

Moving Energy, Healing Spirit

At Hartford Family Institute's Center for Healing Arts

Griswold, Connecticut

by Karen M. Rider



Energy implies movement, action, friction, interaction. Its meaning has been extended from science, particularly physics, to medicine and human biology, emotions and consciousness, to selling sports drinks and even cars "The Vital Force in Automobiles.... Guaranteed to engage your chi!" We hear people talk about "energy vampires" in their personal relationships and often express how we are "full of energy!" or "zapped."

We live and breathe energy in all its forms. Life is energy and energy is life but how do we harness it for optimum human well being? Just as important, how do we release it when it's blocked and causing harm to our inner lives, our relationships and life experiences?

To answer this question, I had the incredible experience of connecting with Naomi Lubin Alpert, Psy.D. LMFT and her husband Stuart Alpert, Psy.D, LCSW founding partners of Hartford Family Institute's Center for Healing Arts HFI/CHA/The Center .



The Center, which just celebrated its 40th Anniversary, is internationally recognized for innovative, comprehensive psychotherapy services and alternative healing modalities. HFI is well known for the creation and application of In Depth Body Psychotherapy and Subtle Energy Healing and offers an array of integrative healing modalities. See side bar

Quantum Leaps and Healing Energy

"Subtle energy is at the center of all life. It is also known as chi, prana, spirit, vital force, or the Akashic Field. One of Einstein's greatest discoveries is that matter and energy are interchangeable. Even something that appears solid is made up of Subtle Energy," explained Stuart.

"Quantum physics is leading us to understand that subtle energy is the medium that holds consciousness and connects everything in the universe connects all of us to one another. Mind, body and spirit are not distinct and separate, but are a network of pulsating energies constantly interacting in a vast sea of energy."

Quantum physics deals with energy on sub atomic levels. Thought, emotion, action, reaction... biology, physiology, and psychology it's all energy interacting at a subatomic level within the environment and ourselves. Naomi and Stuart have developed their theories of energy and consciousness in their practice and teachings over the last forty years. Eminent brain biochemist, Dr. Candace Pert, described similar phenomena in her book, *Molecules of Emotion*.

The Dark and Light Energy of Emotion

The practitioners at HFI understand that "emotions are molecules of energy that come together, forming a response to internal or external stimuli. For example, in an exchange between parent and child, there is the visible interaction and invisible or subtle subatomic interaction," Stuart continues, "Emotions form these exchanges communicate through subtle energy frequencies, as well as through our cells and even our DNA."

This is how we feel "tension in the air" or "sense a strain" between two people sitting together, expressionless. To sense the emotional quality between two people does not imply a psychic ability. Rather, Naomi says, "this is the experience of the vibration or

frequency of subtle energy."

So, how do you deal with energy that has created a negative experience for a person or within a relationship? "Our therapists I look at how the body organizes itself based on the nature of the energy we bonded with as children. We learn how emotional states are created, whether early life experiences supported or blocked the flow movement of subtle energy."

Naomi gave the example of love, which contains the energies of warmth, softness and flow. Negative emotions possess energies of harshness and destructiveness. This energy can be expressed, consciously or unconsciously in one's actions toward self, others and environment. It can manifest in defensive forms that help a person survive harsh experiences adversity, abuse, trauma and tend to block the flow of energy necessary for good health and relationships.

Spirit and Healing



Hartford Family Institute's Center for Healing Arts
David Gilroy, Donna Baker-Gilroy, Sylvia Gingras-Baker, and
founding partners Naomi Lubin-Alpert and Stuart Alpert

Stuart went on to point out that therapists at The Center embrace and work directly with an aspect of healing that is often disregarded by traditional psychotherapy and medical models, "We consider clinical issues to be messages from spirit, as opposed to problems to be eradicated. We believe it is subtle energy, or spirit, that enables us to form blocks disturbance as a means to defend ourself against emotional or physical force abuse, humiliation, trauma, etc. . Defenses can take various forms in the body. It is essential to undo the negative energy that formed the block or created the defense in order for healing and wholeness to occur."

Naomi emphasized, "It is at the energetic level, through spirit, that deep transformation takes place in all emotional and physical symptoms."

