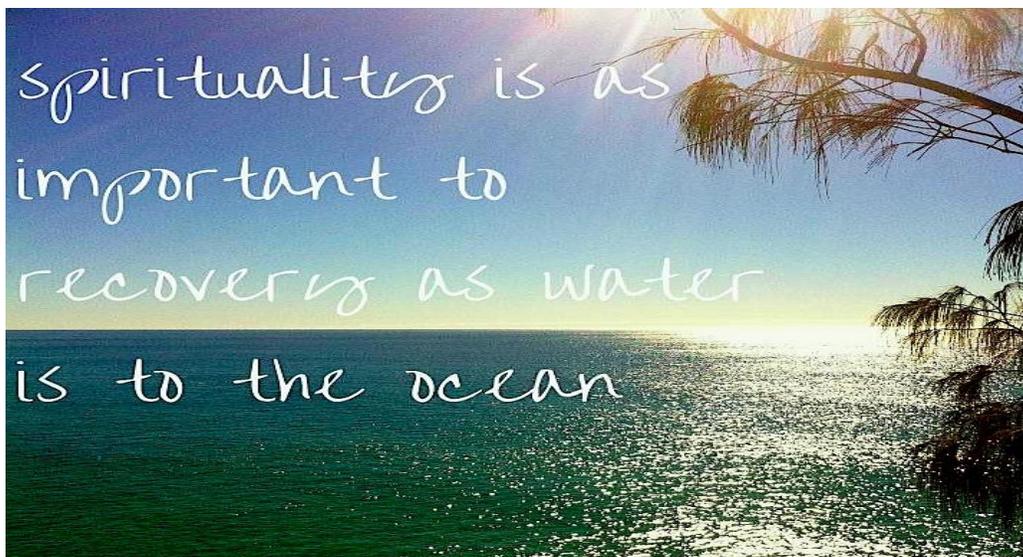




RNAO-CTNIG

Complementary Therapies Nurses' Interest Group

Body~Mind~Spirit – The Whole News Summer 2014



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From the Editor - Theresa Sullivan

MY THOUGHTS ON THE SPIRITUALITY OF NURSING

"Let us have more high-touch in our high tech world and put more caring back into curing. Then together, we will create a less costly, more healthy system, one that empowers us all"

- The Nightingale Conspiracy, Karen Shames

Nursing... what does it mean to you? Is nursing an art? What drives a person to become a nurse? What is it, that takes us to the bedside, giving ourselves to a stranger? Is nursing a vocational calling? What is the source that encourages us to care and walk the path with a patient? Many might refer to a nurse as an Angel. What role does ones spirituality play in the role of a nurse? Can the spirituality of nursing continue to exist with all the dependence on high tech. What about the quality of life for our patients? Why does walking the path to a dignified and peaceful death seem to be so frightening? What is the role of the nurse when it comes to a time the high tech offered does not change the end result but rather prolong pain and suffering?

These are the dilemmas that face the 20th century nurse, and it is the nurses spirituality *within a holistic framework* that sustains her, to have a deep belief that there is a force that acts in accordance to the laws of the universe, the nurse is a vessel for the divine to work through. I believe that most nurses work through both scientific and spiritual approach but rely mainly on the spiritual method. It is when the nurse feels the need to detach, that she expresses through the scientific method only. When spirituality is not the driving force, the nurse becomes disillusioned and allows her heart to become heavy and burdened.

No question, it has become increasingly difficult to live and work an idealistic view of our role as nurses, but we continue to march on and deliver. Our delivery changes with every new technology and scientific breakthrough, the nurse is an artist, she/he adapts to the changes but the framework of the nursing profession remains intact.

The overall framework of nursing is a calling to nurture the body and nourish the soul, through means of science and art. The art of nursing can be expressed through a variety of modalities. The art of touch is unfortunately underrated. With the scare of SARS and Superbug infections, the art of touch with a bare hand has become increasingly under utilised. For the more free thinker, the art of intuition sets the stage for a much higher delivery of care. This is one of the modalities of spirituality that is often seen amongst nurses, but rarely recognized, as it is not measurable in a scientific term. Science, not Spirituality is the driving force behind mechanistic medical model delivery. This is where the difference is between the medical viewpoint and the nursing viewpoint to delivery of care, thus the nurse is often the spiritual voice for the patient and their family.

