



BBSH[®] • In Touch

The Newsletter of The Barbara Brennan School of Healing[®]

Issue 25-Winter 2006

The winter holidays are always a great time for pleasure...

yet toward the end of last year, Heyoan began to channel about experiencing pleasure each moment of your life. At BBSHE Class 1 in Bad Neuenahr, he again channeled about pleasure. In remembering Heyoan's channeling last year, I began to choose pleasure more often.

And guess what? It's a lot of fun!

This summer, I changed my work schedule to end at a certain time of day to be with my husband when his workday ended. I also began to get up whenever I felt like it...no matter what time it was...and do whatever I liked. Actually, a lot of that time I was writing my book, and I got so into it that I just did it whenever I felt like doing it, and as a result, everything flowed out of me in a soft, gentle stream.

Now when I sit down to my work, I do whatever gives me the most pleasure at the time. And it has been working really well. I am even enjoying administration!

I take a walk when I feel like it, I eat when I feel like it, etc.

Of course, this did start in the summer, when there was no teaching. However, so far it is working out just fine. I had the most fun I have ever had at Class 1 in Bad Neuenahr!

It all started from reading Heyoan's channeling from the last days of class, so I thought it would be a good thing to share with you. It is also printed in *Seeds of the Spirit 2006*.

Handy Homework on Pleasure

List everything that gives you pleasure...*everything*.

List the top ten things in order.

What is the most pleasurable thing in your life? Then what is the second one that's almost as pleasurable as the first? And so on. Refer to your list often.

Enjoy!



—by **Barbara Brennan**
Founder & President of BBSH

Consider the possibility that from now on you can choose to refocus each moment on what gives you the most pleasure. If all of humanity lived in such a way, the earth would not be in the condition it is in now.

Unfortunately, humanity has a mass image that one must live correctly. Correctly is usually not pleasurable. As a result of your denying yourselves pleasure you make up for the pleasure you lost by doing things that are not healthy for you, others or the planet.

Every time you do something correctly, you must make up for your lost pleasure!

Missing Pleasure Through Correct Behavior

All of you have experienced missing pleasure through correct behavior from very early on because the mass image of correct behavior exists in almost all human beings—actually, in many other creatures on this earth, although not in human consciousness form. The image simply isn't true. And what is the punishment for pleasure? Death. Another image! All part of the image of pain. Well, we would like to inform you that death is quite pleasurable. It's really not so bad. It's the resistance to death that causes all the problems and the pain! Include in this mass image all of the terrible names you have for what you call disease. Diseases are actually exit strategies from something you are resisting. Have you thought of that, cancer as an exit strategy? Not a very good one, but it works!

So, how can we convince you of the benefits of pleasure? Certainly you have felt it. The ancients were not so stupid as is "modern" humanity in its "advanced societies," as they are called. My goodness, there has been such an unfortunate split between science and spirit. Yet both teach you to be better human beings.

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To Alumni... From Patricia Pfost

BBSH Alumni Director
Professional Practice Department Head
In Touch Editor



As we move toward the beginning of a new era for the school, I would like to spend some time with you looking at alumni efforts, and how we might move into the future as an even more supportive and purposeful community.

The first issue of *In Touch*, originally conceived of as a newsletter for alumni, was published in March 2000. It was a dream of many people. For my part, I wanted the several hundred alumni to know how much a part of the body of BBSH they still were and how much we, as teachers and administrators, appreciated them and wished them well as they went "out into the world," doing work that was relatively unheard of, terribly undervalued, and even on a good day, difficult to explain.

I longed for all of us to recognize, hold and nurture the entire body that is the Barbara Brennan School of Healing, the body that is comprised of the founder, administrators, staff, faculty, students, and alumni. And to reach out to all those who have supported us on this truly amazing journey of unfoldment—our families, friends, colleagues, and guides.

As you know, *In Touch* became quite popular, so we expanded the audience to students and the BBSH community at large, but the main purposes continue to be engaging and supporting alumni and solidifying our sense of community.

There are now about 1,600 graduates from 38 countries and 48 U.S. states*. Every year I am so deeply moved by the distance students travel to attend our schools, a distance measured not only in miles but in differences in culture, spiritual orientation, age, education and professional experience. This healing work calls to us across many so-called firm boundaries of society, country and belief. We can't help ourselves but to be here, at the Barbara Brennan Schools of Healing.

Coming to study and work here in the physical presence of community is one thing. Taking this healing back into the world, as an individual, is quite another. As teachers, we do the best we can to prepare students to be professional healers and to integrate Brennan Healing Science into their lives in whatever way they are called to do, according to their individual longings for expression. But establishing and maintaining a community of support for alumni has been a constant challenge.

What do you as graduates and those of you who are practicing Brennan Healing Science practitioners need, and how are we able to support you? Here is a persistent question:

How can we nurture and support alumni groups?

Some of you have succeeded in forming groups that have become quite meaningful to you. In other instances, the groups can't seem to stay together, even

though the alums long for some type of post-school-days community. So what are the common interests of alumni and how can we facilitate you finding each other and the benefits that a community (or communities) of graduates can provide?

Another question is, how do we promote the identity and name of Brennan Healing Science in a way that is consistent with the values and image of the school, but is flexible enough to support the varied practices of graduates?

And then there is the ever-present question of trademark and copyright use by graduates: What usage is appropriate for the school to endorse that will support the name of BHS and enhance the development of private practices?

In addition, what kind of continuing education programs would grads like to attend during the school weeks? Many alums ask for programs, but when we schedule them, only a small number register. What is needed? There are also the very important questions of whether or not it will ever be practical and useful to form an alumni association, perhaps including ethics review. (Believe me, we've been debating this for years!)

And last, but perhaps most important:

How can BBSH/Europe/Japan benefit from all of the passion of our alumni? What avenues can we establish so you can contribute your talents and resources? How can we all work together to grow the schools and promote Brennan Healing Science?