In-Depth Healing for Body Mind and Spirit

In Depth Body Psychotherapy IDBP and Subtle Energy Healing SEH have been applied to a myriad of physical diseases as well as emotional and relational issues. The therapists apply the information gathered from quantum physics, neuroscience, psychotherapy, mindfulness and spirituality to help clients release the block, or compression, that may manifest in any of the body systems digestive, lymphatic, nervous, cardiovascular, etc. . They have had success with a wide variety of emotional issues and physical conditions, including breast masses. As Naomi explained,

"Using imagery, we are able to help our clients encompass and absorb a higher vibration of light and love into the mass. Ninety percent of the women we have worked with have had their masses convert back to flowing energy: The masses have disappeared."

Anxiety, which is so common in the general population, is viewed as a call to integrate a disowned aspect of the person that was not experienced as acceptable, typically in childhood. The person gets to know this part of him/herself and experiences a reunion of energies and capabilities that can bring vitality and satisfaction to living.

Stuart noted that the therapy team uses the same set of principles to work with depression, sexual abuse, eating disorders, all trauma, as well as with non clinical issues.

The key components of this unique therapy include giving clients a connection for their feelings in a non judgmental, non problem focused approach. The aim is to help clients appreciate that they are living the best way they know how, given the quality and level of their internal supports. The therapists help clients recognize and take responsibility for their darkness and their light, embrace compassion and the need for attachment, and ground their experiences in their bodies. Ultimately, the clients learn how to embrace transformation.

"A person without a clinical issue can benefit from the same process, experiencing growth by taking responsibility for all of who they are and bringing acceptance to all of what it means to be human.

This therapeutic approach works with relationship counseling, as well, "We see the energy movement and blockage within each person as well as within a couple in the interpersonal field of relationship."

The quality and characteristics of IDBP and SEH were born of an appreciation for and study of Western and Eastern psychology, Native American philosophy, and a variety of spiritual and wisdom traditions. This knowledge, combined with valid scientific research from fields such as physics, neurobiology, physiology and other health sciences certainly keeps the partners on their toes, as Stuart pointed out:

"The five partner practitioners, including myself and Naomi, David Gilroy, Psy.D, LPC, Donna Baker Gilroy, Psy. D. LPC and Sylvia Gingras Baker, LMFT continually refine this unique and important approach to healing. Spirit has incredible powers to heal each person and the world."

HFI's Center for Healing Arts Services

HFI/CHA serves individuals and groups from all walks of life for a variety of concerns: stress, career change, life transition, parenting, divorce, trauma, mental health and illness, chronic and terminal illness, relationship issues. A person need not experience a medical crisis to obtain services. Custom service packages are available as well as preventive wellness services.

- In Depth Body Psychotherapy IDBP and Subtle Energy Healing SEH
- Professional Training in IDBP and SEH for mental health, medical, and social workers

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we choose a narrow focus, keep making the same movement all day without relief, something is going to go wrong with our bodies and surely our spirits, and we are going to end up feeling awful.

One of the forerunners of dance movement therapy was engaged to go into the mills and factories in England to figure out why there was such high absenteeism. This was in the 30's. People were performing assembly line work, so the workers were repeating the same motions over and over again. What he determined was that after a certain amount of time, the workers needed to change stations so they would then be engaging in a different, somewhat opposite kind of motion in order to remain healthy.

We *all* need some variety.

It's important to climb out of the box!

Come to an Authentic Movement session, Healing with Horses or to drumming! There are so many wonderful activities being offered all over that people can engage in. Yet some of us have a story within ourselves that says we need to protect ourselves, and we scarcely dare venture outside the boxes of daily business. There is a part of ourselves that needs to connect with something that can allow variety. I am only talking about myself of course, but I know what I experience is pretty typical. For me it is such a relief to... be in a place of discovery. Can I allow myself to navigate for 30 seconds or a minute in the Present?

As a part of our conversation, Caroline stood up and moved to the center of the room while I observed. Our conversation then continued in another way, still expressive, with occasional words, yet another form of communication with body and environment.

What a perfect example of things that can hold me back! If I had been a bit quicker and a bit more adventurous, I could have put thinking about the time allotted to our conversation and my pre-conceived ideas of what this article would encompass aside. I could have responded in kind. I thought about it and I relinquished the idea as impractical. I allowed my head with its particular way of thinking to dictate what I did. Rats! Words can be wonderful tools for expression, but they cannot do everything. As Caroline points out, our bodies are always speaking to us. What they say is true and their wisdom needs to be listened to.