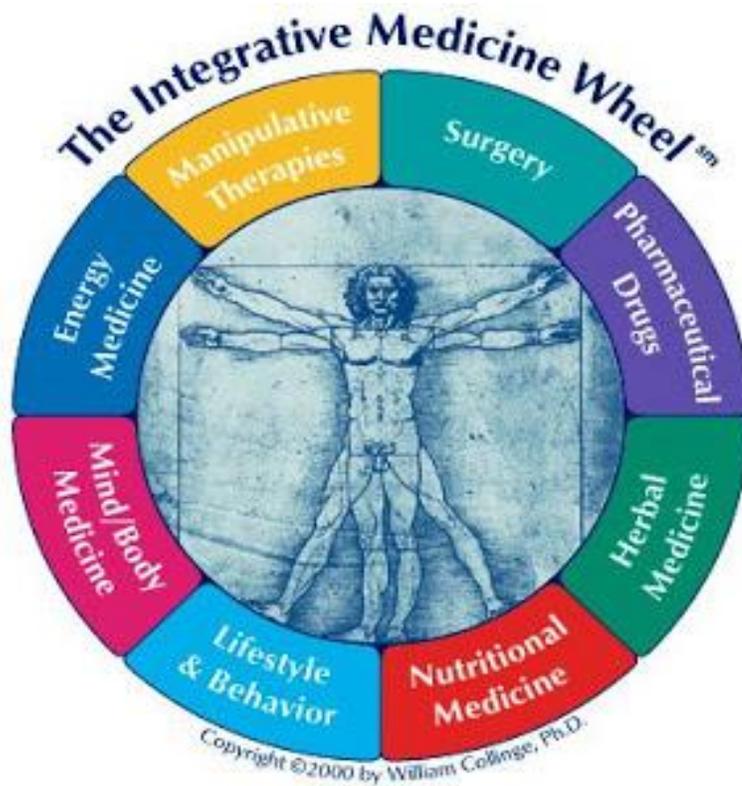
Spirituality is not a specific religion. It is a belief that we as beings, are interconnected and it is our calling to live with integrity, love, harmony, and compassion for each other and the earth. The profession of nursing allows us as individuals to connect with others and to live the mystery of our journey and those whom we touch with spiritual eloquence.

Theresa Sullivan, CTNIG Editor

Lord,
Make me an instrument of your health:
Where there is sickness, let me bring cure;
Where s injury, aid;
Where there is suffering, ease; wher e there is sadness comfort;
Where there is despair hope;
Where there is death, acceptance and peace

Grant that I may not:
So much seek to be justified, as to console;
To obey as to understand;
To be honoured as to love
For it is in giving of ourselves that we heal,
It is in listening that we comfort, and in dying that we are born to
eternal life.

- Author unknown



“A Few Words” from the President - Kim M Watson

“Ahhhh Summer!”

**"A perfect summer day is when the sun is shining, the breeze is blowing,
the birds are singing, and the lawn mower is broken."**

~ James Dent ~

**“CTNIG Vision: To have Complementary Therapies (CT) recognized, incorporated & integrated
into nursing & health care in Ontario.”**

~ RNAO-CTNIG ~



Summer! My favourite season, though I love them all! Summer for me evokes images of sunshine days, golden afternoons with ice-cold lemonade, juicy watermelon slices and times with family and friends that lead into warm summer nights with the smell of barbeque. During summer, everything seems more vibrant, hopeful, and alive with possibilities. My garden is in full bloom, and all those who hibernated during the colder days come out to get together, to share a story or two, or to take a walk. It is a time where we wait for all to flourish and bloom! The seeds were planted in the spring and this is the

time the magic comes alive! It is now when things are happening! It is in the fall we harvest and rest, until then it is a time to enjoy all the beauty of our labours. It is in the summer where we wait to see the full outcome of our labours; we must be patient and let all the players of the season do their work. It is in that waiting that a lot is happening.

Well the CTNIG has been spreading many seeds over the last years to sustain itself, as a group and in our vision and mission. Now some may feel we have bitten off more than we may be able to swallow, though I know the work we stand for and do, is one of the next best things to come within healthcare. We have learned to take baby steps (or bites) in order to accomplish our goals and to continue to move forward, though as we reap the rewards the fruit will be sweet. Like your garden, sometimes it is hard to be sure what will grow, and what may need to be pulled or reworked. For us as an Interest Group, we have found that sometimes we have to re-plan what to do, dig a little deeper, or change our direction to get the right outcome. And occasionally you need fresh eyes! Well, looks like we have found a few new fresh eyes to join us on our journey on the Executive Board. Watch for an announcement when we will be welcoming them all to the board, as well we will be placing their bios on the website. We still have some roles available on the board (Financial Officer and Website Manager), or you could consider being a committee member, or become an area or workplace CTNIG liaison. We are also looking for some more student representatives. Please do not hesitate to send me an email if you would like to speak about this more, and I will give you a call!



