



These are pictures of working for disaster relieve from earthquake victims. Money was collected during the Healing Touch annual meeting in 2008 and helped them provide the much needed work in energetic relief. These pictures continue to remind me of the ongoing contributions needed to serve those affected by disasters worldwide. EMP is committed to provide training to help those in need.

With continue love and dedication to support the religious sisters who have dedicated their lives offering TYELM and HT to the poor of Peru – Sisters Marg Kehoe, Eileen Kearney, Carol Reamer, Emiliana Gonzales and the late Sister Laura. The new generation of people who are being trained under their able leaderships continues to inspire me and know that we are on the right track doing the work of the Holy Spirit.

Thanks to all of you.
Mary Jo



News from South America

Dear Mary Jo,

There was another earthquake shake in 2008 in Chincha. The people were all out on the streets screaming and very, very frightened. We will be going down again this week. I got the kids to draw their fears and of course it was all about the houses falling down and the fear of another big earthquake. The kids were frightened by the lights in the sky and the fear of the sea washing them away. We are at early stages in Chincha. Reminds me a bit of when we first started here in Lima. People are living in tents and in very poor shacks. We had helped with food and other basic needs.

I know you would love to be there with us. You are with us Mary Jo. Your spirit of service and care helps to keep us all going down here. Hope you like the photos. I think they are just wonderful. The people are just beautiful. It is good for us to begin again! Will be in touch.

Much love,
Marg Kehoe



Dear Mary Jo,

We had a wonderful celebration in el Centro Nana Nagle on the 15 de December 2009. We were very privileged to present 7 women with their Energy Medicine certificates. Five of these women, Maris, Amanda, Gloria Luz, Graciela and Resurrection, live and work in a very poor area of Lima and have their own Holisitc Medicine Centre 'Hampi Wasi'. Marga and Liz work in the Nano Nagle Centre.



Isabel and Maria Esther received their certification and Maria Ester was also presented as an instructor of Energy Medicine Level 1. Both have a very strong commitment to the poor. Isabel and Maria Ester have their own practice and offer service in the Nano Nagle Center and also in the children's centre 'Corazon de Nana'.

We would like to wish everyone a very happy Christmas and a New Year filled with love and peace. We continue to be inspired by your work of love and service the poor. May your leadership help others to realize that in this world we must offer the work to not only those who can pay but also those who are struggling financially, they too deserve to have the tools to maintain and regain health. May each and EVERY one of us find ways to offer this work and service to those in need.

Much love,
Marg Kehoe



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News from USA — Larado, Texas



Sister Barbara Cavanaugh as a missionary in Laredo, TX started serving the poor. Through her efforts a grant was written and submitted to the Mercy Sisters in Burlingame, CA to support providing offering TYLEM to the poor in Laredo with off shoot program to Mexico as Barbara would often go across the boarder to provide clinical work there as well. The funds allows EMP to bring Sister Carol Reamer from Lima Peru to teach TYLEM in Spanish. Carol came for several years and we now have a thriving community in Laredo and surrounding area including

Mexico offering TYLEM and angel courses. The first EM Practitioners have graduated and another class is completing their work as well. This is all done under the able leadership of Blanca Gutierrez one of our new instructors who consistently is there for the people. She has expanded the work to children and the first children's workshop is pictured below. Carol Reamer was there and the group celebrated her birthday. See the happy group below! The work is offered in Spanish. In addition I have launched an English speaking group pictured below. It is filled with outstanding new leaders who work with Blanca and will move the work forward in a very consistent way.

Congratulations Blanca for a job well done! May Spirit continue to bless the work and the people doing the work there!



First kids class.

