



## Biannual Newsletter

# Oregon Holistic Nurses Association

Serving Holism Since 2007

Leading Oregon in the new specialty of Holistic Nursing

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## OHNA Council

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### Photo Credit:

*Toni Gilbert, Laurie Wilson*

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Questions or suggestions for story ideas are welcomed. Please

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## Director's Note

*Toni Gilbert, RN, MA, HN*



First, a huge "thank you" to all the nurse pioneers at our annual retreat at Breitenbush. All of us make it happen. I always go home renewed... mountain air, good vibes, good food and good conversation. This year it was my great pleasure to bring Lynn Keegan an author and co-author of over 18 books and many, many other accomplishments. As one of the pioneers of AHNA and holistic nursing, Lynn sat in our circle for three days and two nights. She spoke to us of holistic nursing and alternative and complimentary therapies and many other things. Monday night she was our informal speaker and we sat in a circle on the floor, listening raptly. The rest of the time she was a regular gal in our group.

Aside from the structure of the schedule, everyone was instructed to do whatever "they" wanted during their stay. Some nurses set up a space in the Forest Shelter and offered healing sessions. Others explored what it felt like to go skinny dipping in the hot springs (This was due to the contagious archetypal Pan energy of the forest, to be sure.). The retreat is just that, a place to get away from it all—and we did.

One favorite memory of the retreat was a very creative young woman from another group, who was selling hats and unique articles of clothing. As I recall, Karen, Jane and Dawn bought hats, but not before the woman gave us a practiced performance on how the hat could be worn several different ways. In my eyes, her loving enthusiasm for her craft made the manner of her presentation an artistic and lovely dance. You can see the creative hats, and the delightful fun we had with them, in the slideshow at the event portion of our website at: [www.oregonholisticnurses.org](http://www.oregonholisticnurses.org).

Holistic nurse and Breitenbush regular, Leonie Wolff, also joined our group this year. We had exchanged e-mails for a few years before we met, so it was an event to finally meet. You may see her workshop offerings by going to [www.breitenbush.com](http://www.breitenbush.com) and clicking on the events tab.

That aside, I look forward to our next creative endeavor. Some have talked about bumper stickers and lapel pins. I can't wait to see them.

As we slide into 2010, let us take stock of the tremendous opportunity, for creative work and play that lays before us on all fronts: the family, the community and our work. We have the potential to make extraordinary leaps in the way we live our life and how we work with others. We are the dear ones....

Affectionately, Toni Gilbert

## Our Special Retreat Guest



**Lynn Keegan, RN, PhD, AHN-BC, FAAN**

**Director, Holistic Nursing Consultants Port Angeles, Washington**

Those of us who attended the Retreat at Breitenbush last fall found ourselves blessed in many ways; being in the presence of our wise "holistic elder", Lynn Keegan, Grandmother of Holistic Nursing, we felt truly inspired. She encouraged us to be leaders in the healthcare arena; to bring holistic practices into the mainstream by dedicating ourselves to our own practice, participating in research, education, legislation, administration boards of schools, insurance companies and the like. She has carried the torch through the years--let us dedicate ourselves to keeping our light burning brightly for the furtherance of holistic nursing practice.

Lynn Keegan, RN, PhD, AHN-BC, FAAN is one of the founders of the holistic health focus in nursing and a well known leader the holistic nursing. She currently works as Director of Holistic Nursing Consultants in Port Angeles, WA.

She has authored or co-authored 18 books and scores of professional journal publications and chapters in text books. Her books include the co-authored text book, *Holistic Nursing: A Handbook for Practice*, 5th ed (2009), *Healing Nutrition, 2nd ed.*, *Healing with Complementary and Alternative Therapies*, *Healing Waters: The Miraculous Health Benefits of Earth's Most Essential Resource*, *Profiles of Nurse Healers* (1998), and *The Nurse as Healer* (1994) among others. In addition, she has delivered scores of presentations and keynote addresses in numerous countries throughout the world.

