

Holos University Graduate Seminary

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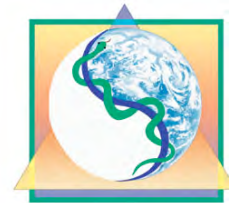
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SPECIAL INTEREST ARTICLES:

- ❖ LETTER FROM THE PROVOST.
- ❖ UNIVERSITY ACTIVITIES
- ❖ HEALING STORIES.
- ❖ NEWS OF STUDENTS AND FACULTY.
- ❖ PERSONAL AND PROFESSIONAL NEWS
- ❖ WORK AND VOLUNTEER ACTIVITIES

LETTER FROM THE PROVOST & EDITOR

Welcome to the Seminary's newly instituted Quarterly HUGS Newsletter. The goal of the Newsletter is to support a strong sense of community among students, faculty, staff, administration, and graduates. The Newsletter will provide a format for staying in touch with each other, sharing our projects, our ideas, and our service in the world.

I have been delighted with the contributions thus far. Some have been archived for the summer issue. Once you have seen this first copy you will have a better idea about how to contribute. All contributions will be kept in a file and each successive letter will be based on submitted materials. Future newsletters will be limited to eight pages. We hope you enjoy this first shorter edition!

SPRING BOARD MEETING - The Board voted unanimously that the Seminary should continue the work on the PIF initial form to be submitted to the Higher Learning Commission. Dr. Bob Nunley is chairing that effort. He, along with our special advisor Dr. Lynn Walker, attended the annual meeting of the Higher Learning

Commission in Chicago this April. The Strategic Planning Committee currently made up of Bob Nunley, Lynn Walker, Karin Cremasco, and Martina Steiger will organize the ongoing project.

We were delighted that Dr. Clair Francomano, our 2008 President elect was able to attend the board meeting. She has offered some practical and creative ideas for both furthering our educational outreach and financially contributing to HUGS. We will describe these ideas in a future newsletter.

Martina Steiger was welcomed as the newly Graduated Student Representative to the HUGS Board.

ENDOWMENT - Graduate Student Henry Chu has generously pledged a substantial amount to be used toward a computer upgrade of approach to database and record keeping at the university. Thanks Henry!

Graduate student Delphine Haberstick made a generous donation in loving memory of the Ciafardone family. A dedication plaque will be place on the new Crystal Grotto.

CLASSES & UNIVERSITY ACTIVITIES



GRADUATION & ORDINATION

A beautiful ceremony was held for our graduates this year. Receiving the Doctor of Theology: Dawson Church, Joseph M. Helms, and Sara Ruth Hake.

Present to receive her diploma was Sara Ruth Hake who graduated with Special Emphasis in Medical Intuition AND Integrative Healthcare. Quite a feat!



ORDINATE
SARA RUTH HAKE

"I AM CONVINCED
THAT MY LIFE BELONGS
TO THE WHOLE COMMUNITY;
AND AS LONG AS I LIVE,
IT IS MY PRIVILEGE TO DO FOR IT
WHATEVER I CAN,
FOR THE HARDER I WORK
THE MORE I LIVE.
I REJOICE IN LIFE
FOR ITS OWN SAKE.
LIFE IS NO BRIEF CANDLE
TO ME.
IT IS A SORT OF SPLENDID
TORCH
WHICH I GOT HOLD OF FOR A
MOMENT,
AND I WANT TO MAKE IT BURN
AS BRIGHTLY AS POSSIBLE
BEFORE TURNING IT OVER TO
FUTURE GENERATIONS."

GEORGE BERNARD SHAW

Sara's dissertation title was: **The Effect of HeartMath Techniques on Emotional Intelligence.** Her study examined the effects of HeartMath techniques on emotional intelligence. The HeartMath techniques implemented are Heart Lock-In®, Neutral® and Freeze-Frame®. The dependent measurement is the BarOn Emotional Quotient Inventory, which contains a total EQ scale along with fifteen sub scales. The independent variable is a one day seven hour workshop, titled *The Power to Change Performance*. The experimental design with control is a pre-test/post-test administered within a six-week interval. A 2x2 mixed factorial statistical design yielded statistical significant differences for Total EQ ($p=.001$), Stress Tolerance ($p=.01$), Happiness ($p=.03$). Marginal statistical



significance was found for Interpersonal Relationship ($p=.08$) and Reality Testing ($p=.07$). In total, ten of the fifteen sub scales showed an increase in measurement. This data strongly indicates that the practice of HeartMath techniques for six weeks increases emotional intelligence.

Questions: <mailto:sarahake@comcast.net>



FACULTY AND NEW STUDENTS AT ORP

ORP – New Student Orientation

The University Orientation residency provided an exciting time for new incoming students.