Some of these are very difficult questions, and we have all spent many hours addressing them, and will continue to do so. Gradually, one by one, when the time is ripe, the answers always reveal themselves. We just need to stay in the conversations.

Here is what is available for alumni right now. Some are programs you are already familiar with, and some are new. Hopefully, each of you will find something of value to you here, a way to fulfill any longing to stay in the BBSH energies, and by your participation, build even more strongly the healing vessel that is the BBSH community!

NEWS FROM BBSH AND BBSHE

Every issue of *In Touch* will give you the latest class week news from BBSH and BBSHE. Thank you, Laurie Keene, BBSHE Dean, for all of the great writing you have done to "presence" BBSHE. And beginning in this issue, Priscilla Bright, BBSH Assistant Dean, will give us the flavor of the Florida school weeks. Thanks to you, Priscilla, for your enthusiasm for this column.

IN TOUCH ALUMNI FORUM

In Touch introduces a new and regular column, *The Alumni Forum*, in which we will ask faculty and alumni a question that is of interest to many of you. For this issue, we asked several BBSH/E faculty members, "What has worked and not worked for you in establishing your BHS private practice?" and "What advice do you have for Brennan Healing Science Practitioners who are beginning their private practices or wish to increase their practice?"

Their answers are fascinating and extremely practical. (Few BBSHE faculty were able to respond as they were catching their breath from the first class week and getting ready to dive

right into the second, but they have all assured me that they will be happy to contribute in the future.)

Alumni...send in questions *you* would like faculty or fellow alums to answer, and we'll ask a cross-section of folks in each issue. We can't guarantee that all questions will be addressed, but we'll do our best to make this column truly relevant to you, so please give us your questions and feedback.

BRIDGE CALL ALUMNI FORUM

Some of you may not know that a regular feature of the school curriculum is a bridge call in which students (often entire small classes) phone in to a central number and conduct a between-class, pre-scheduled hour-long conversation with their classmates and teachers. Alumni are now invited to participate in specially organized alumni bridge calls hosted by faculty members.

All calls take place from 10AM to 11AM U.S. Eastern Time, and are scheduled for the following dates:

Saturday, February 3, 2007

Hosted by Patricia Pfost, Professional Practice Department Head

Saturday, March 3, 2007

Hosted by Laurie Thorp, BBSH Year 1 Teacher

Saturday, April 14, 2007

Host to be announced

Saturday, May 5, 2007

Host to be announced

Saturday, June 2, 2007

Host to be announced

There is a maximum of 30 people on each call, so pre-register by e-mailing me at pfost@netstep.net. When you register, you will receive instructions on how to access the call. There is no charge for the call; you just pay the cost of your long-distance phone call into the central number.

So alumni—call in, align, chat, and *reconnect!*

ALUMNI DAYS EACH BBSH/BBSHE CLASS WEEK

Every class week, all alumni are invited to attend the following events at both BBSH and BBSHE:

Friday

7:00PM–8:30PM

Healing, Medicine and Dis-ease Lecture

Saturday

8:00AM–9:00AM

Heyoan Channeling

2:00PM–4:00PM

Alumni Special Topics, Supervision and/or Process (BBSH only)

7:30PM–9:00PM

End of Week Social

Sunday

8:30AM–9:45AM

Goddess Healing

10:15AM–12:15 PM

Healings

12:30PM–2:00PM

Integration and Closing (BBSH only)

To Alumni...

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Attending simply these two days can be extremely transformational, as the following letter from a recent attendee illustrates:

Dear Patricia:

Thank you so much for the work you do with the alumni. I'd been concerned about how it would feel coming back to school after graduating.

It was great to see and sometimes connect with teachers in the hall...oftentimes met with beaming surprise! Our meeting with you became a small process group where each of us got a chance to bring something important forward to be witnessed, processed and supported. I really felt loved and welcomed by what you said about how the school has a place for us and wants to support us.

I really felt that the weekend exceeded my expectations! (I admit that by Sunday afternoon, I felt as though I'd been through an intensive!)

I specifically came to experience the Goddess energy and ask for healing and expansion movement for my personal process. I also came because I was having challenging feelings about the school and was scared of the changes that I heard were being made. So I wanted to experience the school first-hand and really feel how I felt now about the school.

It felt good to be back in the energy of the BBSH. I felt welcomed and seen and experienced a letting go of sorts that things change, people change, needs change, and I can still be alright when things change. I'm beginning to see the information around me more accurately instead of the projections I've sent out to the world according to my images.

I've had a real good experience furthering my personal process, which is very important to me.

I look forward to seeing you all again.

Most sincerely, Marie Bonrue '06

FUNDAMENTALS OF BRENNAN HEALING SCIENCE WORKSHOPS

Support an FBHS coming to your town!

Those of you who have participated in any way in the production of one of the many FBHS workshops that BBSH/E faculty members and Advanced Studies graduates give throughout the world know how well this program re-creates the atmosphere of BBSH.

An FBHS provides you with an opportunity to reconnect to the support and power of the school. There is a review of the BHS basics, skills practice, healing meditation, and the fun of working with teachers and other alums. The program also enables you to provide more support and healing to your clients, as well as reinvigorating your own private healing practice.

And for the school, holding FBHSs is an important avenue for enrollment. This program was conceived based upon the desire to spread the word of Brennan Healing Science to as many people as possible, and invite more people to take the journey through BBSH and BBSHE.

There are many ways in which alumni can contribute to FBHSs. Please consider helping out.

Contact Lisa Boris at lisa.boris@barbarabrennan.com for more information.

BBSH ALUMNI INTENSIVE PROGRAMS

And last, but so very *not* least, the Alumni Intensive will be held this year during Classes 4 and 5. (Patricia WhiteBuffalo's course is written up later in this issue.)

