

Healing Touch Program Certification Application

Submission Date:

Name of Applicant (to appear on certificate): Patricia A Doble

Address: 4331 Louisiana Avenue North

City: Crystal State/Province: MN Zip/Postal Code: 55428

Country: USA

Include the phone number(s) and email address you want HTP to use for communication:

Contact Phone: 763-218-0212

Contact Email: pdoble3@gmail.com

Select the application you are submitting:

☒ Practitioner Certification Application

The Qualified Mentor overseeing my Practitioner Certification packet is:

Name: Tim McConville

QM#: 67

☐ Practitioner Certification Renewal Application

Expiration date:

☐ Level 6 Application

☐ Instructor Certification Application

☐ Instructor Certification Renewal Application

Expiration date:

☐ Instructor and Practitioner Certification Renewal Application

Expiration date:

Practitioner Certification Application Checklist

Applicant's First and Last Name: Patricia Doble

- ☒ **Application Form**
- ☐ **Payment Information Form (if submitting manually)**
- ☒ **Practitioner Certification Application Checklist Form**

Application Requirements as below:

1. Completion of Coursework

- ☒ Copy of Certificate of Course Completion signed by the Healing Touch Program Director

2. Professional Resume

- ☒ Professional Resume

3. Educational Resources and Development as a Healer

- ☒ Reflection A: Personal and Professional Growth
- ☒ Reflection B: Service to Humanity
- ☒ Bibliography

4. Supervised Mentorship

- ☒ a. Mentorship Experience Report
- ☒ b. Assertion of Personal Responsibility form HTP-933-C
- ☒ c. Mentor Assessment and Recommendation form HTP-933-B
- ☒ d. Mentor Letter(s) of Recommendation

5. Ethics and Professionalism

- ☒ Reflective Report on Ethics and Professionalism

6. Evidence of Healing Touch Practice

- ☒ a. Description of your Practice
- ☒ b. Case Study
- ☒ c. Two documented Healing Touch Sessions

CRITERION 1 – COMPLETION OF COURSEWORK



CRITERION 2 – PROFESSIONAL RESUME

Patricia Doble HTP

4331 Louisiana Avenue N, Crystal, MN 55428
763-218-0212 – pdoble3@gmail.com

Professional Profile

History of management and support combined with a Health Coaching certification and coursework in the Healing Touch Practitioner-Apprentice curriculum. I bring a unique combination of leadership, communication, coaching, customer service, and energy healing.

Formal Education

Bachelor of Science in Business Administration (BSBA) 1977
University of Minnesota, Minneapolis, MN

Work Experience

Office Manager: Viterra, Minneapolis, MN Nov 2016-Present

- Provided support to Manager and staff improving morale and working conditions
- Responsible for confidentiality within the plant

Inventory Specialist, Marketing Assistant, Malark Logistics, Brooklyn Park, MN 2014-2016

- Service driven customer service professional passionate about building lasting relationships
- Known for taking on difficult tasks while maintaining positive relationships

Implementation Manager, Transportation Manager, Sterilmed, Maple Grove, MN 2001-2013

- Fostered and maintained positive relationships while managing new account/new product programs.
- Supervised 16 people including recruitment, interviewing and selection process, employee development and review
- Demonstrated excellent written communication with account management team regarding progress related to new goals including timeline, strategy, tracking and results

Professional Licensure, Trade School Completions and/or Certifications

Health Coach Certification Institute for Integrative Nutrition (IIN) November 2016

Related (Energy) Education and/or Training

Healing Touch Program (Levels 1-4) Healing Touch Practitioner Apprentice (HTP-A) 2017

Advanced Healers Playgroup, monthly meetings 2017 to Present

Mystical Embrace: Illuminating Higher Frequencies Enhanced Healing 10/21/18 – 10/25/18
Workshop. (29 hours)

Advanced Chakra Diagnosis and Treatment (15 hours) May 2019

Professional Memberships/Affiliations

Healing Touch Professional Association 2018 to Present

Toastmasters International 2013 to Present

Patricia Doble HTP
4331 Louisiana Avenue N, Crystal, MN 55428
763-218-0212 – pdoble3@gmail.com

Healing Touch Core Curriculum Classes

Sept 2019	Healing Touch Level 5 – Sharon Walters (Instructor)	Minneapolis, MN
Sept 2017	Healing Touch Level 4 – Tim McConville (Instructor)	Minneapolis, MN
April 2017	Healing Touch Level 3 – Tim McConville (Instructor)	Minneapolis MN
March 2015	Healing Touch Level 2 – Tim McConville (Instructor)	Minneapolis MN
Dec 2014	Healing Touch Level 1 – Tim McConville (Instructor)	Minneapolis MN

Additional Healing Touch Courses:

Sept 2018	Healing Touch Level 2 Helper – Tim McConville (Inst.)	Minneapolis, MN
Feb 2018	Healing Touch Level 1 Helper – Tim McConville (Inst.)	Minneapolis, MN
Aug 2015	Ethics for EH Practitioners (HT Program)	Online

CRITERION 3 – EDUCATIONAL RESOURCES AND DEVELOPMENT AS A HEALER

Reflection A: Personal and Professional Growth

When I was finishing my level 4 class the students completing level 5 told us that they were not the same people after completing the work toward Level 5. I was intrigued and wondered if the same would happen to me and it has! As Alice Bailey says, the healer must have “the ability of the human mind to stretch, to record, to discover and to formulate truth”. I have grown through this educational experience by meeting so many people. Some were clients, some were other practitioners who have since become friends. I have been able to experience so many different modalities and had the opportunity to refer clients to the ones that I thought were valuable and appropriate. Finally, I have grown through all the books I have read on so many different topics that I would not otherwise have read. These have definitely enlightened me to new ways of thinking and behaving and I am definitely not the same person I was when I started.

I have been able to integrate this growth in my life and in my practice in a number of ways. In *Angels of Abundance* (Virtue 2014), I learned to utilize Angels in both my personal life and in my work as a healer. I now ask the angels for their help and hold the intention of angels gathered around the table as we work toward the healing of the client. In *The Artist’s Way* (Cameron 1992), she describes the benefits of journaling, specifically morning pages. This is something that I have incorporated into my everyday life and have often recommended to clients. Bernie Siegel in *The Art of Healing* (Siegel 2013) uses a variety of tools when working with clients. One of these is a vision board – which I have on the wall of my bedroom. Another is laughter. Don’t they say that laughter is the best medicine?

Caroline Myss in her *Essential Guide for Healers* (Myss, 2004) was instrumental in a number of ways. She emphasized examining our motivations as a healer and the importance of ego staying out of the way in order to be an effective healer. She reminds us that the energy will go where it is needed. She also stated that one of the best healers she knew had a finance background. That really encouraged me as I also do not have a medical background.