Honouring is a tradition that happens amongst all groups, persons and organizations, and the CTNIG has incorporated this as well. I want to remind everyone that our time to honour our second member who embodies our vision and mission is upon us once again as we will award a Registered Nurse this fall the

'CTNIG Award of Excellence'. In November of 2012 we bestowed the first award to our beloved **Darka Neill** (a founding member and our first President) for her dedication and work in meeting our vision and mission to see Complementary Therapies integrated, recognized and used in Healthcare today in Ontario. And now we are on the hunt for our second candidate and we need your help! If you know of a member who is active in seeing our vision come to life, they may be the perfect candidate for this award! It may even be you! There are a few key requirements: 1. Must be a current CTNIG member for more than 1 full year, 2. Not currently an Executive Officer, and 3. Be able to list/demonstrate what you are doing to advance our vision. For more information on this, please check out how to nominate someone on the website. If you have further questions please do not hesitate to contact me, I would be happy to help you think through the process. Nominations must be received by October 10th. Maybe you would make a great nominee!!



Summer is a time of growth, relaxation and possibilities! Enjoy all that Mother Earth sends your way during this season full of life and beauty. So when you can, put away the lawnmower and instead choose a time of friendship, fun or relaxation! Consider during this summer of your life to allow yourself to refuel and renew during this time of growth and beauty. If during your summer renewal you feel the draw to be more involved with the CTNIG, we still have some Executive positions, as well we are always looking for members to be a committee member or liaison (for a workplace, region or group). In addition, do not forget to consider a member for the 'Award of Excellence.' Ohhh, I hear the birds calling me, time to enjoy my backyard tranquility, and maybe a dip in the pool!



Blessings, in summer love & in summer light, Namasté, Kim



WHAT'S HAPPENING - Members Share

Darka Neill and three other Therapeutic Touch (TT) practitioners from the TT Etobicoke Practice Group offered TT sessions sponsored by the Dorothy Ley Hospice to seniors and their family members at the Rexdale Community Health Center Health and Wellness Fair in March. Participants from diverse ethno-cultural backgrounds were able to experience first hand the effects of Therapeutic Touch as a Complementary Therapy. Many had no previous knowledge of Therapeutic Touch and really enjoyed their first session. Some



had received it in prior years and lined up to ensure they were able to experience Therapeutic Touch again. Once experiencing TT many requested information about how to access further sessions.

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**Pat Kennedy** was a guest on EFactor Radio Network an online broadcast network in April talking on Holistic Health Care Tips. E Factor Radio Network features podcasts of various healers, speakers and authors, and is currently creating streaming online radio to help people of vision be seen and heard worldwide in new and exciting ways. Her radio show: 'Body, Mind, Spirit' explores holistic medicine, practitioners, research, health issues and more. CHRW's Rock n Roll Nurse Pat Kennedy hosts the show three times a month, tune in for interviews with physicians, health care practitioners, researchers and other medical personal in our community and beyond. Here is where you can tune in, go to: <http://www.thermographylondon.com/body-mind-spirit-show>.

Pat is a RN with an varied career in acute care and now she is working with thermography in the London, Windsor, and Hanover areas. In her spare time she is busy being an active member and mover of PRIM: People's Right To Integrative Medicine. PRIM is a not-for-profit organization that was founded by individuals who were not successfully treated for health issues with conventional medicine and only regained their health after being treated with complementary therapies You can learn more about this Ontario grown group at [www.peoplesrim.org](http://www.peoplesrim.org). This is one Ontario RN who is moving our vision forward!



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Jeannette McCullough tells us about **THE SPIRITUALITY IN HEALTH CARE NETWORK**

The Spirituality In Health Care Network (SHCN) was founded in December 2000, in Toronto, by Yvonne Kason MD and John Rossiter-Thornton MD, together with a group of over 50 founding members. SHCN is a non-registered, not-for-profit, volunteer organization.

It was unanimously agreed that SHCN would be a bridging network, a forum for spiritually oriented health-care professionals of diverse specialty and training, and spiritual leaders, to explore the integration of spiritual traditions and practices into health care.

OUR GOALS

*To promote supportive dialogue and networking between health-care professionals, therapists, academics, researchers, and clergy of all affiliations, interested in integrating spirituality with psychotherapy and health care.

