



Oregon Holistic Nurses Association

Serving Holism in Oregon, Washington and California Since 2007

We Are the Change

October 2013

Leading Oregon in the new specialty of Holistic Nursing

Volume 6 Issue 2

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Director's Corner:

As the last few months of my term as OHNA Director come to a close, I find myself reflecting on the changes and progress the organization has made during the past three years.

At the 2010 OHNA Retreat, the outgoing

Director, Toni Gilbert, informed the OHNA Board and members that the American Holistic Nurses Association (AHNA) made a final decision regarding our previously approved experiment as a pilot state chapter. It was determined OHNA was not to be recognized in affiliation with AHNA as a 'state chapter'. Toni proposed that OHNA continue to function as it had the previous three years, to serve the holistic population of the entire state of Oregon. The membership and the Board unanimously agreed to the proposal.

As a result, OHNA became its own entity. Organizing documents were filed in Salem to do business as Oregon Holistic Nurses Association (dba OHNA) in the state of Oregon, and an IRS ID application was filed in March 2011.

As I considered what I had to offer the OHNA community as Director, my vision was to use my knowledge and skills

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

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Inside this issue

Director's Note

Breitenbush 2013

Member Contributions/ News

Events/ Educational Opportunities

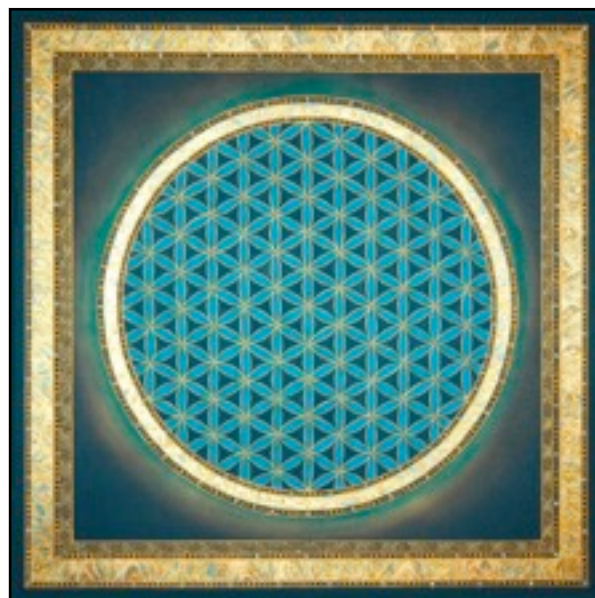
as an educator to provide meaningful education in the area of holistic practice for nurses and their allies in other holistic fields. My goal was to provide contact hours by the 2011 conference. I also had a vision of overseeing a website upgrade that would allow online membership and event registration, with general web management by designated Board members.

After much diligent effort by the Board and I, presenters were recruited for the conference and the CE Provider license was secured from the California Board of Nursing in time for the 2011 OHNA Conference. The conference was a huge success, with an attendance that tripled from the previous year. The theme was *RETURN TO CENTER: Mind-Body Techniques for Stress Reduction*. Presenters focused attendee's attention on the effects of stress and introduced modalities effective at modulating stress for optimal health outcomes.

During fiscal year 2012, the OHNA Board put considerable, concentrated effort into refining the bylaws to reflect the vision of OHNA with the direction and growth taking clearer shape as a singular entity. Additionally, the website underwent major reconstruction to its current online presence. The membership application was available as an online choice, and membership levels were defined with better clarity. Registration for the conference became available online for the first time for those of you who prefer that method of registration.