I am totally committed to continuing to explore more about Holistic Educational growth. In *Joy’s Way* (Joy 1979), he emphasized that by following his intuition he was able to facilitate his own healing. Intuition, both following and enhancing, is something I am passionate about learning more about. I have already started on that journey through books such as *Awaken Clairvoyant Energy* (Dale 2018) and a one-day seminar I took with Janna Moll on *Intuition, Discernment and Development* (Moll 2019). Through these sources I have learned that I am not the most intuitive person at this time (per a test given in Janna Moll’s class), but that it is something that can be developed. Cyndi Dale says that intuition is simply a matter of learning how to manage energy and she provided several methods of doing that.

I am also excited about learning additional techniques to use when practicing Healing Touch. Toward that end, I have taken a 3-day course on Advanced Chakra Diagnosis and Treatment (Moll 2018) where I learned techniques using sound, oil, crystals, colors, etc. I have used these with some of my clients and have found them to be very impactful. Fortunately, the opportunity to learn more about holistic practices is plentiful.

Underlying all of this is my belief in the importance of ethics. After watching what has been happening in the world at large I believe we have to be as meticulous as possible in both our personal and professional lives. In *Creating Healing Relations: Professional Standards for Energy Therapy Practitioners*. (Hover-Kramer 2011 she stresses what ethics is and why it is so important in Healing Touch. When completing the Healing Touch Program course *Ethics for EH Practitioners* (Feinstein, 2015) it further brought home the all the many things to be aware of to maintain the highest professional standards including continuing educations, staying within scope, privacy, and transparency. My truth is that any hope of changing the world must begin with me.

Reflection B: Service to Humanity

My desire to be of service to others began when I was still a young child and the teachers encouraged us to volunteer. However, over the years I doubted if what I had to give was enough. In Alice Bailey's statement "Above everything else in life, give to all who see your aid the fullest measure of love, for love releases, love adjusts, and interprets and love heals on all planes". I questioned if simply fully giving of myself, with love and a true heart, be all that is needed? Would I really be enough? During my journey, I have learned that the parts of me that I had judged as shortcomings are actually assets when it comes to healing both others and myself. That it is only through love that we are able to connect and heal.

Most of my life I have judged myself as being too sensitive. However, in *The Highly Sensitive Person* (Aron 1996) she points out that highly sensitive people are OK just the way they are. In fact, sensitivity is actually an asset when working with others. My journey has helped me to be more accepting of myself allowing me to relax, open my heart Chakra, and actually be better able to be of service.

I have also learned that loving yourself unconditionally you are better able to give unconditional love to other. In *The Holographic Universe* (Talbot 1981), he states that there actually is no separation between persons, that we are all one. Thus by loving myself unconditionally, I actually loving "others". During the seminar on *Mystical Embrace: Illuminating Higher Frequencies* (Harcy, McConville, Nienaber 2018) we talked about unconditional love and raising our frequencies. When we raise our frequencies, the healing is happening for the good of the whole, not just ourselves or one person. In *The Body Keeps Score* (Van Der Kolk, 2014) he states that most human suffering is related to love and loss. That people can never get better without knowing what they know and feeling what they feel (they have to stop hiding from themselves). Love is basic to our lives both individually and for humanity as a whole.

Love is integral for serving humanity. Lynn McTaggart (2017) in her book *The Power of Eight* has proven through her experiments that people working together through love and intention can bring healing to others. She states "Love gets bigger through the power of eight". In fact, she has found that people working together, who are not the focus of the intention, also experience healing! The Work is not only about healing others. Byron Katie in *Loving What Is* (2002) describes the work as focusing on yourself. Challenging your beliefs about other people and keeping the focus on yourself. Recognizing that beliefs about others always come from YOU. The work is remembering that we are all one and that it is only through love that we can truly heal.

CRITERION 3 – BIBLIOGRAPHY

Healing Touch

1. Joy, W.B. (1979) *Joy's Way*. New York NY: Penguin Putnam, Inc
2. McTaggart, L (2017) *The Power of Eight, Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life and the World*: New York, NY: Simon and Schuster
3. Harcy, Franny McConville, Tim Nienaber, Jeannette (2018) *Mystical Embrace: Illuminating Higher Frequencies*. 3 Day Retreat, Stillwater, MN.: Awakening a Axis
4. Moll, Janna (2018) *Advanced Chakra Diagnosis and Treatment: 3 Day Seminar*, Plymouth, MN, Energy Medicine Specialists

Spiritual

5. Virtue, D. Virtue, G (2014) *Angels of Abundance Heavens 11 Messages to Help You Manifest Support, Supply and Every Form of Abundance*, Published in USA: Hay House, Inc Ltd.
6. Katie B (2002) *Loving What Is, Four questions that can change your life*, New York, NY: Three Rivers Press

Professional Development

7. Myss, C (2004) *Essential Guide for Healers* Louisville, CO : Sounds True
8. Aron, Elaine N (1996) *The Highly Sensitive Person* New York, NY: Harmony Books
9. Dale, Cyndi (2018) *Awaken Clairvoyant Energy* Woodbury, MN: Llewellyn Publications
10. Moll, Janna (2019) *Intuition Discernment and Development (Seminar)*:Minneapolis, MN: Energy Medicine Specialists

Holistic Health Care

11. Siegel, Bernie S. MD. (2013) *The Art of Healing Uncovering Your Inner Wisdom and Potential for Self Healing*. Novato, CA: New World Library
12. Van De Kolk MD, Bessel (2014) *The Body Keeps Score, Brain, Mind and Body in the Healing of Trauma*: New York, NY: Penguin Books

Ethics

13. Hover-Kramer, D. (2011) *Creating Healing Relations: Professional Standards for Energy Therapy Practitioners*. Santa Rosa, CA: Energy Psychology Press
14. Feinstein, David PHD (2015) *Ethics for EH Practitioners*: Online: Healing Touch Program

Quantum Physics

15. Talbot, M. (1981) *The Holographic Universe: The Revolutionary Theory of Reality*: New York, NY: Harper Collins

Journaling

16. Cameron, Julia (1992) *The Artist's Way: A Spiritual Path to Higher Creativity*: New York, NY: Penguin Random House LLC

CRITERION 4 – SUPERVISED MENTORSHIP

Mentorship Experience

QM #67: Tim McConville – Certified Healing Touch Practitioner & Instructor
3125 East 25th Street
Minneapolis, MN 55406-1449
612-722-1051

Tim has been my mentor since I completed Level 4 in September of 2017. I quickly realized that I wanted to be on the two-year program and Tim had no problem with that. We met monthly, typically for two or more hours each time. Some meetings were held at Augustana Care Center and as I approached level 5, the meetings were held at their home. At each meeting, we reviewed progress and I had the opportunity to have any questions answered. We discussed techniques, preparing for level 5 explanations and homework review. If I had questions regarding something between meetings I could always reach out via email and would receive a response within 24 hours – even when they were overseas. A lot of time was spent reviewing case management and documentation. Since this was a mentor group, we could discuss referrals and the pros and cons. I particularly enjoyed hearing what other apprentices were going through in their practices and as they prepared for level 5. We could share how we were handling situations – all under the careful gaze of our mentor who would interject if we were heading down the wrong path.