The major focus of her current work is to awaken others to the value of holistic health. She advocates use of many of the emerging alternative and complementary therapies for personal and professional use to help abate symptoms and conditions, strengthen the body-mind, and prevent the onset of new maladies.

Lynn was elected as a Fellow of the American Academy of Nursing and is board certified as Advanced Holistic Nurse by the American Holistic Nurses Association. She is past president of the American Holistic Nurses' Association and is on the board of many organizations and journals. She has been on the faculty of several prominent universities teaching in associate degree programs through coordinating graduate nursing programs. In 1991 she received the Distinguished Alumnus Award from Cornell University – New York Hospital School of Nursing, and she is a three-time recipient of the prestigious American Journal of Nursing Book of the Year Award.

### Education

PhD, University of Texas at Austin, 1983

MSN, Loma Linda University, Loma Linda, California, 1969

BSN, Cornell University, New York, 1966

**The rock heart  
formation near the  
Breitenbush labyrinth**



**Leonie Wolff**

**Lynn Keegan**

**The heart rock at the  
entrance to the  
labyrinth.**



# 2009 Retreat Photos



British Columbia Welcomes:  
★ Oregon Holistic Nurses Association  
Group Meets in Forest Shelter  
★ Mind, Body, Spirit Healing  
Group Meets in River View



# Member Highlights



**Bev Hollander** BSN, MS, HNB-BCA, HN

## Release

*The skies had been heavy, white and still for days  
Offering silent snow and frozen rain  
Grandfather Sun arrived  
Father Sky showing blue and clear  
Releasing Mother from her burden of ice  
The firs began to wiggle, dance and shimmer  
As they were freed from their icy prison  
A gentle wind came to tickle the most stubborn of pieces free*

*As I walked, delighting in the solid crunch of boot through ice,  
I noticed the sugar-glazed surface all around me  
A flattened landscape*

*I bent to free young firs  
Their branches held hostage in the ice  
I listened to the sounds in the woods  
Solid plops and thuds as they shed their shackles  
A constant sound of water  
A tinkling in the gutters  
Mother's life blood flowing freely once again*

Bev Hollander – Winter 2005

### Where do you work?

At a Home Health Agency

**What is your holistic modality?** Integrative Imagery, Healing Touch and Nonviolent Communication (NVC - Marshall Rosenberg's form)

**How do you apply it to your own life:** I use all of them for balancing, healing, intimacy, connection to others and internal peace

**How do you apply it in your nursing practice:** I offer all of them to my clients in their home setting. They particularly welcome the Healing Touch. I create a blend of the Imagery & Healing Touch to intensify and enrich the client's experience and healing. I pretty much walk my talk by practicing NVC as a way of being and communicating the majority of the time. In client situations, determining what their unmet needs might be is a direct application of NVC.

### What are your goals regarding your holistic nursing modality:

I will continue to study Healing Touch, Level 3 and beyond. I am not certain to what health care setting I will go next as I am becoming disenchanted with the reimbursement and documentation requirements placed upon us as Nurses in most health care settings. Home Health has been relatively immune to it, but we're getting caught in the crosshairs now with Medicare. It's an unpleasant working environment in that regard. Wherever I go, I think I will continue to practice my holistic modalities as I truly love what I am doing and really see client improvement and healing responses.



Bev's snow-covered labyrinth

# Member Highlights

**Kathy Mahannah RN, BSN, HNC**



## Where do you work?

Mid Rogue Health Plan/Care Source –  
Insurance Company for the Medicare and Medicaid population

**What is your holistic modality?** Presence :) I really do not have a specific modality but what I do practice is intention, presence, and letting go.

## How do you apply it to your own life?

I spend time in the morning in centering prayer and setting my intention for the day.

## How do you apply it in your nursing practice?

After my morning quiet time, I then end up in a very stressful work environment where I have to work at reminding myself of being grounded in my own truth and spirit. This involves a lot of letting go, acceptance of others and working within my own circle of influence.

