



# Oregon Holistic Nurses Association

Serving Holism in Oregon, Washington and California Since 2007

## We Are the Change

September 2012    Leading Oregon in the New Specialty of Holistic Nursing    Volume 5 Issue 2

### OHNA Governing Board

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*Toni Gilbert, ADN, MA, ATC*

*Dawn Garcia, RN, BSN, HNB-BC, D.Hom, RYT*

### Director's Note



It's hard to believe another year is nearly three-quarters gone! The moments of the days slip by unnoticed, and soon I'm turning the calendar page to another month. I find the best way to keep time from flying past me is to step fully into every moment, gathering and savoring the

sweetness. I learned in a course I'm taking this year that the magic of creation occurs only in the present moment, not in past or future moments. That makes such logical sense. Doing the work to bring my heart and mind into alignment with that truth is an interesting journey.

The OHNA Governing Board has seen some changes this year as several members stepped out of positions to honor their life priorities. In order to do necessary business, those positions were filled by appointment of the Board. Since that time the OHNA Governing Board has spent significant focused intention, time and effort on strategic planning, and subsequently reviewing and revising the bylaws to reflect our current and future direction and vision. Once final and approved, they will be posted on the website. The Board also worked to establish policies, protocols and procedures to help provide structure for the work of the organization. As many of you are aware, OHNA now has a facebook page! Upgrades to the website are in progress. Paperwork for OHNA tax-exempt status is nearly

Questions or suggestions for story ideas are welcomed. Please submit to Dawn Garcia  
[tahoegarcia@yahoo.com](mailto:tahoegarcia@yahoo.com)

### Inside this issue

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- Member Highlight

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

complete, with planned submission after the first of the new calendar year. Additionally, the Conference Planning Team has been hard at work to bring you another heartfelt and meaningful conference. You will not be disappointed.

In revisioning the OHNA direction for the future of holistic practice, Board members referenced the AHNA Scope and Standards of Practice for Holistic Nursing to keep aligned with the wisdom of our colleagues who were the Wayshowers. The principles that underlie holistic nursing are *person, healing/health, practice, self-care and nursing roles*.

One of the concepts within the principle of Holistic Nursing Practice that helped to guide me as the Director is the following: *The values and ethic of holism, caring, moral insight, dignity, integrity, competence, responsibility, accountability, and legality underlie holistic nursing practice*. This principle provides clarity to the qualities of strength that a practicing holistic nurse must integrate into caring as well the qualities of gentleness, empathy and compassion.

AHNA has defined Core Values to help integrate the art and science of Nursing. The Core Values are defined as:

- Core Value 1. Holistic Philosophy, Theories, and Ethics
- Core Value 2. Holistic Caring Process
- Core Value 3. Holistic Communication, Therapeutic Environment, and Cultural Diversity
- Core Value 4. Holistic Education and Research
- Core Value 5. Holistic Nurse Self-Care

The OHNA Board found that two of the Core Values contributed significantly to assisting its work. Core Value 4: Holistic Education and Research addresses the knowledge base, academic study and continuing education of the holistic nurse that prepares them to *serve as both educators and advocates and have a significant impact on peoples' understanding of healthcare options and alternatives*. OHNA has placed itself in a strong position as an educational organization for this purpose and accepted the call to create sacred space for learning.

As we focus on Core Value 5: Holistic Nurse Self-Care, we see that holistic nurses are charged with creating *healing environments for themselves by attending to their own well-being, letting go of self-destructive behaviors and attitudes, and practicing centering and stress reduction techniques*. This inner work requires and builds strength. We have been taught this is a foundational principle of Holistic Nursing. While we attend to this work, we learn the healing value of self-compassion, because we are shown where and how we can Be/Become. None of this is to say these principles/core values need be exclusive to holistic nursing. These principles must be woven into the life-fabric of anyone who calls him/ herself a holistic practitioner.

Keeping balance as our goal, the OHNA Governing Board is crafting the structure that will sustain OHNA into the future. The results of strategic planning and the new bylaws will be shared at the conference in October, if they are not unveiled sooner.

Your Board is working for YOU!!



