



# Pulse

The Newsletter of the American Organization for Bodywork Therapies of Asia

## Acupressure Therapy Institute in China

By Deb Livingston, Student at ATI

I am a student of the Acupressure Therapy Institute (ATI), MA and had the opportunity to participate in ATI's two-and-a-half-week study tour at Zhejiang Chinese Medical University in Hangzhou, China in October, 2010. The China tour definitely changed my life on a very personal and educational level... spiritually, mindfully, emotionally and physically. Although the culture is very different from that of the US (during the first three days I just wanted to come home) I ended up loving everything about China and its people. I will go back to learn more and socialize again.



Dinner: Back row (from left) Karen Kessler, Kate Hamel, Jon Turnquist, Pramukti Surjajudja, Alison Barton; Front row (from left) Donna MacNeil, Gilda Ponce, Jim Spear.  
Photos: Donna MacNeil, AOBTA®-CP

Since there were seven students from ATI and three additional participants, we were divided into 3 groups of students for clinics. My group studied Tuina in the clinics of a couple of different hospitals that were affiliated with Zhejiang Chinese Medical University. The hospitals that my group studied in were the Hangzhou Municipal TCM Hospital and The Acupuncture & Tuina Hospital of Hangzhou.

We were lucky to study with several doctors and interns in the mornings. They took us under their wings instantly and began showing us Tuina techniques, even allowing us to practice on their patients. In the afternoon we heard lectures on a variety of pathologies, etiologies, and the associated Tuina treatments. The treatments were discussed and demonstrated on a member of our group. We were always provided with a translator for both morning and afternoon sessions.



Tuina Technique Practice: (from left) Jon Turnquist, Tuina Dr., Alison Barton, patient observing.

The atmosphere in the hospitals is much different from the hospitals here in the states. The halls are filled with the aromas of Moxa and herbs. My interpretation of Tuina after observing, practicing, hearing lectures and attending the International Symposium of Tuina, is that Tuina consists of two components. One is based on several techniques for warming and loosening the muscles involved with the complaint, including manipulations of specific meridians and points. The other is manipulation used for bone setting. It reminded me of chiropractic, but the manipulations are performed differently. All are based on Traditional Chinese Medicine theories and modern medicine. A treatment almost always ends with fire cupping.

We also had the opportunity to practice Qigong with our lecturer Professor Song Hongquan. Qigong is a very common practice in the early mornings. The Chinese perform their Qigong practices in parks and parking lots. It was a beautiful sight to look out my hotel window and watch them. Qigong is a very important practice for preparing to perform

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**American  
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Therapies of  
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**Guidelines for Submissions**

Letters to the Editor –  
400 words or less  
Guest Editorials and Articles –  
1,200 words or less



## Letter to the Members

The winter has blown in and iced up my town, giving me time to write this letter. Time has been one of those things I have really come to cherish in these last few years. There never seems to be enough time to get done the things we need to, let alone the things we want to. Then those things we want to do take over the time we need to do those things that were actually a priority. Before we know it, life is a mess

and it is time once again to learn something new and untangle it.

Balance is never easy within ourselves, our clients, our business, or our lives. Sometimes we can put pressure on the right point and bring it into balance. Sometimes we must sit (uncomfortably perhaps) with it until the time is right to do what needs to be done. As an organization we have created more balance over the years, within the workload of the board, and within inter-organizational relationships that are required to move our profession forward. I have taken criticisms from all sides of each debate along the way as I have worked to guide us forward. Now I am coming to the end of my term as president, I feel as if we have well-mentored leadership for the future, dedicated people who are stepping forward to continue. The bylaw document is now up to date with the organization and has flexibility to grow into the future. The AOBTA Rules, Guidelines, and Procedures are being updated and given a facelift, and will hopefully be completely redone by the time I step down in July. It is human nature to want to leave something in a better place than when you found it, and I hope that I have managed that.

Still, I have one more party left in me, and it will be a time to celebrate! The National Convention will be an incredible ending note to my role on the board, and I plan to enjoy it thoroughly. The convention committee has worked tirelessly to create a great event with an incredible line-up of speakers. The menus are sounding delicious and even the meetings are becoming times to celebrate our past 20 years and future. At this time of writing I believe we were at almost 40% capacity, so I am looking forward to seeing many of you in Austin. If you want to get on my dance card you'd better email. It is filling up fast.

All of our classes have been granted continuing education hours from NCBTB and NCCAOM, so there is a lot to learn while we have some fun. Many are day-long classes and some are shorter ones, teaching everything from technique to ethics. What is the use of life if you do not learn? I have learned much on my path, but my hope is that you have each learned just as much on your path.

