



# Cooperative

Newsletter of Therapeutic Touch  
International Association

# CONNECTION

Spring 2026

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## Using Therapeutic Touch to Strengthen the Holistic Bond Between Horses and Humans: —Perspectives from Karen Eastham

*Karen is a presenter at TTIA's Virtual Congress 10/17-10/18 2026*

### The Horse

Where in this wide world can man find nobility without pride,  
Friendship without envy, or beauty without vanity,  
Here where grace is laced by muscle and strength by gentleness confined,  
He serves without servility; he has fought without enmity,  
There is nothing so powerful, nothing less violent,  
There is nothing so quick, nothing more patient.  
England's past has been borne on his back, all our history is in his industry,  
we are his heirs; he is our inheritance.  
—Ronald Duncan (1964)

## An Exploration of Healing, Intuition, and Partnership

Horses possess an extraordinary ability to perceive our internal states, responding not just to our outward behaviour but also to our inner truth. They reflect to us what is often hidden, making the invisible visible. In the presence of horses, we receive accurate and immediate feedback about our authenticity, fostering an alliance and guidance as we explore our own inner stories. In this way, horses become both our allies and guides in self-discovery and personal growth.



*Continued on page 8*

Newsletter submissions are welcome from all members. Those chosen for publication may be edited for length or clarity.

*Contributions for the next newsletter can be sent to: [ttia@therapeutictouch.org](mailto:ttia@therapeutictouch.org) by 7/7/2026*

*Disclaimer: The views and opinions expressed in this newsletter are those of the authors and do not necessarily reflect the official policy or position of Therapeutic Touch International Association (TTIA), and endorsements by TTIA.*

*TTIA is not responsible for the accuracy of the information by the authors.*

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## About this Issue: Leonie Van Gelder, Editor

The spring issue is TTIA's annual report issue. It is amazing to look back at 2025 and consider all TTIA has done with the commitment and dedication of its members! (Applause)!!!

This issue also contains a couple of compelling articles. One from the past, the 1st part of a series, *Fields and Their Clinical Implications* written by Dora Kunz and Erik Peper. And the other, by Karen Eastham on using Therapeutic Touch with horses. Karen will be giving a presentation at the virtual congress to be held **Saturday, 10/17—Sunday, 10/18**.

Don't forget to sign up for the Congress!

This is also my last time to edit Cooperative Connection. It has been a great honor. Thank you for your trust.



## —From TTIA's President Spring 2026 Madonna Pence, BA, QTTP



What a wonderful 2025 we had! The highlight for many was our hybrid congress held in Santa Fe, New Mexico, in April. From the keynote speakers, to the panel of presenters, spectacular volunteer support, audio and video producers, and most of all, every attendee, whether by remote or in person, each element was a cause for celebration as we shared knowledge and experiences. The city

of Santa Fe delighted those who were able to sample its shops, restaurants, and cultural touchstones.

The gathering in Santa Fe was significant in another way. Therapeutic Touch practitioners from across the globe traveled to join us in North America, showing the strength and value of our association. Each country represented, each person who took the time and made the effort to attend, is another thread in the beautiful tapestry of Therapeutic Touch, inviting each of us to greater global understanding.

Also significant in 2025 was the new service presented by our membership trustees, Cordy Anderson and Megan Palmer, of drop-in chats for TTers across the globe. This opportunity for connection is available through Zoom links published in the enews. Take advantage of this chance to meet new practitioners or visit in a relaxed setting with some you already know.

The takeaway from these two items, out of the many you'll hear about in the trustee reports that follow, is that in this

time of global and cosmic upheaval and rearrangement of the world, TT can still be the centering and grounding force in our lives, radiating out to offer peace beyond our immediate circle as we maintain our connections through healing. Each and every one of you, members of TTIA, is a gift to the world.

## Membership Trustees Annual Report 2025 —Cordy Anderson, BSN, RN (retired), QTTT —Megan Palmer, RN, QTTP



Megan was honored to join the board of Trustees this past April and has enjoyed working with Cordy to learn the ropes of what it means to be a Membership Co-Trustee.

We ended 2025 with 509 members so we were successful in holding our membership with an increase of 7. It does appear as though we have lost a bit of ground but the increasing connections via Zoom have certainly supported overall retention.

Two main committees make up the membership team. These are the Networkers, who connect and follow new members for a year, and the Membership Engagement and Enhancement Team who have been connecting with all members two to three times a year. We did a survey this year and the response indicated that the ENews which comes to many TTers weekly has taken the place for the need for the MEET emails. These committees meet quarterly and Megan and Cordy continue to feel their support and encouragement. Sometimes we have extra special fun at these meetings while doing what we do to support all of you!!!

After meeting in November, the MEETeam began to discuss the idea of Drop-In Sessions instead of emailing out to members. As of December, this was definitely the plan, and we all felt great hope for 2026. The plan is for Networkers to continue to connect with new members for their first year, for the ENews to continue to greet us each week, and for the Drop-In Sessions to happen across several time zones. These are now posted in the ENews and soon also on the TTIA Website.

The connections offered via mail, email, phone, and/or Zoom support TTIA members in many ways. From encouragement to informing folks of upcoming events to help navigate the TTIA website, these two committees and their members make a huge difference in membership recruitment and retention. We are excited to see where the Drop-In Sessions take us.

Please remember that there are now several YouTube Videos on the TTIA YouTube Channel playlist. It is called TT Quick

Looks. These are very handy for those of you advertising your TT Classes or just explaining to someone what TT looks like. We are hoping you enjoy them and share them to increase the world's understanding of TT.

It is all of you who support TT by attending the Friday morning global meditations, practicums, webinars, and local practice groups. You all have worked to connect and unite our membership.

## Research Trustee 2025 Annual Report —Suzanne Engelberg, Ph.D.



2025 was a very successful and productive year. My goal as research trustee was to make research understandable and interesting to non-researchers. To that end I gave a presentation at the TTIA Congress in Santa Fe in April, and a webinar to Therapeutic Touch East Coast (TTEC) in November. In addition, I continued to

facilitate the TTIA Research Study Group, a monthly online group that discusses the latest TT research and topics related to TT. At the end of 2025 the group had over 50 people on the mailing list. Some people participated in the Study Group itself, and some people watched the recordings.