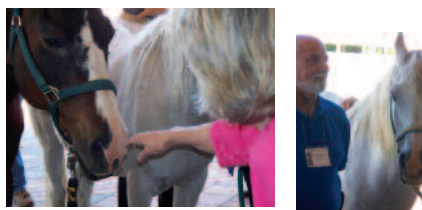
News from South America 2009



Maria Ester, CEMP/I



ISSSEEM Conference



Dr. Ellen Kaye Gehrke and Dr. Mary Jo Bulbrook presented at the ISSSEEM Annual Conference June 29, 2009 in Boulder, CO: Horse Sense and The Human Heart Recognizing the Heart-to-Heart Bonding Between Humans and Horses Via the Measure of Heart Rate Variability Synchronicity.

This was the first time that ISSSEEM had a live presentation with animals – namely horses at the conference for participants to experience a live demonstration of the topic

of heart to heart bonding between humans and horses. An enthusiastic audience gathered first inside to hear about Dr. Gehrke's research and then went outside the conference site to a outdoor entrance where two horses were brought for the workshop participants to experience first hand communicating with horses – both giving and receiving messages through an established heart connection.

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ISSSEEM Conference *continued from page 6*

Dr. Gehrke's research findings indicate: "Humans can, in real time, adjust their emotional state in the presence of horses and experience the positive feelings that come from connection and relationship with another being who is 100% present." stated Dr Gehrke at the conference. The research participants reported on included:



Dr. Ellen Kaye Gehrke

Rolling Horse Ranch

Ellen Kaye Gehrke, Ph.D.— primary researcher
Carsten Gehrke – recorder of horse observations
Michael Kaye – photos and recorder of horse observations

Institute of HeartMath Research Department

Rollin McCraty Ph.D. Research Director – Data Analysis
Mike Atkinson Ph.D.- Associate Director – Data Analysis
Jackie Waterman, Technician – Data collection and analysis

EquuSatori Center

Lisa Walters – Director and funding support for Phase 2-3
DelMar Reynolds – Holter Monitor Producers
Hal Gant – Director of Education and Training

Dr. Cranney DVM – Initial placement of electrodes

The research had five phases:

Phase 1: By measuring HRV can we determine that an energetic relationship exists between horses and humans when interacting in a guided series of activities?

Phase 2: What is the average HRV of various horses during a 24-hour reading?

Purpose: to gain baseline HRV's on horses to determine similarities and differences between horses and humans.

Phase 3: Is there a bio-emotional relationship between pairs of horses and in herd dynamics?

Purpose: We wanted to look at the sentient nature of horses to determine their emotional responses to other relationships with members of their herd.

Phase 4/5: Exploration of the energetic relationship between horses and humans 1:1 ECG monitoring

Purpose: We wanted to know if horses responded in similar emotional ways to humans they know and humans they do not know.

For further information about the research contact:
Dr Gehrke at ekayegehrke@nu.edu

Kip Mistral at newhorsearts@hotmail.com who reported this research in **HEART to HEART: A Quantitative Approach to the Emotional Bond between Horses and Humans in the Horse Connection Magazine**, August 2007 pg. 44-47.

Full report about The Institute of HeartMath see www.heartmarth.org.

The workshop group then went outside where two horses were present for the workshop participants to experience first hand – presence, awareness, open hearts, saying hello, being presence, communicating with touch and debriefing the experiences. Magic occurred as hearts opened and connected. This was an "in the moment" experience where hearts attuned to become one in spirit. **Two techniques titled:** Grounding and Heart Attunement from Dr. Bulbrook's Transform Your Life through Energy Medicine Program serving as the foundation for Energy Medicine Animal Program were shared and practiced. From this base participants were able to communicate and connect with the horse at deep levels.

Connecting their hands to the heart of the horses both giving and receiving love and energy assisted to bring balance, harmony and new information — an experience to remember. For information about Dr. Bulbrook's work with humans and animals go to www.energymedicinepartnerships.com — EMAP program.

Ellen and Mary Jo also co-created "Partnerships with Horses" classes that connected their work together. If you are interested in finding more about them. please let us know.