See you in Austin!

Maria Spuller – AOBTA President



## Letters to the Editor

Re: "Who Are These People?" from winter, 2010.

... - another terrific *Pulse* - many thanks for cramming in SO much info.

Re the historic pic - of course Toshiko and Cindy Banker, but also, Michelle Schumann, Pamela Hannay, Susan Krieger and Kiko Myasaki (cannot remember her last name accurately - lovely adorable lady who also taught at Ohashi's and then in

Boston...Look fwd to seeing you in April - !! Love and appreciation.

Pamela Ferguson

*Pamela is the winner for the most people identified!*

Deb:

Thank you so much for the lovely photo of the ASA and caption on our most recent issue of *Pulse*! I will have to ask for some extra copies!

Cindy Banker



## Alex Tiberi: The Elegance and Simplicity of Classical Chinese Herbs

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Tuina, as Tuina is made up of several techniques that require free range of wrist motions. We also attended the 2010 International Symposium of Tuina, which was very beneficial, as it covered a lot of research.



Cupping Demonstration: Alison Barton, Jon Turnquist, Kate Hamel, Dr. Ji Qiaojian, translator. Photos: Donna MacNeil, AOBTA@-CP

I took away a few lessons from this trip. The first one was how to tell the difference between good and bad green tea leaves. The second is that it is very very important to warm the muscles with Tuina techniques at least 15-30 minutes before bone setting. The third is that many health issues can

arise from spinal conditions, such as disk compression, slipped disks, misalignment etc. This is so very interesting, and makes so much sense, as most of our body is operated from our spinal hard drive (spinal column). The fourth is that cupping is used on almost every patient after their Tuina treatment has been performed, in order to pull any stagnation to the surface and allow Qi to move smoothly. I hope to incorporate much more cupping in my future practice. Fifth, and lastly, this practice begins with very young infants, a practice that would not be accepted here in the United States. The experience overall was beneficial, including the tours to Shanghai and to Suzhou...the Chinese Venice!



From left: Pramukti Surjajudja, Donna MacNeil, Deborah Livingston, Jon Turnquist, Kate Hamel, Gilda Ponce, Karen Kessler, friend of Jim Spear, Alison Barton, Jenny Wong.

I would also like to share my overall experience, one that has changed me forever. China at night is absolutely beautiful! The architectural features are brought to life by illumination with all

colors of lights, some blinking; some changing from color to color...the only comparison in the US would be Las Vegas. During the day, however, I rarely saw blue sky or the sun. Not because of inclement weather, but because of air pollution and smog. We are very lucky here to have clean air to breathe! Also, there are so many people (and that is no exaggeration) that it appears that there is chaos everywhere, but there isn't. If Americans were thrown into that type of situation they would probably not be able to handle it. Although there are people and cars with literally not an inch to spare ... it all works! Everyone really does seem to watch out for each other. However, do NOT walk out into the street. The laws are different. They do not favor the pedestrians.



Clinic: (From left) Jon Turnquist, Jenny Wong, Dr. Ji Qiaojian, Alison Barton, Kate Hamel with clinic patient.

The Chinese are a very honest, humble and caring people. They could have easily taken advantage of my language limitations and taken all of my money, but the vendors around my hotel couldn't have been more friendly and helpful. I found this to be true pretty much everywhere I went. Their culture is one that I didn't think I would care for, but I ended up loving it!! One last thing: I have always slept with many pillows and love soft cushy beds. Not any more. The beds in China are hard as a rock and there are not many pillows. Now I sleep with one small pillow, and really would do better on the floor, as my bed is too soft. Seeing and experiencing the culture in China makes traveling there a wonderful experience.

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Zhe Jiang University classroom: Karen Kessler, Donna MacNeil, Jon Turnquist, translator Wang Fang, instructor Song, Alison Barton, Deborah Livingston, Kate Hamel.

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# Convention Preview



## Healing with Wood: Vision, Growth, Renewal AOBTA® 20th Anniversary Convention Celebration April 7-11, 2011, Austin, Texas Program Schedule

### Thursday, April 7

#### Pre-Convention Workshops

9:00 am - 12:30 pm

Riding the Internet Dragon to  
Marketing Success  
*Honora Lee Wolfe*

2:00 pm - 5:30 pm

Adjunctive Therapies for Bodywork  
Specialists: Moxa and Cupping  
*Honora Lee Wolfe*

9:00 am - 12:30 pm and 2:00 - 5:30 pm

COSP Member Workshop  
*Dr. Miles Overholt*

9:00 am - 12:30 pm and 2:00 - 5:30 pm

Certified Instructor Candidate Interviews  
*TBA*

### Friday, April 8

7:00 - 8:00 am Morning Eye Openers

Qi Cultivation: Jikyo Jitsu  
"The Art of Self Body Conditioning"  
*Cari Johnson-Pelava*