Meetings sometimes included the opportunity for Healing Touch (HT) exchange with other level 4 students. Tim and Pam have observed me administering HT during these practice sessions, as well as when I was a helper at level 1 & 2 classes. I was also able to provide a session for Tim while Pam observed. During some meeting's I was able to experience some enhanced energetic experiences. A small example is the experience of setting an energetic boundary and having someone walk into it – consciously experiencing what it feels like to be within a boundary and also to experience what it felt like to move within someone else boundary.

During this time with my Mentor, I have grown in so many ways. I now practice Hara Alignment Mediation daily along with either Self Scudder Technique, Self-Chakra Connection or Self Spiral Meditation. I now have some sensations in my hands when scanning a person – either heat or tingling-, which I never experienced in the beginning. Tim once told me not to just rely on my hands, but to feel with my heart. This is something I think of every time I am doing a hand scan. I am also much more aware of the guides in my life and the synchronicities that occur nearly every day. I feel that my trust level has improved. In the past, I would worry and try to control everything I could. I now sit back and take a moment to turn it over to my guides and angels and trust that everything will work out – and it does!

I am comfortable reaching out to Tim whenever I have a question – typically via e-mail, which is my preference. Best of all is that whenever we meet I feel unconditional acceptance and love.

4b. Practitioner Assertion of Personal Responsibility

Applicant's Name: Patricia Doble HTP

- ☒ I can demonstrate and use all the techniques and sequences taught in the Healing Touch Program classes Levels 1 – 5.
- ☒ I understand the principles and concepts of using an informed consent form with clients.
- ☒ The case study included in my application packet describes my unique abilities in a caring-healing relationship, using what I have learned within the Healing Touch Program. It demonstrates my level of proficiency as a competent Healing Touch practitioner and my professional development and practice.
- ☒ I take personal responsibility for clarifying and interpreting the content and scope of Healing Touch within Healing Touch Program and I maintain confidentiality of my healing activities and the documentation of all care provided.
- ☒ I have read and understand the Healing Touch Program Code of Ethics and the Statement of Scope of Practice and I attest that my practice adheres to these standards.
- ☒ I carry an active professional liability insurance policy for my Healing Touch Practice. Policy issued through HTPA/ Energy Medicine Professional Association insurance company.
- ☒ I take responsibility to obtain and maintain appropriate legal credentials, permissions or qualifications necessary to touch the human body as required in my state or geographical area.

I understand that violations of the HTP Code of Ethics or Scope of Practice may result in consequences up to and including revocation of certification, and I recognize and accept that the HTCGC has the final authority to determine those consequences.

Have you ever been convicted of a felony? ☐ Yes ☒ No

If yes, please explain:

Signature of Applicant: Patricia Doble

(If submitting electronically, please type your name.)

- ☒ By checking here, I am providing my electronic signature approving all the information entered.

Date: 11/5/2019

4c. Mentor Assessment and Recommendation

If you are working with more than one mentor, each mentor must fill out a separate form and submit a letter of recommendation.

Applicant's First and Last Name: Patricia Doble

Mentor Information

Mentor's First and Last Name: Tim McConville

Address: 3125 e. 25th Street

City: Minneapolis State/Province: MN Zip/Postal: 55406 Country: USA

Contact Phone: 612 578 7704 Email: ptmcc@msn.com

I have worked with Patricia from Sept 2017 to Present *(The total mentorship period must be at least a minimum of one year, following the applicant's completion of Level 4. Applicant may have more than one mentor.)*

I am certified as a Healing Touch Practitioner and my certification date or renewal date is October 2020

My certificate number: 279

I am a Healing Touch Program Qualified Mentor ☒ Yes ☐ No

Qualified Mentor Number: 67

Credentials or explanation: BS, HTCP/I

The applicant has demonstrated a competent level of practice of Healing Touch.

☒ Yes ☐ No

Did the applicant demonstrate understanding and competence in adhering to the Healing Touch Program Code of Ethics and Standards of Practice during the mentorship process?

☒ Yes ☐ No

I would seek Healing Touch treatments for myself and refer clients to the applicant.

☒ Yes ☐ No

I have read the applicant's certification packet and approve for submission.

☒ Yes ☐ No

I am recommending this applicant for certification as a Healing Touch Practitioner.

☒ Yes ☐ No

Additional comments. Please explain any "no" answers. If submitting manually, you may use the bottom of the page if necessary.

She is already a wonderful Practitioner and will continue to grow

Digital Signature of Mentor Tim McConville

Date: November 4, 2019

Include a **Letter of Recommendation** along with this form indicating the applicant's general competence within a practice setting e.g. a description and evaluation of two supervised sessions, your personal sessions with the mentee, and your overall mentorship experience with this applicant.

Tim McConville
3125 E. 25th Street
Minneapolis, MN 55406
November 4, 2019

To: HTC Review Team

RE: Certification Recommendation for Patricia Doble

I highly recommend that Patricia (Pat) be certified as a Healing Touch Practitioner. It has been a delight to work with her through her Healing Touch Journey and the mentorship process. She was an active participant in our mentor group, coming to most of the monthly meetings the last couple years. I served as primary mentor, although both Pam McConville and myself share mentoring in the group. Pat has stretched her boundaries by helping with HT community project and has connected well with other group members. They regularly trade treatments and help each other with self-care. We have met individually a few times outside the group to discuss her work and the observation sessions with her. She has also served as helper in my classes. She is very conscientious and thorough in her work and has a growing intuitive sense of the energy. Pat has a sound understanding of the Healing Touch techniques. I have been privileged to observe her growth from the early levels to practitioner.

I believe that Pat will be a very professional safe and ethical practitioner. She is beautifully heart centered and will be a delight for her clients and a wonderful asset in our Healing Touch community. I would recommend her for clients and certainly for certification.

Blessings

A handwritten signature in cursive script that reads "Tim McConville". The ink is dark and the signature is fluid, with a long, sweeping underline.

Tim McConville, HTCP/Instructor
QM #67

CRITERION 5 – ETHICS AND PROFESSIONALISM

I believe that Ethics is of critical importance in working with clients. Below I will discuss my use of the Healing Touch (HT) Scope of practice and Code of Ethics. In addition I will be addressing my guidelines for making referrals, my decision whether or not to use informed consent forms and finally I'll close with an example of an ethical situation I have encountered.