Lynne McTaggart was one of the keynote speakers at ISSSEEM. Mary Jo and Lynne have reconnect from two other previous conferences and continue their mutual interest in the power of intention in healing. The Field

is one of the most significant books outlining in layman's terms the contribution of this knowledge on the health and well-being. Also at this conference **The Living Matrix** (film) was presented with an indepth look into the science behind energy medicine from sixteen

leading experts from medicine, biology and genetics that illustrate the cutting edge of the power of this work. Dr. Bulbrook is currently an affiliate with the producers of The Living Matrix and is authorized to provide private and public showings of the film. It is an invaluable tool to assist in the contributions of subtle energy and changes in science documenting the impact this knowledge has to make. For more information and to order a film:

www.energymedicinepartnerships.com



Manifesting Dreams

Kids Helping Kids CANADA

Heather Johnston and Peggy Myers have dedicated their love for children and Energy Medicine as ONE special vision of teaching Kids Helping Kids.

Heather reported in May hearing Spirit speak — “she would be working with children in a school”. This manifested within a week of contacting the assistant principal of a school in N.E. Calgary. Heather and Peggy have been going to the school to work with first and second grade children during their noon hour.

This experience has reaffirmed their path to reach children through the heartbeat of drums, imagery and story-telling. There was a great need for authentic skin drums. I expressed my concern and a cheque came in the mail that same day! We will honor the Kids Helping Kids funds donated through the efforts of the Western Canadian instructors through their teaching of TYLEM in Western Canada by buying materials needed for this project.

As the school year draws to a close, we will assess what the next step might look like. School staff are already “seeing” the children

change. “Their eyes glow and they smile as they leave the room” Heather reports. “Things are stirring. Eagle feathers appeared yesterday.” Simply stated: follow your dreams and watch them manifest through the light of Divine Source.

Upon reading Mitchell Gaynor's "The Healing Power of Sound" Heather remarks about a particular paragraph that jumped off the page that has significance for all of us. “In order for you to move into another dimension, it (Spirit) addresses personal challenges (of those closest to you) that you will have to face.” Personal challenges are guidelines for us to grow spiritually. As healers let us remember this great principle. Let us continue to hold each other in the Light.

Blessings! Live In Abundance.

Based on the story of Heather Johnstone who can be reached at: Phone: 403.239.4295 E-mail: rgjohnstone@shaw.ca
To contact Peggy Myers: Phone: 403 285-2035 or Email mp-myers@hotmail.com

Certificates of Appreciation March 2009

Presented to Sister Barbara Cavanaugh,
EMP is pleased to present Sister Barbara Cavanaugh with this award in appreciation for her dedication, love and humanitarian contributions in serving the poor and those in need in many parts of the world. Sister Barbara seeded Peru with Transform Your Life through Energy Medicine (TYLEM) and Healing Touch (HT), first as a dedicated practitioner and then as a pioneer in bring these two educational programs to Lima, Peru. She served using TYLEM and HT with women in the prison, those struggling with addictions and those with compromised health. In Laredo, Texas Barbara launched another new ministry that also has grown and reached many.

Sister Barbara, your legacy lives on in those you have cared for, ministered to and taught. We are proud to have you as one of our wise elders and keepers of the sacred traditions of healing through prayer, intention, love and light.

We honor you and ask that what you have given out return to you in abundance from the God and other representatives of Divine Presence.

Dr. Mary Jo Bulbrook
EMP President

Presented to Cynthia Atkison
EMP is pleased to present Cynthia Atkinson with this award in appreciation of her dedication and service in helping others heal, learn and teach Transform Your Life through Energy Medicine. Over the years Cynthia offered her insights, wisdom, laughter and expertise to bring people to a new level in their lives.

We honor you. We bless you.
We hold you in our hearts.

Dr. Mary Jo Bulbrook
EMP President



Appreciation Award

Call for nominations for awards EMPI San Diego 2009

Please submit your nominations for awards to be given by EMP at the San Diego conference in June 2010. Submit the name of the person you wish to recommend for the following award: clinical practice, teaching, humanitarian service, research. Provide a 25 word description of why you recommend this person.