*To provide educational opportunities that include some discussion, via informal evening network meetings, with speakers from within the network.

*To facilitate communications between network members regarding conferences and events of mutual interest via an e-mail newsgroup.

*To honour the network's broad-based spiritual focus by opening and closing meetings with a sacred ritual from diverse spiritual traditions.

I've been a member of the SHCN since early in 2001, and have served in various roles on the steering committee since 2002. For the past 4 years I've been chairperson of the steering committee, and also at the 5 speaker meetings we have each year, now at Friends House (the Quaker Meeting Place) on Lowther Ave near the St George Subway Station. For a look at the diversity of our offerings over the years and/or to sign up to receive announcements about our gatherings, please visit us at www.spiritualityinhealthcare.net.

Hope to have some of you join our ever expanding network, and perhaps bring some of your personal expertise to us through a presentation of your own.

Jeannette McCullough RN
Founding member of RAO-CTNIG
Shamanic Practitioner & Educator
www.shamansong.ca



~ Jeannette McCullough was one of the CTNIG founding members and on the Executive ~

Student Corner

*Contribution submitted by **Mercy Anuruegbe**, 2nd year student nurse at St. Clair College.*

Mercy joined the CTNIG at the beginning of her first year when introduced to the RNAO. She became more interested after a class on "Complementary Care". Mercy started writing in the summer of 2011 with humoured thoughts and rhymes, and now writing songs and inspirational poems.

Be a nurse, they said.

Early mornings, dewed shoes, and awakened tired eyes...
Doctor's orders, patient's charts and three more IV's to run...
Intramuscular, Intravenous, I have to re-check that patient's vitals...
Be a nurse, it's not a curse, feel no remorse and of course they lied.

"Will this hurt?" "Are your hands cold?" "Are u married or have any kids?"
"Are you my nurse?" "Is that a needle?" "Am I really going to bleed?"
Psychotherapy, Psychoanalysis, I have to find me a safer place..
Be a nurse, it's not a curse, feel no remorse and of course they lied.

21:00 hours on the clock, 6 hours on my feet, and maybe a sore back...
Closed doors, Coloured floors and sound from an entering gurney...
Inspiration, Expiration, I have to keep my mind very focused...
Be a nurse, it's not a curse, feel no remorse and of course they lied.

Thinking cap

"It was my first day at the nursing home, I had never been this close to a resident. I didn't know how to act, I was nervous and my fingertips became a little cold like blood had just flown to the surface. Our group walked into the dining room and our instructor just said.

"You all attended the training on feeding, grab an apron and start feeding the residents. Be professional and always think like a nurse"

I like it when she says that, it gave me some strength and awareness within that felt like the residents and the staff in the room were counting on me to deliver my best. I was ready to put my thinking cap on and get to work.

I had suddenly stopped being nervous and I wore the best smile and gave the best care. We had done a good job that day and for the rest of the semester, I wore that strength and smile wherever I went.)

University Students Participating in Random Acts of Kindness

I first heard about this random act of kindness (RAK) phenomenon happening at a university in Waterloo from one of my Therapeutic Touch colleagues. It seems her granddaughter spoke to her about the positive outcomes of both students offering and receiving RAK and I was able to get Erica Van de Coevering to share a short article about her experience.

Perhaps our student nurse members as well as RN members may want to take a page out of this book and initiate RAK at their schools and places of work. – Darka Neill

It started off as one rain drop, and immediately escalated into multiple ripples in the water. The reference I am referring to is kindness. One small act of kindness can spread like wild fire.

It sprouted from an internet phenomenon called '**Neknominations.**' Which was just a couple of university students showing one another up on how much alcohol they could consume in seconds. This eventually morphed into a positive action - this being what is now known as '**Raknominations.**' People doing an act of kindness and then nominating others publicly (via the internet) to continue on with the acts of kindness.

This internet craze took my small little campus by storm. There wasn't a moment in my day where I didn't see a positive action going on around me. I would walk to my classes in the morning and see a student handing out free Tim Horton's gift cards, or when I would come back from classes my residences' hallways would be filled with little smarties boxes with an attached inspirational quote.

The atmosphere of my little campus was filled with happiness and love, it was next to impossible to have a bad day.

Putting a smile on someone else's face is enough to put a smile on my own - making someone else happy is enough to make me happy. Therefore happiness is not that hard to attain, just push yourself - even if you are in a terrible mood, to do one random act of kindness and I promise your state of mind will be lifted. Not only would you be making a positive action for your state of mind, but making a positive act to improve the quality of someone else's day. And hopefully in turn that person can do the same - and there we have it, an endless chain of kindness.



