



Dear Members and Friends,



In this newsletter you will find many interesting items, offers and information, do please take the time to read it – leave it on the coffee table so when you take a break(?) you can browse at your leisure. You may even be inspired to send a contribution! Have your diary to hand to make a note of meeting dates and the MBS Fairs we shall be attending. Enjoy reading Rena's description of her trip to Toronto where she was a keynote speaker. See who she saw at the airport!!

Feedback on what you would like more or less of in the Newsletter is also fundamentally useful as a steer for a questing Editor. Email David on hignettdavid@hotmail.co.uk
There will be rather less from David this time – largely because Members have been really generous with contributions! Thank you all: and do please carry on.....

Just one plug, if I may. Elaine and I gained a great deal from the last Chakra and Numerology Day Rena kindly organised: I can thoroughly recommend going to the forthcoming one!



Many Congratulations to Chris Wade and Sean Grey on being awarded the Healer Foundation's Certificate of Excellence for outstanding work.

- Chris for his pioneering work with Soul Rebirth
- And
- Sean for exceptional work and achievement in EFT.

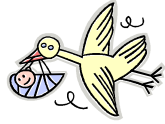


The Healer Foundation is delighted to announce the affiliation of the following Schools:

- The Healing School, Sandsend. Proprietor: Di Wilson www.thehealingtouch.co.uk
Email: di@thehealingtouch.co.uk Telephone: 01947 893844
Main teaching is Quantum Touch; Tera-Mai Reiki; Seichem; EFT
- UK Holistics, Grantham. Proprietor: Sally Todd www.ukholistics.co.uk.
Email: admin@ukholistics.co.uk Telephone: 01476 405202
Main teaching: Aromatherapy; Reflexology; Swedish Massage; Anatomy and Physiology; Diet and Nutrition.

(The above School venues are available to hire for training and workshops.)

- The Awaken School of Outcome-Orientated Psychotherapies Ltd, Stokesley.
Proprietors: Lisa and Mark Wake www.hypnotherapy-training.co.uk.
Email: awakenschool@aol.com. Telephone: 01642 714702
Main teaching: Crystal Therapy; Introduction Course in Aromatherapy; Reflexology; Massage Therapy.



Congratulations of a different sort to Heidi Watkins on facilitating the arrival in this world of a beautiful Girl, Skyler, (and potential Member?). I expect she is now rather bigger – and Heidi smaller – since the following picture was taken in December. She was born at 6lbs 3oz on 12th December: and Denise predicted by dowsing that it would be a Girl!

Member Contribution:

Here is Trevor Kendrick's delightful story:



MEMOIRS OF AN ORIENTAL GUINEA-PIG
by Trev Kendrick

Having returned from Japan bearing needles and ye ancient body charts, my brother sought out willing guinea-pigs to practice acupuncture on. And so it was that I became a teenage human pin-cushion, and found myself entering the bizarre (and occasionally painful) world of Traditional Chinese Medicine.

Having spent many an evening watching “Kung Fu” with David Carradine on TV, and wishing I was as inscrutable as Grasshopper, I found myself regularly checking out the local bookshop's Mind, Body, Spirit section (or “Occult” as it was known in the '70s). There I discovered many books with groovy titles, enticing me with visions of cosmic beyondness and Yoda-like Sages in kaftans, with spindly beards and fingers, studying esoteric tomes (whatever they may be). All this Oriental trivia was dutifully digested and then regurgitated ad nauseam as “strange but true” tales, set to amaze my friends, neighbours, hapless strangers and even the cat. But it would take one of those “kick up the bum” mid-life crisis things coming along to make me look at Eastern thought and medicine more seriously (ie with a deep frown and much chin-stroking). In particular, it led me to dabble my toes in Tibetan Buddhist meditation. After some years of study and practice, I woke up one day and found myself as a Shiatsu therapist, and teaching a regular class on Buddhist meditation (as you do).

