contact with all school materials—from the catalog and workbooks to student applications and the mailing list for this newsletter. I thus feel a special connection to all of you who are recipients of the end products of our department.

I started with the school exactly a week after Ira, in September 2001, and I’ve been present to see the school both move and expand. I originally was hired by Kahea Morgan (now Year 2 Dean) as an Office Coordinator, to help with the initial office expansion as we were in the process of transitioning from New York to Florida. As the months (and years!) went on, my position changed according to BBSH’s needs and how my different abilities could be best utilized. My penchant for editing and my college background in English have been put to the school’s best use in my current position: making sure that all materials that you and prospective students receive are as error-free and grammatically correct as possible. But just as an appendix is an anatomical vestige of an earlier stage of evolution, so too do certain responsibilities remain within my purview, such as supervising the company with which we contract for office cleaning services. (It may not be editing, but having a clean office certainly helps morale!)

Working at BBSH has been an interesting and rewarding stage in my life’s trajectory. Although my family comes from Arkansas, I was born and essentially raised in upstate New York, moving to Washington, DC after college to work on Capitol Hill for two congressmen. It was there, amidst the international atmosphere fostered by the diplomatic scene, foreign visitors and residents that I picked up Portuguese, eventually ending up in Rio de Janeiro for two years, studying the language and Brazilian literature. I moved to South Florida eight years ago, attracted by the tropical and polyglot atmosphere, and before coming to BBSH I worked for Emerson Fittipaldi, a Brazilian race car driver. My interests are varied; I take advantage of the Florida climate to ride my bicycle as much as possible, and you can usually find me playing the piano, reading a good book, listening to Stan Getz or Villa-Lobos, watching a classic Murnau film, or planning a visit to friends in Köln or São Paulo.

To end, I would like to tip my hat to all of you, BBSH students and alumni, who have had the courage to follow your hearts and become part of the world’s healing community. Working behind the scenes, I know the immense amount of work and commitment it takes.

Thus, parabéns—and congratulations!

Stuart Adams, Editorial Specialist



The Generous Art of Self-Love

continued from cover

Surely as an adult you would not judge a child for its lack, or what it did not receive; instead you would pick it up, hold it and stroke it. You would love it. You would fill it with loving care and acceptance of what is now, of how it is now. There is nothing wrong with you that a little love cannot fix. You will be surprised at how little it really takes to simply love and accept the self as it is.

These portions of child consciousness that need and deserve recognition, love, caring, hope and nurturing are here awaiting your response. Do not put your child consciousness aside. Recognize it, love it, hold it, be with it.

Making Love's Promise

What is it, in all of the days you have been alive, that you have longed for more than anything else? What is it, my dear soul? Whatever it is that you have longed for, promise this from your adult consciousness to your child consciousness. Promise to give it to your child consciousness, whatever it is, whatever that child consciousness needs to feel good about itself, to recognize itself and once again to enter into the community of self that is you, to become a member of you, of your psyche. Do it in words, in love, in promises, in song, in life, in self-care, in adoration. Yes, adoration of your child consciousness.

*What child does not need to be adored?
Adoration recognizes the essence and beauty of the soul.
Adoration recognizes the essence
and beauty of the core light.*

Give yourself adoration, acceptance, love. Hold yourself in loving tenderness as you would your own child. Feel the love pouring through you.

Letting Go of Grasping Toward Others

Let go of grasping for love from others and give it to yourself. Let go of grasping for nurturing from others and take care of yourself.

*Letting go of denial is letting go of
denying yourself your true being.*

Letting go of self-denial is letting go of denying yourself your true physical needs, your true psychological needs, your true spiritual needs, your true mental needs, your true needs for time and space to simply be with yourself.

*Letting go of self-denial is letting go of
denying yourself the enjoyment your own company.*

Remember the dreams, the hopes and aspirations that you had as a child, say around seven years old. Bring them back to you. Clarify them from your adult perspective.