As an apprentice, and now a practitioner of Healing Touch (HT) I believe it is imperative to follow the Scope of Practice and Code of Ethics as defined by HT Program. I do not use medical terminology such as "Patients" or "cure". Instead, they are "clients" and I "assess energy fields" not "diagnose medical conditions". Each session is documented whether it is a full 45-60 minute session or a shorter 20-30 minute session at a community event. The depth of the questions/answer may not be as great for the shorter sessions. Prior to the start of each session I check in with the client to see if it is OK to touch and they are informed during the initial intake that all work can be done above the body if they prefer. I do carry liability insurance through the Healing Touch Professional Association. Since I have no licensing or certifications outside of Healing Touch, I limit my suggestions to what I have learned there, or to commonly known things such as a healthy diet and exercise. Each client is informed of my experience and education and we agree on the goals of the session and treatments. All records and conversations are kept confidential. I continue to take classes to enhance my knowledge and practice daily self-care which include the Hara Alignment Meditation and either a Self Chakra Connection, Spiral Meditation or Self Scudder during my morning meditation.

My personal guideline regarding selection of a referral for a client that could use additional help beyond my scope of practice includes reviewing my list of contacts for someone that I feel may be appropriate. I look for someone who is licensed or certified in the area (if this is possible) or who has had years of experience and is known to be reputable in my community (as would be the case with someone who is a Psychic). Whenever possible I like to have first-hand knowledge of a practitioner prior to recommending them, which is not always possible. Sometimes medical help may be required and I would refer them to their personal physician. Sometimes I rely on trusted people in my HT network to provide a recommendation if I do not know of anyone who is appropriate. One example is a client I had that was interested in experiencing cupping as a therapeutic technique. I had seen a couple of people who did cupping, one an acupuncturist who left marks on my arm that lasted for days (and was very painful during the treatment). I did not recommend him. The other was a practitioner of Tui Na. She was certified in Tui Na and her cupping was never painful and always left me feeling better. I was able to recommend her to my client who was very pleased with the results.

I have decided to use written informed consent forms in my practice. During the initial visit I provide the client with my informed consent form where we spend time reviewing it, answering any questions the client may have, and I provide them with a copy. I have used a shorter form even at free community events where the sessions are much shorter. The only circumstance in which I might rely solely on a verbal consent would be in a casual setting (work, social setting) where someone wants some help with a particular ache. Most often, this has been a headache. In addition, I have

relied on the verbal consent of the parents (and my grandchildren) when working with my young grandchildren who are under 7 years of age. When working with my adult children I have used the written consent form.

I had a situation in my practice with a client who saw auras and guides during the session. She was able to communicate with them and asked me if I could see them as well. I had to tell her no (since I cannot) and tell her what I could experience (sometime heat and tingling) but I had never been able to see or directly communicate back and forth with guides (although sometimes I experience a “knowing” that I attribute to communication from my guides). She expressed her disappointment and did not return for a second session. I stand with my decision to be completely candid as I believe it would have been unethical to have said anything else. I now ask my clients during the intake what expectations they might have so that we can address this immediately if it comes up.

CRITERION 6 – EVIDENCE OF A HEALING TOUCH PRACTICE

6A: DESCRIPTION OF MY PRACTICE

I currently accept clients at my home office when I am working with friends and family where I have a room dedicated to the practice of Healing Touch. While my practice initially consisted of just family, as I have continued to study, my friends want sessions as well. Ultimately, my current practice includes people that I have met in everyday life. For example, I met the person I did my case study with while attending a class on starting your own business! I also participate in community healings that are held in a variety of places and finally, I am part of a group that holds monthly Healing Touch sessions at a local church.

My clients range in age from young children (my grandchildren ages 4-7 always ask for a Healing Touch session when they visit) to men and women in their 60's and beyond. I have a family member, a woman, who had a traumatic fall in her home that has resulted in partial paralysis. She is having a lot of trouble including UTI's along with trouble with her medications and I have been working with her doing long distance healing. I will also be recommending her as a subject for intention to a Power of Eight group that I am a part of locally.

Currently I am working full time as an office manager and that along with my family has taken a lot of my time. I am looking forward to retirement in a couple of years when I will be able to dedicate more time to Healing Touch. There is a hospital near to where I live that I would like to volunteer at that is looking for people to do Healing Touch. Unfortunately, the time commitment they require is not something I am able to do now.

While there are plenty of opportunities to do volunteer work, and I will continue to dedicate most of my time as a volunteer, one of the challenges I have is that I have found that people are more than ready to have Healing Touch session when it is free, but less likely to pay for the work. So, that will be my challenge as I near retirement – to find a way to charge for my services. To that end I have also discovered a group that offers classes on starting your own Holistic Medicine practice and getting paid. Their names are Jesse Karen and Sharla Jacobs and I will be checking out some of their classes. I am updating my business cards and will continue to pass them out whenever anyone asks “what do you do?” I will also continue networking and I am sure I will get referrals from some of the people I network with.

While it would be delightful to get paid, I primarily see Healing Touch as a way of giving to the community. I am interested in working with Hospice patients as well as the elderly in nursing homes. My mother spent quite a bit of time in hospice and since that time, helping people transition has always been a goal of mine.

CRITERION 6B – EVIDENCE OF A HEALING TOUCH PRACTICE: CASE STUDY

Case Study

Session 1 – 90 minutes (including Intake) October 19, 2018. My home treatment room.

INTAKE INTERVIEW AND HISTORY OF CLIENTS HEALTH ISSUE(S)

AM is a 39-year-old female currently working as a Barista in a Caribou coffee shop. She is single and lives with her boyfriend although their relationship is struggling. She does still feel safe in the home. She also has three cats and one dog, all of whom she absolutely adores. AM considers herself “Polytheistic” (believing in multiple deities) and refers to her Higher Power as a “Universal Unity” or Thalassa (Greek goddess associated with the sea). Her spiritual beliefs are a source of comfort to her. AM has experienced some Reiki in the past and has seen a medical intuitive/medium. She believes she has some level of skill as a medical intuitive and has the ability to see spiritual entities that she refers to as “ghosts”. AM drinks about 2 liters of water a day, does not eat any red meat or pork and her bowel movements are normal. She also does not take any vitamins or minerals. AM suffered from PTSD (as defined by her therapist) in 2013 following her grandmothers 2 heart attacks and eventual death which took place while AM was living with her. She developed TMJ in 2010, which flared again in 2018, and she is under the care of a doctor. AM had what she describes as an “unknown health event” in 2018 which she likened to a heart attack although the doctors found no evidence of a heart attack. She has numerous allergies and pre-menstrual issues 7 days before her cycle. She is not currently on any medications. Her sleep is poor and she does not know what she wants to do with her life. AM does not drink alcohol, smoke cigarettes or use recreational drugs. AM is an avid reader with wide ranging interests including studying Reiki through books and researching paranormal activities. She considers herself largely self-taught beyond high school. **Health Issue’s to be addressed:** Today AM presented with a feeling of “unbalance” and jaw pain. She felt that the old PTSD, which is not currently active, and

her relationship with her boyfriend (which is troubled) caused the feeling of being unbalanced. The pain in her jaw she rated at a 3 on the P.E.M.S. scale with 10 as high. Her jaw has locked on occasion. **Mutual Goals:** Long term: AM wanted to feel more balanced. She wanted to develop techniques to deal with PTSD symptoms when they arise. She also wanted to have better sleep, which would equate to more than 4 hours per night on average Short term: These varied from session to session and will be identified during the intake. The goal for this session was to provide her with a sense of “balance”. Also, to reduce the pain in her jaw below a 3 on the P.E.M.S. scale.