Initially I treated these two disciplines as if they had similarities, but were unconnected in practice. Then (fanfare) I discovered the teachings on the Medicine Buddha, the perfect synthesis between the yogic chakra/nadi system and the meridian system presented in Traditional Chinese Medicine. Drawn from the Indian medical tantras, the Medicine Buddha practice integrates the spiritual practice of meditation with various healing arts, which could be said to be like killing two birds with one stone (not that I would ever condone such an activity, mind you). So now when I teach meditation, I regard it also as a healing thing, and when I'm bodyworking (either Shiatsu or Sports massage), I can see this as an expression of Buddha's compassion. When working, I visualise the healing Medicine Buddha at my heart and silently recite his Sanskrit mantra:

Tayatha Om Bekhadze Bekhadze Maha Bekhadze Bekhadze Randzaya Samugate Soha

and he radiates his lapis blue wisdom-light..... nice!

MEDITATION CLASSES IN YOUR AREA

Happiness and suffering are states of mind, and so their causes cannot be found outside the mind. The real source of happiness is inner peace. These meditation classes teach techniques to find internal happiness, no matter how troubled our external conditions may be.

Vajrapani Buddhist Centre Mondays 7.30-9.30pm Wheathouse Terrace, Huddersfield	Wakefield Wednesdays 7.30-9.30pm Friends Meeting House, Thornhill Street
Gomersal Tuesdays 7.30-9.30pm Gomersal Public Hall, Oxford Road	Holmfirth Wednesdays 7.30-9.30pm Civic Hall, Huddersfield Road

Weeks beginning: **Oct** 15, 22, 29 **Nov** 5, 19, 26 **Dec** 3, 10

For more information please contact Vajrapani Centre on 01484 469652 or visit www.vajrapanicentre.org

(And I bet you all thought the notices were done with by now: not so!)



RENEWAL REMINDER TO ALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

(Well, blame Denise: she asked me to make it obvious.....)

Thanks David, but next time could I have it in *neon lights*, we therapists are dreadful at paperwork and the reminder attached to this Newsletter is likely to sit at the bottom of a pile of papers until I chase it up.....

SO.....Please could I ask members to pay renewals for year 1/4/2008 to 31/3/2009 **by 31st March 2008**. It will help me considerably with administration. It takes a lot of time to chase up renewals and I would be grateful if you would pay promptly. Any renewals that haven't been received by the end of May will regretfully be removed from the register – not something we like to do as you would miss out on all the great things that will be offered to members in 2008/9. Remember The Healer Foundation is set up for the members and we have lots of ideas for progressing in coming months. If you have any ideas of your own, let me know.

There is a small increase in the fees this year, however, I am sure you will agree that £55 is still good value for membership to The Healer Foundation and the BCMA, both are established and recognised as being in the forefront of organisations dedicated to therapists of all modalities. Our website is still being progressed and its development continues to promote us all. I hope you all check the website regularly, not only does it keep you up to date with developments, it promotes YOU THE THERAPIST, please make full use of it. We are now attracting up to 1400 visitors a month!

Please make a note in your diary to send your renewals in good time!!

Also Whilst You Have Your Diaries To Hand, Please Make A Note Of The Meetings And MBS Fairs For The Next 12 Months –

VERY IMPORTANT at the March 19th 'End Of Year' Meeting. Janet Strickland Has Some Important News On The Progress Of Voluntary Self Regulation, which affects us all. Janet has put a great deal of time and effort into this on behalf of The Healer Foundation Members, please show your appreciation by making every effort to come to the meeting .

MEETING DATES FOR 2008 (all at the Holmfield Arms, Wakefield) are as follows:

19 th March	Speakers:	Janet Strickland on Voluntary Self Regulation Denise & Jenny Howes on “Any colour as long as it’s Green!” A Lighthearted look at an environmentally friendly lifestyle. There will also be displays of natural foods, supplements, flower remedies and Organic skin care.
18 th June		Details to be confirmed
3 rd September		Details to be confirmed
26 th November		Details to be confirmed

To further promote members, The Foundation is taking a stand at the following MBS Fairs. If you would like to take a stand with us (discounted for Members), please let us know. There are no tables left at Barnsley and Guisborough, however, if you would like to join us to help out at either of these fairs we are happy for you to bring your own promotional material and put it on the stand. If you are unable to attend we are happy to advertise your services with an A4 poster and brochure display, for a small charge. Contact one of the promotions team.