*Do not deny one aspiration of the child that you were.
You were born to fulfill them all.*

All of those sweet longings are important to you in this incarnation. Align with your intentions to fulfill all of those sweet aspirations. Live them now, live them each moment with each breath you take, live them, be them, create them, allow them, allow your creative force to flow. Don't give them up. Don't give them away. Don't let them go because someone says they are unreachable or it is impossible. When someone asks, "Who do you think you are that you think you can do that?" Answer with the Truth. If you hear a big "No" within you, say "Yes."

*There is nothing wrong with you
because you have aspirations,
because you long for life in its fullest,
because you long for fulfillment in its fullest.*

*You don't have to give something
up to get another thing.
It's simply not true.
If you give up whatever
you think you have to give up,
you have stopped your creative pleasure current.
Then you don't create what you wanted.*

*The universe responds to your flowing creative
current by becoming co-creator with you.
If you stop your flowing creative current,
the universe simply waits for you
to allow it to flow again.*

*Let go of your judgments.
They are simply not truth.*

*The truth is
you were born with
great aspirations and expectations.
You were born full of the longing to create.
You are a creative person.
All of these sweet longings are indeed
your spiritual path to fulfillment.*

BBSH Exhibits at Expo of Heart!

Moving with the Ground of Your Being

It is only you that stops yourself, and so the first work, the first step is self-nurturing. The first step is to be with yourself, to ask yourself each moment, "What do I long to do right now?" "What is it that I wish for?" Oh, how sweet the longing, how sweet the yearning, and even sweeter the fulfillment of those yearnings.

You are a creative being. Release the chains, the chains with which you hold yourself prisoner to these self-judgments, with which you unknowingly limit yourself. Truly, when you reach in and center into the core, you know that these are words of truth. Yes, in the physical world you must deal with frustrations, for fulfillment isn't immediate as it is in the spiritual world. Yet,

*The spiral path of fulfillment
into the self is very rewarding,
for through it, you become who you are,*

in the sense that you allow yourself to fulfill that which you have incarnated to accomplish. You already made a promise to yourself before birth that you would fulfill these needs and longings.

*You have physical, psychological,
mental and spiritual longings.
To fulfill them has been your promise to yourself
since the day of your conception.
It is your truth.
Such great pain is caused
by denying your basic truth in the ground of your being.
You deny the very ground of your being
by denying yourself your true needs.*

So my dear ones, become more consciously aware of what your needs are and what your longings are. Set about giving yourself permission to fulfill each one, to take care of yourself in all areas of your being.

Sit with us now as we send energy to each of you, healing, loving, acceptance of the truth of your being, and the beauty and strength of your soul, the owner of your person.

Let these energies come into you like white rain.



Denise Mollo (left), BBSH Student Affairs Manager and Cande Braun, Student Enrollment Representative, at the recent EXPO OF HEART.

On January 16th, BBSH participated in the EXPO OF HEART in Ft. Lauderdale, Florida. We were delighted to present BBSH to the attendees in a very professional fashion with our new beautifully crafted and designed display! We certainly stood out in the crowd, attracting many visitors to our booth, making the show a great success.

People from many diverse backgrounds visited to inquire about BBSH. On hand to assist were Cande Braun, Student Enrollment Representative, Isabelle Ruiz, Advanced Studies student, and Dave Marino, Year 3 student.

It is truly an honor to represent BBSH out in the world on a broader scale and to be of service to the many wonderful people who expressed a desire to learn more about our Bachelor of Science and Professional Studies programs. Many of the people who stopped by had some previous knowledge of Barbara, HANDS OF LIGHT and BBSH. For others, it was their first encounter, and their reactions and responses were positive and enthusiastic. Regardless of the level of familiarity, BBSH makes a significant impact on those who seek to make a difference in their own lives... and in the lives of others.

BBSH will be participating in many expos in the coming months. Please check our website for the schedule.