In addition, I consulted with people about research they wanted to do, coached and supported people who requested information from the author of a journal article on TT, facilitated two TTIA members' application to present at an international conference, and supported a TTIA member who wrote about research for her TT chapter newsletter.

My goals for 2026 are to continue to improve members' ability to interpret research results, and to understand the challenges of doing high quality TT research. To support that goal I gave a TTIA webinar on April 11, 2026. In addition, I plan to update the TTIA bibliography.

## Programs Trustee Annual Report 2025 —Patti Cannistraci, DNS, RN, CNE —Teresa Kessler, LPN



The Board is pleased to welcome Teresa Kessler as Program co-Trustee with Patti. Thank you to our previous co-trustee, Mary Harding, for all her work and dedication.

Teresa has been a nurse for 20 years and became interested in Therapeutic Touch (TT) in 2013 while working with behavioral health patients. She later incorporated TT into her work with veterans and currently uses TT in hospice care. Teresa has a strong interest in complementary therapies and

holds a certificate in auricular acupuncture. She is also a member of the National Acupuncture Detoxification Association (NADA). In her free time, Teresa enjoys knitting and the arts.

The April 2025 8th International Congress, *"Therapeutic Touch – The Path of Compassion and Science,"* was held at the Eldorado Hotel in New Mexico. The hybrid event was well attended, with 72 participants in person and 67 attending virtually. Evaluations were overwhelmingly positive. The Program Planning Committee extends sincere thanks to all who generously donated to the scholarship and conference funds, helping support the Congress and keep registration fees affordable.

Planning for the 9th International Congress, *"Therapeutic Touch in a Chaotic World,"* began shortly after the conclusion of the 2025 International Congress. A save-the-date announcement has been shared in the e-newsletter for the two day virtual event, which will include a half-day virtual Teachers' Day. Teachers' Day will offer timely and relevant information for all participants; attendance is not limited to TT teachers. Please mark your calendars for October 17–18. Conference media will be managed by Ray Harwood.

Preliminary planning has also begun for the 2028 in-person and virtual International Congress, with Minneapolis and Nashville currently under consideration as host cities.

## Communications Trustee 2025 Annual Report —Leonie Van Gelder, BA, QTTT

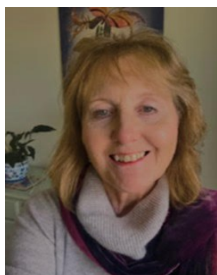


My term as Communications Trustee has ended and I have loved doing it and I am so excited for Eunice Lee who is your new Communications Trustee. She is amazing!

The Communications Trustee puts together TTIA's newsletters, the biweekly *Enews* (which comes out weekly) and *Cooperative Connection*. As of the end of December we sent the *Enews* to 889 people (an increase of about 33 people from the previous year. *Cooperative Connection* goes to members. As I have written before I value that in both newsletters, the articles and pieces are mostly written by members about TT and TT happenings. Social media is another bailiwick of the communication trustee and I must admit that I barely stuck my toes in the social media world.

The Communication Trustee also coordinates volunteers to lead TTIA's weekly Friday meditation for peace and healing on zoom. As TTers, we know we can do something to help in the world. Friday's meditation incorporates the basic elements of TT. Based on a meditation Dora Kunz developed and led by members, every meditation is unique and brings together our community in harmony and altruism. We average about 70 people weekly. I treasure that so many of our members volunteer to lead this special meditation. Please consider volunteering to lead the Friday meditation again or for the first time.

## International Trustee 2025 Annual Report —Annie Hallett, MSc, RN (Retired) QTTT



Over the last year we have continued with our regular drop-in sessions which always seem to result in us experiencing a sense of community and that special feeling we get when we connect with a shared vibration which stems from genuine compassion and has its origins deep in time and space.

Sometimes there might just be three of us but at others we are six or seven. We would be more, but I suspect language, despite AI, acts as an obstacle. The drop-ins are in English.

We have people “dropping in” from Austria, Germany, Switzerland, Italy, Turkey, Israel, N. Ireland, Canada, England along with those interested but not necessarily able to attend from Slovakia, Brazil and more. We also have links with Australia at times, but separately to these drop-ins due to time zones.

We generally start with a poem or reading, followed by a short centering and then move into a general conversation mostly free flowing but occasionally more deliberately focused. TT is always present in our conversation and we learn from each other.

It is a joy to me that the MEET team have decided to adopt this model and this means that the dates of the International drop-in’s will be in the E News and the TTIA Calendar, along with my email for details and the link.

Being International means to me — all are welcome.

## Treasurer's 2025 Annual Report —Chris Easley, BSN, RN



TTIA remains in good shape financially despite some challenges. The hybrid Congress inspired and educated all who took part, however, TTIA essentially broke even financially. Payment of membership dues continues to be an area of focus for improvement. The cost of services required by TTIA continues

to increase, but these are very necessary and worthwhile. Our members were generous with contributions related to Congress! Thank you to all who opened their wallets. We continue to work to be fiscally responsible while providing exceptional service to our members in the current challenging economic environment. We look forward to the year ahead.

## Budget Verses Actual

	January - December 2025	Budget	Difference
<b>INCOME</b>			
Membership	21199	25000	-3801
Credentialing	3847	3500	347
Contributions	21078	14500	6578
Congress	51226	56300	-5074
Webinars	1227	3700	-2473
Merchandise less Cost of Goods Sold	495	200	295
<b>TOTAL INCOME</b>	<b>99072</b>	<b>103200</b>	<b>-4128</b>
<b>EXPENSES</b>			
Accounting	725	950	-225
Amortization - Trademark	1704	1848	-144
Bank Charges - Credit Card Fees	2675	2000	675
Operations Mgr Travel reimbursement	1052	750	302
Conference Expenses	63783	60150	3633
Board of Trustees Travel	4236	4200	36
Liability Insurance	565	550	15
Dues & Subscriptions	314	500	15
Marketing	1854	1500	-186
Newsletter	827	2250	354
Office Supplies	2047	3000	-1423
Postage & Shipping	1461	1500	-39
Operations Manager	19014	20100	-1086
Assistant Mgr	581	600	-19
Scholarships	4390	4000	390
Telephone and Fax	1263	1270	-7
Website Service	6465	7500	-1035
<b>TOTAL EXPENSES</b>	<b>112956</b>	<b>112668</b>	<b>288</b>
<b>Net Operating Income (-Loss)</b>	<b>-13884</b>	<b>-9468</b>	<b>-4416</b>
Interest Income	2	2	0
<b>NET INCOME -LOSS</b>	<b>-13882</b>	<b>-9466</b>	<b>-4416</b>