This letter is a very long way of reminding you all that your place in the Community of the Sacred Human Heart is *always* there for you.

With love, Patricia

Please send your questions for alumni and other comments to pfost@netstep.net, or phone 505-955-8512, U.S. Mountain Time.

*Curious? North Dakota and South Dakota are the only U.S. states without any graduates.

BBSH News



—by Priscilla Bright
BBSH Assistant Dean

When the 2006–07 school year for BBSH began in Florida this October, it marked the 24th year that students have come together on the path of healership at BBSH! Continuing the tradition this year were 381 students who joined Barbara and the faculty for this journey of learning and transformation.

On the first evening, when students arrived for the Welcome Reception, the check-in area and ballroom were a sea of hugs, smiles, warmth and anticipation. It was clear another amazing year was beginning.

The next morning Barbara warmly welcomed the students—including several students dressed in angel, witch, and devil costumes in honor of Halloween! When she asked the students from each country to stand and be acknowledged, it seemed an especially important honoring at this time in the world, where our working together for healing and understanding

“across borders” is critical for the world’s future. This year, we have 33 countries represented by our students.

During her welcome, Barbara also made the official announcement of BBSH *Japan* starting in the fall of 2007, as Barbara’s vision for having healing schools around the world continues to unfold. Kahea Morgan will be the School Dean of BBSH *Japan*.

Over the years, many Japanese students have traveled far to be a part of our school, and their spirit and presence have been such a contribution. It feels so *right* that BBSH now comes to Japan.

In a beautiful meditation that first day, Heyoan guided us to “surrender inward” and “choose to be pleasure in each moment,” encouraging us to take care of ourselves and surrender into our own divine presence.

In further support of self-care, and to deepen our healing work together, our Lesson Plan this year was modified to reduce the number of activities scheduled in the early mornings and evenings. This change has created spaciousness, allowing more time for students to integrate the healing work they do in class, and supporting self-healing, rest and rejuvenation for all in the community.

During the week, two HMD lectures were presented by Melinda Connor, PhD, a former BBSH student. She is an Alternative Medicine Practitioner, certified by the American Alternative Medicine Association, and is the Director of the Karen Connor Optimal Healing Research Program. Melinda is doing in-depth research on the physical and energetic effects of energy healing at the Laboratory for Advances in Consciousness and Health, directed by Dr. Gary Schwartz, at the University of Arizona.

Melinda’s presentation was scientific and compelling. Her work seems an important part of the effort to help energy healing gain greater acceptance within traditional medicine.

Class 1 was rich and full. It has always amazed me that a great personal and spiritual journey somehow fits into a single school week at BBSH, and this wonderful first week of school was no exception. We have begun our journey of this year together, and as always, it looks to be a *great* one!

With love, Priscilla

A BBSH *Europe* Update:

2007 and our *First* Graduating Class!

Greetings from Europe!

Our first class week of the 2006–2007 school year welcomed 75 Year 1 students, as well as our returning Years 2, 3 and 4 students...for a total student body of 235.

And this year will include the first graduating class of BBSHE! It is very exciting.

We are in a new environment in Bad Neuenahr, Germany that easily meets the needs of both students and the School. We have lots of meeting space, and the pathway outside of the hotel runs parallel to the River Ahr, so it is conducive to quiet contemplation and long walks. Also, the town of Bad Neuenahr is home to a few spas, so there is opportunity for saunas and swimming in the evenings.

—by *Laurie Keene, BBSHE School Dean*



The curriculum, as always, was full.

Some of the week's highlights were the Healing, Medicine and Disease lectures presented by Sherry Pae. They were titled "The Life-Sustaining Breath: A Spiritual, Emotional, Physical, Energetic Phenomenon," and "Asthma and Respiratory Disease: Waiting to Exhale." One of Sherry's main points was that no matter what is going on in one's life, remember to "breathe in, breathe out."

As we begin the new school year, I find myself reflecting about the commitment and courage that is required to walk the path of awakening and healing. It is often not a path that is easily chosen.

A poem by Robert Frost speaks about life and choosing one's path, and I close with it here.

—Love, Laurie



The Road Not Taken by Robert Frost

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;*

*Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear;
Though as for that, the passing there
Had worn them really about the same,*

*And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.*

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

The Alumni Forum

We recently asked a few faculty members the following questions:

What has worked for you and what has not worked for you in establishing and growing your Brennan Healing Science private practice?

What advice do you have for Brennan Healing Science Practitioners who are beginning their professional practices or wish to increase their practice?

Here are their responses.

Special thanks to Keegan Walden '06 for the photographs shown below. As part of the Year 4 class ceremony this past June, he created a beautiful video of his classmates and all BBSH faculty, including an image of each faculty member's favorite animal.



Janice Luckenbill '95 • Year 3 Teacher

I believe that foremost in my establishing and growing a private practice has been my interior preparation and design. Living in alignment with positive intention for my life as well as for those I serve is important. I continue to clear my own issues and become more and more the expression of my true essence. I respect clear boundaries and confidences, and clients know that I hold the work with integrity.

I started the practice without supervision and got into issues that I didn't understand or know how to deal with, and I lacked trust in my own skills and process. I then started receiving supervision and found it to be very supportive. It continues to be a regular part of helping me work with client issues where I get stuck or lack clarity. I also receive regular healings and therapy.

I choose not to compete with but to be in support of other healthcare providers, practitioners, and modalities. I do not "push" people to experience this work, but am always "curious with people" as to the value they might find in a healing. Triggering curiosity gives people opportunity to explore. I deeply trust that those who need this work will come.

I've given a lot of programs to various small meditation groups, professional organizations, and support groups. This helps people gain familiarity with the work, and with me as a person.

Most of all, in the deepest part of my being, I hold myself, my clients, and this work, as sacred.

Due to space limitations in our last issue, we were unable to include the following two Year 4 project summaries. Here they are now for your wonder.