# OHNA Fall Retreat and Conference Schedule

## October 14-17, 2012 at Breitenbush Hot Springs

### Theme: Aligning Heart and Voice

What suffers most in the collective, frenetic and madly paced energy of the world in which we live is the personal internal state of coherence, the seat of which resides in the heart. Repeated studies convincingly show that the intelligence of the heart and its influence on body systems bring about synchronous interactions within the human body, developing global order and uniform rhythms. This conference will help you develop ways to align with and live from your heart's intelligence. From this conscious place you will be able to advocate with strength for your patients, for yourself and for the global nursing profession.

Sunday,  
October 14

Time	Session #	Topic	Presenter	CE Hours
3:30p – 6p		Registration in the North Hall of the Lodge	Sierra Bassett Deonne Wright	
6p – 7p		Supper		
7p – 7:30p		Move to North Hall for Opening Ceremony preparations	All	
7:30p – 8p		Breitenbush Orientation	Representative	
8p – 9p		Welcome and Opening Ceremony	Deonne Wright	
<b>Monday, October 15</b>				
7a – 8a		Free Time/ Activity choices		
7a-7:45		Yoga	Dawn Garcia	
7:45-8a		Meditation	Tammy Kinney	
8a – 9a		Breakfast		
9:30a – 9:40a		Opening and Introduction		

9:40a– 11:10a	11	Astrology of the Moon – Seeing from the Heart	Marina Ormes	1.8
11:10a – 11:30a		Free Time/ Activity choices		
		Stretch and Breath	Jane Golden	
		Music by Lynda Cole		
1130 – 1p		Understanding Legal Tools	Daniel McNeff	
1p – 2p		Lunch		
2p – 3p		Free Time/ Activity choices		
2p-3p		Tarot Counseling Session	Toni Gilbert	
2p-2:15		Abhyanga (Self Massage)	Tammy Kinney	
2p-3p		Fund Raiser Book Sale (Concluding at 8pm)	Toni Gilbert	
3p – 4:30p	12	Grace Through Movement – Moving from the Heart	Charlotte MacFarlane	1.8
4:30p - 4:45		Stretch Break		
4:45 – 5:45		Members’ Meeting	OHNA Board	
6p – 7p		Supper		
7p		Free time/ Activity choices		
7p-8p		Ecstatic Dance	Dawn Garcia	
<b>Tuesday, October 16</b>				
7a-8a		Free Time/ Activity choices		
7a-7:45a		Yoga	Dawn Garcia	
7:45-8a		Meditation	Tammy Kinney	
8a – 9a		Breakfast		

9:30a – 11:10a	21	Re-awakening Touch in Healthcare – Connecting from the Heart	Mary Malinski	1.8
11:10a – 11:20a		Free Time/ Activity choices		
		Stretch and Breath	Jane Golden	
		Music by Lynda Cole		
11:20a – 12:50	22	Living in Integrity - Living from the Heart	Tamara Owen	1.8
1p – 2p		Lunch		
2p – 4p		Free time/ Activity choices		
		Tarot Counseling Session	Toni Gilbert	
2p-2:30p		Silent Walk in Nature	Tammy Kinney	
4p – 5:30p	23	Breathwork – Breathing from the Heart	Jane Golden	1.8
5:30p – 6p		Free Time/ Activity choices		
5:30-5:45		Energy Exercises	Dawn Garcia	
6p – 7p		Dinner		



Wednesday,  
October 17

7a-8a		Free Time/ Activity Choices		
7a-7:45		Yoga	Dawn Garcia	
7:45-8a		Meditation	Tammy Kinney	
8a – 9a		Breakfast		
8:30-10a		Fund Raiser Silent auction	Toni Gilbert	
10a – 11:15a		Closing Ceremony – Heart & Voice Integration (Music by Lynda Cole)	Deonne Wright	
11:15a – 11:45a		Turn in evaluations/ receive CE Certificates	Marina Ormes	
11:45 – 1p		Vacate cabins	All	
1p – 2p		Lunch at Breitenbush	All	

Concurrent Sessions:

Tarot Counseling Sessions with Toni Gilbert, sign-up sheet at the lodge reception desk. Also during free times as indicated above.