## Balance Sheet

	Dec. 31 2025	Dec. 31 2024	\$ Change
<b>ASSETS</b>			
<b>Current Assets</b>			
Checking & Savings	41305	59319	-18014
Inventory Merchandise	6458	6961	-503
Prepaid Expenses	0	1664	-1664
<b>TOTAL Current Assets</b>	<b>47763</b>	<b>67944</b>	<b>-20181</b>
Trademark net of Amortization	12912	13446	-534
<b>TOTAL ASSETS</b>	<b>60675</b>	<b>81390</b>	<b>-20715</b>
<b>LIABILITIES &amp; EQUITY</b>			
<b>Current Liabilities</b>			
Prepaid Dues & Expenses	-83	6751	-6834
<b>Total Liabilities</b>	<b>-83</b>	<b>6751</b>	<b>-6834</b>
<b>EQUITY</b>			
Opening Balance Equity	7281	7281	0
Retained Earnings	67358	78192	-10834
Net Income	-13881	-10834	-3047
<b>Total Equity</b>	<b>60758</b>	<b>74639</b>	<b>-13881</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>60675</b>	<b>81390</b>	<b>-20715</b>

## Education Trustee, 2025 Annual Report —Lin Bauer, MS, CCMHP, QTTT



Many exciting things have happened with Education during 2025!

At the top of the list is the Teaching Guidelines revisions, which we shared during Teachers' Day at the International Congress in Santa Fe, NM in April! Lots of work went into these revisions by many different hard working and committed

TTers!

Special thanks to the following:

### Education Committee

Lin Bauer Trustee

Marilyn Johnston-Svoboda, Credentialing Chair

Marjorie Anderson      Mary Anne Hanley

Sue Conlin      Deb Shields

Denise Coppa      Mary Lou Trinkwon

Juanita Durham

### 2025 Guidelines Groups

#### Foundations of TT

Serbulent Bicer      Christina Lim

Sue Conlin      Ann Little

Juanita Durham      Sandra Revesz

Paul Wolfe

#### Transpersonal Nature of TT

Cordy Anderson      Diane MacDonald

Lin Bauer      Mary Lou Trinkwon

Jane Cornman

#### Inner Processes of TT

Marjorie Anderson      Mary Anne Hanley

Denise Coppa      Marilyn Johnston-Svoboda

Linda Gurick      Deb Shields

In addition to these amazing humans, Mary Anne Hanley, Diane MacDonald and Sue Conlin went above and beyond to format these so they were consistent across all courses. Mary Anne created the Crosswalk! I know she knows our gratitude even though she is no longer with us in her physical form.

We had three webinars in addition to Teachers' Day (which had 47 in person attendees and PLUS 46 virtual!!!) and the Congress:

2/8/25 – TTCCF Committee – Sharing TT with the Community – 39 registered including recordings only.

9/13/25 – Insights on Healing with Dora – Suzi Schoon– 52 registered including recordings.

12/13/25 – Self-Care in Austria with Monika Holzer – 41 attendees including recordings.

Plus Charlie Elkind again offered Christmas with the Angels program during Friday meditation on 12/19/2025.

Thanks to all presenters and attendees!

Congratulations to the following NEW QTTTs in 2025:

Frank Watson      –Plus six QTTT renewals

Katherine Matas

Mona Maleki

Congrats to the following NEW QTTTs in 2025;

Diane MacDonald      Ann Little

Sue Ann Duncan      Sandy Revesz

Kathy Arquette      –Plus FOURTEEN QTTT renewals!!

Congrats to the following new TT Community Care Facilitators:

Sara Balzan      Barbara Johnson

Juanita Durham      Ohio Heart of Healing

Another exciting piece of news is that we are NEARLY done with creating revised CARER notes!! This committee, which is still hard at work is:

Lin Bauer, Chair      Mardie Meegan

Ann Little      Sue Conlin

Paul Wolfe      Marilyn Johnston-Svoboda

Wendy Levey      Barbara Johnson

Sandy Revesz

This is my last annual report as Education Trustee. My term ends 3/31/2026. It has been an honor and privilege to serve in this capacity for the past six years.

Thank you all for your continued great work...serving on committees, leading and attending webinars, practicing and teaching TT...and being living examples of compassion.

### Introducing TTIA's New Trustees!



Eunice Lee, DCN, QTTT.  
Communications Trustee



Ann Little, BS, LMT, PTA,  
QTTT. Education Trustee

We are so pleased to welcome Eunice Lee and Ann Little to the TTIA Board!

Eunice loves TT and the TT community. She is deeply grateful to have this opportunity to be of service to TTIA and to create beauty as the Communications Trustee. She began her TT journey in 2020 and has been very involved in the organization since then, including holding the title of Web-woman! Eunice is committed to honor the lineage of all those who have brought TT forward.

Ann began her TT journey in 2018 and continues to be engaged in TT classes, webinars, the Dialogues, congresses and committees. The transpersonal nature of TT continues to deepen her knowledge of self, others and the connectedness of all things. TT has become a lifeway for Ann and she loves to share it and is thrilled to be on the TTIA board.

## TTIA Satellite 2025 Annual Reports



### Therapeutic Touch East Coast Satellite Report 2025 —Linda Gurick and Elaine Wilk

2025 has been another year of change and transition for TTEC.

We are grateful for the people who responded to our call for volunteers to join our Board of Trustees. Vicky Biondi has joined Holly Major in sharing the Presidency. Karen Kinman has assumed the Vice Presidency, replacing Linda Gurick. Linda Gurick has replaced Elaine Wilk as Membership Trustee. Wendy Leffel has taken over from Dedra Rothbort as Secretary. Martha Fortune has replaced Mary Ann Zanotta as Programs Trustee. Mike Appicelli remains our Treasurer and Rhonda Selvin remains our member-at-Large. We are very grateful to our new Trustees and looking forward to working with them. Thank you Elaine, Dedra and Mary Ann, for your dedicated service.

Our Programs Committee Martha Fortune, Catherine Collins, Sue Duncan, Paul Wolfe and Karen Kinman continue their amazing work.

We published a newsletter in the spring and look forward to more in 2026.