*Photo courtesy of **Anna Van Vugt***

Book Review

Pema Chodron's "How to Meditate"

As Therapeutic Touch practitioners, our initial focus is to centre ourselves, and teachers of our modality often encourage us to meditate, an activity that seems simple enough, and yet challenges most of us when we first begin to adopt the practice. One of the pitfalls of meditation that many of the students in my meditation classes have held is the belief that they have to "still the mind". This usually leads to a fight with the ego consciousness—one that we invariably lose.

Pema Chodron's latest book, "How to Meditate" addresses this issue with her usual succinct but warm writing style. In describing meditation, she mirrors the way we see our centering process: *"... meditation gives us the opportunity to have an open, compassionate attentiveness to whatever is going on. The meditative space is like the big sky—spacious, vast enough to accommodate anything that arises."*

Chodron begins with the basics, including posture, breathing, checking in with the state of the mind, and performing a body scan so that the meditator connects with the body as a place of wisdom and awareness. This helps to prevent the pitfall of using meditation to "bliss out", rather than become alive to everything happening in the moment. In keeping with that perspective, she recommends that meditators keep their eyes open during their practice, with gaze cast down at a comfortable distance.

Often, meditators feel defeated because their minds wander or they get caught up in their emotions. They denigrate themselves for "failing", concluding that if they aren't happy and thought-free, they're not good at meditation. Chodron communicates the concept beautifully that this is a process where we "keep coming back" to the breath and allow ourselves to feel emotion while learning not to get caught up in giving our emotions a story—a favourite activity of the mind.

In her chapter, "Getting Our Hands Dirty", she says something really pertinent to those of us working with the human energy field who are empathic and occasionally get entangled by the emotional energy we pick up from our clients:

"Emotions, in essence, are just pure energy, but because of dualistic perception we identify the emotion as "me", and it gets very locked in. The energy gets frozen. Trungpa Rinpoche once said, "Emotions are composed of energy, which can be likened to water, and a dualistic thought process, which could be likened to pigment or paint. When energy and thought are mixed together, they become vivid and colorful emotions."

Chodron communicates the need to feel rather than think our emotions so that we learn not to colour them with our thoughts. I believe "How to Meditate" is incredibly valuable to those of us working with energy, so that we can take our meditative process to the next level, using it to develop a pure awareness of energy unsullied by the workings of the ego mind, rather than simply achieving a state of calm. The question then becomes: are we willing to get our hands dirty and drop down into the well of our emotions in order to learn to work with that pure energy more skillfully? It's a fascinating journey indeed.

Bonita Kay Summers, RP, Kelowna, BC (BCTTNS)

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Education Opportunities

2014 Healing Touch Worldwide Conference

The Journey Within: A garden of possibilities

August 14-17, 2014

Hyatt Regency, Schaumburg Chicago, IL

For details go to:

<http://www.healingtouchprogram.com/conference/2014>



Therapeutic Touch Network of Ontario

2014 Fall Event – Expanding Our Vision

October 31 – November 2, 2014

Kempfenfelt Centre, Barrie, ON

For details go to:

<http://www.therapeutictouchontario.org/index.php/news-events/2014-ttno-fall-event>



Transformational Arts College

<http://transformationalarts.com>

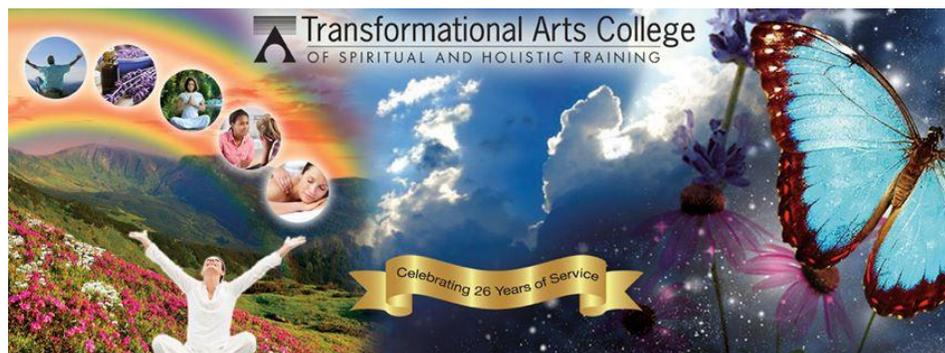


Mission Statement

We are committed to providing excellence in spiritually-based education and being at the leading edge of the psychospiritual and holistic health education fields.