Send the information to EMP awards 2010 at contact@energymedicinepartnerships.com or 3211 Gibson Road, Durham, NC 27703

EMPI Journey to New Zealand

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Our trip to New Zealand was a different group and included a family – Dustin Leaney and his partner Rachael and three month old infant Jade Lily and 4 year old Emily. We were honored by Rose Pere providing a spiritual blessings for this family after they did a civil ceremony in NZ for their wedding. I was able to provide my “first” spiritual ceremony for this type of occasion. We held a “bachelor” party for Dustin and a “sisters” party for Rachael that was a new adventure bringing a lot of love and joy. Fern contributed to the joy of the occasion by playing guitar and singing. This special event was guided by Sue Pattinson who handled every detail on the road for this memorable journey. Go Sue! You are now an experienced EMP tour leader! Sue not only did the “business” details but carried the spiritual energy throughout the whole journey. It was a delight to turn over this phase of EMP tours to such an able person.



Being once again in the home of Dr. Rangimarie and Joe Pere was a delight. We were honored and fed under the able efforts of their daughter who is in the background holding the energy for Rose and Joe to continue making their contributions. Rose’s grandkids continue to share their unique selves adding laughter to many teachings and experiences. The energy, power and knowledge of Rose continues to inspire and guide me on my path. May we continue to circle in love for many years to come.

I hope those of you reading this will some day benefit from one of the EMP spiritual tours and jounries to Australia, New Zealand, South Africa, Peru, Canada, throughout the USA or to Ireland. Watch for our next journey in 2010!

The following are Certified Energy Medicine Practitioners/ Specialist / Instructors who have recently recertified.

Mary Jo Bulbrook – Lifetime
Barbara Cavanaugh (Sr.) – Lifetime
Bernie Clarke – Lifetime
Donna Duff – Lifetime
Marg Kehoe (Sr.) – Lifetime
Eileen Kearney (Sr.) – Lifetime
Carol Reamer (Sr.) – Lifetime

Emiliana Sallorente Gonzalez (Sr.) – Lifetime
Cynthia Atkinson – December, 2015
Kay Bazzett – December, 2015
Carmen Iacino – December 2015
Jean Marie Reynolds – December 2015
Debra Evans – December 2015
Rose Marie Welcans – December 2015

Tribute to Lama Surya Das



Lama Surya Das at THC

One of the highlights of 2009 was the blessing of renown spiritual Buddhist Western spiritual leader, Lama Surya Das teaching from the Triangle Holistic Center in Durham, NC headquarters for Energy Medicine Partnerships International. His wisdom and energy added to the ambiance laid by the other spiritual teachers New Zealand

Tohuna, Dr. Rangimarie Pere and South African Sangoma, Cedric Hood who have graced THC and provided a spiritual nest to support a broad base of healing and teaching. May the blessings continue to unfold through his contributions in anchoring the energy of PEACE.

Lama Surya Das is one of the foremost Western lamas and mediation masters in the Tibetan Buddhist traditions whom the Dalai Lama affectionately calls “The American Lama.” He is the founder of the Dzogchen Center www.dzogchen.com in Cambridge, Massachusetts and author of many books including the best-selling trilogy **Awakening the Buddha Within**, **Awakening to the Sacred**, and **Awakening the Buddhist Heart**. He teamed up with Steve Halprin to produce an outstanding CD titled “Chants to Awakening the Buddha Heart” that shifts energy to resonate to the divine within.



The Medicine Buddha hanging at THC





News from South Africa 2009

Brenda McFie continues to serve in a leadership role with EM development in South Africa. Currently she is finishing her graduate degree at the Nelson Mandela School of Medicine having overcome many hurdles to offer research in Transform Your Life in Energy Medicine in the South African context. She has worked endlessly to achieve this goal and move TYLEM into a professional academic arena in that country. The TYLEM extensive data base that has been completed is now being adopted to work with research and SPSS statistics analysis system through the generous efforts of Karin Wepner in Cape Town. We look forward to the completion of this very significant task!