Energy Work with Dying Children

—by Llyn Bjorklund, R.N., '06

Using energy healing with very ill and dying children is a new concept in our medical world. Researching literature on this subject, I didn't find any articles or publications covering this.

Energy and hands-on healing has been practiced for centuries all over the world. Most likely, practitioners are doing this work today, but are simply not *writing* about it.

I have worked as a registered nurse with dying children for almost 20 years, as part of the home-based palliative care program of a children's hospital in Minnesota. During the last 6 years, I have used energy healing with children in their homes. I have worked with 30 to 40 families—for periods ranging from days to years—and have found the work to be very helpful to the children and their loved ones.

In 2004, our program received a grant from an anonymous donor to support certified energy workers to do healings with children in our care. (This grant was renewed again last year.) While we did not do "official research," we have kept statistics which show that the healings are helpful with pain, anxiety, neuro-irritability, constipation, nausea, diarrhea, relaxation, and sleeping problems.

The 35 children and families we have served so far have been very positive about the work, and this cuts across all ethnicities and ages, all diagnoses and religions.

This project has been very exciting for several reasons:

For practitioners, it has been very satisfying to be able to give concrete help with the symptoms at this time in a child's illness.



"The 35 children and families we have served so far have been very positive about the work, and this cuts across all ethnicities and ages, all diagnoses and religions."

It is rewarding to be paid for the work—a sign of being recognized as professionals. It is also personally and professionally enriching to share the spiritually profound experience of dying in an energetic way.

Children have been very receptive to the healings, and say they not only have been helped with symptoms management, but have been helped in making more sense of the dying process, and making it feel less scary. It has also helped them to talk to their families about it.

Families say that these healings have given them something positive and hopeful and painless to

offer their children...after all of the painful treatments they have been through.

They also appreciate the education we give them about the dying process energetically, and how we recognize how profound and mystical it is. This has allowed them to see it as a more positive and meaningful process, although no less sad.

We are just beginners at this work, and it needs to be further documented and researched. We need to find others who are doing the work, and make connections and learn from each other. We also need to educate the healthcare community on the validity and value of energy healing, so they will routinely include it as an essential modality to be offered in the care of very ill and dying children.

It's exciting to be part of this pioneering work.

For more information or to share your experiences, contact Llyn Bjorklund at llbjorklund@msn.com or 612-823-9017

Contact from Essence: The Healing Effects of Dolphin Encounters

—by *Yurika Nozaki McLaughlin '06*

It is said that when people swim with wild dolphins, a form of healing will occur. I was instantly absorbed by this possibility when I heard of it in 1991.

So I swam with the dolphins and experimented myself.

I experienced a very profound healing, and I became inspired to offer the opportunity to swim with wild dolphins to the people of my culture. I began holding workshops in the ocean for Japanese people of all ages who had a desire to experience the healing effects of a dolphin encounter.

Now, 14 years later, I wonder what the dolphin healing effect is... *exactly.*

How does it work with our Brennan Healing Science understanding of the Four Dimensions of Humankind?

What is the essential element necessary for the healing to occur?

How does the healing effect influence one life in comparison to another?

In a study based on a survey conducted with Japanese people who came to my dolphin workshop in 2005 and had close encounters with wild dolphins, I explore the ultimate value of a dolphin swim. An analysis of the results shows the unique dolphin healing effect on people of different ages, genders and backgrounds.

From the results of the dolphin swim effect study, and my knowledge of BHS healing, I combine the two modes of healing and explore how we as BBSH healers can support the awareness of dolphin energy and help people intergate it into their lives.

From the individual case examples, it is shown that by using the dolphin encounter as induction and then continuing the healing process with the tools of BBSH, a unique and profound experience for all human beings to expand their view of life is possible. With the presence of safe space, unconditional love, harmony, respect and geographical energy, the dolphin encounter nurtures



the swimmer, much the way the elements of soil, sun, water and air nurture a seed. Then the tools of BBSH on the HEF, Hara and Core Star dimensions can carry out the healing process and integrate the dolphin effect into the life of each participant.

Through this multidimensional ignition of awareness, we as healers have the opportunity to introduce people to their core essence—the authentic self that we all know we have. The dolphin healing effect occurs effortlessly and allows people to experience unconditional positive regard in relationship to another mammal. This experience creates a therapeutic effect on people's energy fields and allows them to connect with their own divine essence.

Once people connect with their inner core on a cellular level, it is easier for them to make contact with others physically, mentally, and emotionally from their own divine essence. From here, we as healers and our clients, and all those we come into contact with, can induce a positive harmonic healing energy within the outer world: the United States, Japan, and eventually worldwide.



Joy D'Andrea '99 • Year 1 Teacher

When I sat with these questions about establishing my Brennan Healing Science private practice, the two words that came to me were “intention” and “trust.” While in the process of building my practice (and to be honest, even now), I would keep centering into my intentionality to create a full and financially supporting healing practice. As I did this I would always be open to witnessing where and when that intention became compromised or crossed with old images, fears or projections, and then I would work with these pieces of my consciousness, enabling me then to realign once again with a clear intention for my practice. I’ve also found that trust is essential—trusting in my own core essence as a Brennan Healing Science Practitioner, and that this unique expression of mine would be enough, and would bring the clients who were meant to work with me, *to me*.

One recommendation I make is to be open to as many ways as possible to bring your healership into your community.

For several months after graduation, I practiced Brennan Healing Science one day a week at a naturopathic spa. This experience allowed me to see a large number and variety of clients each day (about six), expand my HSP and versatility as a healer, and helped create good professional and time boundaries. I believe that the learning I received during this time was invaluable.



Ky Woolf '02 • Former Year 2 Teacher

Living in a rural environment, advertising does not bring in a lot of business. The community here mostly relies on word of mouth referrals. I tried several newspapers and directories, but got little response.