This is a time for students to get to know their incoming class members and members of the core University faculty.

Students brainstormed with faculty about the type of research project they might like to do as a final project. Each student left the class with a tentative research title.

Student advisors worked with students to outline their course of study.

Incoming graduate students are: Henry Chu, Jacksonville FL; Maureen Gorsuch,

Kansas City; Tom Mount, Miami Shores, FL; Margie Perrigon, Kansas City; Kirston Richard-Hugens, Fairfield, CA; Colleen Stecens-Chorro, San Bruno, CA; and Marcella Zinner, Palm Harbor, FL.

Incoming Certificate Program Students are:

Spiritual Direction: Sandra Bowlby, Raytown, Mo

Medical Intuition: Beth Coury, Sarasota, FL, and Christina McCoy, Mattituck, NY.

CHURCH NEWS:

Following the Graduation Ceremony, the following students were ordained in the Church: Sara Ruth Hake and Patricia Tersteeg.

HEALING STORIES

Healing stories in this section are contributed by faculty and students

ANN OSBORNE While completing her assignments for the Integrative Counseling course, HUGS student Ann Osborne had the following experience with a volunteer subject.

“B” is a 56-year-old woman who was diagnosed in June 2003 with ovarian cancer that had spread to her bowel, uterus, and lymph system. The surgeon was not going to operate at first because of the widespread cancer, but did so at the insistence of B’s husband. She had a complete hysterectomy, removal of much of her bowel, and now has a colostomy. Her “cancer count,” as she put it, (CA125) was 5130 U/ml at the time of diagnosis. The normal range is 0-35 U/ml. The first chemo she had took it down to 958 (Nov. 11/ 03), but when she had all of that that she could have, the count slowly and steadily started to rise, until January 11/05, when it was 11,384. No wonder she felt discouraged when we started to work together! Then, in three weeks, it dropped to 4090! Her oncologist was stunned - he has never seen anything like it. She called the next day to book a balance - she could not have any more treatments until her liver “detoxed” from the overload. We did a detox balance, and the next week, her blood work showed normal liver function, so she was ready to go with more treatments. Her doctor told her that she is the only one in the study who has shown such dramatic results. She was flying high! By early March, the numbers were down to 2780, and she is convinced that they will continue to drop.

“B” is ecstatic, and fully believes that the time she has spent doing positive things for herself has made the difference. **She says that she now knows the difference between someone doing it for you (just accepting the treatments) and doing it for yourself (taking charge, contributing to the process).** She does her visualization every day, meditates, and listens to her body. She has a balance weekly, and most of those incorporate an Inner Counselor process. I am thrilled for her! I know, and she clearly states, that there are no guarantees, and that

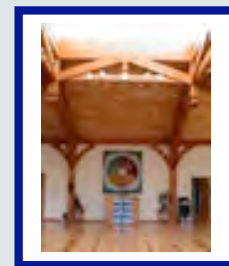
she is not pretending that everything is “all better.” Nevertheless, she is happy and wants to enjoy her current well-being. (Contributed by Ann Osborne with special permission from “B”)

NOTE: Ann was using a combination of Inner Counselor, BOS/BES and personalized visualization with this person. **Questions:** aosborne@earthlink.net

KARIN CREMASCO **The essence of healing offering** evolved over ten years, while I was searching for methods to help one of my children who suffered from the inability to sleep alone. I learned how to use muscle testing in Body Alignment¹ training and was taught that homeopathic remedies could be offered *vibrationally*. I was a fledgling practitioner of energy medicine who knew the benefits of Bach Flower essences. I also knew that legal liabilities and licensing limitations did not allow me to prescribe or administer actual essences orally for clients. But it was not necessary to do either! Jeff Levin taught that I could merely offer the intention.

My joy at this discovery filled me with overwhelming gratitude as I received the words, *“Receive, this essence vibration perfectly now, at all levels, all dimensions, and for all aspects known and unknown, now and for all time, to the very depths of your being. Amen.”* I quickly wrote the words for fear of them slipping away. I began to offer the essences *vibrationally* as an *infusion of intention* to one of my children. The sleeplessness gradually melted away to become the bliss of restful sleep. No longer were cries racking through our household in the darkest hours of the night. All was calm now. The dark of the night could now unfold and restore each member of our family as was its divine purpose. I remain deeply grateful and celebrate all that transpired with my family as a way to direct my path. And I feel deeply blessed to have been given this sacred method of healing that inspired me to discover and move forward in the service of healing.

Questions: kcremasco@earthlink.net



UNIVERSITY CHAPEL
IN MISSOURI.