TYLEM is now being offered in KwaZulu Natal (Pietermaritzburg, Durban and Escort. Joy Hardcastle has begun offering the courses in Johannesburg with a growing community in that area.

The administrative network has shifted with Vicky Jones in the position of registrar. Welcome aboard! Dave Hazelhurst still serving as the over-all country coordinator.

EM students from the 2009 Hilton group and two volunteers assisted in a project in their local community! We are encouraging EM folks to become more involved in the community. Yulinda and Karen are definitely an example we can follow.

The teacher of the local school came to thank Sizanani for the daily meal. This has improved the kids' ability to learn and concentrate in class. The work these Goggos (Grandmothers) do go way beyond the meal a day. They are surrogate parents and teachers. This little scheme receives no official funding and is not a registered charity.

At the beginning of 2009 we told the kids that there would be a prize for the one who read the best English at the end of the year. We tried getting someone to facilitate reading with the group every afternoon but unfortunately it did not work out. We gave the matter no further thought. At the party we did however ask if anyone wanted to read

for the prize. Much to my surprise 6 little ones, 8–10 year olds came forward. All read well! We had to improvise on the spot and we awarded them each with a R20 prize. The teacher thanked us for motivating reading and was very excited by the buzz the prizes created under the rest of the kids.

Money matters

Thank you for all your money gifts. We raised a whopping R4000 (\$400 US)! There is enough left over for electricity and food contributions in January, February and March 2010



We will also buy some more veggie seedlings as most of the veggies have been depleted

Christmas Party

Once again Tracey and friends sponsored the 140 hotdogs, sausages, juice as well as the Lucky Dip toy & sweet parcels. We bought some extra hotdogs and juice as we anticipated some "extra visitors" It is very difficult to turn a hungry child away just because they are not part of Sizanani. We were astounded that even after two hotdogs each, most kids came back for a third and if there was a 4th going would have eaten that too.

We bought large brown paper packets and into these went:

- Lucky dip sweet & toy parcels
- extra sweets & chips
- generous amounts of Wedgewood nougat
- exercise books
- pen & pencils
- toothpaste and toothbrush
- soap
- crackers
- crayons and colouring books

As a special treat each kid got a 20ml syringe (thanks Erica!) filled with condensed milk

with a marshmallow stuck on the nozzle – these were great fun! We got enough toys donated that we could pack age appropriate toy packets for each kid. There were also enough extras for the "uninvited" visitors.

The 6 Goggos who run the scheme received large boxes of biscuits and hand cream. Approximately 8 black bags of clothing were also left for the Goggos to distribute amongst the kids

Thanks to Clare, Kath, Michael, Peter, Nomusa, Jacqui and Florence for your help on the day. Also a special thanks to Florence without whom nothing could happen. She is the one who collects all the drop-offs and sorts and stashes. She truly is my right hand, my left hand and most often both legs as well!

We left behind full tummies, raspberry stained red mouths and sticky (condensed milk) hands and faces. One can hope that for those few hours the deep sadness that characterize so many of their expressions were alleviated and that things were just "good".

Finally, I leave you with the haunting words of our young MC, Nhlanhla (15 yrs) who wrote a poem especially for the occasion

All people look after themselves
Be careful of HIV
control you self
Do whatever you like
Everybody is looking for some thing
Found yourself
Go with people who go to church
How can you do bad things
if some one give you a problem tell adult
join the people who go to church
Love the others
Mom is here to help you
now is time to know who you are
people died from HIV



Blessing of abundance
to all of you.
Karen & Yulinda

Condensed Milk
Syringe Bliss



A Spiritual Traveler

AUSTRALIA CANADA NEW ZEALAND PERU SOUTH AFRICA



In his bestselling novel, **The Celestine Prophecy**, James Redfield describes his journey of spiritual awakening during a transitional period of his life. In the story he faces many adventures and unexpected challenges as he seeks to understand nine spiritual insights on an ancient manuscript found in the jungles of Peru.