In March we had a Webinar: Remembering Dora, presented by Suzi Schoon and Cordy Anderson which was well attended. All who knew Dora were also able to share their memories. In June, Katherine Simonton discussed the differences and similarities between Reiki and Therapeutic Touch and in November, Suzanne Engleberg presented current research in Therapeutic Touch.

Our membership numbers have dropped somewhat. We have between 45-50 members. Mike has sent out membership renewals to current members so please check your emails so you can continue to remain current. To our new members, welcome to TTEC.

Our new email [therapeutictoucheastcoast1@gmail.com](mailto:therapeutictoucheastcoast1@gmail.com) is up and running and we are still working on a website.

Thank you to all of our members. We value your dedication and support.



### Ohio Heart of Healing Touching Lives Holistically 2025 Annual Report —By Marjorie Anderson & Deb Shields

Ohio Heart of Healing will once again welcome spring at our Healers Retreat on May 09, 2026. Over the last eleven years, we have hosted these retreats in spring and fall - they are truly a gift of being...of connection, renewal. We gather at Shepherd's Corner Ecology Center, a beautiful organic farm run by the Dominican Sisters of Peace. It is located right in Columbus, directly under a flight path, but you would never know it! Walking the meditation trail, spending time in the labyrinth, or strolling through the gardens offers the journeyer space for reflection and peace. We have approximately 8-15 participants each time.

We continue to share our Practice Group on the second Thursday each month from 6-8 PM on zoom. We have attendees from Arizona, New York, Michigan, and cities around Columbus. These gatherings are always beautiful...we share dialogue, TT, and celebrate our friendship.

This past year, we have been focusing on various aspects of our TT Ethics Statement and the application to our practice of Therapeutic Touch.

Perhaps most importantly, we continue to support and encourage each other... friendship – a blessing, to be sure!



### Northwest Therapeutic Touch Institute (NWTTI) 2025 Annual Report Cordy Anderson, Lin Bauer and Bev Forster

2025 began with the same regular TT things in place that we ended 2024 with – Online Practicum groups continued to meet on the First Thursday of the month (led by Cordy Anderson, Bev Forster, and Lin Reilly) and on the Third Wednesday of the month (led by Lin Bauer and Ann Little). Bev and Lin Reilly continue to lead the in-person practicum on the second Thursday of the month in Eugene and Mary James regularly brings the TT folks together in Florence, OR. The newest in person practicum group is the one in Portland and it is hosted by Tricia Herrera and facilitated at times by Sandy Revesz and Dinah Sinclair. It is very exciting to have this group draw together folks from Southern WA as well as from Salem and Portland.

With the travel continuing by Cordy Anderson from Oregon through California to New Mexico and then up into Colorado,

it seemed only logical to expand our membership to include north and southwestern states. Cordy facilitated two Foundations of TT courses in January, one online with hospice staff in Durango CO and one in person class in Santa Fe NM. Nursing staff in Durango (Lynda Berger and Jaimie Hoffman) worked with folks who took the online class to follow up with in-person experientials and Cordy also followed up with an in-person practicum day in March. This plus the in-person activity happening in Santa Fe supports the idea of expanding NWTTI to be more inclusive of the Western US. Our bylaws and the state of Oregon allow for this as well.

Lin Bauer and Kathy Arquette taught a Transpersonal Nature of TT course in September; Lin and Ann Little taught an in-person Foundations class in October and Kathy Arquette led a TT intensive in November called Deepening Centering with Movement and Balance. This was on Zoom so folks across the US and Canada attended. Lin and Kathy had two potluck events at their home in Dallas OR – one in the summer – Potluck, TT and swimming, and one at Winter Solstice time – Potluck and TT. Cordy missed taking TT to the Oregon Country Fair due to an unexpected gall bladder surgery but will be back in 2026. She hosted a TT in-person gathering in Ventura, CA in October. The southern CA group had two surprise attendees: Lynn Woods, long time TTer; and Eunice Lee, who has moved to near San Diego.

Lin Bauer, Kathy Arquette, and Cordy Anderson, along with others, helped to facilitate the programs at Camp Indralaya. Lin led the Application of the Inner Processes of TT, Kathy led the traditional mentorship group, and Cordy co-facilitated the Transpersonal Nature of TT with Chery Ann Hoffmeyer. Lin Bauer and Kathy Arquette continue to serve on the board of Therapeutic Touch Dialogues, Inc (Montana) and have since its inception in 2010. Lin is completing her term of service as the Education Trustee for TTIA and is now also on the Board of the Orcas Island Foundation for Camp Indralaya. Cordy continues to serve as co-Membership Trustee for TTIA, along with Megan Palmer for TTIA. The Membership committees have created five DROP-IN SESSIONS for TT practitioners, open to anyone doing TT. These are listed in the weekly enews that comes from TTIA. To get the weekly enews you do not have to be a member of TTIA, but you do need to request to be on the email list by sending an email to Sue Conlin at [tia@therapeutictouch.org](mailto:tia@therapeutictouch.org). It is a wonderful newsletter and keeps you informed of the many things that TTIA and other TT organizations offer.

All in all, we would like to thank all those who tune into or attend our online or in-person events. NWTTI continues to follow its mission: To support and enhance the practice and study of the Krieger-Kunz method of Therapeutic Touch as well as work with TTIA to support our global community. TT will continue to flourish because of the amazing local and global communities that exist. We are so happy to be a part of what Dee and Dora started. We invite those living in

Washington, Oregon, California, Arizona, New Mexico, and Colorado to continue to support TT and be a part of the NWTTI Community.



## Therapeutic Touch® Professional Associate (TTPA) Annual Report for 2024 —by Cindy Cole, QTTT, Co-chair

This past year, Jane Cornman held a Foundations class in Shoreline, WA.

We lost two significant members of TTPA this year: Jen Wiegand and Linda Shields. We miss them both and their insight and wisdom.

This winter we revamped our website with the help of Bodhi Rayo. Our web site remains [www.therapeutictouchwashington.com](http://www.therapeutictouchwashington.com). Board Members include Sharon Hunter and Cindy Cole, Co-chairs; Kassandra Henning, Treasurer; Jane Cornman and Suzanne Engelberg, At Large.

Our distant healing group continues. We take healing requests and encourage new participants. Use the contact page through our web site. [www.therapeutictouchwashington.com](http://www.therapeutictouchwashington.com). Connie Berger, QTTP, forwards healing requests to our 21-person healing constituency.

