

Director's Note

Our days move too fast. In just a few months it will be fall. My thoughts turn to the Breitenbush Healing Retreat slated for this year and to my purpose for birthing the Oregon Holistic Nurses Association (OHNA). At 62, and after 12 years as a member of the American Holistic Nurses Association (AHNA), plus an interesting private alternative nursing practice, I wanted to give something back to nursing before retirement. The response to my call to build an Oregon Chapter was and continues to be great and I thank all of you.

With feedback from AHNA staff, I put together a web site and a basic plan and we were in business. At the first annual healing retreat, I met our current [OHNA Council](#), a small group of nurses who are committed to living a holistic lifestyle. The energy of this first meeting was wonderful. As a group they were intelligent, curious, compassionate and fun-loving. Beyond that I appreciated that they were all truth-talkers and we did a fair amount of sharing ideas and personal histories. All in all, the time we shared was worth the effort.

As the director, I will hold the space by maintaining the web site and organizing the Breitenbush Healing Retreat until such a time that my retirement plans call for me to pull away. My hope is that an enterprising group of energetic nurses will help the organization grow further....whatever that means to them. I envision an entire structure growing from this beginning: an organization that supports and educates holistic practitioners in Oregon. Until then, may we continue to grow, each according to our own path.

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Lotus Symbology by Amanda F. Rooke

Lotuses of many colors grow in Asia, Egypt, the Americas, and Australia, and in all these places it has been used as a symbol. Theosophy interprets this symbolism as alluding to the unfoldment of the inner divine potential, and two parallels between spiritual and physical planes and between cosmic creation and spiritual rebirth. Because its seed already has within it perfectly formed embryo leaves and whole plantlets -- even to the flowers -- this water lily symbolizes the recalling of the universe from the Eternal at the beginning of a great solar cycle. It also hints at the concealment of the ideal world within the mundane, and the ability to access the former through the latter. The lotus is called "the child of the Universe bearing the likeness of its mother in its bosom," H. P. Blavatsky emphasizes that "spiritual prototypes of all things exist in the immaterial world before those things become materialized on Earth . . ."



(*Theosophical Glossary*, p. 191; *The Secret Doctrine* 1:58). Moreover, because it has buds, blossoms, and seed pods simultaneously on the same plant, it has symbolized the past, present, and future. ([More](#))

Holistic Nurses Certification

The American Holistic Nurses Certification Corporation (AHNCC) is now offering certification to non-baccalaureate nurses. <http://www.ahncc.org/>

Oregon Holistic Nurses Association **printable brochure** at <http://www.oregonholisticnurses.org/about.html>

Archimedes Movement Newsletter Read about what is happening in Oregon to transform health care. <http://wecandobetter.org/files/july-newsletter.html>

Membership Events

Oregon Holistic Nurses Association **Breitenbush Healing Retreat**
<http://www.oregonholisticnurses.org/events.html> October 25-27, 2009

Imagery International Conference co-sponsored by Beyond Ordinary Nursing
Riding the Tides of change: Using Imagery as a powerful tool for transformation, building and healing in good times and bad. Vallombrosa Retreat Center, Menlo Park, CA
<http://www.imageryinternational.org/vallombrosa.htm> July 17-19, 2009
For more information contact OHNA member Bev Hollander bev@sheppardwest.com

Rogue Valley Medical Center Unit III of the Sacred Art of Dying Program: **Healing Spiritual Pain.**
This program is taught by the Sacred Art of Living Center in Bend, OR. For more about the program go to: <http://www.sacredartofliving.org/> For more information contact OHNA member Renee Marie-Gumpel rmarie-gumpel@asante.org

Therapeutic Touch Basic Level Workshop: Discover Your Own Healing Potential and Become a More Healing Presence. Royal Office Building, Medford, Oregon August 1-2, 2009
For more information contact OHNA member Marilyn Watkins marilyn.watkins@providence.org