We continue to create programming unparalleled in Canada by combining the spiritual wisdom of the ancients with the latest breakthroughs in contemporary psychology and holistic health, while honouring the uniqueness of each individual.

We are a College and a Centre at the same time, providing a supportive environment where students can develop professional skills as well as embark upon their own personal journey of spiritual growth, emotional healing and holistic well-being.



Research Articles

1. To Sleep, Perchance to Control Your Dreams

NEW YORK (Reuters) – Night time dreams in which you show up at work naked, encounter an ax-wielding psychopath or experience other tribulations may become a thing of the past thanks to new research. Applying electrical current to the brain, according to a study published online in Nature Neuroscience, induces "lucid dreaming," in which the dreamer is aware that he is dreaming and can often gain control of the ongoing plot.

The findings are the first to show that inducing brain waves of a specific frequency produces lucid dreaming. To view entire article....

http://www.medscape.com/viewarticle/825052?nlid=57165_2823&src=wnl_edit_medp_nurs&spon=24

2. Brief Online Mindfulness Intervention Reduces Stress, Anxiety, Depression

Source: www.belleruthnaparstek.com

Cavanagh K, Strauss C, Cicconi F, Griffiths N, Wyper Jones F. A randomised controlled trial of a brief online mindfulness-based intervention. **Behaviour Research and Therapy** . 2013 Sep; 51 (9): 573-8.

Researchers from the School of Psychology, **University of Sussex** in Falmer, UK, explored in this feasibility study whether a brief, online, mindfulness-based intervention could increase mindfulness and reduce perceived stress and anxiety/depression symptoms within a student population.

One hundred and four students were randomly assigned to either immediately start a two-week, self-guided online, mindfulness-based intervention or to a wait-list control.

Measures of mindfulness, perceived stress and anxiety/depression were taken, before and after the intervention period. Intention to treat analysis identified significant group by time interactions for mindfulness skills, perceived stress and anxiety/depression symptoms.

Participation in the intervention was associated with significant improvements in all measured domains, where no significant changes on these measures were found for the control group. The investigators conclude that this study offers evidence in support of the feasibility and effectiveness of shorter, self-guided, mindfulness-based interventions.



3. Healing the Heart: A Randomized Pilot Study of a Spiritual Retreat for Depression in Acute Coronary Syndrome Patients

From **Explore: The Journal of Science and Healing**

Warber SL, Ingerman S, Moura VL, Wunder J, Northrop A, Gillespie BW, Durda K, Smith K, Rhodes KS, Rubenfire M., Volume 7, Issue 4, Pages 222-233, July 2011

Background

Depression is associated with increased risk of cardiovascular morbidity and mortality in coronary heart disease. Numerous conventional and complementary therapies may address depression. Few involving spirituality have been tested.

Objective

The aim of this study was to compare the effects of a nondenominational spiritual retreat, Medicine for the Earth (MFTE), on depression and other measures of well-being six- to 18-months post acute coronary syndrome (ACS).

Design/Setting

A randomized controlled pilot study of MFTE, Lifestyle Change Program (LCP), or usual cardiac care (control) was conducted in Southeastern Michigan.

Participants

ACS patients were recruited via local and national advertising (n = 58 enrolled, 41 completed).

Interventions

The four-day MFTE intervention included guided imagery, meditation, drumming, journal writing, and nature-based activities. The four-day LCP included nutrition education, exercise, and stress management. Both retreat groups received follow-up phone coaching biweekly for three months.

Main Outcome Measures

Validated self-report scales of depression, spiritual well-being, perceived stress, and hope were collected at baseline, immediately post-retreat, and at three and six months.

Results

Depression was not significantly different among groups ($P = .21$). However, the MFTE group had the highest depression scores at baseline and had significantly lower scores at all post intervention time points ($P \leq .002$). Hope significantly improved among MFTE participants, an effect that persisted at three- and six-month follow-up ($P = .014$). Although several measures showed improvement in all groups by six months, the MFTE group had immediate improvement post-retreat, which was maintained.

Conclusions

This pilot study shows that a nondenominational spiritual retreat, MFTE, can be used to increase hope while reducing depression in patients with ACS.



Resource Page



Websites

Mindful

The Mindful network provides information on the importance of diet, nutrition and lifestyle in optimizing children's mental health.