March 15/16 at Elsecar, Barnsley, South Yorkshire (Let’s hear it for Barnsley ! Ed)
April 12/13 at Guiseborough, North Yorkshire
Sept 21/22 at Harrogate, North Yorkshire
Nov 8/9 at Lincoln Showground

The Healer Foundation
Professional Healer Training & Development Course
Commences 28th April 2008



The course is both for novices, starting in healing energy **and** for those who want to extend their professional skills.

It is for those who have an intuitive feel and inherent desire to expand in energy healing, in learning and in consciousness.

It is especially for those who wish to take their healing development and practice to the highest level.

- We are at the forefront of healing practice in the UK
- We work with advanced and up to date energetic principles
- We allow individual development in the structure of healing practice
- We awaken & expand the intuitive & unique contribution within everyone
- We extend a balance of both spiritual and practical development
- We offer an ethical, safe and compassionate environment
- Our tutors are caring and experienced professionals in their field

Rena will be at the Holmfield Arms, Wakefield on Wednesday 13th February for those who wish to learn more about the course. Contact Rena on 01484 664069 Email rena.g@virgin.net

The Course is comprehensive, exciting, fulfilling and self-rewarding. It embraces self development and establishes all of the skills required for professional healing practice.



Judith is currently working on a range of cleaners especially suited for Therapists to clean and enhance their treatment rooms. Any therapists interested in testing these new products please email judith@homescents.co.uk with contact details of your Therapy practice and we will be happy to send sample sizes to you to try. All she asks is that you give them a fair trial and send her your comments. She needs the warts and all approach as she intends to produce the things you need, not what she thinks you want. Healer Foundation members are also offered 10% of their first order of any of The Home Scents Range of Products visit www.homescents.co.uk. Members with shops will be offered Trade.



And here is Alison Tynan describing her new programme
alison@bodytrain-online.co.uk.

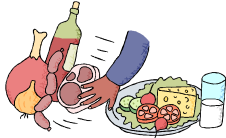
Look out for Alison of presenting it at an HF Meeting!

In order to “Kick” anything it is necessary to understand what it is we want to kick. What are the dis-empowering beliefs that keep so many of us eating the wrong foods, overeating or even undereating, and striving to manage our weight. Where did these patterns come from?

Mass media campaigns are constantly tempting us with highly processed foods low in nutritional value and high in sugar and saturated fats. Our lifestyles are becoming quicker and exercise and regulated activity are becoming harder and harder to fit into a 24 hour day. We know the risks from such a lifestyle so WHY don't we change? I ask “Your body is your home and the most precious item you'll ever own. What value do you put on it?”

For many years I had found myself overeating and eating a poor diet, and for many of those I held onto the belief that my lifestyle was a result of being busy and taking advantage of 20th Century conveniences. I have now been enlightened and understand how those beliefs were limiting my growth and the things I'm here to learn. Food was my avoidance, my comfort, my escape route, my way of dealing with fear. “Is it enough to mask the pain of a headache with a pain killer or should the headache be dealt with once and for all!”

Kick the Diet is an 8 week programme or intense weekend programme which combines Neurolinguistic Programming with aspects of Life Coaching, education about the physiology of exercise, nutrition advice and the spiritual edge of loving ourselves and being in tune with our higher being based on the philosophies of Louise Hay.



Food Intolerance and Allergy - by Pauline Day

This was the title of the Presentation at the November Meeting – and to describe Pauline’s wide-ranging experience over twenty-five years in this field as “vast” quite fails to do it justice. I hesitate to write too much for fear of mis-representing an area most complex but laid out so clearly that even I could follow it. Allergy is described as, “an altered response to a substance by the body – not shared by everyone”; and this can be fixed as in permanent, or cyclic – which can develop – and tolerance can build up. Also, we can become addicted to allergens. For me, the most striking example of this is in regard to smoking, where the immune system adapts and then craves the nicotine in order to maintain the adaptation. The National Smoking Cessation Cooperative offers various programmes, their flagship being “Phoenix” which uses Vega-testing to establish a precise titration in order to neutralise. And no drugs!!! Please contact Pauline for more information; or call the NSCC (Robert Brynin) on 0845 345 2092. Clearly similar neutralising can be effected in relation to food intolerances.

