

DHN London Group Meeting minutes

Saturday, April 4th at the Connaught Hall, London

Members present: Christina Mark, Hilary Watt, Fiona Balaban, Louise Wilde, Steve Sharp, Francine Benjamin, Elizabeth Bailey, Angie Buxton King, Mervyn Foster, John Phelps, Katrina Brook, Michael Dibdin, Chris Harbon, Roxana Rizu, Tim Ridge, Hertha Koettner-Smith, Jean Galbraith. Apologies were received from Michelle Langdon , and Graham King.

Everyone was welcomed to the afternoon session by the Chair. Jean explained that as she had been elected to take on the role of National Chair earlier in the day she was not able to continue to be the Chair of the London Branch. Fortunately Dr Michelle Langdon , who sent her apologies for her current absence, was prepared to take on the role provided someone would act as her Secretary. A show of hands showed this situation was unanimously acceptable. Francine Benjamin had kindly offered her services to act as Secretary to Michelle. There were no other offers, and a show of hands similarly showed that this suggestion was unanimously acceptable.

The afternoon progressed with personal introductions from all 17 members present. New member Elizabeth Bailey was welcomed.

Christina Mark, DHN member from Roxburgh, was welcomed. Christina talked of her work in the Scottish Borders, her early nursing career, her training as an NFSH healer, The Healing Group in the Scottish Borders began in 2000 in Hawick in the sitting room of a registered NFSH Healing Practitioner, Christina Mark. A group of people began to meet every six weeks to explore issues relating to energy and health and to practice healing, first on each other and then with friends whom they invited to the sessions. Christina showed everyone how to work with energy according to the NFSH guidelines and, encouraged by them, became a registered Tutor in 2003.

She then approached the Education Centre of the Borders General Hospital and asked if Foundation Courses in Healing could be delivered there, given that their essential aim was the promotion of Health. This was agreed to and courses began in 2003. They have been delivered there regularly for the last six years.

She then described her increasing need to write a book which explained the principles of Chinese Medicine in relation to the Vedic system of chakras, and the workings of the physical body. In the opening section, she examines the seven levels of energy beginning in the auric field and ending in the physical processes of the human body via the chakras, meridians, endocrine and nervous systems. She goes on to explore the

effects of stress, love, nutrition and exercise on our emotional, mental and physical well-being. She demonstrates how to work with energy, step-by-step, to improve health in body and mind and soul, and specifically how to work with pregnancy, labour, children, the dying and the bereaved. In the final section, she explains the healing process, and the need for professional conduct and practice - a plan for holistic health care, taking what worked in the past and showing its relevance to the present time. She provides clear, informative diagrams and a series of exercises, that may be used both in personal and professional circumstances.

Christina described her continuing path working with children, animals, the terminally ill, and within the hospital setting. By this time she had become an NFSH Tutor, teaching groups of would-be-healers in the north of England, and Scotland ; these experiences allowed her to include practical written advice and information in her book.

Christina was able to answer various questions from the attending members, many of whom had had confirmatory and complementary experiences to Christina's. Finally she was asked to lead the group into a suitable meditation for the day. This she did, choosing a meditation involving each of the 7 pairs of meridians.

Christina's ground-breaking book is entitled " Energy Healing ", The practical workbook, ISBN : 978-1-905857-66-1, IS priced at £12.99 and is available from Amazon or Watkins on line. The preface is written by your recent London Chair, and mentions the DHN, and it is reviewed by Ian Scott, Fellow of the NFSH. There is more information and an article written by Christina on the DHN website under members articles.

As a matter of related business, Angie Buxton-King informed us that she had been invited to speak in China at the World Medical Conference on Cancer. She was the only non-medic to be invited to take the platform. Congratulations were given to Angie, and we discussed the importance of her work now going world-wide.

The next meeting of the London Branch will be held at the Connaught Hall on Sunday 14th June at 2.00 pm. (details later).

Jean Galbraith (Acting London Chair)