



# Oregon Holistic Nurses Association

Serving Holism Since 2007

September 2011

Leading Oregon in the new specialty of Holistic Nursing

Volume 4 Issue 2

## OHNA COUNCIL

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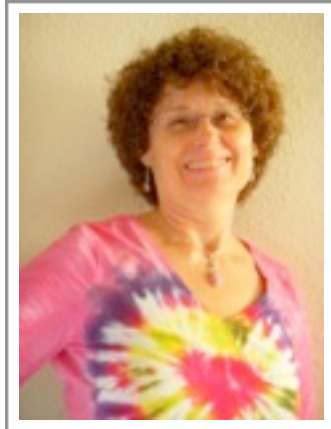
*Toni Gilbert, RN, MA, HN*

*Bev Hollander, BSN, HN-BC, MS*

*Tammy Conklin, RN*

### Founding Director/Elder

*Toni Gilbert, RN, MA, HN*



## OHNA Director Note Fall Newsletter Edition

This year has presented itself as an opportunity for me to learn more about self care. I find it interesting to explore how it is that just when I thought I had that lesson

learned, I got tipped off balance

and had to reach out further to regain my balance.

Like many of us, I have been challenged with some large stress-producing experiences during this past year. However, the sneak attack came from the unrelenting, insidious, seemingly 'small' calls to action that have kept my body drawing on its reserves. I do not want to be the mountain climber dangling at the end of the rope, holding on to her last drop of reserve before crashing far below. So, with intention, I find myself gathering all my holistic tools to re-align my center, get a grip and a better foothold to gain my balance once again.

The ascent up the mountain we call Life requires focus, right tools, and preparation to keep balanced. I have a nice inventory of tools but find I've lost my focus. To get a better grip on the balance of my life, I've brought my priorities into clearer focus. I see now how to reorder them for my own self-care and have begun shifting my center of balance.

I look forward with anticipation to OHNA's 4<sup>th</sup> Annual

*The only limit to how high we can go, is how far we will reach.*

Questions or suggestions for story ideas are welcomed. Please submit to Dawn Garcia

### *Inside this issue*

Director's Note

Breitenbush 2011

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Conference, believing it will prepare me better for the challenges that lie ahead on my Life path.

Deborah Munhoz, Certified Professional Coach, will open the conference by bringing our attention and intention to the potential we unleash when we focus on our passion, purpose and power. Susan O'Brien, FNP, will follow with insights into the uses of homeopathy to help us come into the Present. Bev Hollander, MS, BSN, HNB-BC, with Certification in Integrative Imagery, will take us on a journey into our imagination where we will create our own personal tool for focus and balance. Our keynote speaker, Linnie Thomas, HTCP/I, author/speaker, will expose us to the world of energy medicine and the many avenues our passion might pursue. She will give us a taste of a few practices to whet our appetite. On the morning of the second day I will work with Caryn Gehlmann, Certified Clinical Aromatherapist, to introduce you to the elegance of plant intelligence and the multidimensional effects they exhibit, through the use and application of essential oils. Tammy Conklin, RN, HN-BC, will help us experience how to focus and empty the mind through meditation, bringing us fully into the moment. Bev Hollander, MS, BSN, HNB-BC, will then teach us the principals of compassionate communication. We know that living and leading from the heart will bring us the most peace, but most of us need some tools. Bev will also lead an exercise so we can try it on. Our workshops will close with an amazing presentation by Lynda Cole, RN, musician/singer-songwriter. We will have the opportunity and privilege to experience firsthand the therapeutic effects of her original music and the mindfulness techniques she teaches.

I'm convinced these tools, focus and preparation, together with an intention for self care will go a long way to help keep me balanced and avoid being ambushed by those stress-filled 'sneak attacks'.

I hope you've marked your calendar and made your reservation! [Call Sierra at 541-326-6559](tel:541-326-6559) if you still need to reserve your spot. We've already had calls from out-of-state attendees and interested attendees. Don't miss out!



## OHNA Annual Retreat and Conference Information for Fall 2011:

**Theme: RETURN TO CENTER--Mind-Body Techniques for Stress Reduction**

**Sunday evening, Oct 16:** Opening Circle, which will include a certification recognition ceremony as was requested last year.

**Monday, Oct 17 & 18:** 4 sessions each day for 14.4 contact hours

Session 1 9:30a - 11a

Session 2 11:30a - 1p

Session 3 2:30p - 4p

Jane's Yoga 4:05 - 4:25

Session 4 4:30p - 6p

**Wed, Oct 19:** Business Mtg & Board Mtg 9:30 - 1130  
Closing Ceremony 1215 - 1300

Each evening will be 'free' since attendance at all sessions will be required to receive contact hours. If some would like to have a drumming circle one of the evenings, that could be arranged. The conference team will be ready for 'down time' by the evening, and we expected the participants would be as well.

**Linnie Thomas**, author of The Encyclopedia of Energy Medicine and founder of The International Association of Energy Healers has agreed to do a session for us and we'd like her to do Session 4 on Monday Oct 17.



We would also like to welcome back our friend **Lynn Keegan, PhD, RN, AHN-BC, FAAN**, author, and internationally recognized leader in holistic nursing. Welcome Back Lynn!