**Provider approved by the California Board of Registered Nursing, Provider # 15842, for 9 contact hours.**





## Astrological Forecast

by Marina Ormes, RN, BA Evolutionary Astrologer and Holistic Nurse



The conference will start out on Sunday just before a Libra New Moon. The mood will be gracious, friendly, and lighthearted as we head into the New Moon, ready for new possibilities. Around 5am Monday morning the New Moon in Libra will be exact. The energies highlighted during a Libra Moon are peacemaking: recognizing differences and finding common ground, embracing and welcoming all. The New Moon that night opens a doorway to new ways of doing this, so it is a great time to set intentions for welcoming and inclusiveness both within our group and in the larger community.

Around 5pm on Monday the Moon goes into Scorpio, taking us deeper into the truth and building trust that allows a greater honesty and emotional vulnerability. With Saturn newly in Scorpio (a 2 1/2 year placement) we are also beginning to lay the foundation for structures and systems that can hold the depth of truth and healing that we can collectively envision. As we build trust as a group, it is a perfect time to make some choices about what we want OHNA to be, to do, and how we want it to serve bigger collective change processes (see The Significance of 2012 <http://astrologyheals.com/category/significance-of-2012/> and Humanity at a Crossroads <http://astrologyheals.com/2012/05/30/humanity-at-a-crossroads-the-pluto-uranus-square-a-june-26-grand-cross-and-the-call-to-emerge/> for more info). On Tuesday evening we have the potential to deepen communication with Moon conjunct Mercury.

With Venus in Virgo square Jupiter in Gemini during the conference, we need to put effort into harnessing networking opportunities. We can create tangible and beautiful new processes and ways of getting things done if we allow ourselves to think in new ways.

This conference falls after our first summer during which Pluto and Uranus are locked in a tight square for about 5 months (this is also addressed in the above blog posts). Collective crisis and opportunities for change may come in surprising ways, and each of us is called to serve in our own way, but we can support one another in making the courageous choices that are needed at this time.



# Fundraising activities at the Breitenbush Conference/Retreat

**Contact Person:** Toni Gilbert [toni@tonigilbert.com](mailto:toni@tonigilbert.com)

As you may know, it takes a lot of funds to put on a conference and so, we have come up with a few fun and interesting ways to raise money for our budding organization.

## **Silent Auction:**

Please bring an item of a value of at least \$10.00 that you have loved but are finished with. It can also be a new item (ex. wine, books, food and coupons for services). We will put it on the auction table and see what price it brings. It will be fun to see who loves it too.

## **Used Book Sale:**

Bring a large bag of used books that you are ready to part with. Place an appropriate price (\$1.00 to \$10.00) on your book on the inside cover in pencil. Save the bag so you can take home the ones you buy at a very low price.

## **Archetypal Tarot Counseling Sessions** by Toni Gilbert

Suggested donations at the time of the session are: \$25 = 15 minute session, \$50 = 30 minutes, \$100 = 1 hour. There will be a sign-up sheet and location map at the lodge lobby at the time of the conference. The sessions are limited to 4 hours per day to run concurrently with the conference; members can contact Toni to set up a session in advance by e-mail [toni@tonigilbert.com](mailto:toni@tonigilbert.com) . To read more about the use of Tarot cards in Transpersonal Counseling see [www.tonigilbert.com/sessions/](http://www.tonigilbert.com/sessions/) All donations go to support OHNA activities.





# Announcing the new OHNA web site

[www.oregonholisticnurses.org](http://www.oregonholisticnurses.org)



You can now register for the conference online!

And If you haven't already, check us out on facebook!

[www.facebook.com/](http://www.facebook.com/)

[OregonHolisticNursesAssociation](http://OregonHolisticNursesAssociation)



# Book Release

Larry Burk, MD, C.E.H.P.