Practitioner Prep: Prior to the session I grounded myself by connecting to the earth with intention.

I imagined my feet going down into the earth like a tree’s roots, and then continuing beneath the layers of the earth to the magma. I consciously connected and intentionally brought the energy up through my Tan Tien and soul seat to the transpersonal point and beyond. I then centered by focusing on my breath in the present moment. I called on my Guardian Angel and my guides to be with me and to guide me. Then I attuned to AM while holding her feet or shoulders until I could sense our energies had merged. I asked all our guides to be present and for their help to provide the highest good for AM and me. **Pretreatment Assessment:** All her Chakras were compromised with a horizontal movement of the pendulum. The open Chakras in her wrists and elbows were small at less than 2 inches and spun clockwise slowly. Her field was less than 2 feet at the crown and 6 inches at her feet. The hand scan was inconclusive with no temperature variations or vibration. **Healing Touch**

Interventions: I started with the Spiral Meditation to open and expand her field and followed with the Chakra Connection to energize, connect and balance her energy system. I thought the combination of these techniques would help in her unbalanced and compromised state, which I held as the intention throughout the treatment. I followed with Pain Drain to lessen the pain in her jaw prior to reversing the spiral. **Post Treatment Energetic Assessment:** The Pendulum showed that all her Chakras (with the exception of the throat and crown) were open with the pendulum spinning clockwise at 3-4 inches. The throat and crown Chakras were compromised with the pendulum

moving horizontally. Her field was even at 6 feet per the hand scan. The Hand scan revealed no variation in heat or vibration. **Grounding:** At the end of the session, I grounded AM through intention. I visualized her connecting back to the earth while holding her feet. I thank the Angels and Guides for their guidance and support. **Release:** I intentionally released AM by stepping back out of her field with the full intention of separating and I sliced the field with my hands as a physical sign of the release. I said to myself “What’s mine is mine, what is yours is yours”. I once again thanked the Angels and Guides for their guidance and support. I then stroked AM’s lower legs to let her know the session was at an end. When she was once again sitting, I offered her water to further ground and then assisted her off the table. **Client Feedback:** AM reported that her jaw pain was at zero. She also reported several energetic sightings such as my cats (which have been dead over a year). AM also reported that when I worked on her knees, she had the thought “That’s why I can’t sleep”. This awareness was that all the animals in her room at night might be influencing her sleep. While I was working on her heart Chakra, she felt a “broken” heart and lot of memories came flooding in especially surrounding her Grandmother. As far as a sense of balance – AM reported feeling more centered. **Practitioner Observation and Evaluation:** AM appeared nervous and chose to keep her eyes open through most of the session although they appeared soft and unfocused. I intuited that she was very protective as evidenced by the closeness of her field (and the open eyes). Toward the end of the session, she appeared to relax and close her eyes and her field expanded. **Plan:** AM agreed to meditate every day (to help manage her PTSD symptoms) and use a sound machine that she has for relaxation. She also agreed to keep her animals out of her bedroom to see if that helps with her sleep issues. We decided to meet every 1-2 weeks for 2 months to alleviate her concerns.

Session #2, November 1, 2018 (two weeks later) – 60 minutes in length. Held in my home office
Update: AM has been doing meditation nightly prior to going to bed. She has also banned her animals from her bedroom and her sleep has improved. However, during the past week AM again

experienced chest pains and light-headedness. She went to urgent care and the emergency room.

The doctor said that her potassium level was too low and provided her with a prescription. AM had also experienced more trouble at home in her relationship with her boyfriend which resulted in worry about her future. She does still feel safe in her home, but concerned that she may have to find other living arrangements. Her boyfriend has told her that he is fine with her living there. AM has also had some memory issues which she felt were likely caused by the stress of the past two weeks. **Health**

Issues to be addressed: She would like to feel “less woozy” (she also hadn’t eaten all day and it was 3PM when we met). Emotionally, she is struggling with her relationship with her boyfriend, which she rated at a 8 with 10 on the P.E.M.S. scale with 10 being extremely difficult. She has also been struggling with her memory. **Mutual Goals:** The long-term goals of finding more sense of balance, sleeping better and dealing with PTSD issues remains the same. The supporting short-term session goal is to feel calmer, more centered and less emotional. A rating of less than 8 on the P.E.M.S. scale will evidence this. **Practitioner Prep:** Same as Session #1. **Pretreatment Assessment:** The Hand

Scan revealed a LOT of heat throughout her body. All of her Chakras were compromised (still when checked with the pendulum) and her field was uneven with her head at 6 feet and her feet at 10 feet.

Healing Touch Interventions: Since AM’s Chakras were so compromised, I began with the Chakra Connection to connect, open and balance her energy system. I continued with the Chakra Spread to open and blend the field to support the transition’s that AM was in the middle of. I held the intention for healing and peace and asked the guides for their help and for AM’s highest good. **Post**

Treatment Energetic Assessment: Hand scan – AM was much cooler. All her Chakras were open and spinning clockwise slowly with a diameter of 2-3 inches and her field was at 13 feet and even.

Ground and Release: The same as session #1. **Client Feedback:** AM reported that she was feeling much more centered and less emotional – she rated as about a 3 out of 10. She had requested an eye covering which she felt was very helpful in assisting her to relax when she had been having a difficult time at the start of the session. She also reported seeing the colors blue and green.

Practitioner Observation and Evaluation: I noticed a LOT of heat in my hands as I attuned to AM. After the session I discovered that AM was “helping”. We discussed that going forward it is important that she relax and allow. I reminded her that I do not push my energy on her, but rather raise my energy and since we are attuned, her energy will raise as well – but it is HER energy and not me pushing my energy on her. Allowing the energy to move and not pushing the energy is the best approach. This was a great reminder for me to be sure to ask my guides to protect as well as assist us in the healing space. **Plan:** I suggested that she start doing the Self Chakra Connection but she was not interested. She committed to continuing with her sound machine and meditation practice, as these seem to be helping with her sleep and enhancing her feeling balance and peace.

Session 3, November 12, 2018 11 days later- 60 minutes in length. My home office.