I built most of my business through meeting people while working at the Seven Oaks Pathwork Center. Within a year and a half of happy clients passing my name on to others, I had a thriving full-time practice. I also recommend meeting owners of businesses who can refer your name to patients/clients, such as new age

bookstore owners, doctors, therapists, chiropractors, etc. They have been some of my best networkers.

Blessings to all of you looking to start full-time healing practices!



Catherine Nelson '94 • Year 4 Teacher

I have done a number of things over the years and I am always looking for new ideas.

When I first moved to Montana, I had a friend who sponsored me in her home for an evening presentation about my work. This gave me an opportunity to meet some of her friends and get to know members of the community who were interested in alternative modalities of healing.

I have brochures and business cards for my practice, so I always have something concrete to give people who express an interest in my work.

I am a Pathwork Helper, and I offer workshops several times a year in different communities in Montana. For each workshop, I have a contact with someone in the community who knows me. That person will often post my workshop flyers and give me names and addresses of people who might be interested in attending the workshop. The sponsorship by a friend or colleague helps to establish my credibility with their friends, especially when they don't initially know me or my work. I have found that my clients will tell others about my work, and some of these individuals become clients and/or they attend my workshops.

The word of mouth approach is a slow process, but it is often one of the best ways to attract new clients.

On the downside, I have learned that I can spend a great deal of money advertising with little return. I can place an expensive ad about my practice in a newspaper with a large circulation, and no one responds. However, if I place an ad in a local holistic magazine which can cost less, I can attract new clients and people who are truly interested in the kinds of healing and counseling work I do. I have also learned that it is important to keep my name out there as a practitioner on a regular basis.

Another way I can let others know of my work is to develop a website, and be listed on other websites. The BBSH website is a great resource, especially for those wanting to attend workshops in my region. I collect e-mail addresses and use e-mails to announce my workshops to those who have expressed an interest in my practice and workshops. Using the internet, website and e-mails saves a lot of money on paper and postage. Leading FBHS workshops, with all of the marketing that surrounds them, helps identify me and the school.

I am also very interested in healing animals, and I work both long-distance and hands-on. All of my work locally is with horses.

Manifesting Your Heart's Longing

—by Patricia WhiteBuffalo, Alumni Intensive Faculty

There are times in your life when it's important to stop and take stock of where you have been and where you are going. At this point in my journey, I realize I want to honor BBSH for teaching me what it means to be balanced and integrated using the whole chakra system.

I have found this to be key in presenting my work in the world.

By honoring the lower chakras as our foundation, the higher chakras as the gateway to our spiritual, and the heart chakra as a bridge to the two worlds, we can bring forth a full human/spiritual expression.

Currently, I have blended these teachings along with my love of music and Shamanism in producing musical healing events called "Awakening to Your Magnificence." This is a co-creation with my group, *The Heaven on Earth Ensemble*, a collective of talented musicians and gifted healers. Together we combine music with shamanic sound journeys, inspirational poems and spiritual teachings, to offer a unique opportunity to enter a healing space for personal transformation. This combination is a powerful and liberating way of working on the chakra system for charging, clearing and restructuring the energy field, to elicit the expansion of consciousness, and to awaken the inherent bliss within one's own being.

Serving as the visionary for this project was quite challenging. It took me through a deep personal process of examining my own limited beliefs that kept me small.

Who would want to come and hear what I had to say?

Who do I think I am to take on such an enormous project?

I'm going to *fail!*



The Heaven on Earth Ensemble members:
(seated from left) Patricia WhiteBuffalo;
Kate Pernice '99, Year 2 Teacher;
Antara; Amita; Kristi Piper '05;
(standing) Bill Pernice; Joy Adler '98,
Former Year 2 Teacher; and Michael Thompson

These were the negative thought forms that haunted me throughout the evolution of the events. I needed to claim my own magnificence before I could help others do the same.

In the end, the glowing faces, the light of their beings shining forth, the laughter, the pleasure of embodiment, and how the work touched participants so deeply, made the journey worthwhile. There is no doubt now that truly this is my life's task:

To bring this work out into the world and bring a little heaven on earth.

This then becomes the challenge for any graduate. You must take what you have received from all of your training, integrate this with your own heart's longing, and then have the courage to believe in yourself.

As in my case, you may have to overcome mental and physical obstacles in manifesting your own incredible magnificence. But the results, I guarantee you, will be *infinitely* worth it.

I would like to introduce *The Heaven on Earth Ensemble*, which includes BBSH graduates Joy Adler, our lead vocalist/sound healer...Kate Pernice, our Master of Ceremony...and Kristi Piper, our shamanic sound healer.

The other group members include Amita, poet of the divine... Antara, shamanic sound healer...Bill Pernice, our piano/synthesizer lead musician...and Michael Thompson, our percussionist.

We have recently completed our 2006 fall tour, and would like to thank all of the BBSH graduates who supported us in Santa Cruz, San Francisco, Portland, Seattle, Boston and New York City.

Thanks again—you guys are *amazing!*

For more information on *The Heaven on Earth Ensemble*, visit: www.beheavenonearth.com

*All solutions are, in fact, pleasurable.
It is only the resistance to solutions
and to the grand communion
that exists between all beings
that creates the difficulties.
Such resistances are rather habit-forming,
much worse than alcohol.*

Alcoholism, and all of the different kinds of addictions, are all a result of the resistance to and fear of pleasure that human beings have taught their children step by step through generations. It is the reverse of the twelve-step program! First you give the reverse twelve steps, and then you must do twelve steps forward.

