Hello Barbara,

Remember that my practice has closed for the pandemic and will close permanently the end of December. I have valued the connections I made with my clients and feel like you are my friends. This is my last e-newsletter.

Love Conquers All

As Gandhi said “There is enough in the world for everyone’s need; there is not enough for everyone’s greed”. I am so hopeful that the new administration will do much to help create equity in our social, economic, political, criminal and cultural structures and systems. As I imagine you are aware, the United States has steered way off course, which culminated in what happened these last four years. It’s hard for me to believe, maybe because I’ve been in healthcare my entire career that simply wearing a mask was turned in to a political pawn that is killing thousands of people a day. I attribute much of this to the lack of leadership and compassion at the federal level.

For those of you who have taken up meditation, I encourage you to use a focus of boundless love, compassion, joy and equanimity either in the beginning as preparation to sit or during some of your meditation time and see what you notice. And for those who do not meditate I encourage you to give it a try. Our world needs much healing and we can only begin with ourselves. Please know that our becoming more whole will affect others. We are more alike than different. No one wants to suffer, however that’s the human condition unless we can learn like the yogi to neither accept nor reject. Everyone wants to be happy. Being respectful of others will be necessary to bring our country together. Learning to connect with the Inner Self, the place inside our heart that is indestructible brings much joy!

About Holistic Nursing Consultants

By caring for the whole person—mind-body-spirit-through compassion and presence, holistic nursing strengthens the body’s response to healing and care. Holistic Nursing practice draws on nursing knowledge, theories, expertise and intuition to guide nurses in becoming therapeutic partners with clients.

In This Issue

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"You won’t be happy without stabilizing the fluctuations of the mind; because the mind is the source of all our pain and all our pleasure"

Babaji Shambavananda

Walk Slowly

It only takes a reminder to breathe, a moment to be still, and just like that, something in me settles, softens, makes space for imperfection. The harsh voice of judgement drops to a whisper and I remember again that life isn’t a relay race; that we will all cross the finish line; that waking up to life is what we were born for. As many times as I forget, catch myself charging forward without even knowing where I’m going, that many times I can make the choice to stop, to breathe, and be, and walk slowly into the mystery.

poem by Danna Faulds

Health Benefits of Yoga

- Blood pressure and pulse decrease while breathing becomes even and regular
- Relaxes muscles, and brain waves slow
- Reduces pain intensity and improves functioning
As the founder and owner of Holistic Nursing Consultants I became interested in a holistic approach to health when I learned the healing process of Therapeutic Touch (TT) in 1986. TT was a natural extension of my professional skills as a nurse. After more than 19 years of work in critical care, I pursued a certification in Holistic Nursing and am Board Certified as an Advanced Holistic Nurse (AHN-BC). I have completed a Master of Science in Nursing (MSN) and am licensed as an Advanced Practice Registered Nurse (APRN).

In Peace and Strength,
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Holistic Nursing Consultants
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helps regulate emotions and manage stress
Provides a system of release that opens the pathways for clearer communication
Creates clarity for ethical decision making
Encourages focus and positivity
Provides a common bond for achieving spiritual unity across diverse cultures and beliefs
Unites the individual with their higher-self

summarized by Lucy Lacy
BSN, RN RYT

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