Update: AM has continued with her meditation (which she stated included the Archangel Rafael). Her sleep averaged 6-7 hours per night since we last met. Wednesday she learned that her Stepfather had been diagnosed with Pancreatic Cancer. She is not close to him but still felt the shock and she is concerned for her mother. The family is also currently trying to find assisted living for her other Grandmother. We discussed how assisted living could be very positive for her grandmother. AM has had no more heart issues – the potassium seems to be helping. She is working more hours, which eases her financial strain, and things are quiet at home but not completely resolved. She has not been having any more problems with her memory. **Health Issues to be addressed:** Her right thigh was stiff and she had some back pain that she rated at a 1. Emotionally she feels that she is in transition. **Mutual Goals:** The long-term goals of finding more sense of balance, sleeping better and dealing with the PTSD remain the same. The supporting short-term goal for this session we will be focusing on reducing her back pain to a zero and alleviating the stiffness in her leg. **Practitioner Prep:** Same as session #1. **Pretreatment Assessment:** The hand scan of her front was inconclusive with no hot/cold spots or vibration. The Pendulum revealed that her root, sacral and solar plexus were open

and spinning clockwise at about 3 inches. The remainder of her Chakras were compromised with the pendulum either still or moving back and forth horizontally, slowly. After she turned over, I felt heat in her mid-back during the hand scan. With the pendulum, her upper back was open and spinning clockwise about 2-3 inches. Her low back was compromised (the pendulum was still). I saw no unevenness in her back from left to right. **Healing Touch Interventions:** In order to bring balance and clearing to her spinal column/back, I performed the **Healing Touch Sequence with Back Technique**. I began with the **Chakra Connection** on her front and then asked her to turn over. I checked the energy flow of her back with a pendulum and discovered she was compromised from below her scapula to her tailbone. I **connected her Lower Body** then **Opened the Spinal Energy Flow** to open the energy along her spine. I continued with the **Vertebral Spiral Technique** to relax the muscles in her back. After rechecking the energy, flow of her back with the pendulum I determined that the only area still compromised was just below her scapula. I then used the **HOPi Technique** to open that area, which was successful upon final assessment with the pendulum. **Post Treatment Energetic Assessment:** All Chakras were now open and spinning clockwise at about 3 inches. Hand Scan revealed no heat mid back. Her field was 4 feet at her head and 8 feet at her feet. **Ground & Release:** Same as session #1 **Client Feedback:** AM reported that she noticed her energy was blocked after the initial back techniques but she could feel the difference after the HOPi Technique. The pain in her back was now at a zero and she felt no stiffness in her leg. **Practitioner Observation and Evaluation:** AM was more relaxed then she had been in the previous session (less twitching and more even breathing). I also did not feel the surge of energy that I experienced last time. The conversation on “not helping” has been effective. **Plan:** AM agreed to continue with her meditation, which seemed to help her sleep. We also discussed journaling – I referred her to Julia Cameron’s book “The Artists Way” and specifically morning to help her process the life events that are going on right now. AM committed to giving journaling a try. She requested another session in a week.

Session 4, November 19, 2018 7 days later- 60 minutes in length. Held in my home office.

Update: AM had been continuing her meditation and connecting her lower Chakras (something she had taught herself). Her sleep had deteriorated some. She is journaling every night and thinks it helps. No new family issues this week although she did report a “melt down” at work that she attributes to working longer hours. She will be back to her normal schedule next week. **Health**

Issues to be addressed: She had pain in her right knee that comes and goes. Her neck is starting to “act up”. She has been experiencing some anxiety and still has some intermittent back pain. **Mutual**

Goals: The long-term goals of finding more sense of balance, sleeping better and dealing with PTSD issues remain the same. The supporting short-term session goal is to calm her mind and ease the tension in her back as evidenced by a sense of peace and increased freedom of movement. The pain in her right knee she rates at a 3 **Practitioner Prep:** Same as Session #1. **Pre-treatment**

Assessment: I felt heat at the ankles and knees during the hand scan, as well as tingling at the sacral and solar plexus. Her primary Chakras had held and were open, spinning clockwise at about 3 inches in diameter and her secondary Chakras in her arms and legs were compromised as evidenced by the still pendulum. Her field was narrow but even at 1 foot. **Healing Touch Interventions:** I began

with **Mind Clearing** to help with her anxiety. Until now, she was not comfortable when we discussed my using the technique. At her request, I continued with the **Healing touch Sequence with Back**

Techniques to ease the tension in her back and increase freedom of movement. I began with **Chakra**

Connection on the front. I also performed **Pain Drain** on her knee and then asked her to turn over; I

then assessed her back with the pendulum, which revealed her Chakras were open and spinning clockwise at about 2 inches. Visually, her right shoulder was higher than her left. I **connected her**

Lower Body and used the **Opening Spiral Energy** flow to open the energy along her spine. I

continued with the **Vertebral Spiral Technique** to relax the muscles in her back. When I reassessed her back it was now wide open energetically with Chakras spinning clockwise at 4-5 inches. **Post**

Treatment Energetic Assessment : No temperature variation was apparent during the hand scan.

All Chakras were open, spinning clockwise at about 4-5 inches and her field was VERY large at 20

feet. She reported that the pain in her knee was now at a zero. **Ground & Release:** Same as session #1. **Client Feedback:** AM reported feeling “twitchy” although this was not exhibited externally. She also reported some leg pain in her right leg that dissipated to nearly zero as the session progressed. She saw the colors red and blue along her left leg. She did report more freedom of movement in her back. **Practitioner Observation and Evaluation:** During the session, I notice that her head was VERY hot. In addition, both of our stomachs started growling at about the same time. **Plan:** I provided her with a sheet on how to do Self Mind Clearing at home. She also asked about opening the minor Chakras in her arms. I demonstrated and gave her a handout on Self Chakra Connection.

Session #5, November 26, 2018 9 days later- 70 minutes in length . Held in my home office.

Update: AM has used the Self Mind Clearing and Self Chakra Connection techniques and she said they helped with focus and reducing anxiety. She has also established a new sleep routine. In bed by 9 P.M., reading till 10 P.M. at the latest, then lights out. She also slept most of Sunday which left her oddly tired. **Health Issues to be addressed:** She is still tired and her legs are “burning” (from the long hours on her feet). She would not assign a pain level. She is also feeling a little “foggy”.

Mutual Goals: The goal is overall relaxation and centering and lessen the feeling of “burning legs”. Effectiveness will be evidenced by feeling clearer in her head and no burning in her legs.