"IF ONE COMPLETES THE JOURNEY TO ONE'S OWN HEART, ONE WILL FIND ONESELF IN THE HEART OF EVERYONE ELSE"
FATHER THOMAS KEATING

DR LARRY DOSSEY, MD
LAUNCHES A NEW JOURNAL OF
SCIENCE AND HEALING.

PERSONAL AND PROFESSIONAL NEWS

Larry Dossey, MD is the senior editor of a new Journal, *EXPLORE – The Journal of Science and Healing* has now issued Vol. 1 #2. This is an excellent journal and one that students will find personally and professionally useful. Its mission is to provide: **an interdisciplinary journal that addresses the scientific principles behind, and applications of, evidence-based healing practices from a wide**

variety of sources, including conventional, alternative, and cross-cultural medicine. Written for a broad spectrum of healthcare professionals, the journal explores the healing arts, consciousness, spirituality, eco-environmental issues, and basic science as all these fields relate to health. Subscriptions: www.Elsevier.com

Shannon South is just now finishing the research for her dissertation. She plans to publish a book, *Falling Into Love: A Soul's Journey to Wellness*. She will include her research results in the new book. On November 22nd Shannon gave birth to a beautiful baby girl, Aleah. Aleah was born on Shannon's grandmother's birthday!

Nancy Garrison is working on her dissertation and research. The title is **Protocol Researching the Effect of Reiki On the Level of Free Radicals**. She chose a urine test because it is fairly inexpensive and simple to administer and does not require a nurse, doctor, or lab to administer. However, as she proceeded, she found that she lost study subjects for the following reasons: some people have resistance to urine testing. They may have smoked marijuana and been penalized,

they may have taken urine tests for medical reasons and worried over the outcome. Some objected because of embarrassment. Thus, her advice to students is to keep your research simple, because even simple research is more complicated than you expect. Things change and adjusting to the changes takes time. Then, there is the data collection, processing and writing of the dissertation. Nancy says, "I'm finding that this is a big project!!! Remember too, that besides being complicated, involved, and sometimes frustrating, it is also fun, exciting and rewarding! Good luck to all!"

Karin Cremasco published an article in Therapeutic Touch Newsletter for Ontario called *In Touch*.

Our faculty, graduates, and students are "out in the world" involved in exciting and innovative activities as part of their ongoing healing ministry. We are grateful for their wonderful efforts.

Graduate student **Maureen Hart** will be presenting a workshop on "*The Power of Intention*" at the *What the Bleep Conference* in Austin Texas, May 30 – June 3rd. Others on the Faculty are Dr. Fred Alan Wolf and Don Campbell.
[Questions for Maureen: mahart@lww.com](mailto:mahart@lww.com)

A number of faculty and students will be attending the **ISSSEEM Conference** in Boulder in mid-June. **KEYNOTES:** Peter Russell, Maurie Pressman, Jeff Levin, **Christine Page** (HUGS faculty), and Bill Tiller. Faculty member **Patricia Norris** will be joining her husband Steve and

colleague Carol Snarr to present the two-day post conference intensive, *Theta, Doorway to the Self*. For information on the conference go to <http://www.issseem.org/> The following HUGS folks let us know about their plans to attend: Chris Page, Ann & Bob Nunley, Karin Cremasco, Martina Steiger, Pat Norris, Genevieve Hangen, Faith Nelson, Carolyn Faivre, Stephanie Stanfield, Denise Grover, and Lisa Saunders.

Karin Cremasco will attend the Baltimore ACEP conference April 28 –30. She will take catalogs and a book with photos to share with those interested in the HUGS program. She will be hosted by HUGS President Elect Clair Francomano, M.D.

PERSONAL NOTE: Faculty member Carolyn Faivre will wed Gary Kreutz on April 30th. Best wishes Carolyn and Gary!

WORK AND VOLUNTEER ACTIVITIES

PEACE PILGRIMAGE TO SYRIA:

Faculty member **Dr. Christine Hibbard** and her husband David, a holistic physician will be traveling to Syria. This is Chris's description of the journey.

Our Interfaith Peace Pilgrimage to Syria is part of the initial steps for a large Peace Pilgrimage of the Family of Abraham that will retrace to the footsteps of Abraham (Turkey, Syria, Jordan, and Israel/Palestine, Iraq and Saudi Arabia. This pilgrimage to Syria is a small step forward in healing the world. Syria is dealing with war on two of its borders. We will be discussing conflicts

with Christians and Muslims in dialogue with priests, sheikhs and other social activists there. The largest Muslim NGO in Syria is joining in this Nonviolent Peace Force with us along with many other Syrian officials in Damascus. We are there to listen to their spiritual leaders and discuss mutual projects. We will also spend a five-day retreat up in Northern Mountains of Syria at the Christian monastery, Deir Mar Musa or St. Moses, (1500 years old) working with the abbot, Father Paolo, Muslim Sheikhs, Lebanese Christians, Orthodox priests and Catholic nuns.