*Wouldn't it be amazing
if you found ways to love your children
so that they would not be so intimidated
by your fear or your acting out your fear
or your hesitating for a moment to ask,

"Ah-ohh! Is this right?
Is it correct, is it appropriate, is this the right time,
is this the right love, is this the right person,
is this the right place, are these the right clothes,
do I look good enough, do I study hard enough,
did I get enough sleep, did I eat right, etc., etc., etc."

rather than flowing with your love.*

Another Handy Tool for Pleasure

List ten of your grandest pleasures. Write how you resist each pleasure so that it's clear for you. Write it in pencil so that when you clarify yourself of that bad habit, you can erase it off your list. Erase the resistance and replace that word with the pleasure.

You human beings have pleasure flowing toward you every microsecond of your life. There are many. You have all of the pleasures of the physical body, all the pleasures that come through all of your senses, your feelings, what you hear, how you feel when you move, how you feel when you are touched, how you feel when you make love, how you feel when you sing or you create a beautiful work of art, how you feel with your loved one and your families.

Recognize your capacity for wonder, your capacity for the enjoyment of life, your capacity for individual expression. It is love that is needed. It is joy.

*Each human need
is simply the recognition of your resistance
to the pleasure of being in oneness with the universe
and at the same time experiencing self as an individual
in wholeness with all there is.*

*So dear, dear ones, run out every chance you get
toward your grandest pleasure with open arms
receiving it, saying, "thank you, thank you."*

*Gratitude is extremely pleasurable
for both the one that is feeling it
and the one who is receiving it.*

Because of the long distances in my area, it's not feasible to have many individual horse clients. It's too far to travel in both miles and time. Instead, I will offer one-day equine workshops at a nearby ranch to help horseowners work with their horses to resolve different behavioral problems and learn useful healing techniques.

I am also a TTOUCH Practitioner and listed on their website, which again, brings inquiries about my work. In my long-distance healing work for animals, I have clients across the United States.

Here are my recommendations for BHS Practitioners:

I believe one has to live within one's financial resources, and sometimes, make discerning decisions as a professional about where to advertise and how to become known in the community. Ask people who come to you where or how they heard of your work. Ask those same people what newspapers and magazines they read, and pay attention to what seem to be the most efficient and effective ways of attracting clients in your area.

There are also lots of suggestions and skills for Year 4 BBSH students in the Professional Practice weekly segment.

Do you have several clear, confident and varied ways of introducing yourself to a local neighbor...or a nurse...or someone who has never heard of energy work? (I *do* believe there are "different strokes for different folks.")

How are your speaking skills in a group? Do you need more practice and/or more training? I would never make it as a car salesman, but I can speak about the work I love and believe in to others. Leading or co-hosting BBSH introductory talks or sponsoring FBHS workshops is a great way to let others know who you are in the area.

You may have other professional or holistic training in other modalities. Make use of what works and what brings in added income. Offer workshops in other modalities. Make presentations using your other training. You may have to continue with your regular job in a business setting, for example, because your healing practice at home is part-time. If that happens, be patient with the growth of your private practice. In the meantime, keep building your skills and credentials as a practitioner, which will help your practice grow, too.

Don't limit the possibilities of your healership. It may not be about working with a client on a table doing a chelation. Your healership is about your unique gifts and talents, your natural interests, along with other skills and training you've acquired over the years.

The possibilities of what your healership could look like are *endless*.



Joy Lofstrand '98 • Year 2 Teacher

Often, when I have networked in some form with my greater community, I have received calls from individuals interested in my work. I contact the community via health expos, doing mini-healings

at fundraising fairs, referrals from and to adjunct health professions or workshops such as FBHSs. I prefer that people find me rather than actively going out and networking to find *them*.

At times, this works. However, when I commit to actively going out and networking, allowing myself to be seen in my healership, it tends to be a win/win situation. So let yourself be seen and involved with your community.

For example, after 9/11, I was part of a healing center near the World Trade Center, offering healings to those in need. People were so appreciative, and some of them continued sessions with me. More often they might weave their way back at some later time, or refer other folks.

I felt so touched to be offering my services in such a time of need. Each community has its time of crisis, but all have persistent areas of need that would benefit from your help. It's a way to be seen with your unique passion as you creatively find your own way to connect.



Deborah Mathison Noeker '99 • Year 1 Assistant Dean

Thank you for this opportunity to be with and in service of all graduates of BBSH...and soon-to-be graduates of BBSHE.

For all graduate healers who are entertaining new horizons for your practice:

I will answer to the affirmative "what has worked for me," because I feel that all action/movement forward contributes to one's healing practice. All steps are valid in this unfoldment.

This great question is so pertinent to my own recent move into a new area of the country, from the southernmost Florida islands to the northwest mountains of Idaho.

First of all, I have been with the question of "Who am I?" in relation to this query—as a BBSH teacher, in connection to my true identity and purpose of self, and how this fits into the plan of humanity's evolution.

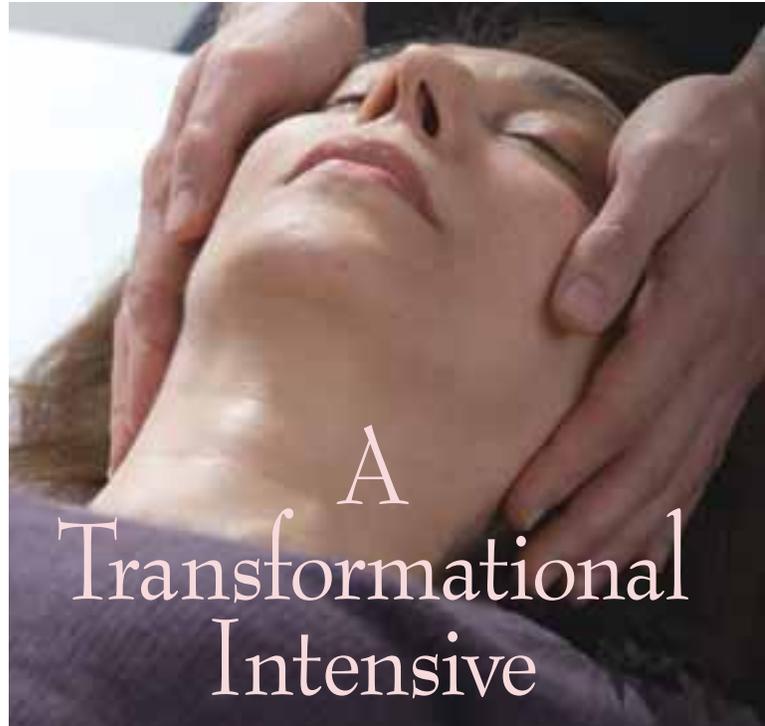
After graduating from BBSH in 1999, I have continued to explore and challenge the places that resonate with the true calling of being a healer on this beloved Planet Earth...and also a teacher, nurse-health-educator, and Light Worker for the planet's evolution and for all humanity's Ascension. Here I am again faced with this innermost compelling question:

"What is it that I am called to do in service for humanity *now*?"

This of course resonates on not only a personal level, but on a planetary scale. What I am certain of is that there is no room for even entertaining one's old belief of limitations!

This year is the time for action... for standing in one's truth of unlimitedness and becoming the wave that moves upon the shore of all new possibilities, the new paradigms of holding *all realities* of multi-dimensionality, and setting the stage and holding space for

continued on page 14



We are delighted to inform you that because of last year's great reviews, BBSH will once again offer the program *A Transformational Intensive* to all graduates. The two-week program, taught by senior faculty member Patricia WhiteBuffalo, will be offered during BBSH Class 4 (April 18–22, 2007) and Class 5 (June 13–17, 2007) at the Sheraton Miami Mart Hotel in Miami, Florida.

A Transformational Intensive will focus on each participant's personal transformation by incorporating the ancient teachings of Shamanism with Brennan Healing Science and Psych-Spiritual skills.

The program includes the following teachings:

- ***Soul Retrieval and Destiny Healing***
- ***Shamanic Journeys***
- ***Trance Movement and Expressive Art***
- ***Group Process Using the Medicine Wheel***
- ***Eastern Chanting***

A Transformational Intensive will also include the traditional all-school gatherings:

- ***Barbara's Welcome/Meditation***
- ***Heyoan Channeling***
- ***Goddess Healing***
- ***Student Art Show and Performances***
- ***HMD Lectures***

Please note that Class 4 is also when Family Days are held, in case you would like to include family members in your trip to Florida! And of course, Graduation and the class ceremonies take place during Class 5.

The tuition for the two-week intensive is \$2,000. To register, call or e-mail Ana Alvarrão at:

1-800-924-2564 or registrar@barbarabrennan.com

The deadline to register is March 10, 2007. (No registrations can be accepted after this date.)

For additional program information, please e-mail Patricia WhiteBuffalo at:



Christiane Corbat Westlake BBSH 2004

Christiane transitioned peacefully at home in Barrington, Rhode Island on August 1st, surrounded by her loving family. She was diagnosed with mesothelioma lung cancer last summer and spent the year preparing her soulful spirit for its journey.

Mother, wife, daughter, sister, aunt, community member, global citizen, healing artist, mythologist, wise woman and shaman, Christiane graced us with boundless essence, earthy beauty, and ease in connecting to people living with illness. When not listening to a classmate's story, she was discovering the family background of André the homeless man sitting outside the hotel with his dog.

She brought the house down in a creative arts skit, playing a wise crone, breaking into an improvised rendition of a tired popcorn kernel that was "too pooped to pop." Her Global Heart Project, encouraging each of us to look within, to our dreams, visions and longings in service of bringing peace into our lives and the world, imprinted our hearts the way her sculptures imprinted us.

Though accustomed to being recognized for her work, Christiane cherished gifting a Global Heart Sculpture to Barbara during Senior Ceremony, speaking at commencement about her journey of becoming an open, vulnerable woman, and presenting her healing artwork to the student body.

Christiane's life embodied heeding the call. Her compassion toward her own illness was an exquisite reminder of letting go—attending to spirit's ultimate call home. We thank you, Christiane, for being our Global Heart, and know that even greater adventures in love and creation await you!

*Lisa Marcus and the Class of 2004
The Global Heart Project
www.christianecorbat.com*

The Alumni Forum *continued from page 13*

all souls coming into full recognition in this important upcoming year of humanity's awakening.

I ask for guidance as I also risk and trust in this guidance to step graciously into that which is before me—the opportunity to open to even more creativity—an art project that holds the energy for a healing transmission, a chance to give an informational talk on BBSH, excitement in designing a new business card that more reflects my *now* self, researching new opportunities for alignment within spiritual groups in my community, or joining in a community-sponsored environmental event. Speaking and living my truth in holding the essence of who I am in all I choose to *do* and *be*.

I continue looking at options that have not yet been examined, such as opening the Yellow Pages and local papers, scouring what's available to interact with in my environment as a healer, whatever that means to one's life-situation-task.

I took a day and visited all of the spiritual book stores, crystal shops and nondenominational spiritual churches to leave business cards and brochures, and to introduce my presence. I read through the alternative city's journal of arts and literature to get a new perspective on what is being felt in community as art, film, stage and music. I ask questions to proprietors of these forums, as I continue to seek other healers in the community to find commonality, and with whom I can enjoy new relationships.

And I am always enthused at the wealth of humanity's heart that lives in every community.

But the most important aspect is that I daily tune into my inner self through meditation and quiet reflection, to examine what I am really dreaming of, lovingly feeling and longing for, in bringing the truth to humanity of each person's greater heart and connection into unity consciousness. I feel very strongly about creating harmony and peace on this planet. I act through prayer, e-mail virtual community, and personal community action of *being* this.