—Denise Mollo
BBSH Student Affairs Manager

Healing the Caretaker Within

continued from page 3

Our defenses are activated to protect us from feeling the emotional pain surrounding the childhood event where the real need was not met. Unconsciously, the image, and therefore behavior, is formed with an emotional charge and biochemical response. The intention at the cellular level has been formed around the idea that having real needs is emotionally painful and therefore needs to be suppressed. So the person tries to find alternative behaviors that will replace the original need, thereby forcing the original need into the unconscious and sublimating it with the new behavior, and thus the biochemical response.

For the caretaker, the Hara Line, the line of intention, is aligned to repeat the pattern of caretaking as a way of receiving nurturance from the environment. The unconscious misalignment keeps the caretaker in separation from their Divine Core and from receiving unconditional love from self and others.

“Within the great silence of the unborn, Spirit whispers a sublime secret, an otherwise hidden truth of one’s very essence: You, in this and every moment, abide as Spirit itself, an immutable radiance beyond mortal suffering of time and experience. Spirit itself is the very heart of one’s own awareness, and it has always been so.” [Ken Wilber, *The Simple Feeling of Being: Embracing Your True Nature.*]

Learning to recognize our unmet real needs and nurturing ourselves from the fountain of Divine energy that is stored beneath our defense and negative intentions heals the habitual response to caretake. Nurturance from the Divine Core, self-acceptance and self-love open us to examine our lives, our choices, and awakens our courage to bring forth creative longings. It may be the key that unlocks the door to bringing our authentic potential into fruition, to freeing our spirit to love and create unabashedly.

Contemplate the following principles to recognize places where your unhealthy caretaker may be keeping you from expressing your deepest creative longings.

Six Main Principles of Unhealthy Caretaking

1. Caretaking another always prevents the other from fulfilling their responsibility, thereby depriving them of their authentic sense of achievement and self-esteem.
2. Caretaking always has some bargain for an unmet need to be met (usually love) and leaves the caretaker resentful when the unspoken rule/bargain is not redeemed.
3. Caretaking prevents the caretaker from taking care of the self and real needs. It diverts the consciousness onto another in the hope of receiving the reward of finally being loved.

4. Caretaking is rooted in earlier phases of life where the child wasn’t effectively mirrored. The child unconsciously learns to take care of the mother’s or father’s needs. They do this hoping finally to be unconditionally cared for, to be ultimately loved.
5. Unconsciously, the life force or id (drive energy) is set in motion to meet the unmet need via caretaking and the process becomes an addiction. The person is driven beyond reason to provide for others what he/she so desperately wanted or needed as a child.
6. The caretaker usually has some hidden dreams, longings or desires that never seem to come into fruition. Hence, they usually blame others or circumstance for not bringing their life’s work into fruition.

Subtle Ways We Take Care of Others

1. We habitually clean up after others at home or work.
2. We habitually say yes when asked—without considering our deeper needs.
3. We habitually do work for others without asking them or letting them know it is their job.
4. We habitually run errands or do projects for others without considering our own first.

Warning Signs to Help You Recognize that You May be Operating from the Unhealthy Caretaker

1. Blaming
2. Exhaustion
3. Hopelessness
4. Judging
5. Resentment
6. Superiority
7. Fear
8. Unfulfillment

Blaming arises from the unspoken rule that undergirds the caretaker’s habitual defense. Discontent arises. The caretaker does not reveal the unconscious level of bargaining for unconditional love. Instead, the act of doing for others conceals the unmet need and the unspoken rule that the receiver must oblige in some way. When the other person does not meet these unspoken expectations, the caretaker habitually blames the other for not complying. Unfortunately, the blamed person feels confused and often set up in some way. The caretaker often feels used by others, which continues the cycle of immature love and lack of fulfillment of the unmet need.

