

# Nurses – Nursing

## Stepping In, Stepping Up, Stepping Out

*Heart to Heart, Soul to Soul  
Past, Present, Future*

This book and research offers both a historical perspective that presents the impact of nurses and the nursing profession contributions on world health, wellness and healing from a variety of different directions starting with innovative initiatives. Through their divinely inspired approaches - heart to heart and soul to soul the nurses I am describing their influence on this project, (many of whom I worked closely with for many years and help many of them as they transitioned from earth to the other side. The nurses demonstrated ways of stepping in, stepping up and stepping out to solve local and global world health, wellness and healing challenges through their professional of nursing.

Based on research, documented evidential stories that illustrate the current state of knowledge, leadership and accountability to solve current and future predicted needs, of the ONENESS principle, we are all connected which academic experts have described in detail from their historical research. What happens in one aspect – humans, environment, planet impact ALL energetically Understanding this principle has been elusive for generations but the time has come to face things head on by stepping in, stepping up and stepping out using current research as well as historical actions and accountability.

This work focuses on nurses because – “nurses are everywhere doing everything for everybody” a quote I experienced in my original academic studies in nursing.

Nurses serve. Nurses care. Nurses act. Nursing is the tool. Nursing is on the frontlines of action, Nursing is working on changing the future through a direct approach that is heart to heart, soul to soul working to engage all the interactive components that engage solutions vs. disrupt society through self-serving agendas – this is the foundation of this paradigm.

As you read this paradigm shift to a model that is I’m ME Model – I’m Multidimensional Empowerment Model of Complementary Integrative Care – All inclusive to reach all society, rich, poor, well known, marginalized, underserved, oppressed, struggling through grief, trauma, loss, disempowered and not listened to but told what to do.

The project management and structure follows with key persons and resources joined together.

**Vision:** *Join in a Circle of Love, for all to Experience Spiritual Communication in Becoming More Fully Human.*

**Goals:** *3 R's: Re-Connect, Re-Awaken, Re-New.*

**Location:** *Triangle Holistic Center, A Gathering Place for Spiritual Healing through Akamai University, Energy Medicine Partnerships and Global Healing Alliance.*

*Inspired Message for Taking Action May 25, 2023*

*Updated October 31, 2023 to lay Foundation of this work describing – who, what, why and how.*

## **Holistic Nurses Inspiration – Speak Up, Speak Out, Speak Truth**

By Dr. MJ Bulbrook, BSN, RN, Med, EdD, CEMP/S/I, CIH/S/I, HTP/I

*This is what I believe I must do NOW. (SSS-AT)*

***Speak up.***

***Speak out.***

***Speak truth.***

***As guided by spiritual inspiration, then-  
Take action.***

*The action I am taking today is to clearly reflect, meditate, pray and ask for guidance by my spiritual team of nursing mentors, other colleagues and other spiritual guides / mentors. This includes in no particular order, RN's Janet Mentgen, Founder of Healing Touch, Effie Pow Chow, Founder of East – West Academy of Healing Arts, Dorothea Kramer Hover, Co-Founder of Association of Comprehensives Energy Psychology, Charlotte McGuire, Founder of American Holistic Nurses Association, Diane Corcoran, serving military and past president in International Association of Near Death Studies; Maggie Callanan, renown worldwide hospice nurse educator/ practitioner on the best seller list Final Gifts for 31 years #7 best sellers. Her landmark with is titles “Nearing Death Awareness.” All of the above are close personal colleagues and friends who I have worked closely with for many years and promoted their lifetime accomplishments and wisdom.*

*Love, Medicine and Miracles the world famous surgeon Bernie Siegel, MD renown in innovative medical care practices, met in person several years ago and provided for a year and half: Bernie & MJ Dialogues that were aired on line and currently recordings still available on request. Mark Anthony, Spirit Communicator, Psychic Lawyer,*

*AfterLife Frequency* best selling author have been friends for several years having met at the International Association of Near Death Studies (IANDS) conferences where we both presented multiple times and now are starting to plan joint training together.

Lynne McTaggart and I met years ago as both speaking in England at a conference. Since meeting we have stayed in contact and her research on the Intention Experience is promoted with excellence associated with Heart-Math Institute world renowned Research.

Greg Braden, anthropologist, renowned leader in Comprehensive Integrative Health, also influenced this work from his landmark research of the science behind heart resilience.

Indigenous healers: Bob Randall, Australia, Rose Pere, New Zealand, Credo Mutwa, South Africa, Amelia Pandora, Peru; I walked along side in their countries and brought Rose Pere and Bob Randall to USA and we co-taught workshops throughout USA and in Canada. Their teachings and personal shared items reside at my healing center to be passed on and paid forward as teaching tools and resources as I turn over my leading the band of their work and collaboration.

My closest companion heart to heart, soul to soul, was and still is the late Virginia Satir worldwide renowned social worker, educator, and founder of family therapy. At the recommendation of my clinical professor for my doctorate degree I was advised to study Virginia's work. Virginia came to Ft. Worth Texas where I lived and practiced complementary energy therapies with my role as a nurse educator in Tarrant County Junior College. I hear a "voice say to me – you are going to be connected to Virginia and you will help her do her life work to the next level." I laughed and told my clinical professor – Bill Berning my voice message.. We both laughed but within a year's time – the spiritual nudging and direction all came true. I became first a colleague as Virginia wrote a chapter in my book titled: *Development of Therapeutic Skills* that launch our professional and soon to evolve personal career. One November 10 and 11, 2023 I am presenting at the IHLRN Conference in Wilmington, NC two presentations describing the joint work Virginia and I experienced together through our years together. My work with Virginia is every present today as we continue to walk heart to heart and hand to hand between multidimensionality – the key concept that I am proposing to teach with these projects.

These are the sources that have imprinted my soul to speak up, speak out and speak my truth. Now! Don't wait for permission. Be your heart centered self and act accordingly influencing the energy around you – those you serve including clients, family, friends,

*nursing and other health care colleagues, and organizations both nationally and internationally.*

***Stand on the mountain of your heart centered approach to delivering care, education and research through the networks of your life's mission.***