### Practice Groups

Jane Cornman began an in-person practice group at the Theosophical Society Library in Seattle. Unfortunately, the TS building had to close for renovation and when it opens again is uncertain. Finding another venue has been difficult but it is being worked out with people offering their homes. We have a long running practice group on Zoom on the 2<sup>nd</sup> Monday of the month, September through May. Currently, we are reading *Therapeutic Touch as Transpersonal Healing* by Dolores Krieger, as well as sharing TT experiences and doing TT sessions.

An in-person practice group is slowly being formed in Bellingham, WA. Contact: [www.therapeutictouchwashington.com](http://www.therapeutictouchwashington.com)



## The Wisdom of Horses

Over many years, I have chosen an approach that I hope exemplifies a deep understanding of the holistic treatment of animals, highlighting the mutually beneficial relationship between horses and their owners. My personal experiences illustrate how the connection with horses can offer profound insights into healing, intuition, and partnership. Horses are not only capable of detecting what is out of balance in us, but their instinctive choices—such as selecting specific plants or essences—can support both their own wellbeing and that of their human companions.

The recognition of the importance of Therapeutic Touch as a foundation of all my purpose and practice with horses evolved from a unique and deeply personal connection with my own horses. Immersed in nature and totally connected with my animals and the wildflowers of the field, I experience daily communion that transforms my understanding of nature, healing, and myself.

*“Horses see through to our internal states. They reflect them back at us, make the invisible visible. They respond to who and how you really are, in your body, in the present moment. A horse can give accurate and instant feedback about what is real and truthful in us. And so, they become our allies and our guides as we explore our inner stories” ..... K Eastham 2015*

Years of working alongside horses have continually revealed new lessons and wisdom that shape my therapeutic practice and approach to life.

My first recognition of the connection of my learnings and practices within the field and realms of Therapeutic Touch was first made clear to me within the following experiences that I encountered with one of my own horses around 25 years ago.

My relationship with a beautiful black mare called Bea, that I had acquired as an injured foal, was particularly influential. Bea’s vulnerability and need for careful rehabilitation led me to pay close attention to the horse’s natural behaviours and preferences, especially in selecting specific grasses and plants.

Observing Bea’s choices and responses not only aided the mare’s healing but also deepened my understanding of intuitive connection and the importance of being present. During my horse’s challenging rehabilitation, I intentionally slowed and deepened my breathing to foster a sense of presence and awareness. This approach, informed by principles from Therapeutic Touch, contributed to creating a calm and supportive environment that aided her comfort and fostered a sense of grounded centred spaciousness for both of us. Through this practice, I observed my horse achieving a level of relaxation deeper than ever before, and she showed clear signs of relieving tension and pain. This motivated me to keep doing this with her to see its effect on us both.

During the time spent with my horse I intuitively found myself dwelling on the experiences that I had imagined Oskar Estabany encountered with his horse. At this point I recognised the important connection to the work of Oskar Estabany, Dora Kunz, and Dolores Krieger, who identified presence (centering), intention, focused attention, and profound compassion as essential elements of the Therapeutic Touch model.

Engaging in this practice alongside my horse, I had observed a profound sense of tranquillity, which contributed to alleviating stress and mitigating physical discomfort. This extra benefit motivated me to spend more time using what I learned when treating others’ horses.



Through these experiences, I recognised the symbiotic nature of the horse-human relationship. Horses can sense and respond to both physical and emotional imbalances in humans, often seeking out plants that benefit not only themselves but also their owners. By allowing horses to explore freely, I discovered that they innately know what their bodies need, and humans, in turn, can learn to trust their own intuition by being present, observing and learning from these animals.

### Using Therapeutic Touch and Essences to Support Healing

My therapeutic practice uses an integrated approach combining bodywork, Therapeutic Touch, aromatics, essences, and mindfulness. I work

with horses referred by owners or vets, providing personalized support through integrated methods. Each session starts with observing the horse and waiting for acceptance before initiating contact. This respectful method builds trust and understanding.

Therapeutic Touch helps build connection and well-being in both horses and humans by affecting their physical and emotional states. When combined with oils, aromatics, and essences, it promotes multi-level healing. Horses often intuitively choose these substances to support their own or their owners' well-being.

I have also found that the use of flower essences further enhances the relationship, helping both horse and owner to connect emotionally, spiritually, and energetically. Essences enable a deeper sense of embodiment and facilitate the release of fixed ideas or emotional projections, allowing for more sensitive and authentic communication between horse and owner. This mindful attention results in noticeable improvements in self-confidence and well-being for the animal.

Even after hardship, animals can forgive and connect when shown love and compassion, revealing the profound bond between humans and horses.

### Conclusion

The relationship between horses and humans is rooted in holistic connection, intuitive partnership, and mutual healing. Integrating Therapeutic Touch with natural therapies and attentive observation enables both horses and humans to improve their well-being and self-awareness, acquiring insights that are uniquely derived from interactions with nature and animals.

Understanding is the fruit of looking deeply... This present moment contains the past and the future. The secret of transformation...lies in our handling of this very moment.  
—Thich Nhat Hanh

What lies behind us and what lies before us are tiny matters compared to what lies within us.  
—Ralph Waldo Emerson



<ul style="list-style-type: none"> <li>◆ Foundations of Therapeutic Touch June 6-10</li> <li>◆ Mentorship: Traditional Mentorship June 6-12</li> <li>Includes Transpersonal Nature of TT June 6-12</li> <li>Includes Applications of the Inner Processes of TT June 6-12</li> <li>◆ TT as a Path of Consciousness, Healing &amp; Service: Practical Applications of TT—Deepening our Practice of TT in Challenging and Changing Times June 15-21</li> </ul> <p><i>Healing Partners are welcome to register for Mentorship and/or TT as Path of Consciousness, Healing and Service</i></p> <p style="text-align: center;"><a href="mailto:office@indralaya.org">office@indralaya.org</a> <a href="http://www.indralaya.org">www.indralaya.org</a></p>	<ul style="list-style-type: none"> <li>◆ Foundations of Therapeutic Touch May 29-31</li> <li>◆ Transpersonal Nature of TT May 29-31</li> <li>◆ Therapeutic Touch at Pumpkin Hollow August 6-9</li> </ul> <p style="text-align: right;"><a href="mailto:pumpkin@taconic.net">pumpkin@taconic.net</a> <a href="http://www.pumpkinhollow.org">www.pumpkinhollow.org</a></p>
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## Fields and Their Clinical Implications:

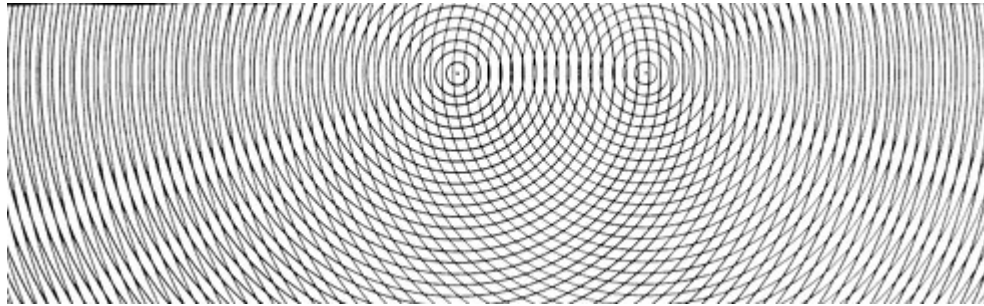
### Part 1

—Dora Kunz and Erik Peper

First published: Kunz, D, & Peper, E (1982) Fields and Their Clinical Implications-Part 1, *The American Theosophist*, 70(11), 395-401 . Also in: Kunz, D. (1985) *Spiritual Aspects of the Healing Arts*, Wheaton: Quest Books, 213-224

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A DUALISTIC MATERIAL PERSPECTIVE is the common assumption underlying much of Western psychology; namely, we are physically and mentally apart and separated from each other. This article proposes that an energetic perspective, in which individuals are interconnected and are local concentrations within a larger field, is a more accurate description, or working hypothesis of reality. In fact, when one described interpersonal (emotional) interactions between people such as “he gives me a life” or “I feel drained,” the language reflects this dynamic, energetic perspective. Underlying this model is the assumption that the energies interchanged in ordinary human interactions are modulated in (via) a universal field which permeates all matter. Such a model can be used to generate useful clinical interventions.

Every individual living organism can be described both as a physical entity and as a system of energy field that are constantly interacting with the environment, which includes all other organisms. These fields (like all those known to science) permeate space. Each individual is a localization (concentration) of energy within these universal fields. Moreover, these individual local fields interact with one another, being part of one whole, dynamic, and interdependent system.

The perspective that each of us is interconnected offers a holistic model of how human beings affect each other. We propose that it furnishes a description of, as well as a mechanism by which such disparate phenomena as placebo and experimental bias affect the outcome of research studies, how bedside manner affects the health of the patient; how some schizophrenics sense our strengths and our insecurities; how we may become exhilarated and/or drained by other people with or without verbal contact.

An energetic approach to human interaction may explain how individuals unknowingly affect each other; it offers us the possibility of developing strategies to influence and change these interactions. In fact, the application of such a perspective may have outcomes that change our perceptions of human relationships, since every thought or emotion is an energy that may affect the energy field of others. These interactions can be positive, negative (draining), or neutral and are illustrated in the following examples: a person in a group becomes angry or hostile and immediately arouses a similar emotion in the other group members; a disturbed patient is soothed when a nurse quietly places her hand on his shoulder; a discussant becomes exhilarated during a lively discussion; a nurse becomes tired and drained after seeing one patient while calm and relaxed after treating another.

These experiential observations describe an energy exchange which is common to all human interactions whether they be thoughts, emotions, or physical actions. These energies radiate out from the body into space in wavelike patterns of motion that slowly attenuate and dissipate at a distance [as] they sink back and merge into the universal field.

Each thought, action, and emotion can thus be seen as an energetic pattern which we unconsciously radiate or deliberately direct at another person. In fact, illness and health have characteristic patterns of energy flow within each individual. Such dynamic patterns may be likened to the ripple formation caused when a pebble is dropped into water. The amplitude of the wave which is generated depends upon the force of the impact when the pebble hits the water. Similarly, the intensity and duration

of the human energetic patterns are modulated by the degree of concentration (focus), or intentions proved by the emotion, thought, or action. At times, one is unaware of the action. For example, one may feel little emotional response when he/she is engaged with an intellectual problem. Even though unperceived, changes are always taking place and this can be perceived as a field phenomena.

In describing the principle characteristics of the individual within the larger universal field, it is important to remember that such a description is only a static representation of dynamic process. It is like a still photograph of a falling rock which, by freezing the motion of its descent in mid-air, might deceive us into thinking that the rock is floating in space. In the same way, any static description of the energy fields needs to be seen as a momentary, artificial arrest of the continuous motion which characterizes any field.

These fields are local concentrations within a universal field. This focus of energy is what we experience as *ourselves*. The different fields of an individual can be perceived in terms of sub-categories related to specific functions. Somewhat analogous is the way white light can be perceived as composite of all the colors, yet can be separated into its component spectral colors with the use of a prism.

The fields which constitute a person include, among others, the electro-magnetic, the strong and weak nuclear (of the physical body), and in addition, consist of:

1. The vital field, which is closely associated with the body and is often referred to as the etheric.
2. The emotional field, often called the aura, which is made up of feelings. (Individuals can project this field).
3. The mental field, which is the embodiment of our thinking and incorporates our visual images as well as our concepts and ideas.
4. The intuitional field, which is characterized by order, creativity, and compassion (This field is a source of healing).

#### ENERGY FLOW IN THE FIELDS

THE HUMAN field is much like a musical symphony. The musical dynamic is expressed in terms of inner consistency and harmonic relationships, no matter how dissonant the individual elements appear. Within the field, energies continuously circulate and flow outward and, sometimes, inward. The basic physical energy or vitality comes from what is called *prana* in Eastern philosophy. Prana enters the body through the vital counterpart of the spleen (not the actual organ which in fact may be missing or damaged) and is modulated and distributed by a field mechanism known as a chakra (wheel) which might be called an energy “transformer.” The solar plexus chakra transforms this prana into the vital energy which is so important to the physical body. The level of vital energy depends on how much energy flows through the spleen chakra, how it is processed in the solar plexus chakra, and the rate by which it flows outward and is distributed throughout the body.

This process can be illustrated in Fig 1 by the water hose analogy.