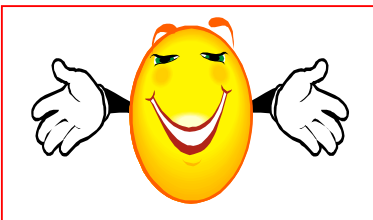


Pauline presenting detailed material -
and thoughtful questions afterwards.....



Hello New Members

We would like to give a very warm welcome to our new Healer Foundation members:-



Anna Andrews	Sheila Wren	Claire McDonald
Jan Edgar	Christine Perez	Sally Anne Boon
Lisa Wake	Maria Bäck	Colleen Tucker
Audrey Roberts	Anita Walker	Philip David Grant
Andrea Blair	Lynne Kelsall	

It feels most fitting to have a number of new Members at a time to coincide with Rena's return from presenting at the International Energy Psychology Conference in Toronto (wish I could have been there!). Here is Rena singing her "Joy Song":



The 9th Annual Energy Psychology Conference Toronto, Canada

What a treat, and a privilege to be invited again to speak this international conference.

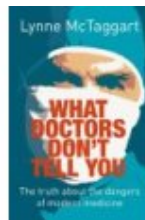
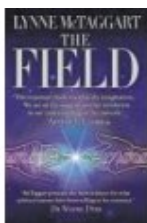


Toronto is a great city, easy to get around and, with its location on the Ontario lakeside, has such an open and vibrant energy.

The conference is an annual event organised by Dr Sharon Cass Toole – a lovely, proactive psychotherapist and wellness counsellor who is sponsored and supported by ACEP – the Association for Comprehensive Energy Psychology.



The title of energy psychology is a broad term, used in both America and Canada for the many techniques of energy touch and healing. The conference is very holistic and includes many disciplines and representatives. Speakers in the past have included, Dr Masaru Emoto of messages in water fame, Eric Pearl – the Reconnection and Gary Craig.



In 2007 the keynote speakers were Lynne McTaggart author of 'The Field' and 'What Doctors Don't Tell You', Dr Lee Pulos, along with Dawson Church, Greg Nicosia and Dorothea Hoover-Kramer, one of the originators of Healing Touch technique.

Each day started with Chi-lal Qigong – beautiful gentle yet energising exercises to start the day – and then there were options on personal choices of presentations – including mine!!

Day One:

Lee Pulos spoke on **"Visions of a Future Mind"** – the title of the conference. He presented with wit, humour and love on the move from cerebral chauvinism to the spirals of a higher state of consciousness. His inclusion of rediscovering a state of grace resonated well with me – those of you who have experienced my work know that we have to go through grace and self-forgiveness to reach the enlightened state that we seek.

Mary Sise presented on **"Shamans in the 21st Century"**

Mary is a lively entertaining presenter, she speaks from the heart and covered the subject of Soul loss with interest and professionalism. I particularly appreciated her interactive format and a lovely phrase of "Integrity holds more light"

Dr Darren R Weisman presented on **“The Power of Infinite love and Gratitude”**

This young man was an excellent, again lively speaker using and demonstrating an energy healing method linked to signing that he had developed with his deaf and dumb brother.

Day Two:

My own presentation **“Chakras in the 21st Century and Numerology”** started the day. I had a good international audience! Very positive feed back and sold several copies of my numerology hand book ‘off plan’.

In my audience was a lovely girl from Toronto called Rena, she told me that my name is from Jewish origins, unknown to me, and that it means ‘Joy Song’ – fancy that!!

If you look carefully at the photograph, you can just about see two light ‘orbs’ that joined in the presentation!!



Samuel Eli Menahem – A Greek Jew living in Canada- presented on **“Taking the self out of self pity”**

He was hilarious as well as thought provoking – just what I needed after my own presentation.

In the early evening I went to a talk on the science of dowsing, sacred geometry and the vibration of shapes. This resulted in the purchase a new, profound and very useful pendulum.