How this emerges holds many possibilities, depending on the longing of each healer. But the one confirming truth is that whatever one chooses from this fully connected and empowered place, and acts upon this rich life pulse, is *enough!*

Start at the present moment within your longing, pay attention to the opportunities that magically manifest (no matter how small) as you commit to a more active community service, and discover the power and truth of who you really are. Here within you lies *your* personal gift, as no one else holds the unique imprint upon humanity that *you* do!

Best of actions of creations to each of you!

There are three factors that I am sure have helped me in building my practice:

- *Continuous work on my own process through supervision and therapy*
- *Intentionality*
- *Prayer*

**—Rebecca Ellens '96
Year 3 BBSH/E Assistant Dean**



Michael Mervosh '97

Year 2 Assistant Dean • BIP/STP Program Head

I was fortunate in being able to set up a BHS practice because, as a licensed psychologist, I had already established a full-time psychotherapy practice prior to attending BBSH. For me, it was a matter of adding this component into the depth psychology and body-oriented process work that I already did with people. This was a natural fit with what I already had developed for myself.

It is clear to me that it is much more challenging to start a healing practice without combining it with other professional services, as those services provide initial exposure to and trust for the service provider, and become a doorway to the energy healing work that can take things to the next level.

What works is establishing clear and consistent parameters for the days and times you are available to see people, and sticking to them—not becoming overly accommodating to requests for sessions based on the person’s desperation or their demand that you be immediately available. This almost never goes much further than a few sessions of “relief-seeking.”

What also works is having materials that describe your work and your philosophy, and using this like a mission statement. Providing this kind of context allows people to see more realistically what will be provided, and what to expect. This helps to weed out a lot of the “magical thinking” that potential clients bring along when they go to see a “healer.”

Many times, I have found that the people who are attracted to healing sessions are either extremely devoted to and self-responsible for their own healing path, or they are simply looking to be “fixed,” with minimal effort on their part, and are unhappy that this did not happen through mainstream medical or psychological venues. This is, of course, a generalization, but I find this type of “dividing line” to be quite common among potential clientele.

For graduates just starting their practices, remember that it’s not called a “practice” for nothing! More than anything else, what works is “practicing”—seeing people as much as you can, even at lower rates, if necessary—to get established and known. Once you are rooted in the discipline of a practice, energy collects and gathers in your healing space, and people somehow get drawn towards it.

The primary method of referrals is always word of mouth, which is a result of satisfied clientele who share their successes with others.

I find advertising to be an inefficient means of generating initial business in this line of work, due to the intimacy and depth of what transpires. Advertising only appears credible if it is very professionally done, and consistently done over time, which is very expensive and often not the best way to invest limited resources. Very few people will enter such healing endeavors with a stranger, especially if they have not been highly recommended by a trusted friend or colleague whose recommendation provides the level of trust needed to step into the threatening unknown of a healing journey.



Tom Elliott and Barbara Scott Celebrate Their Marriage!

Tom Elliott (BBSH '04, ASED '06) and Barbara Scott (PS2 '06) celebrated their marriage at their home on Mission Creek in Montana on October 7, 2006.

They were joined in this ceremony by 150 friends and family from around the country, including many BBSH classmates and faculty. The BBSH celebrants held hara throughout the ceremony to create a strong vessel of intentionality for this joyful union.

Guests were greeted by bear scat from a recent visitor, a gentle rain glistening on the chokecherries and hawthorn apples, and enjoyed an Italian slow food meal including buffalo, antelope and elk dishes.

The clouds cleared and skies opened in the evening for a beautiful circle ceremony by a tipi on the ridge overlooking the Absaroka and Crazy Mountains. After dinner and music, the couple departed for an extensive tour of primitive hot springs throughout the Northwest.

Blessing and love to all.

We miss you!



“I Married Marcus Ferrari!”

*—by Jessica Turnoff
BBSH '04, AS '06,
Year 4 Teacher*

On October 14, 2006 in Telluride, Colorado, I married Marcus Ferrari. Though we live in Florida, we love to visit Telluride.

The ceremony was beautifully held by my friend, fellow healer, and now wedding officiant, Melanie Hahn. This great day was the manifestation of a longing I had to find a wonderful partner.

During Year 4, I made a long list of all the qualities I would want in a partner, paid attention to the skills we were learning, and poof! There he was! Marcus and I met in April of my Year 4...just in time for him to attend family and friends day.

In addition to all of the wonderful things Marcus is, I think the universe threw in an extra bonus:

Instead of being a Turnoff, now I’m a Ferrari!



From left:
Shelli ('04, AS '06) and Brent Nelson,
Jessica and Marcus,
Celia Conaway ('99, AS '06,
BBSH/E Year 3 Teacher)
and Melanie Hahn
('04, AS '06, Year 4 Teacher)

Brochures available in both Japanese and English.



And Dr. Brennan Hosts a Special Weekend Workshop in Japan:

"An Introduction to Brennan Healing Science"

March 23 thru March 25, 2007

The Makuhari Messe International Conference Hall • Chiba, Japan

- Barbara Brennan School of Healing Japan 2007-2008 Class Dates**
- Class 1:** Thur. Sept. 13 thru Tues. Sept. 18, 2007
 - Class 2:** Sat. Nov. 17 thru Wed. Nov. 21, 2007
 - Class 3:** Sat. Jan. 26 thru Wed. Jan. 30, 2008
 - Class 4:** Sat. March 15 thru Wed. March 19, 2008
 - Class 5:** Sat. May 10 thru Wed. May 14, 2008

If you know of anyone who would be interested in learning more about the new school, please pass the word! And have them contact us for complete information.

BBSH will offer Brennan Healing Science learning opportunities to those living in Japan who have been unable to travel to the United States or Europe, and will make it easier and more convenient for those living in nearby countries as well.

We are very proud and excited to announce the opening of the Barbara Brennan School of Healing *Japan*, with classes being held at the centrally located Tokyo Fashion Town (TFT) Building

Our New School in Japan Opens Next Year!



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