## What are your goals regarding your holistic nursing modality?

I really do not have any goals regarding a modality as much as I do of continuing to hold the presence of God's love at the center of my thoughts and actions. This is a full time job when I feel challenged, puzzled, and at times frustrated with others.

**deonne wright RN,CRNI,RA**

**Where do you work?** Three Rivers Community Hospital, Grants Pass, OR. I work as a Clinical Educator in the Professional Development Department.

**What is your holistic modality?** Aromatherapy, Energy Psychology, Healing Touch, Sound Therapy, Shamanic Healing

## How do you apply it to your own life?

I live my life with Intention, using essential oils every single day to bring me into a place of higher awareness. I use energy psychology and sound healing--especially my crystal singing bowls and my voice--to help release what gets in the way of being Present, allowing my life to unfold with Grace before me.

## How do you apply it in your nursing practice?

As I live my day among nurses as an educator, I live intentionally to teach self-care, self-love, and awareness by Being my authentic self. I am currently facilitating Sacred Circles on a monthly basis in my community, creating a space for women to connect with their Inner Divine Being. I have also just completed developing an aromatherapy program for implementation in a local hospital that will be fully implemented by March.



## What are your goals regarding your holistic nursing modality?

I plan to continue to hold space for Sacred Circles, expanding my area of exposure outside the state. My current goal is Israel in Sept. I also am going to be building on the hospital-based aromatherapy program I just developed to create a standardized, professional offering that can be tailored to any hospital setting. Current focus: Providence Hospital, Anchorage, AK.



# Getting a Self-Care Tune-Up

by LAURIE WILSON RN, BS, HNBC

To be called to nursing is very profound. It's not by accident that we are in this caring profession, which is a sacred practice. If you think about it, all of us have the gifts of offering: love, compassion, understanding, empathy, and even laughter. We're nurses who take care of others. But do we really know how to take care of ourselves?

Florence Nightingale believed that each person is a reflection of the divine, with physical, metaphysical, and intellectual attributes. These aspects of our being have to be nourished through self-care. More importantly, being able to care for yourself enables you to care for others at home and in the workplace.

If you are depleted or overwhelmed, your spirit, mind, and body are jeopardized. Therefore, saving just a few minutes for yourself each day can tremendously improve your life and your families' lives. Some quick and easy practices include daily gratitude listing, journaling, and positive self-talk. Self-care is not just a nice thing to do once in a while. It is crucial to do daily for a meaningful and joyful life. Below I offer some signs indicating that you may need a self-care tune-up.

## **SIGNS YOU NEED A SELF-CARE TUNE-UP**

- You tend to get sick frequently.
- You're busy doing everything for others.
- You have trouble- saying *No*.
- It's difficult to ask for help.
- You're on too many committees or go to too many meetings.
- You feel lost, empty, weary, disconnected from yourself, or on automatic pilot most of the time.
- You don't celebrate your birthday.
- You have no idea what you would do if you had a whole day to yourself.

## **TAKING CARE OF YOURSELF EACH DAY**

- *Begin and end the day with prayer or meditation.* Pray (try while commuting to work) or meditate immediately upon rising or just before sleep (but not while driving to work!).
- *Practice daily reflection,* listing the blessings and gratitudes of the day. Remember: A thankful person is thankful under all circumstances; a complaining soul complains even if he or she lives in paradise. Gratitude bestows reverence, allowing us to encounter everyday epiphanies – those "Ah Ha" moments.

- *Practice gratitude journaling.* All sorts of studies have proven journaling is good for your emotional, physical, and spiritual health. It's a vehicle to release frustration and find good in all situations. We all know nothing is by accident.
- *Use positive self-talk* any time you catch yourself saying/thinking unkind words to yourself, immediately reword the statement into a loving positive affirmation.
- *Learn to sit still & breathe* – deeply, intentionally, and slowly. Just being can be a challenge for some. Try it daily.
- *Celebrate your birthday.* It's the only day of the whole year that truly is yours. I buy a bottle of champagne and chocolates, indulge myself on the hammock, and then cook with the leftover champagne.
- *Don't answer the phone at dinnertime.*
- *Learn to create healthy boundaries,* and just say *No* when you need to.
- *Find out what makes you happy and do it,* no matter how silly it looks to others. I love to dance and went to a dance retreat. When the professional asked, "Where do you dance?" my answer was "in my kitchen"!
- *And lastly, laugh often!* It really is the best medicine