<http://mindfulcharity.ca>

Mission: To fill the gap in the treatment of children's mental health by educating parents, youth and health professionals about the role diet and nutrition play in optimizing children's mental health.

You Tube

Canadian College of Homeopathic Medicine

Menopause can be a difficult time in a women's life. There are options to alleviate the symptoms. Lisa DeCandia, DSHomMed, RcsHom, Msc discusses what they are and what can be done so you enjoy life without menopause interruptions!

<http://youtu.be/SjIjQXZ-Oos>

Spirituality in Nursing

A healing visual experience experienced in an inner landscape a metaphor called Holy Ground that is the sacred embodiment or the Nightingale legacy with exercise for accessing Holy Ground.

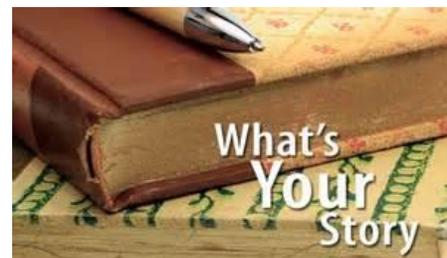
<http://www.youtube.com/watch?v=JwBx60WqPp0>

This article will help nurses to become more aware of the spiritual aspect of nursing care. There is a spiritual assessment tool included that is very helpful in assessing the client. Definitions of spirituality and some aspects of how to enhance spirituality are included.

<http://allnurses.com/nursing-and-spirituality/spirituality-in-nursing-646693.html>

Submissions for the Winter 2014 Newsletter

We are always on the look out for contributions to the newsletter from our members. If you practice a Complementary Therapy, are a budding poet or artist, know of interesting You Tube videos, please share your stories and talents with the rest of our membership.



Check out our website for more details about how you can contribute to the newsletter at www.rnao-ctnig.org under the **CT Today** heading.



photo courtesy of John Neill

Inspirational Corner

“Be patient towards all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue. Do not now seek answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now.”

~ Rainer Maria Rilke ~

A human being is a part of the whole, called by us the "Universe", a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest — a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

~ Albert Einstein ~

Letter of 1950, as quoted in The New York Post (28 November 1972)



Picture Source: www.facebook.com/HeartCenteredRebalancing?fref=photo

Do You Believe in Life after Delivery?

In a mother's womb were two babies. One asked the other: "Do you believe in life after delivery?" The other replies, "why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later. "Nonsense," says the other. "There is no life after delivery. What would that life be?" "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths." The other says "This is absurd! Walking is impossible. And eat with our mouths? Ridiculous. The umbilical cord supplies nutrition. Life after delivery is to be excluded. The umbilical cord is too short." "I think there is something and maybe it's different than it is here." the other replies, "No one has ever come back from there. Delivery is the end of life, and in the after-delivery it is nothing but darkness and anxiety and it takes us nowhere." "Well, I don't know," says the other, "but certainly we will see mother and she will take care of us." "Mother??" You believe in mother? Where is she now? "She is all around us. It is in her that we live. Without her there would not be this world." "I don't see her, so it's only logical that she doesn't exist." To which the other replied, "sometimes when you're in silence you can hear her, you can perceive her." I believe there is a reality after delivery and we are here to prepare ourselves for that reality....

Source: www.HeartCenteredRebalancing.com

Self Care Tip

If you have difficulty in falling asleep perhaps this guided imagery can help... ZZZZZ

We're going to take some time now for you to relax ... and go very, very deep inside. To a place of peace ... of quiet ... and of sleep. Be aware that with each breath you take your breathing gets deeper and deeper. And your body gets more and more relaxed. Imagine yourself lying down in a wonderful comfortable bed. Perhaps it's like a fluffy white cloud that you can sink into. And with each breath your body sinks deeper ... and deeper into this soft fluffy white cloud.

With each breath you bring in a beautiful golden white light to help relax and put yourself to sleep. This golden white light washes over your body ... melts through the top of your head ... washes over your eyes ... down your cheeks ... your throat. Relaxing ... going into a deep sleep ... deeper and deeper as this beautiful golden white light washes over your body. And each breath you take brings you deeper and deeper into sleep ...relaxing.

And letting go ... letting go of the day ... of the week ... of anything that's being held ... As you breathe this light melts through your body ... through your neck ... into your shoulders ... down your arms ... relaxing ... deeper and deeper ... into your chest ... around your heart. Your heart opens and accepts the healing light ... releasing ... breathing deeper and deeper. Going deeper into your sleep. Easily breathing into your belly ... allowing this golden white light to blanket you. A blanket of sleep. as it goes down into your legs ... into your feet ...