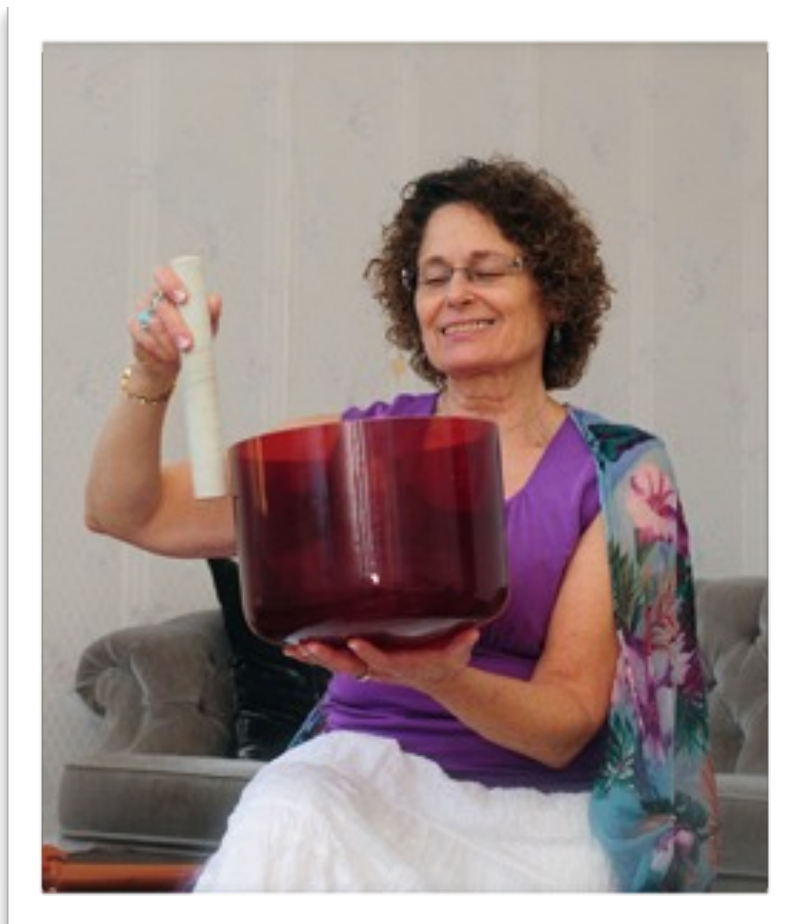
OHNA's second educational conference, offered with continuing education credit hours at Breitenbush in 2012, was also a success. With the theme: *Aligning Heart and Voice*, presenters shared their expertise on how their modalities help practitioners shift strongly into alignment with their truth, and gave tools to help bring that out into the world. The science related to heart resonance pointed to the importance of coherence in relation to health. The presenters were exceptional.

Fiscal year 2013 found the Board considering the opportunities and disadvantages of filing for 501(c)(6) status, which is where OHNA comes under the 501(c)(3) tax law when filing for tax exempt status. At the member's meeting 2012, there was support to go in this direction. After consulting with a professional, it became clear this was the best choice. The Board spent substantial time preparing the voluminous amount of paperwork under professional guidance, and submitted it in September 2013. It could be up to one year before the IRS responds.



Presenters have again been secured for another educational conference with continuing education credits offered for the October 2013 Conference. The theme is *Facilitating Conscious Transitions Through Holistic Practice*, and each presenter has a unique perspective and expertise that is perfectly orchestrated for our practice during these changing times. You do not want to miss it. This conference promises to be outstanding, once again.

I value Warren Bennis' wise statement 'Leadership is the capacity to translate vision into reality'. As I pass on the torch of Director, it is my hope that the membership and friends of OHNA feel they have benefitted from the legacy I leave. I consider it an honor to have been selected to serve in this capacity, and look forward to ways in which I can continue to contribute to the success of the OHNA organization.



Deonne Wright, RN, CRNI, RA OHNA Director

“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.” Friedrich Nietzsche

Oregon Holistic Nurses Association Annual Breitenbush Conference 2013

Facilitating Conscious Transitions Through Holistic Practice



October 13-16, 2013

at Breitenbush Hotsprings, Detroit, OR

Registration is open on the OHNA website:

<http://www.oregonholisticnurses.org/events/>

Conference Astrological Forecast

by Marina Ormes, RN, HN-BC Evolutionary
Astrologer and Holistic Nurse



As we arrive on Sunday, October 13, the Moon will be in visionary Aquarius (air sign). The mood will be rational and somewhat detached, and as we greet one another the mood will be a friendly atmosphere for sharing ideas and visions. The Moon is in a challenging relationship to Mercury (the planet of communication) so there is a potential for misunderstandings and hurt feelings (the Moon relates to feelings) and we should be aware of being present to one another.

On Monday, the Moon passes by Neptune, opening the door of our hearts to the greater spiritual wisdom of all that is. The Moon moves from Aquarius into Pisces around 2 pm, so we shift from the mental realm into the spiritual, and the Moon remains in Pisces for the rest of the conference. Background themes from the outer planets include the ongoing Pluto-Uranus square (collective pressure to transform old systems, structures, and paradigms) which will be within 1 degree of exact, highlighting OHNA's role in the bigger picture of change and providing new paradigms for the existing health care system. There is a feeling of being a historical moment, and by being centered and grounded in the truth of who we are and what we want to create, this is a powerfully timed opportunity within ongoing change.