## **References**

Thornton, L., Gold, J., & Watkins, M.. *The art and science of whole-person caring: An interdisciplinary model for health care practice.*

Ban Breathnach, S. *Simple abundance.*

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**Tubmaidens at Breitenbush Retreat Enjoying Self-Care**





## Editor's Note

deonne wright RN, CRNI, RA



As Thanksgiving weekend, 2009, drew to a close, I found myself in a place of deeper thankfulness than I ever expected to be. I witnessed my daughter in absolute awe while she labored with purpose, experience, efficiency, love, and commitment to birth a new life into this world. Little did I know just how deep my gratitude would reach.

My new little granddaughter was barely two hours old when my daughter's life blood slowly began seeping from her body, responding to none of the home birth midwives' interventions. As her life force ebbed away, her blood pressure dropped to barely recordable, and she lost consciousness. It was hard to comprehend that this dear woman-child who was so vibrant only two hours before was so quickly slipping from me. I was asked to start the IV, and as I prepared to perform the task I don't remember when I've prayed a more fervent prayer.

I was invited to give a talk at a national nursing convention in June 2007 on the uses of CAM therapies in Infusion therapy. While doing the research for the presentation, I was astonished to learn that prayer is the single most popular CAM intervention to the American public. Now I am no longer astonished at all. I often pray before I attempt to establish IV access. But this prayer, on this day, encompassed a much bigger request; it was a request for grace, born of faith and trust.

As I rode behind the ambulance with my new grandbaby and her father, he questioned me asking, "What is the BEST case scenario?" As I answered him, I thanked the One, the All That Is, that my daughter had the wisdom and love to choose such a man, and he to choose her. I prayed in hope that they'd have many more precious years together.

There is much written about the power of non-local healing, including prayer; there is documented double blind research supporting the validity of prayer as a healing intervention. Reflecting on my experience of that day, I realize that as my local mind focused on caring for her physical body, I was instinctively and intuitively reaching into the all-knowing, overarching, connecting Oneness that unites us all, the *non-local mind*, inserting my request in the form of healing intention. Such a practice has been shown over and over again to positively influence even those who have no knowledge they are being prayed for, resulting in healing changes to the physical body.

Did my prayer and intention make a difference in helping to staunch the flow of my daughter's life blood; did it help return her to consciousness; and did it strengthen her feeble wisp of breath? It is not a question to which I need an answer, for I am assured of the answer already in the deep knowing of my soul.

The synchronicities that occur as a result of "being in the flow" began to happen. All the right people were present, and all that was needed was at hand. My daughter was cocooned in warm and nurturing energy as her life force slowly returned.

Further reflection revealed more about what was up for me on this Thanksgiving weekend. In all of this experience, I had no thought of anything outside of the present moment. My attention and energies were focused entirely and completely in the present moment, holding a sacred space for the healing of my dearly beloved child.

Larry Dossey teaches us in his book *Recovering the Soul, A Scientific and Spiritual Search*, "As long as we believe we are time-bound creatures it is impossible for us to rest in the moment." Ancient sacred teachings show us how necessary it is to disengage from past and future, being solidly grounded in the present before we can fully access the riches of the Higher Mind, The Light, God, The Father, The Holy One, The Collective Unconscious, Great Spirit, The I Am That I Am.

My gratitude runs deep and strong for a daughter who lives and breathes (mother of five), for a healthy grandbaby, and a united family. Furthermore, it is my intention to live on purpose, in gratitude, and in the moment; to hold sacred space for any who come my way, fully accessing the healing power of the non-local mind on their behalf.

With Presence, *deonne*



*Katie Andrea*