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Mid-Atlantic BBSH Graduates Network Has Formed

—by Lark Worth, '03



TOP ROW, LEFT TO RIGHT: Terry Bremer (Philadelphia, PA) '95, Kaye Baluarte (Philadelphia, PA) '02, Gloria del Piano (Philadelphia, PA) '00, Joanne Bennett (Doylestown, Pa) '03, Ed Baruch (Voorhees, NJ) '93, Lark Worth (West Chester, PA) '03.

BOTTOM ROW, LEFT TO RIGHT: Janice Peters (Stroudsburg, PA) '03, Michele (Misha) Horvath (Hampton, NJ) '02, Michele DeMecurio (Voorhees, NJ) '03.

On October 16, the first regionwide gathering of the Mid-Atlantic Brennan Graduate Network met at the Plymouth Friends Meeting House near Philadelphia. Nine graduates from New Jersey and Pennsylvania came together to support and nurture each other's healerships, to exchange healings, and to begin exploring how to share the work we've learned at BBSH with our communities.

Inspiration for this gathering actually came nine months earlier (almost to the day). I had been part of three different classes in my six-year journey through BBSH and was aware that there was little communication among graduates within our region. One morning I woke up just knowing I was to call Donna Evans-Strauss about the possibility of having a gathering of graduates. With lots of encouragement from Donna, I began phoning graduates in the area to see if they were interested. Many expressed enthusiasm, and Gloria del Piano '00 quickly offered her house in Germantown for the group to meet.

The first meeting was on a cold evening in early spring, and only three people were there. Yet Gloria had prepared a delicious salmon dinner and we found our way through to discerning our next steps. We divided the list of 60 graduates within a 2-hour radius to call, and scheduled a planning meeting for six weeks later. We also received inspiration to schedule time to exchange healings at that meeting. What a blessing this turned out to be.

That first meeting of our Steering Committee gave us a glimmer of our potential. Now we were seven on a beautiful spring morning at Gloria's, and shared what had brought each of us, some as far as two hours away. A deep longing was expressed by all to be connected with others who shared the BBSH journey, and we felt supported at where we were in our healerships. The morning just flew by, and we set future dates for our gatherings at different homes to finish our planning. We exchanged healings that had a profound impact on each of us. Reactions to our first meeting give just a hint of what this meeting meant to us.

I had a wonderful time with all of us together. The day flowed beautifully...gathering together, meeting some new people, and working to create our own template for future gatherings. There is absolute magic in bringing BHS healers together to discuss and work through things—sharing, taking turns, deep respect, and a true consciousness for everyone to be considered.

"I felt nourished and loved mentally, spiritually, emotionally, physically, socially and psychologically. Who could ask for anything more!?"
—Janice Peters '03

"I so loved our gathering. You all made me feel so much more 'normal' in my personal fears surrounding the commencement of my practice. This was a great gift to me."
—Joanne Bennett '03

Subsequent planning meetings each presented new challenges and opportunities. At the last minute, the location of our June meeting became unavailable. We improvised by having a phone conference, as is now done at BBSH. It went well, followed by long-distance healings. Our early August meeting worked around realtors showing the house for sale, and our September meeting met under a hurricane's downpour! In between meetings we were in contact by e-mail. We held space for those who could not attend meetings, and felt held by those who could not join us.

The morning of our fall gathering began quietly in the empty social room of the meeting house. As Steering Committee members gathered, the room was transformed: flowers, food, mandalas and an altar in the middle of the room soon welcomed newcomers. We began promptly at 9AM with meditation and the opportunity to align our haras with the group hara. I was asked to share the background of how we had come to this moment. I felt a great shyness about sharing my sense that we were to be opening a portal of healing energy, yet as each of us shared what had brought us to this moment and what our longing was for the group, the portal began to open. As Michelle DeMecurio '03 shared, "We each sat grounded in the truth of our own being."

We then broke into groups of three, and each of us had twenty minutes to be fully listened to by two gifted healers as we explored the next step in our individual healerships. We felt so held.