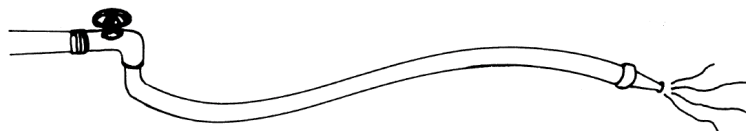


Figure 1

In this illustration, the open intake of the hose at the left represents the point or entry of prana at the spleen chakra, while the valve represents the solar plexus chakra. When the flow of water passes through the hose, without meeting any obstructions at the intake, middle, or end, a state of health ensues. Any obstruction which hinders the flow constitutes a pathological condition. A state of lower vital energy in an individual is usually related to a constriction in the solar plexus chakra, which inhibits the flow of prana and/or leads to the depletion of the vital energy through excessive tension. Lowered vital energy is often the precursor of pathology.

Lowered energy may be experienced as a highly nervous state in which the “driving energy” disturbs the organizational balance of the individual and often results in a state of exhaustion. The physical symptoms associated with this lowered energy may range from irritability and exhaustion, to tightness in the abdomen, to difficulty in initiating even the simplest actions,

which can feel overwhelming. The psychological symptoms include depression, a sense of withdrawal, immobilization, discouragement, and hyper-nervousness.

Ironically, individuals tend to be unaware that their energy level is changing or dropping until a threshold is reached and the previously named symptoms come into the foreground. Awareness is masked by various factors, such as one's attention being too involved in one's work or by being emotionally driven. In either case, the exhaustion may set the stage for future illness, unless the process is reversed and the flow of energy is replenished. Ironically, when one's energy is low one tends to search for stimulants to "pep up." The result is often addiction, such as alcoholism; however, "pepping up" is not the solution for energy depletion. To enhance the vital field, we must allow ourselves to relax. The process of relaxation increases the flow of prana through the solar plexus, thereby increasing our reserves of vital energy, a process in which we expend less vital energy.

#### DETAILED DESCRIPTIONS OF THE VITAL, EMOTIONAL, MENTAL AND INTUITIONAL FIELDS

##### *The Vital Field*

THE PHYSICAL body is surrounded and permeated by the vital (etheric) field, which attenuates at about one to six inches from the body, or, two inches on the average. This field is an intrinsic part of the body itself; every cell is part of the vital field and contributes to its overall rhythm.

When the vital field is healthy, there is within it a natural autonomous rhythm. It is only when pathology occurs that dysrhythmic patterns and other accompanying changes appear. The whole etheric system can be thought of as analogous to the functioning of the heart. If the heart is dissected, each small part will seem to have its own autorhythmicity, but when the heart is healthy, the pacemaker establishes a unified overall rhythm.

In the same way, each organ in the body has its corresponding energetic rhythm in the etheric field. Between the spheres of the various organs, the different rhythms interact, as if a transfer function were occurring. When the body is whole and healthy these rhythms transfer easily between organ to organ. However, with pathology, the rhythms as well as the energy levels are changed. For example, the residue of a surgical appendectomy can be perceived in the field. The physical tissues which are now adjacent to each other have an altered energy transfer function which was previously modulated by the appendix. In physics this is called impedance matching or mismatching. Each adjacent tissues is "impedance matched," which means that the energy can easily flow through all the tissue. Surgery or illness changes the impedance matching, so that the energy is to some degree dissipated rather than transferred.

It is only through field interactions that one can become aware of a field. In order to experience the vital field, we must be in close contact with another person so that the two fields can meet and interact. By exercising the powers of awareness, one can become sensitive to the presence of another person's field. For example, gently rub your hands together then stop and very slowly separate the hands while feeling and listening to the sensations in the hand. Imagine that the hands are connected even though they are actually separated in space. Note the feelings such as tingling, electrical connection, or magnetic drawing. Now gently place your hands over your partner's hands without touching and listen or feel for the sensations as shown in Fig. 2.

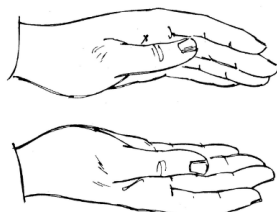


Fig. 2

This intention of sensing for the field, establishes a resonance between the fields of the people. In this instance, the fields interact and resonate together in order for awareness to occur—the observer and the observed are always interacting. A detailed teaching strategy for learning this energy sensitivity for healing, known as therapeutic touch, has been developed and described by Dolores Krieger in her book *The Therapeutic Touch*.

*The Emotional Field*

Interpenetrating both the physical body and its vital field is the emotional field. This field is wider in scope, extending about eighteen to forty-eight inches beyond the body. Thoughts or intentions can enlarge its normal ovoid shape to express the strong feelings projected by the person—elasticity is one of its major characteristics, as illustrated in Fig. 3.

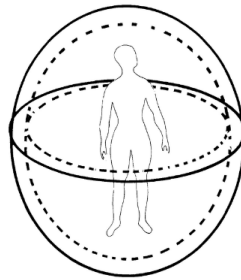


Fig.3

Through thoughts and intention, the individual emotional field can be stretched to considerable distances, such as ten to fifteen feet. As it projects out, and if another emotional field is there, it tends to interpenetrate the other's emotional field and thereby affect the other person's feelings. This interaction is illustrated in Fig. 4.

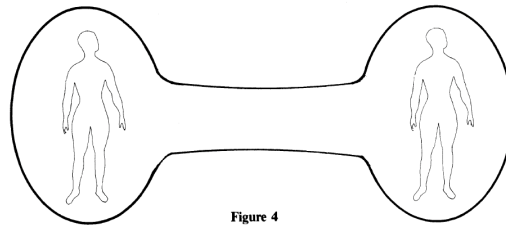


Figure 4

Fig 4.

Such interactions frequently cascade and result in a domino effect, thereby affecting people at a distance. For example, actors or musicians may affect the emotional fields of people sitting in the front rows of a theater; these in turn affect others around them, and so forth, until the whole audience is influenced by the performance. The emotional field is more permeable and more easily affected by other people's emotional fields. Like bacteria and viruses, emotions are highly contagious, as is easily observed in mob hysteria.

The emotions enter the vital field through the chakras such as the solar plexus and thus affect the vitality and health of the physical body. The solar plexus, a focusing point or nexus, is where the vital and emotional energies most directly intermingle.