Practitioner Prep: Same as Session #1. **Pre-treatment Assessment:** I felt tingling on both legs but otherwise she felt smooth with no heat variations. Her primary Chakras had held and were open at about 3-4 inches and were spinning clockwise, her secondary Chakras were compromised as evidenced by a still pendulum. Her aura was even at 1 foot. **Healing Touch Interventions:** Since AM was feeling unfocused and unsettled I began with Modified Mind Clearing to quiet and clear her mind. I continued with Spiral Mediation to open, connect and expand her energy field. Next I used Magnetic Clearing to clear the emotions and excess tiredness that AM had been feeling. During the

session she complained of a “heaviness” by her throat. I used MP:HIM on that area to clear it. I used a Lower Body Chakra Connection to clear the energy flow in her legs to help with the “burning” sensation and then I closed the Spiral. **Post Treatment Energetic Assessment:** In addition to her primary Chakras, all secondary Chakras with the exception of her left knee were open and spinning clockwise at about 3 inches. Her field is now even at 12 feet. **Ground & Release:** Same as session #1. **Client Feedback:** AM reported that she felt more relaxed and centered. She also stated that she “felt the excess energy dropping off her” during the session which she felt was good. Her legs were no longer burning. **Practitioner Observation and Evaluation:** I was very aware of AM’s energetic sensitivity when doing the Magnetic Clearing so I was especially careful to move particularly slow. She appeared peaceful but gave no signs of sleeping. **Plan:** AM agreed to continue using Self Mind Clearing and Self Chakra Connection to help with anxiety. She is also continuing with her journaling especially in times of stress to help calm her mind. **Final Summary:** AM had three long-term goals: finding more sense of balance, sleeping better and dealing with PTSD issues. The marker of her sense of unbalance were her compromised Chakras. At our first session, all her primary Chakras were compromised as evidenced by the still pendulum and her field was very narrow and close to her body. AM was unable to relax – not even able to close her eyes. By the fourth and fifth session, she arrived with all her primary Chakras open and they were spinning clockwise at about 3 inches reflecting the improvement she was feeling in her sense of balance. Her field had expanded to 1 foot at the start of the session (rather than being close to her body) and she can now relax and close her eyes. Her sleep improved from 4 hours per night on average at the first session to nearly 6 or 7 hours per night by the third session. To help her manage her PTSD symptoms when they appear AM now meditates and uses her sound machine to help calm and sooth herself. AM journals nearly every day which has the dual impact of soothing her conscious mind by releasing her thoughts on paper, and it is also a way of accessing her subconscious to reveal and resolve deeper issues that may be otherwise hidden. At first, she just

wanted to *receive* energy treatments, but by the 4th session, she was actually requesting techniques that she could use at home. She learned how to do Self Mind Clearing whenever she needs it and the Self Chakra Connection to keep her Chakras open and energy flowing. AM's short-term goals were often physically oriented with pain in her jaw, a stiff thigh, back and knee pain. Overlaying it all were her emotional concerns. Regarding **Referral**: In addition to suggesting she read "The Artist's Way" to explain journaling and how it can assist with releasing thought and accessing the subconscious, I provided her with self-care techniques such as Mind Clearing and Self Chakra Connection, which she then used at home. At one point, I was going to refer her to psychotherapy, but that week she reported that she had an appointment with a therapist. Her emotional issues required professional care and AM was diligent about pursuing both medical care and psychotherapy along with our energy work.

Discharge Plan: AM reported enjoying energy work and feeling much better after each session. Rather than discharge her after the five sessions, and due to her lack of support at home, we agreed to further monthly sessions to keep her on track. Her primary long-term goal during these sessions was alleviation of her feelings of anxiety and aloneness. Her short-term goals still varied from week to week ranging from jaw pain along with assorted body aches and pains. During this time I used a variety of techniques gradually getting deeper and deeper such as Chelation with 5th 6th and 7th level intervention (This session was reported in depth) and also Chakra Connection with Body Centered Interview (also reported in depth). AM continued with her doctor and therapist and continued with her self-care including meditation and journaling and eventually started taking classes in Energy Work which she enjoyed and which made use of her empathic abilities.

Healing Touch Session Documentation

Date: 7.20.19 Session #: 11 Session Length: 60 MINClient: KW Last Treatment: 9/30/18

1. Intake/Update:

KW has been seeing me since October 2017. She has a high stress job and struggles with stress, anxiety and body image. Current: KW's constipation is much improved and her fissures have healed. She tries meditation occasionally but doesn't stick with it. KW still feels she is depressed and continues to see a therapist. She is also making small changes in her eating and exercise and continues to work with a personal trainer.

2. Health Issue(s) to be addressed in this session: **P E M S, pain** (statement required/scales optional):

0 1 2 3 4 5 6 7 8 9 10 KW currently rates her depression at a 5
Low High

0 1 2 3 4 5 6 7 8 9 10 KW rates her eye strain at an 8. She rates her feeling of being stuck at a 10
Low High

3. Mutual Goals/Intention(s) for Healing (to balance/clear/open/energize the human energy system in order to):

The goal for this session is to reduce the feeling of being stuck to less than a 10, alleviate the eye strain (take to a zero) and reduce her feeling of depression to a zero

4. Practitioner Preparation (describe Ground, Center and Attune):

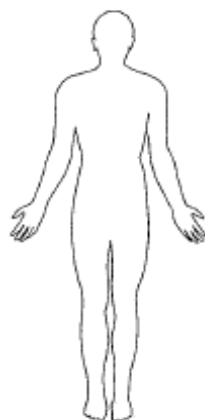
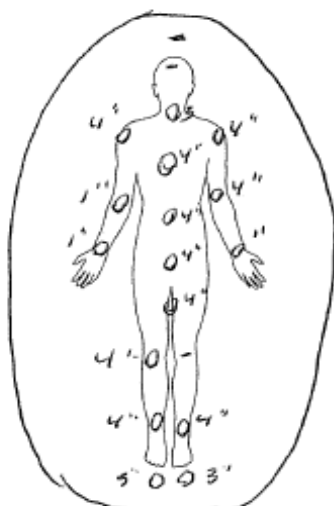
I ground myself by connecting to the earth with intention. I imagine my feet going down into the earth like a tree's roots, then continuing beneath the layers of the earth to the magma. I consciously connect and intentionally bring the energy up through my body to the transpersonal point and beyond. I then center by focusing on my breath in the present moment. I call on my Guardian Angel and all Guides to be with me and to guide me for the highest good. Then I attune to my client while holding her feet. I ask all our guides to be present and for their help to provide the highest good for KW

5. Pre-Treatment Energetic Assessment:

(Energy Centers and Energy Fields/Label front or back)

Hand Scan: I felt tingling at the Sacral and heat at the Crown.

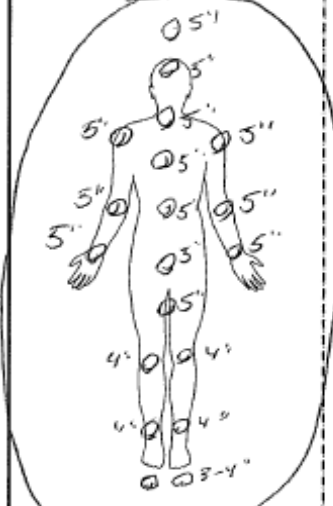
Field even at 7 feet



7. Post-Treatment Energetic Assessment:

Hand Scan: Cool and calm at the feet. Tingling started at the root and increased through the Crown

Field even at 10 feet



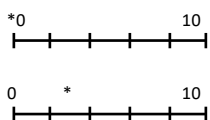
I began the session with the Full Body Connection as KW seems to have a disconnect between her mind and body. She tends to live in her head. I continued with Ultrasound over the eye area along with MP: HIM to reduce the eye-strain. I finished with Magnetic Clearing to clear any congested energy from her field that could be contributing to the depression and sense of being stuck

8a. Describe Grounding of Client:

At the end of the session, I grounded KW through intention. I visualized her connecting back to the earth while holding her feet. I thanked the Angels and Guides for their guidance and support. I then stroked her legs to let her know the session was at an end. When she was once again sitting, I offered her water to further ground and then I assisted her off the table.