Day Three:

One of the highlights of the whole conference for me was the next speaker

Katherine Wilmering “ Shaking the Soul: Transformation Through Sound”

She was amazing!! All of us attending were moved by her stunning work and performance. She lives and works in Seattle – a long way to go for a workshop – but I am off across the pond and the land if she fulfils her desire to arrange this.

A final presentation from **James Pearl** on **Chinese Calligraphy** linked to acupuncture and meridian points completed the break out speakers.

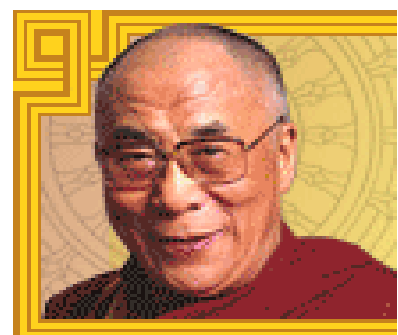
The whole of the convention was a stimulating and fulfilling experience, and for me there were several highlights.

One was simply being there with so many dedicated light workers. I met and made some lovely friends and established contacts for future work in Canada, the US, Turkey and Israel.

Katherine Wilmering was definitely a highlight.

The final open forum of around 400 energetic beings of like mind in one room was pretty special and then..... there was my last few hours in Toronto!

Taking a stroll before leaving for the airport, I saw the arrival of and was in close proximity to the **Dalai Lama** – this ‘quite by chance’ encounter was a moving experience and a perfect end to an exhilarating and fulfilling conference.





Larry Stoller, Chairman of ACEP with speaker Barbara Stone



Rena in full flight!



Closing moments

Toronto is a beautiful location for this annual conference – there are direct flights at reasonable rates from major airports – we paid £278 return including taxes. The hotel in the centre of the city offers a conference rate and is within easy walking of markets, restaurants, city sites and the lakeside.

This year's theme is 'Science and Consciousness' and the keynote speakers include Gary Schwartz, Amit & Uma Goswami and Anodea Judith.

Full information is on the conference site: www.torontoepc.com

Details of ACEP at: www.energypsych.org

All of Rena's work, workshops, numerology readings & training can be found on our own site www.healerfound.co.uk

Another Contribution from Member, Kate Hare, thank you Kate.....

Health & Safety for Healers by Kate Hare, Star9

Emotional and Psychic Protection is a very important area for Healers, and one often neglected in the cause of thinking of others. Accordingly, we are indebted to Kate Hare for her thoughts and approaches on the subject. Clearly these approaches need to be undertaken with respect from a place of utmost Positive Intention for Highest Good:

Invisible Energies

As Healers we are constantly working with energy frequencies, which we cannot see with the naked eye. Whatever your field of healing, you will be subject to interaction with the subtle physical, mental and emotional energies of your client. In everyday life we are affected by the invisible energy of people and places but especially so when we are working in a therapy environment.

How to clear your space

Here are some basic suggestions that anyone can use to keep their energy and the space around them clearer:

Crystal Sprays – spray these before and after each client – these can be home-made by making crystal essences and adding cleansing flower remedies and essential oils or they can be bought at specialist shops including Star 9.

Crystals – place at windows and doors for protection, in the centre of the room to radiate healing or to absorb negative energies. Selenite, Jasper, Fluorite and Rutulated Quartz are very good for clearing and protection. Remember to cleanse crystals regularly each month under a full moon or in salt and water. (Jasper and Fluorite can also be placed near TVs and computers to absorb electromagnetic energies.

Rock Salt – absorbs negative energy and it can be placed in small bowls in the corners of the room for 24 hours once a month, Throw away the salt when finished in the bin or onto garden soil.

EssentialOils – use clearing oils such as Juniper, Sage, Frankincense and Bergomot in an oil burner or spray and use before and after each client. Specialist oil mixes are available at Star 9.

Mixing the frequencies helps to give a deeper cleanse, mixing sound and herbal vibrations for example such as music and crystal or bells and essential oils together.

Star 9 offers a range of holistic therapies and courses based in East Yorkshire, for more articles and useful products visit www.star9therapy.co.uk or call Kate Hare on 01482 882900.