Afterwards, we came together to explore what we might want to create as a group. A number of ideas began to surface, and continued over lunch—lovingly prepared by many hands and coordinated by Kaye Baluarte '02. Ed Baruch '93 offered a prayer...and we feasted royally. As lunch came to an end, we effortlessly transformed the room into a healing space.

"This day was full of bliss for me. We had the opportunity to give and receive the level of contact that I treasure so much. We exchanged healings in groups of three, so each person receiving had four loving hands supporting them. We were well fed... spiritually, mentally, emotionally and physically!"
—Misha Horvath '02

Healing the Caretaker Within

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Exhaustion arises from the unmet need never being acknowledged by the caretaker. The habitual pattern enlivens itself through the biochemistry by getting its fix of neuropeptides fueled from the emotions that flood the body as the caretaker relentlessly tries to meet the unmet need. This leads the person into hopelessness and sometimes depression. Another set of neuropeptides now floods the system and reinforces the habitual cycle.

Hopelessness, a near-death experience, arises from exhausting one's resources to fulfill the unmet need. By near-death experience, I mean the caretaker actually feels they will die unless the other recognizes the idealized image surrounding the unconscious unmet need. The person is thrown into a state of confusion for lack of understanding the deeper calling within the self. Stepping through the doorway of hopelessness can shed some light on uncovering the deeper call within. Many times the caretaker will meet this door and feel the immense amount of pain, and move outward again into the habitual pattern. Stepping through the door to experience one's pain and darker images takes the person through the path of finding one's self and the real underlying needs.

Judging creates a cycle that barricades unconditional love from being experienced. Instead, the caretaker judges the outer world for not providing the idealized image and severely criticizes the self for not achieving it. Judgment is another way to circumvent the discovery of the real need. When the caretaker walks through the doorway of hopelessness and discovers aspects of the self that are undeveloped, shameful or in distortion, there is a tendency to judge these aspects from the internalized critical parent, better known as the harsh superego. Dismantling the harsh superego is taking another step toward enlightening the soul and becoming free from the internalized programming of the critic.

Reprogramming the psyche to receive self-acceptance and self-love is the healing elixir for self-judgment and can be challenging at first. Uncovering and discovering all aspects of the self, good or bad, without judgment, is the primary objective to reprogramming the biochemistry of the brain and the addiction to the neuropeptides. These chemicals are activated from the emotional body and attached to the vicious cycle of self-judgment and self-condemnation.

Resentment captures the heart and closes the valves to receiving and giving unconditional love. The heart closes in pain from the unmet need and the despair from trying unsuccessfully to meet it.

The pain is so unbearable that the image is stored beneath that one is truly unlovable and therefore the other person or situation needs to be cut off.

The self-hatred and disdain for the other becomes primarily hidden from view, masked by our caretaking. We try to find another way or situation that might lead us to the prime directive. The deeper meaning of unconditional love is something that is seemingly unattainable unless we give ourselves over to another cycle of caretaking. Again, our biochemistry is hooked like an addict trying to get a fix. The "Negative Love Bond" is created. This cycle actually means love to the person that is hooked. And yes, within the cycle, actions and reactions, there is love—for everything is made from love. It is the cycle that recreates the emptiness inside and unfulfillment that the addict craves, rather than recognizing and experiencing unconditional love and/or positive regard for the self.

Superiority arises from sublimating the unmet need and rising above it—building one's self up out of fear that the unmet need is irrational and can never be obtained. It acts as a protective shield from feeling the underlying pain that is bottled up inside. The deepest pain is avoided in hopes of replacing it with admiration from the outside world. Admiration that never fills the empty void that inhabits the soul who stumbles in the darkness looking for something unknown and avoids the real self that shimmers delightfully beneath the pain. The drug of choice, neuropeptides if you will, derives itself from the emotional front activated by superiority. The person is left with a sense of unfulfillment after achieving a sense of status.