8b. Describe Release:

I intentionally released from KW by stepping back out of her field with the full intention of separating. I said to myself “What’s mine is mine, what’s hers is hers”. I once again give thanks to God and all the Angels and Guides. I then slice the field with my hands as a physical sign of the release.

9a. Client Feedback - P E M S, pain:

KW reported no eye strain following the session (now at a zero). She said she “was very relaxed and grounded” Later she reported feeling less depressed (now at a 3) and had the realization that she was not actually “stuck”. She is moving into a new house in August and is struggling with the wait. The idea of being stuck she says is an “old tape”

9b. Practitioner Observations and Evaluation:

KW was very excited about the session. She seemed to relax immediately and fell asleep for a while as evidence by her even breathing. She didn’t move at all during the session – not even a twitch! I could feel the flow of energy moving as I completed the full body connection.

10. Plan (growth work, self care, referrals, appt):

KW is going to get back to me regarding depression and the feeling of being “stuck”. (She did this and the results are stated above). She is going to read the book “Mama Gena’s School of Womanly Arts”. She said the book emphasizes fun and enjoyment of life which is something she has been struggling with (thus the sense of depression). KW is also going to watch for “old” tapes that run in her head that are no longer true. KW is also going to continue to see her therapist bi-weekly.

Healing Touch Session Documentation

Date: 12/11/18 Session #: 5 Session Length: 60 minutesClient: S.P. Last Treatment: 6/28/18

1. Intake/Update:

I first saw SP in February of 2018. She has numerous health problems and recently had surgery. Current: SP is still recovering. She has gastroparesis which is causing her to avoid certain foods. She has been given four different diets to deal with her variety of conditions which has her confused. She is feeling unsettled physically and emotionally. She has not been exercising much and doesn't leave the house much.

Health Issue(s) to be addressed in this session: **P E M S, pain** (statement required/scales optional):

Today she would like to work on the mental foggy that she has been experiencing. She also says her ears are painful – level at about 2-3. She also has pain in her eyes and mouth that she rates at a 4. She is also experiencing a lot of gassiness and bloating.

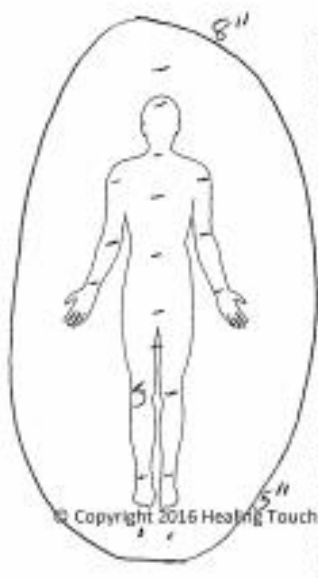
2. Mutual Goals/Intention(s) for Healing (to balance/clear/open/energize the human energy system in order to): The goal for today is to reduce the pain in her ears, eyes and mouth to a zero. We also want to increase her sense of mental clarity.

3. Practitioner Preparation (describe Ground, Center and Attune): Prior to starting the session I do the Hara Mediation to prepare myself and raise my energy level. With the client, I then ground myself by connecting to the earth with intention. I imagine my feet going down into the earth like a tree's roots, then continuing beneath the layers of the earth to the magma. I consciously connect and intentionally bring the energy up through my body to the transpersonal point and beyond. I then center by focusing on my breath in the present moment. I call on my Guardian Angel and all Guides to be with me and to guide me for the highest good. Then I attune to my client while holding her feet. I ask all our guides to be present and for their help to provide the highest good for KW

5. Pre-Treatment Energetic Assessment:

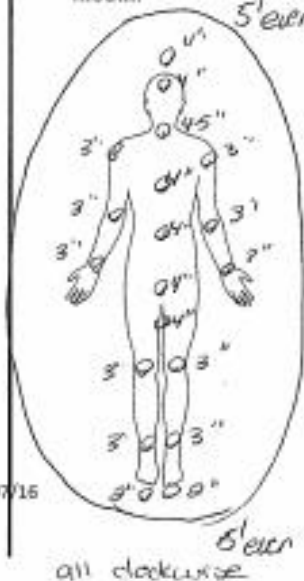
(Energy Centers and Energy Fields/Label front or back)

Hand scan revealed heat and tingling in her abdominal area and mouth



7. Post-Treatment Energetic Assessment:

Hand scan revealed even temperature over her body and no tingling. There was some heat at her mouth.



6. H. T. Interventions with Rationale:

I began with Modified Mind Clearing to help SP relax and to start to calm and clear her mind. She appeared very compromised when I assessed her so I Chelated to clear and energize her field, to remove any blocked energy, and to open and balance her Chakras. I used Lymphatic Clearing to flush and clear her lymphatic system because of all the physical issues she has been having as well as the lack of exercise which the lymphatic system requires to function correctly. I used the Scoop and Cone over her abdominal area to clear the area and promote healing. Finally I used Ultrasound on SP's sinus area and to break up the congestion and blocked energy fields in her face.

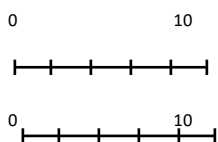
8a. Describe Grounding of Client:

At the end of the session, I grounded SP through intention. I visualized her connecting back to the earth while holding her feet. I thanked the Angels and Guides for their guidance and support. I then stroked her legs to let her know the session was at an end. When she was once again sitting, I offered her water to further ground and then I assisted her off the table.

8b. Describe Release:

I intentionally released from SP by stepping back out of her field with the full intention of separating. I said to myself "What's mine is mine, what's hers is hers". I once again give thanks to God and all the Angels and Guides. I then slice the field with my hands as a physical sign of the release.

9a. Client Feedback - P E M S, pain:



SP reported that her ear pain was now at a 1, her eye and mouth pain was less than a 2. She says she is feeling more "center and not floating as much. She felt hands at her feet even though she knew I had moved on physical. Her head felt 'Hot' after Chelation. She also state that she went "somewhere" but was not sure where.

9b. Practitioner Observations and Evaluation

SP's Chakras were compromised at the start of the session. She fell asleep during the session as was evidenced by gentle snoring and the fact that she was unaware when the session had ended despite my stroking her legs. SP's face twitched when I used Ultrasound. Her Chakras were open and energy was flowing following the session

10. Plan (growth work, self care, referrals, appt):

I recommended that SP resume her self care through Chakra Connection. We also discussed Self Mind Clearing and Self Modified Mind Clearing to assist with the foginess she sometimes experiences. SP is also going back to her nutritionist to have her combine the 4 different diets she's been supplied with so that SP can have a plan that she can actually follow.