## Let Magic Happen: Adventures in Healing with a Holistic Radiologist

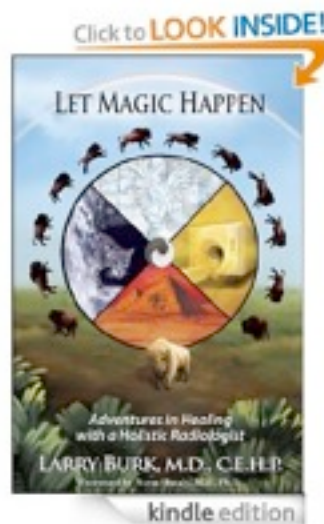
Would you like to learn to balance the left-brained world of conventional medicine with the right-brained realm of alternative healing?



Let Magic Happen takes the reader on a journey from academic medicine and radiology to holistic medicine and parapsychology guided by unexpected synchronicities and gifted teachers. The adventure starts in the early days of magnetic resonance imaging (MRI), filled with safety concerns about claustrophobia and the health hazards of electromagnetic fields. It leads back to the future to discover the connection of these modern dilemmas to the ancient healing arts of hypnosis and acupuncture in integrative medicine. The book features the early development of musculoskeletal MRI and 3D CT, and the founding of the Duke Center for Integrative Medicine and the American Board of Scientific Medical Intuition, as well as alternative cancer diagnosis and treatment, and guidance through dreams and shamanic journeying. Relief of anxiety by shaking medicine and tapping using Emotional Freedom Techniques (EFT) is also included. Every step of the way is guided by a variety of mind-body-spirit, self-healing methods concluding with a how-to-do-it summary of the Top Ten techniques in the appendix.

10% of profits will be donated to the Lakota tribe to restore the buffalo herd

**Free Kindle edition at Amazon right now!**





## Happenings

September, 22, 2012 8:30 am- 5:30 pm at Rogue Community College  
Redwood Campus, Grant's Pass

### **Aromatic Medicine**

Deonne Wright, RN, CRNI, RA

<http://www.roguecc.edu/Schedule>

September 21-22, 2012 San Diego, CA

### **2nd Annual Healing Touch West Coast Regional Conference**

<https://www.healingtouchprogram.com>

October 5-7, 2012 at Mercy Center, Burlingame, CA

**Imagery International's Fourth Annual Conference:** Imagery  
and the Soul

<https://www.imageryinternational.org>

June 28- July 1, 2013 in Jefferson , OR

### **Archetypal Tarot Counseling™ Phase I**

Toni Gilbert, ADN, MA, ATC

<http://www.tonigilbert.com/workshops/>





# The Web

The Alternative Journal of Nursing: <http://www.altjn.com>

Toni Gilbert's Blog, A Night to Remember with James Wanless: <http://tonigilbert.com/blog>

Marina Ormes Blog, How to Align with New and Full Moons: <http://marinaormes.tumblr.com/>

Astrology Heals: Revolutionary Solutions for Evolutionary Thinkers  
by Marina Ormes, RN, BA  
<http://astrologyheals.com/>

Golden Rooms by Lynn Keegan, PhD, RN, AHN-BC, FAAN  
<http://www.GoldenRoomAdvocates.org>

OHNA Website: <http://www.oregonholisticnurses.org/>

Essential Three: <http://www.essentialthree.com>

Amarita: <http://www.amritasanctuary.com>



“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” - Margaret Mead

## Sweet Spirit

Oh, Sweet Spirit whose essence brushes my cheek and plays a melody in my ear.

Spirit who fills my cup with beauty and links my soul to thee  
Is it you Sweet Spirit that lifts my veil at the corner, that I might see with just one eye?

Is it you Sweet Spirit, that whispers truths as I lay dreaming?

Is it you Sweet Spirit, is it you that I become when I die?

*This was written in 1977 after a mystical experience that I describe in the 4<sup>th</sup> chapter of my first book "Messages from the Archetypes". Toni Gilbert, ASN, MA [www.tonigilbert.com](http://www.tonigilbert.com)*



Toni Gilbert, ADN, MA, ATC OHNA Founder/ Elder





# *Oregon Holistic Nurses Association*

*Serving Holism in Oregon, Washington and California Since 2007*

**We Are the Change**

**It's time to renew your membership to OHNA**

Online application still under construction. Please download application from web site and mail in with your payment. Thank you!

**See you at the Conference!**