Fear is an unpleasant and often strong emotion caused by expectation or awareness of danger. Adrenaline, a hormone produced in the body to prepare us to react to real danger, is produced each time we perceive imagined or real danger. Research has shown that the same chemicals are produced in the body when someone imagines a situation as when that situation is actually occurring. Our unconscious childhood fears, images and beliefs can be mapped to produce these same chemicals and respond to current situations as if one is facing some imminent danger. Fear many times causes inertia and inhibits one from bringing their unmet real needs to the surface. It represses the creative life force and keeps longings from surfacing. Or, fear can cause someone to overcompensate by caretaking others and repressing his/her own real needs. Both scenarios create the same chemicals that flood the system and support the defenses.

Unfulfillment of one's innermost desires, dreams, and longings is a primary source of pain, resentment and self-judgment for the caretaker. Personal longings are buried beneath the myriad excuses that include physical, mental and emotional exhaustion, blaming others for the lack of support or not having enough time or money. The caretaker often feels incapable of bringing one's own passion into the world. Yet, they may be very capable of helping others with their passion or projects that need to be done. Usually the caretaker is quite competent in accomplishing many things that others cannot, yet is mystified when focusing on their projects and dreams. For the caretaker, all of one's creative life force is locked into the pattern of creating for others in order to eventually receive unconditional love and the secondary gain of power and control through being needed.

Unfulfillment ultimately arises out of one's inability to be nourished directly from the Core essence, or better yet, from the caretaker's direct relationship with God and fulfilling one's life task.

Caring for the self at the deepest level of one's being requires the person to release the limbic attachment that forms a negative love bond that enables others to form dependent relationships on the caretaker. It is having the courage to turn one's attention directly to the fountain of wisdom, compassion and authentic love from the source of spirit in order to have the real needs met.

One becomes a whole person when the foundation of being arises from directly knowing one is holy and an expression of spirit.

Nothing else can satisfy this deepest longing that is hardwired in the deep limbic system. Caring for one's relationship to the Divine brings wholeness and security, which wires the limbic system to healthy, nourishing love. Humble self-love and self-acceptance become an elixir of healing that authentically nourishes the soul, releasing neuropeptides into the brain which facilitates and helps the release of any attachment to the cycle of caretaking. As a result, unconditional love experienced and expressed through our divinity releases others from our enabling behaviors, blaming, judgments and resentments. It allows others to take responsibility for their lives and frees their creative energies.

Although two of us had to leave early, we came together one last time and affirmed our desire to meet every two months. There was a sense that we were in our infancy as a group, and that we needed more time together to discern how we can best support the work of BBSH in our local communities. As we ended, we chose not to close the portal, but to carry it with us.

We left filled to the brim.

Those of us who participated in this first gathering or attended one of the Steering Committee meetings wish to convey the profound support this group is providing. We encourage graduates in other regions to explore forming similar networks. We would be happy to answer any questions you may have and welcome your participation in future gatherings in our region if it would be helpful to you.

For any questions or to find out about our next gathering, please contact me at: lark854@comcast.net



Dear Editor,

I was thrilled to see my article *Learning to Fly* in the Fall '04 BBSH newsletter! I want to thank you for giving me that opportunity. I so look forward to each issue of *In Touch*, and to have one of my own works published there was an honor.

My graduation year was identified as 2000, but I actually graduated in 1999.

I've wondered to myself why that simple error matters to me...enough to write this request for a correction. What I realized is that I saw my writing as, among other things, a way to connect with my classmates. Whenever I read anything by or about someone who graduated in 1999, I feel a special warmth. I don't remember all of their names—as I suspect many do not remember mine—but knowing we were classmates ignites that bond.

If there is any way to let people know that I was in the class of 1999, I would be so grateful.

Love...Suzanne Eder, 1999!

We're sorry for the mistake, Suzanne, and are happy to print your letter here. And other Alumni—remember that you too are invited to write an article or a "Class News" piece for this newsletter, to reconnect with your classmates, and to let us all share in your healing journey.

The BBSHE 2005-06 School Year Begins in September in Mondsee, Austria

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