Saturn and Mercury in Scorpio help us to take our thoughts into deep territory, and themes may come up of conscious death and dying, sacred sexuality, and the need for nursing to address these topics with compassionate awareness. There is the potential to plant seeds and lay foundations that will support these dimensions of experience into the future.

Mars opposes Neptune during the conference, bringing some confusion about how to implement and act upon new spiritual awareness. The key is to go with the flow and have a sense of humor when answers are not immediately obvious. All will come in time.

Jupiter is in a challenging relationship with the Sun, and while we may want to take leaps of faith and begin to shine, it will be prudent to work on the "self" of each nurse and the "self" of OHNA, opening to more clearly understanding who we are before we move outward into the world.

In summary, I would say that while there is some divine timing here that helps us to break through old paradigms, the work is internal and has to do with identity formation in the context of open hearts and awareness on the spiritual level. As we build strength and solidity with who we are, we are laying foundations and positioning ourselves to emerge more fully into the public light in the future.

Marina Ormes RN, HN-BC
2013

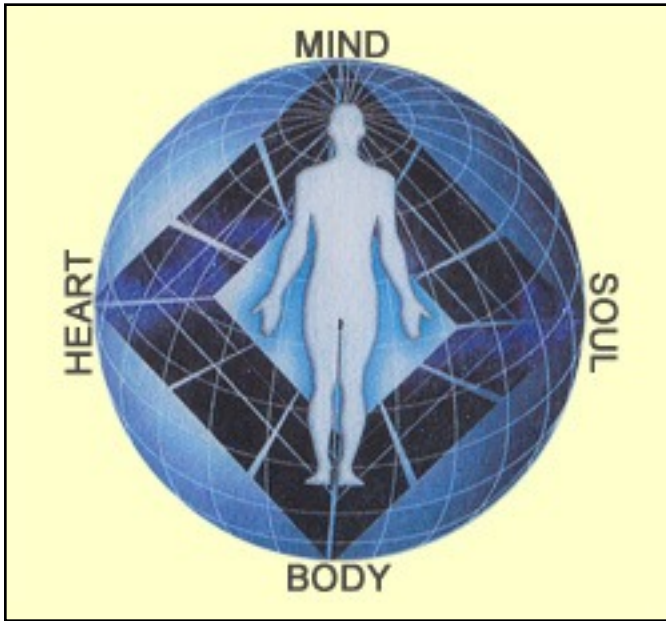


Magic Moment

Capturing the Magic
In my mind's eye:
The rotation of the kestrel's wing
As he pulls up from his stoop
The determined newt crossing the road
Sunlight shining through the seed heads of green grass
Creating a field
As dappled as an appaloosa's rump
Fir roots surfacing as alligators
In the dark soil river
The candlelit glow of the ponderosas
As dusk arrives
Their shedding bark
Falling to the ground
In puzzle pieces
Never to be reassembled
The sparkle in your eye
When it's me you spy
The merganser,
Leaning into his stroke
As he crosses the riffle
The depth of color
Of a rich red wine
Deep, deep breath
I hold these moments
Until the Magic is in me

Bev Hollander, BSN, HNB-BC, MS - 2013





Happenings

October 4-5, 2013 Seattle, WA

2nd Annual Northwest Healing Touch Conference:

Embrace the Journey

October 4-6, 2013 Burlingame, CA

5th Annual Imagery International Conference:

The Magic of Imagery

Imagery International's
5th Annual Conference
Oct. 4-6, 2013, Burlingame, CA

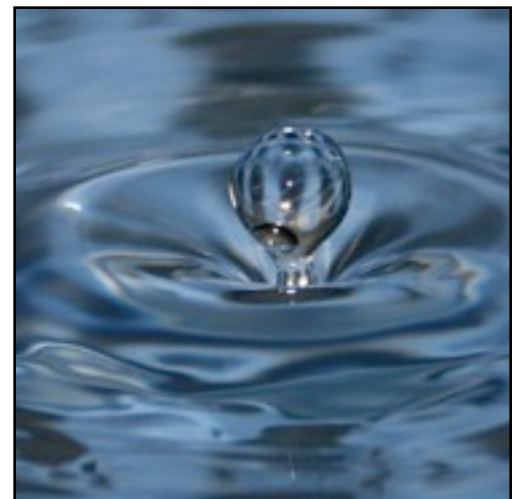
CE Credits available for
RNs, MFTs, and LCSWs