A blanket of sleep tucking you in ... taking you back to a time that you slept as soon as you touched the pillow. Going back into that deep sleep state. Going back to a time that was easy for you to sleep ... where you were comforted and safe. Perhaps it's a long, long time ago. But there is a time where you are peaceful ... and happy ... and you are sleeping easily. Giving you comfort knowing you are totally safe. As you go deeper and deeper into your sleep. Dreaming ... peaceful thoughts ... precious thoughts.

Allowing yourself to go deeper and deeper ... until there is a door in front of you. A door that leads you down ... into a deeper sleep. And there is a special person waiting for you at that door. A very wise and loving person. Who takes your hand and leads you to an even deeper sleep. Where you're comfortable and safe. And all the thoughts of the day are let go. And you're totally at peace ... in your sleep. Totally at peace and calm.

As you go deeper and deeper ... the blanket of sleep covers you. You're so comfortable you find yourself drifting into the dreams. Into the wonderful dreams ... drifting in the warm blanket. Going deeper and deeper, deeper and deeper... into your sleep ... easily. Colors are floating around you. And the smells of sleep and comfort. As you continue to go deeper and deeper into your sleep. Allowing yourself to drift easily. Surprising yourself at how easy it is to sleep. How wonderful. How much you deserve to sleep easily... peacefully... Releasing all the tightness in your body.

As you sleep ... allow your body to rest. Cherish your body. Take care of yourself. All is good ... as you sleep. And each night you go to sleep it is easier and easier to fall asleep quickly. You have peaceful and restful nights ... as you deserve. As you accept that ... you sleep ... deeply....

Using Imagery to Create A Soothing Blanket of Sleep. Charlotte Reznick, Ph.D.

On the lighter side...

7 cottagey words you'll only hear in Canada

Here are a few terms that you'll only hear north of the 49th.

Double-double Although primarily associated with Tim Hortons, double-double is now used across Canada as a generic expression meaning coffee with two creams and two sugars. Ask for double cream, double sugar if you don't want to get a puzzled stare from the gal at the Dunkin' Donuts in Duluth. (And if you need a snack, the standard term is "donut hole," not Timbit.)

Two-four, beer store, and pint We have nationalistic drinking tendencies here in Canada—you won't hear any of these phrases in the States. Oh, sure, they have containers with 24 beers in them, but they're called flats or cases. Stores that sell exclusively alcohol exist all over the US, but an institution called The Beer Store—well, that's pretty much a Canadian thing. And there are pints in the States, but they're 16 ounces, rather than the British/Canadian Imperial 20 ounces.

Peameal/back bacon Peameal or back bacon in Canada refers to brined slices of pork loin coated in cornmeal—which resembles a thin pork chop more than traditional bacon. Back bacon shouldn't be confused with "Canadian bacon" in the States, though—this term usually refers to a thin slice of smoked ham, rather than anything we'd call bacon up here.

Tuque/toque/touque However you spell it, it's most often called a knit cap, beanie, or stocking cap south of the border. This style of hat was a symbol of French-Canadian nationalism following the 1837 rebellion in Lower Canada—but now it's simply the best way to keep ears toasty warm during a January cold snap. Thanks to Canadian cultural icons Bob and Doug Mackenzie, the use of the word "tuque" is slightly more familiar to our American neighbours than it used to be.

Toboggan So much more evocative than "sled," toboggan is (most likely) from the Micmac word "tobakun," which means ... sled.

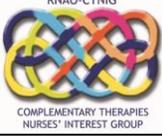
Hydro When you pay your hydro bill, what type of power are you paying for? In many parts of Canada, "hydro" refers to electricity—probably because much of our electricity comes from hydroelectric power. In the US, though, "hydro" means your water bill—although people are more likely to say "water" anyway.

Smarties, Coffee Crisp, Bloody Caesars, Kinder Surprise eggs, and ketchup and all-dressed chips None of these are available in the US—and Kinder Surprise eggs are actually illegal.

For some real Canadian fun, try saying this to your next American visitor: "I'm going to collect the loonies and toonies out of my knapsack and head to the Beer Store for a two-four. On my way back, I'll pick us up a double-double and some Timbits, then we can have that back bacon for breakfast. If you spill your Tim's because I'm driving 20 clicks over the speed limit, I'll give you a serviette to use in the washroom. And don't worry—I've got a mickey of vodka to put in our Caesars. Save me a seat on the chesterfield, eh?"

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