Feelings move through the emotional field freely, and their effects are almost instantaneous. For example, when a person's anger is aroused, that emotional energy either explodes from his field in all directions or is projected at a specific person like a bullet to a target. If there are other people present, this energy pattern of anger will interact with their fields, resonate with them, and amplify with them, and amplify similar feelings which they may have. The result is that anger may be aroused in another person even if he/she is unaware of it. Of course when there is little interaction among the people present, the original feeling of anger tends to attenuate and dissipate. However, if anyone responds at that time, the anger will escalate and more and more people will become affected. The process by which anger may trigger the similar feeling in others has an analog in physics. Most materials have a frequency which can be amplified with little or no energy if force is applied at the resonating frequency of the material—the standing wave gets larger and larger. If the force is applied at a non-resonating frequency, a standing wave is not initiated.

One can nullify the effects of this interchange by recognizing the source of the anger and determining its irrelevance and unimportance. This process allows one to diffuse the situation rather than actively attempting to control the energy of anger itself. Active control of the emotion, "I must not be angry!" tends to return the energy back to the angered person instead of allowing it to dissipate at the periphery of the field. This returned energy, if not dissipated, has long term, deleterious effects. It is more effective to recognize and to acknowledge the feeling in ourselves at the moment by saying, "I am angry and I know it." By singling out the reasons for one's anger, one can often smile at the ridiculous disproportion between the anger and the precipitating event. Similarly, if one cannot acknowledge to him/herself that he/she feels hurt or unloved, he/she can transform the

disharmonious energy pattern of anger with a smoothing pattern by thinking of something that restores the other person to his or her usual place in one's affection. In other words, the anger is recognized, dissipated, and transformed by the caring thoughts.

These factors affect the emotional field; each such perturbation affects the solar plexus chakra either positively or negatively and thereby influences the flow of prana into the various organs. The energy generally tends to radiate outward from the body in a continuous flow in healthy people. This energetic inflow and outflow is effected by what the person does. Relaxation tends to expand the field, meditation allows the field to expand in all directions and becomes more energized, balanced, and harmonized; while anxiety tends to constrict the field.

### *The Mental Field*

The individual's mental field is part of a universal mental field and interpenetrates the emotional as well as other fields. The mental field can be described as representing one's intellectual functioning. It reveals one's ability to visualize and rationalize or conceptualize, to think clearly, and to synthesize or make meaning out of one's experiences. This process is more complex than described since categorization and rationalization are related to the emotional field; while conceptualization, synthesis, and creativity are associated with the intuitional field. The size and luminosity of this field relates to the way the intellect functions.

If a clear mental image is combined with emotional drive then the mental field can reach far out into space and/or extend itself to someone at a great distance. Although usually smaller in size than the emotional field and highly localized, it is more intense. It has the ability to radiate out a very small portion of itself over long distances when directed by one's thoughts. For this field to reach out to others, it needs the impulse of a strong emotion such as love or anxiety. The emotional impulse is often triggered when there is need, such as fear or anxiety. This need allows the mental field to reach out and resonate with the mental field of another person.

### *The Intuitional Field*

The intuitional field is omnipresent and, like the other fields, permeates the whole universe. The interconnections with this field deepen when there is a harmonious relationship between our emotional and mental fields, that is, when our emotions are at peace and our chattering mind is quiet. Even though the energy of this field permeates everything, one symbolizes it "as coming from above." This appears to be an actual experience, since the energy comes from above when one is centered and grounded. This is an experience in which we are *still within ourselves*. The action of this field can be likened to soft, beautiful background music that we cannot hear through the din of our daily lives. Yet the sounds are ever present and can be perceived clearly when the world is quiet. Hence people, if they train themselves to listen, can become aware of the music even when there are loud noises present.

The different qualities within each of the fields are similar to the spectrum of light, in which there are different vibratory frequencies or wave lengths, as well as densities and degrees of brilliance. This effect has often been described by clairvoyants, who already have enhanced perception. People who have not developed this ability can enhance their awareness of these fields by learning meditation, therapeutic touch for healing, and other strategies.<sup>2</sup> With practice many therapeutic touch practitioners can learn to discriminate and recognize some of the characteristics in a patient's vital and emotional field. For example, when practitioners gently attend to the sensations and cues in their hands as they assess the patient's field, they may sense a lack of energy or tingling. These sensations may indicate physical or emotional disturbances. The sensation in the hands are often similar to the feeling the warmth of coldness of an object at a slight distance. In addition, the emotional field can be sensed when the healer's empathy deepens to the point that there is an impression of the person's feelings and an intuition of that person's difficulty.

## FIELDS AND THEIR INTERACTIONS

As mentioned previously, the four fields, just described are integral and have distinctive features. They are variations of the whole human field, just as red, blue, and yellow are part of the spectrum of white light. The fields continuously interact with one another through the chakras and they are affected by the fields of others. It is this interpersonal interaction that keeps us alive.

To maintain a state of health, the energy in all the fields must be incoming, outgoing, and freely flowing. A pathological state takes over when the energy is blocked and/or constricted in any of the fields, causing the flow to falter or slow down. Seen from this point of view, man is part of a dynamic energetic pattern—the interactions of which only cease at death. This process is analogous to the dynamic interaction of wave patterns in water which are in a state of incessant motion as shown in Fig.5.



Fig.5

These interactions occur between people, in which one's physical, vital, emotional, mental, and intuitional fields express the state of the organism. A change in any of our localized fields affects our expression in the other fields, since we are one whole. These categories are in turn interrelated, for when a field interacts with another field it changes and reorganizes itself. It is important to remember that this is a system's perspective. Within the human field perspective, every part is affected by and affects every other part.

(Footnote: We wish to thank John Kunz and Michelle Moran for their incisive comments and critique during the preparation of this manuscript).

<sup>1</sup> Krieger, D., *The Therapeutic Touch: How to Use Your Hands to Heal*. Englewood Cliffs, NJ: Prentice-Hall, 1979: additional information can also be found in Borelli, MD and Heidt, P., *Therapeutic Touch*. New York: Springer. 1981

<sup>2</sup> See Krieger, D. *The Therapeutic Touch*. Englewood Cliffs, NJ: Prentice-Hall, 1979

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Saturday October 17th

Teachers' Day

10:30 AM to 3:00 Pm Eastern Time

Saturday October 17th

Opening Ceremony of Congress

& Key Note Speaker

3:15 to 5 PM Eastern Time

Sunday October 18th

TTIA Congress Day

10:00 AM to 5:00 PM Eastern Time



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