Theme: The Magic of Imagery

imageryinternational.org

"Magical Countenance," by Robin Urton - DreambirdArt.com



The Web

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

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

Forest Immersion Experience: Mother Nature promotes introspection and healing

*By Lynn Keegan, PhD, RN, AHN-BC, FAAN and
Toni Gilbert, ASN, MA, ATC*

My world seemed a blur of gray buildings and way too many faces as I was in one of those crowded, fast paced places in life. You know where I mean, we've all been there. Maybe for you it's a busy hospital unit and when you leave you must juggle family needs and budget concerns before you rest. Or maybe you have growing children or help care for a grandchild or just have way too many projects on the desk and find an ever increasing load on your backpack of life. Well, like you, I was in that place when the invitation to lift the pack off my shoulders came. Welcoming words, from friends, jumping through the laptop screen beckoning me to figuratively set down my pack and come to a refuge in the forest at Breitenbush Hot Springs. Toni Gilbert, a long time AHNA member, lives in a fertile valley of western Oregon at the base of the magnificent Cascade Mountains. Toni, perhaps best known for her expertise with the archetypes of Tarot counseling, is Founding Director and Elder of the Oregon Holistic Nurses Association (OHNA). She and her association colleagues hold annual get-togethers at a retreat center in the high forest of the Cascades. Toni, and current Director Deonne Wright, invited me to join their group and spend a few days in retreat; I accepted.

It was the memory of past forest immersions that lured me back despite the obstacles of a tight time schedule and a full day's drive each way just to get there and back. However, once the arduous journey was complete, the healing effects of the forest permeated my senses immediately. The forest was just beyond the threshold of the fall equinox, a time when the entire world gives pause. My awareness was riveted by the visual resonance of tall fir trees, the gold and reds of the turning big leaf and vine maples, the native ferns bending with the weight of added moisture, and the smell of fall's distinct blends, aromas that call to the inner wild man or woman. Suddenly, I was in tune with the still silence and the whole gestalt of the breadth and depth of the landscape. Somehow, I knew that it worked together to bring me home to a healing place.

Like a true Aquarian, while my soul was being refreshed, my mind began to wonder about the scientific effects of such a place. How does nature affect us so profoundly? What can I tell others about the healing that I experienced? Once, back home to my computer, I did some research, and this is what I found.

Japanese Forest Healing Studies

Recent literature and scientific studies validate what we know intuitively is true, that being with intention in a forest sanctuary is healing. A recent Japanese study gathered evidence supporting the efficacy of what they term "forest bathing" as a natural therapy by investigating its physiological benefits using biological indicators in outdoor settings. Within-group comparisons of a small sample of young Japanese male adults were made to examine psychological and physiological responses to exposure to real forest and urban environments. Subjects participated in a 3-day, 2-night field experiment. Physiological responses as well as self-reported psychological responses to forest and urban environmental stimuli were measured. The results of each indicator were compared against each environmental stimulus.

Heart rate variability analysis indicated that the forest environment significantly increased parasympathetic nervous activity and significantly suppressed sympathetic activity of participants compared with the urban environment. Salivary cortisol level and pulse rate decreased markedly in the forest setting compared with the urban setting. In psychological tests, forest bathing significantly increased scores of positive feelings and significantly decreased scores of negative feelings after stimuli compared with the urban stimuli. The results from this study support the concept that forest bathing has positive effects on physical and mental health, indicating that it can be effective for health promotion ([Lee J, Park BJ, Tsunetsugu Y, Ohira T, Kagawa T, Miyazaki Y, 2011](#)).

In an earlier Japanese study the physiological effects of "Shinrin-yoku" (taking in the atmosphere of the forest) were examined by investigating blood pressure, pulse rate, heart rate variability (HRV), salivary cortisol concentration, and immunoglobulin A concentration in saliva. The findings in the forest area compared to the city area were: 1) blood pressure and pulse rate were significantly lower, 2) the power of the HF component of the HRV tended to be higher and LF/(LF+HF) tended to be lower, 3) salivary cortisol concentration was significantly lower in the forest area. These physiological responses suggest that sympathetic nervous activity was suppressed and parasympathetic nervous activity was enhanced in the forest area, and that "Shinrin-yoku" reduced stress levels. In the subjective evaluation, and 4) "comfortable," "calm," and "refreshed" feelings were significantly higher in the forest area. ([Tsunetsugu Y, Park BJ, Ishii H, Hirano H, Kagawa T, Miyazaki Y, 2007](#)).