Holos University of Graduate Studies/Greenwich graduate assists Tsunami survivors.

Geneie Everett, PhD, RN, a 2002 graduate of HOLOS and Greenwich University in Energy Medicine, led a team of nine integrative trauma practitioners to Thailand to work directly with Tsunami survivors. The team left the USA late January and worked directly with Tsunami survivors in Phang Nga Province using an integrative approach to reduce trauma symptoms commonly seen after horrific events.

The team, sponsored by the Foundation for Human Enrichment, included Geneie, a registered nurse trained in a variety of mind/body and alternative approaches, a doctor of Oriental medicine, three medical social workers, one child physical education teacher, one physical therapist, two psychologists. Each person on the team had been educated in a variety of complementary techniques including Somatic Experiencing® (SE), a Mind-Body approach designed to enhance the mind's capacity to affect bodily function and symptoms, both physical and emotional, and to help restore balance to the nervous system that becomes deregulated during traumatic events. Research shows that PTSD and other debilitating syndromes (i.e. migraines, irritable bowel, chronic fatigue,

fibromyalgia) may be related to the overwhelming traumatic experience itself, even where there has been no physical trauma.

The team saw a marked reduction in these symptoms, as reported by clients, in using hands-on directed touch and encouraging/allowing the autonomic nervous system to discharge and reset as noted in changes in heart rate, respiratory rate, depth of respiration and overall relaxation of muscles throughout the body. The works is promising with both the initial sessions and follow up sessions showing a reduction of symptoms.

Suchinta Abhayaratna, class of 2004, will accompany her husband to their homeland of Sri Lanka as a part of the effort to address the effects of the Tsunami. They plan to stay several years and, during this time, Suchinta will to continue her doctoral work with HUGS. She plans a pilot study and eventually dissertation research based on the experience. Her tentative research title is: **The Effects of Reiki Treatment and Training on Depression and Anxiety in Tsunami Survivors in Sri Lanka.** reikisuchinta@yahoo.com



*FINDING THE RIGHT WORK
IS LIKE DISCOVERING
YOUR OWN SOUL IN THE
WORLD.
THOMAS MOORE*

*THE ONLY ONES AMONG YOU
WHO WILL BE TRULY HAPPY
ARE THOSE WHO HAVE
SOUGHT AND FOUND HOW TO
SERVE*

ALBERT SCHWEITZER

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CONTRIBUTE TO THE NEWSLETTER

Students, faculty, and graduates are invited to contribute to this quarterly Newsletter.

The SPRING issue will be published in April, the SUMMER issue will be published in July, the FALL issue in October, and the WINTER issue in January.

CONTRIBUTION DEADLINES:

SPRING: March 15

SUMMER: June 15

FALL: September 15

WINTER: December 15

CATEGORIES:

1). Classes and University Activities:

Graduation, Ordination, ORP, and other activities. This might also include special activities you are doing as part of your class.

2). Healing Stories:

Stories of healing contributed by students and faculty. The privacy of persons involved must be protected and proper permissions obtained.

3). Personal and Professional News

News from students about where they are in their research projects. Any and all research being concluded or conducted by faculty, students, or graduates. Let us know about conferences you plan to attend. If you are a speaker at a conference give us the title of your talk.

Let us know about books and articles published.

4). Work and Volunteer Activities:

Our students, graduates, and faculty contribute their efforts to healing in the world. Give us the details about any healing or volunteer work you are doing.

We are particularly interested in knowing the sorts of professional activities our graduates are now involved in.

5) Poems, art, photos, and humor

Submissions: Send text in a Word document attached to an email. Send art and photos as a jpeg file attached to an email. Send to:

Ann Nunley, Provost

Ann4847@earthlink.net

NOTE FROM THE EDITOR: This Newsletter will never exceed eight pages. We value ALL contributions, but may not be able to publish everything that comes in. Expect some editing (towards clarity and brevity) in articles that are published. Please feel free to send this newsletter to friends, family, and prospective students.

If you need a hard copy HUGS Catalog for your own use or to give to prospective students, contact the Registrar: registrar@holosuniversity-edu.org

MISSION STATEMENT

Holos University Graduate Seminary provides post-graduate education that prepares mature adults to serve as Ordained Ministers, Spiritual Directors, and Spiritual Intuitive Counselors who integrate the healing triad of body, mind, and spirit as their focus for conducting original research and promoting holistic well-being in individuals and communities.