If you are willing, as an experiment, just imagine engaging with a friend, or perhaps several friends, checking in with each other without speaking! What would you do? How might that feel? As I myself contemplate this, I become engaged in the process with definite pleasure. Still, I am thinking, not yet moving! Actually engaging my body in this process expands me grounds me and offers me new understandings of my surroundings and myself. For me it is exciting, expansive!

If you would like to find out more about how these movement processes might enhance your own life, Caroline Loupe may be reached at 207-926-5983 FMI about Horses as Healers and Teachers: Gena 207-926-5789; Kerry 207-756-9520 or Caroline 207-926-5983

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Pony Girl the banner artwork is courtesy of SandySandy. More of her work can be seen at www.sandysandy.com and www.dreamstime.com.

Pat Foley attempts to live a green/sustainable life just outside of Cornish, Maine. She is the owner of Earthrest, a place of retreat for groups and individuals. The underlying focus of Earthrest is following Gandhi's advice to be the change we wish to see in the world. You may contact Pat at earthrest@psouth.net or 207 625 4179.

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- Human Relations Training for the general public
- Thought Field Therapy, Emotional Freedom Technique EFT
- Buddhist Conflict Resolution for Couples
- Sand Tray Therapy, Shamanic Healing Sessions
- Life Coaching and Nutritional Counseling
- Medical Intuitive, Acupuncture, Qi Qong, Reiki and Massage Therapy
- **Free** counseling groups for the unemployed

Professional staff may be booked for lectures on any of the topics listed above, including stress management, nutrition and a variety of spiritual and holistic health topics.

Website: www.hartfordfamilyinstitute.com

E mail: info@hartfordfamilyinstitute.com

Appointments: 860 236 6009 Generally 9 a.m. 5 p.m.
Monday Friday; other times by request.

Address: 17 South Highland Street West Hartford, CT

Summer 2009 Events – check website for details

Introductory Workshops for the Professional Training Program in IDBP & SEH

Introductory Workshops for Human Relations Training Program

September 12 & 13: Training Program

classes begin in Hartford

Karen M. Rider holds a B.S. in Exercise Science and an M.A. in Health Psychology. Karen has experience in health research and wellness program development. Presently, she is a promotional copywriter specializing in the communication needs of holistic health businesses. She can be reached at KarenMRider@comcast.net



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their state requirements, some therapists become nationally certified which requires an examination and Continuing Education Units (CEU) to maintain their certification. A massage therapist who cannot provide adequate information about their offered techniques and proof of instruction may not be a good choice. Once a student completes their studies and practical requirements, a graduate from the New Hampshire Institute for Therapeutic Arts should be qualified to meet licensing requirements for New Hampshire, Maine, and national certification boards.

Since the New Hampshire Institute of Therapeutic Arts was recognized and approved for Department of Education Title IV funding in 2003, financial aid is available for qualified students. The Institute is also VA approved under the Montgomery GI Bill for qualified individuals.

Dr. Cowan encourages people to contact the school for individualized tours and to discuss a career in Massage Therapy. "The New Hampshire Institute for

Therapeutic Arts provides a well grounded career level curriculum, so graduates may leave with confidence to establish a private practice or join a group therapeutic practice as well as finding themselves well equipped to work with a spa, health club, hospital, or chiropractic clinic."

The New Hampshire Institute for Therapeutic Arts can be contacted through their website www.nhita.com, telephone (207) 647-3794 for Maine residents or in New Hampshire at (603) 882-3022, and email info@nhita.com.

Kevin Pennell, an author from Bethel, Maine, wrote Two Feathers Spiritual Seed Planter and has written for other periodicals and media. Kevin Pennell is an Usui and Karuna Reiki® Master Teacher, Certified Hypnotherapist, Ancestral Healing Practitioner, and Psychic Empath. He conducts Reiki and other workshops that assist spiritual and personal development. Kevin, with his wife, Vickie Cummings, own and operate Spirit Wings, their Compassionate Healing Center and Therapeutic Store located in Bethel, Maine. Contact www.spiritwingsbethel.com or kevin@spiritwingsbethel.com.

Article submission deadline for
October/November issue "Living Visions"
is **August 25th**

Please send articles to info@innertapestry.org

Calendar and classified listings submission deadline for
October/November issue is **September 5th**

Time flies don't forget!

Please send your formatted Calendar and Classified
listings to info@innertapestry.org