A third and similar article reviewed previous physiological effects of Shinrin-yoku and concludes that the results gleaned from these studies will contribute to the development of a research field dedicated to forest medicine, which may be used as a strategy for preventive medicine ([Park BJ, Tsunetsugu Y, Kasetani T, Kagawa T, Miyazaki Y, 2010](#))

A fourth and final Japanese citation discusses the fact that aromatic substances (essential oils) contained in plants often exert psychological effects ranging from sedative to excitatory actions. From antiquity to the present essential oils derived from aromatic trees and herbs have been used for their various medicinal effects. Thus, these olfactory sensory effects contribute to the healing essence of the forest ([Sugiyama S, 2007](#)).

As these studies describe, immersion in the forest enables us to open our senses to the sounds and sights that our ancestors lived daily. In the middle of all the questioning, one has to also ask: Does one of the answers to that deep feeling of homecoming lay embedded in our DNA? Do we still resonate with our Earth Mother because so many generations of our ancestors lived close to Nature? Perhaps, but one thing is certain: In this setting it becomes easier to notice the little things in nature, things we generally take for granted or are otherwise too busy to see. For example, did you know that the dew clings to blades of grass all day even though the October sun is out all day? In a relaxed forest setting we have time to appreciate the pearly diamonds glistening from the tiny drops as we stroll casually by. We may observe the way flowers turn their nature-painted faces in honor of Father Sun rotating across the southerly sky as he has since

the beginning. In this place one has time to gaze in wonder as sunbeams mix it up with a light mist that filters through the tree branches in an explosion of dramatic light rays that playfully mingle with the landscape below.

So what do retreats in the forest have to do with healing in this country? At a material level, the sensual beauty of the forest is integrated with other facets of the forest experience to change our biochemistry. Mentally, our way of thinking slows down to a pace that a deep part of ourselves can enjoy being one with all of Nature. Metaphorically, and at a deep sensual level, we stop and smell the forest as one would a rose.

Individual Factors that Alters our Senses

- Fresh air
- Freedom from technology
- Absence of the ever present noise of contemporary society
- Simple whole foods
- Immersion in natural hot springs
- Olfactory stimulation of forest fragrances
- Escape from artificial light

These are but a few of the material conditions that effects our time spent in the forest. And, on a deeper level, what about the archetypal energies that surround and permeate this angelic elevation of Mother Earth? Toni tells us that we live in a multi-dimensional world waiting to be acknowledged and experienced. She says that the mountains are a good place to make contact with the rich life that lies within, while being supported by the divine energies of the forest.

In conclusion, the bounty of benefits gleaned from a *forest immersion experience* is yet one more way that every culture experiences healing. Time with the natural world of visual sensuousness, rhythms, patterns and silence bring us home to a place where cares evaporate for a time and is replaced with a sense of oneness with all of Nature. Consider the ways and places that you too can experience healing forest therapy.



References:

- Lee J, Park BJ, Tsunetsugu Y, Ohira T, Kagawa T, Miyazaki Y. Effect of forest bathing on physiological and psychological responses in young Japanese male subjects. *Public Health*. 2011 Feb;125(2):93-100.
- Tsunetsugu Y, Park BJ, Ishii H, Hirano H, Kagawa T, Miyazaki Y. Physiological effects of Shinrin-yoku (taking in the atmosphere of the forest) in an old-growth broadleaf forest in Yamagata Prefecture, Japan. *J Physiol Anthropol*. 2007 Mar;26(2):135-42.
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- Sugiyama S. Aromatic trees and herbs that connect Heaven and earth. *Yakushigaku Zasshi*. 2007;42(2):122-30.

About the authors:

Lynn Keegan, PhD, RN, AHN-BC, FAAN is Director of Holistic Nursing Consultants in Port Angeles, WA. She is Past President of the American Holistic Nurses' Association and author of numerous books and publications. Her most recent book *End of Life: Nursing Solutions for Death with Dignity* (2010) is a Springer publication. Find her at www.GoldenRoomAdvocates.org

Toni Gilbert, ASN, MA, ATC is a Transpersonal Counselor with a background in holistic nursing. She is the author of two books on the use of archetypes in personal growth and healing. Her most recent book *Gaining Archetypal Vision* (2011) is a Schiffer publication. She is the founding director of the Oregon Holistic Nurses Association (OHNA) Website: www.tonigilbert.com

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Lynn Keegan, Dawn Garcia (Newsletter Editor), and Toni Gilbert. Breitenbush, 2011.



See you at the conference!