## **Cost of the conference:**

The Conference Team has been deliberating and negotiating all week on this topic. After researching other conferences of similar duration at Breitenbush, the team has agreed to the following, predicated on the Council's agreement to Toni's recommendation that membership be \$50 and a one-time, lifetime membership fee:

### Early Bird Rate until Aug 15:

Members -- \$150

Non-members -- \$200 w/option to become a member

### Rate after Aug 15

Members -- \$185

Non-members -- \$235 w/option to become a member

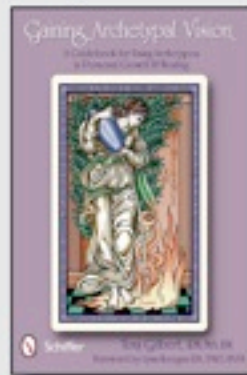


Congratulations to our Founding Director, **Toni Gilbert, RN, MA, HN** on her second book!

Schiffer  
**NEW RELEASES**  
FALL 2011

## Gaining Archetypal Vision

A Guidebook for Using Archetypes in Personal Growth & Healing



Toni Gilbert, RN, MA, HN  
Foreword by Lynn Keegan, RN, PhD., FAAN

- Integrate the principles of human development and self-actualization to promote healing and personal growth
- Healing tools and techniques to help you gain knowledge and step-by-step directions to help you see archetypal traits and scenarios
- Written by a holistic nurse and transpersonal counselor

Gaining the ability to see the archetypes in everyday living is a spiritual journey, a pilgrimage to your authentic self. It is a journey of unfolding wisdom leading to increased awareness as you deepen your healing skills and trust your intuition in your personal and professional lives. Because intuitive healing must first be well grounded in established theory and practical advice, you will learn to integrate transpersonal psychology, neuroscience, and philosophy to observe and use archetypal information. This will expand your awareness of how disease and health manifest at symbolic and energetic levels. The tools readers will utilize are visualization, guided imagery, meditation, art expression, journaling, and more. Throughout this book, there are dozens of simple exercises to help you develop an archetypal vision. There are powerful energies behind the magic of the healing arts and understanding them can help you heal.

For over twenty years, Toni Gilbert has used insight-producing modalities such as Tarot, astrology, dream interpretation, and other shamanic tools to enhance her life and her alternative nursing practice. Lynn Keegan is one of the founders of the holistic health focus in nursing and a well-known leader the holistic nursing.

Size: 6" x 9" • 4 b/w images • 160 pages  
978-0-7643-3911-0 • soft cover • \$16.99

For more information or to order, contact your local bookseller or the publisher directly:  
Schiffer Publishing, Ltd.  
4880 Lower Valley Road, Atglen, PA 19310;  
Phone: (610) 593-1777 or Fax: (610) 593-2002

If you have a publication or newsletter and you are interested in reviewing this title, please contact Stacey McNutt at [stacey@schifferbooks.com](mailto:stacey@schifferbooks.com)

 [WWW.SCHIFFERBOOKS.COM](http://WWW.SCHIFFERBOOKS.COM)

## New Members

Lynda A Cole, RN, Coos Bay, OR

Charlotte A McFarlane, RN, Sandy, OR

Richard C. Soehl, RN, MSN, Happy Valley, OR

Chris Ransom, RN, BSN, Wilderville, OR

Patricia Widenoja, RN, MN, FNP, Silver Lake, OR

Caryn Gehlmann, C.C.A., Medford, OR

**Welcome to the OHNA!**



## Happenings

September 30-October 2, 2011, Burlington, CA

**Imagery International's Annual Conference:  
HOPE AND NEW BEGINNINGS**

<http://imageryinternational.org/annual-conference>

November 4th and 5th, 2011, Portland, OR

**Healing Touch Program's 1st Annual Regional conference:  
HARVEST OF HEALING**

<http://www.healingtouchprogram.com/conference/regional/west-coast-regional-conference>

October 2-4, 2011, Union WA

**Embracing the Wisdom of Nursing**

Harmony Hill Retreat Center

Featuring our friend Leoni Wolff, RNC, LMT

Offering 9.5 CNE credits

<http://www.prgramsatharmonyhill.org>



April 15-18 2012, Detroit, OR

**Archetypal Tarot Counseling  
Phase 1**

Breitenbush Hot Springs

Featuring our own Toni Gilbert, RN, MA, HN

<http://www.breitenbush.com>





## The Web

### Wise words from our Founder

Toni Gilbert's Blog: Grandmother Moon and Self-Care

<http://tonigilbert.com/blog/2011/03/grandmother-moon-and-self-care/>

The Alternative Journal of Nursing [www.altj.com](http://www.altj.com), and

Webinar Series: <http://globalspiritualstudies.com/shop/presentations/healing/toni-gilbert-introduction-to-health-as-expanding-consciousness/>

Free Newsletter from Dr. Norm Shealy, Founder of the American Medical Association <http://www.normshealy.com/>

Free newsletter from Dr. Larry Burk, Holistic Radiologist <http://www.letmagichappen.com/newsletter/>

### **Celeste's Shadow**

My friend called  
Telling of her dream,  
"I lay down with a dark man," she said,  
"beside the bed a dirty table, not clean."

The shadow of her past  
Not yet in light and  
Not yet dead.

"Forgive and forget," I say

"Let dream shadows tell you  
Of yourself,  
And of others too."

"Nothing new under the sun," I say  
"Whatever you or I do, the sun will still shine."

Toni Gilbert, 1991

