Overall Summary in Self and Professional Growth

Overall, the biggest combined contribution of the continuing education hours is my awareness and ability to be in my heart has increased immensely. Needless to say, I have always been a heart centered Healing Touch practitioner as I was trained. It is just that, for myself, experiencing the loss of my husband 7 years ago, living consciously, riding the waves of grief, observing it and my responses to it, finding my way in the world by myself with the support of others, I have been winnowed and my heart is more accessible than it ever has been. This, combined with the work I have done with Jill Purce, has had a profound effect on me. Although I only used one program for renewal, I actually have been to her Healing of Family and Ancestors three times in the past 5 or 6 years. Through her work and other inner work, I have transformed from someone who struggled her whole life to forgive and let go of the past to someone who deeply honors its place in the quilt of my life. I also included participation with HeartMath and Intention Mastery Class even though I did not need the hours because they together have been so influential. The HeartMath presented a new twist on things I already knew and augmented it in ways that were so helpful to me personally and as a presenter. Lynne McTaggart’s class included six 90 minute webinars with Lynne and weekly Skype session with a small group for a year. The time together with others deepened my respect for the power of intention individually and especially with others. I found the presentation of Five Elements was yet another way to look at personalities. I found myself identifying with the Fire Type. The triple warmer is the perfect exercise for me. I love Dr. Ann Marie Chaison. I find I am so present to her during her presentations that I take very few notes and if she gave a handout it was missing from my file. I did appreciate her introduction to Assemblage Points, but I never noted she had a technique for working with it, unfortunately. This motivated me to check the internet where I found YouTubes reintroducing me to the tapping exercise she did with us and I hope to experiment with it again. The Science of Energy Healing was a home run for me as someone who loves science, healing and teaching. To have the information presented by so many masters and in such a concise way was such a gift! I was introduced to folks I did not know and appreciated that. It gave me a deeper appreciation of Energy Psychology. I incorporated all that I learned in small ways during the “coaching” part of my session, always respectful of my scope of practice and recommending folks to another practitioner if a more in-depth experience may be worthwhile to explore. I work with the person receiving the session setting an intention in keeping with Lynne’s guidelines and share the scientific knowledge when I think it may be helpful to the person. Finally, my curious mind has gifted me with a wealth of information about the body from an energetic perspective which I love to share with others. I now teach from a perspective that folks already know the body as energy, sharing the underlying historical perspective and science with them can be helpful. I have become accustomed to providing a place for learning to take place with everyone in the room being teachers rather than thinking my teaching is the learning. Overall, I am very aware I am continuing to change, and I am grateful.