The Healer Foundation Web Site

PLEASE include a link to this site on any website where your details appear: sites for your specialist modalities; regional ones; and your own. This helps you too! Please do it precisely, as in (sorry) <http://www.healerfound.co.uk/therapists/davidhignett.htm>. The Logo can be obtained for copying via: <http://www.healerfound.co.uk/members.htm#how>. A form of words to accompany is advocated as follows: “The Healer Foundation is a Network of Therapists with Members throughout the UK. See the busy website for details of all the benefits of joining us: www.healerfound.co.uk”.

The Google “Page Rank” picks it up, you see – in terms of number and quality of incoming links: so we get promoted up the “list” – and you get more Clients! The following explains it greatly better than I can:

Mum! Can I have a search engine for Christmas?

OK so we’ve started this article with a smile. But what is a search engine? (And have you Googled today?)

Search engines are clever programmes that you connect with using the internet and who rush around the Internet to give you answers to your queries. They are free and ever-so-willing to help. Sort of turbo driven digital Librarians, I suppose.

And the greatest of them all is Google. Started by two university students in 1998, its creators are now billionaires – that’s thousands of millions of dollars or pounds or Euros or whatever. Lots and lots of money... All for providing a free service.....

(More information here: <http://www.google.com/corporate/history.html#1995>)

Google makes its money from advertising (about \$5 billion this year) – from people who want their site to appear near the top of the search results (in the sponsored section that most folks don’t read) and also from those little advertising boxes that appear on other people’s web sites. Google gets paid every time someone clicks on the links. However, web site owners don’t **have** to pay to appear on Google. If your pages are written and coded in the way that search engines prefer, you can persuade search engines to look at all your pages and then record many of the phrases on each page. Then they will show a link to your page to people who search for a particular phrase that appears on your site.

Words and phrases

Trouble is, there are an awful lot of web sites. If you search for the word *reiki* on Google, then it finds 20.6 million relevant sites. Ouch! However, the word pair *reiki wakefield* only appears on 37,900 pages. Guess who comes in top of that listing? (Go on, try it for yourself....)

Google is the source of **over half** of the visitors to the Healer Foundation web site. These visitors reach our web site looking for all kinds of information. Some are seeking treatment, others simply wanting information. Some want to explore a therapy in more detail, others are therapists looking for training or checking up on their local competitors.

Our site meter (it's the little number that appears on the bottom left of the site) gives us some useful information on where our visitors came from (Google, Ask.com, Yahoo, links from other sites or simply keying in the web address directly) It also tells us what search words they used when they found our web site.

Here are a few examples of actual search phrases from today's analysis. Each of these visitors then clicked the link to explore our website:

enlightenment ossett tai chi Huddersfield aura soma definition define reflexology reiki massage dorset define energy therapy	nlp practitioners south west England hair analysis in dorset rebalancing therapy London how to use quantum touch with eft healer certification uk beginners holistic therapy courses huddersfield
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Hopefully, some of these enquirers turned into new business for you, our therapists. Have you been Googled today?

I'll cover a bit more in a future Newsletter, if you are interested... *Yes Please Roger, "love your layman approach"*

AND FINALLY – How to get Listings for FREE

Here are some web sites that will give you a free listing (**clients for free!** – can't be bad value!):

<http://www.healers.co.uk/register.php> free listing for therapists

http://www.remedyindex.com/advertize/advertise_CAM.html the free listing is OK. The extras look expensive to me!

<http://www.healthandgoodness.com/> This web site has a free listing of several thousand therapists. However, when I checked, the site was "down", probably a temporary maintenance problem. It's worth getting a listing when it's up and running again.

<http://www.bcma.co.uk/> Don't forget that as members of the Healer Foundation you are entitled to have your web page listed on the BCMA site too. Just let them know the web address (URL) www.healerfound.co.uk/therapists/davehignett.htm but with your name at the end

Roger is Healer Foundation's Webwarbler. He also manages several other therapy sites, including those of several organisations which list groups of therapists.

That's all till next time, please keep up to date by visiting the website: www.healerfound.co.uk.

With Love and Blessings, Peace and Joy

David and The Healer Foundation Team