Like Redfield, my life has taken a path of spiritual unfolding following new adventures that I could not have imagined. Some of the most transformative moments have occurred during the international spiritual tours with Energy Medicine Partnerships (EMP), Inc. Since 2007 I've travelled to New Zealand, Peru, South Africa, Canada, and most recently Australia. Each trip afforded a deeply personal experience of self-discovery, renewal and being. There were invaluable insights revealed and opportunities to give, feel, receive and share the wonders of the land, and the wisdom of ancient traditions. Special connectedness and synchronicities emerged as I shared my journey with others on similar healing paths.



In **Australia**, the theme was the Shared Journey as the U.S. and Australian Energy Medicine community gathered Port Macquarie, NSW. We journeyed to Alice Springs and Uluru. As I walked the land around Uluru (Ayers Rock – the central root and heartbeat of aborigine culture), I was reminded to be grounded in my energies and be aware of my surroundings. The Aborigines believe in the Oneness of everything and that the plants, animals and all of nature are an extended family in the great

cycle of life and death. Aborigine elder Bob Randall calls this Kanyini; the principle of connectedness through caring and responsibility for one another. "It is not about me-ness but instead our-ness" he said. The land and all of nature will give us information to guide our life.

In **New Zealand** I attended the Maori Mystery School taught by Dr. Rose Pere, Maori Tohuna, nestled deep in the North Island's Urewara forest. I went to New Zealand to heal a wounded heart and give myself permission to be my true to self and to radiate my essence. The teachings and incredible natural beauty of New Zealand awakened me to my authentic and loving self. The energy of New Zealand is Aroha – unconditional love derived from the presence and breath of the Godhead. The Maori believe that we are all a unique, divine creation. As Rose said "You are absolutely unique – there is no one like you on this planet or in the universe – love yourself to the nth degree – be true to yourself – you are a miracle in expression".



The trip to **Peru** was very special because it satisfied a longing to reconnect in a more profound and transcendent way with the land where I spent my childhood. Feeling the energy of Machu Pichu, the Sacred Valley and sites empowered me to connect with my inner child and cultivate a childlike attitude of joy and wonder. I could see my life and the world through new eyes. Visiting the sacred sites was a very cleansing experience that washed away my doubts, fears and old patterns. My heart opened at a deep level, releasing the fear of being vulnerable and not being enough. In Peru, the nature spirits brought me back to a place of awareness reconnecting me with Source and the nurturing and healing power of nature. I was reminded to be open – to really feel and be fully alive. I cried a lot.



The **Canadian** theme was Uniting Healers Worldwide. Healers from around the world gathered with a common intention to heal, love, and laugh, and in the process a truly magical. It is a phenomena known in China as Qichang or group generated energy field with healing effect. As the groups intention aligns there is a synchronicity and cohesion as the individual hara (intentionality) aligns with the group and we became One. The energy of the collective intention of the group shifts when we become heart-centered and focused and embrace with love the Divine in each other and be One in Spirit.

In **South Africa**, living at the Escabini Zulu Cultural Village was an adventure of trusting and surrendering to the guidance of Spirit. I felt that Spirit was trying to broaden my view of the world energetically and open me to the greater flow of the Divine within. There was a strong sense of place and history as I stood on hallowed ground embracing a new culture, continent, and worldview at the same time. I learned about balance, gratitude and loyalty to self, and that we are all supported and guided to fulfill all our dreams. We must tap into our spiritual resources to identify what changes and patterns are blocking us from moving forward and to enable us to grow as healers.

I am very grateful to Energy Medicine Partnerships and all of those who shared their lives with me during the tours. It truly is a memorable journey as we are changed by experiences that we will cherish for the rest of our lives. If you interested in adventure and spiritual transformation, consider participating in the next EMP spiritual tour. Trust me, not only will you be pleasantly surprised,



you will be wiser from the experience.

— Robert Maldonado