Technique Practicum: Tendino-Muscular  
Meridian Therapy  
*Deborah Valentine Smith*

Workshop Sessions 1, 2, 3

1:00 - 5:00 pm

Friday #1:  
Relieving Joint Pain by Balancing the  
Sinew and Muscle  
*Yongxin Fan*

1:00 - 5:00 pm

Friday #2:  
Empower the Public and Grow your  
Practice with "Acupressure First"  
*Deborah Valentine Smith and Pamela  
Ellen Ferguson*

1:00 - 5:00 pm

Friday #3:  
Ethics in ABT Practice –  
An Expert Panel Discussion  
*Moderator: Stuart Watts*

7:00 pm

Friday Evening – *Out on the Town!*

### Saturday, April 9

7:00 - 8:00 am Morning Eye Openers!

Qi Cultivation:  
HeartMind Meridian Qigong  
*Matthew Sweigart*

Technique Practicum:  
Southern Style Shiatsu  
*Jan DeBenedetto*

8:00 - 9:00 am

*On your own breakfast break*

Workshop Sessions 1, 2, 3

9:00 am - 12:00 pm and 2:00 - 5:00 pm

Saturday #1:

Embracing the Nature of Qi: Softening  
Wood with Conscious Breath and  
Meridian Balancing  
*Gayl Hubatch and Randall Cummins*

9:00 am - 12:00 pm and 2:00 - 5:00 pm

Saturday #2:

Chi Nei Tsang: Detoxifying, Balancing  
and Strengthening the Wood Element  
*Jampa Stewart*

9:00 - 12:00 am

Saturday #3a:

BRING YOUR VISION!  
Marketing Your Therapy & Succeeding  
in Today's Medical Community  
*Angela McConnell*

2:00 - 5:00 pm

Saturday #3b:

Expert Panel - Wood Element Patterns,  
Assessment and Treatment  
*Moderator – Matthew Sweigart*

6:00 pm - Midnight!

20th Anniversary Retrospective Banquet  
Dance Celebration!  
*AOBTA® Founding Members and  
Community*



### Sunday, April 10

7:00 - 8:00 am Morning Eye Openers!

Qi Cultivation: Green Dragon Healing:  
Medical Qigong Therapy for the Liver  
and Gall Bladder  
*Jampa Stewart*

Technique Practicum: HeartMind  
Shiatsu - Floating and Flying  
*Matthew Sweigart*

8:00 - 9:00 am *On your own breakfast break*

12:00 - 2:00 pm

Membership Awards Luncheon and  
Congress of Representatives

Workshop Sessions 1, 2, 3

9:00 am - 12:00 pm and 2:00 - 6:00 pm

Sunday #1:

Palpatory Analysis of the  
Extraordinary Vessels  
*Vernon Smith and Barbara Blanchard*

9:00 am - 12:00 pm and 2:00 - 6:00 pm

Sunday #2:

Transforming Pain to Peace  
*Barbra Esher*

9:00 am - 12:00 pm and 2:00 - 6:00 pm

Sunday #3:

Applied Pediatric Tuina  
*Jamie Wu*

6:00 - 6:30 pm

Closing Ceremonies and  
Farewell Comments

### Monday, April 11

Post-Convention Workshops

Workshop Sessions 1, 2

9:00 am - 12:30 pm and 2:00 - 5:30 pm

Monday #1:

Chinese Medicine's Six Divisions, a  
History of Innovation and Evolution  
*Cindy Banker*

9:00 am - 12:30 pm and 2:00 pm - 5:30 pm

Monday #2:

Sheng Zhen Healing Qigong for Liver  
*Junfeng Li*

# Convention Preview

## Beyond our Exhale – A Beginner’s Mind

By Randy Cummins, LMT, AOBTA® CI



Randy will present a workshop on “Embracing the Nature of Qi” with Gayl Hubatch on Saturday, April 9 at the national convention in Austin.

Sitting in my meditation garden one day this past November, I took notice of the change that had come upon it – the fish pond closed, trees bare and stark against the blue sky, the scent and blossom long faded from the roses. Another fall had started its movement into winter, a time where the Qi of creation assumes its natural descent into Mother Earth to be renewed, supported, nurtured.

This thought caused me to experience the same sensation in my own body, and in that moment, it quietly settled upon me - a subtle presence of mind like a sudden and unexpected coolness on a hot day - the realization that our entire existence is all one continuous deep, smooth breath.

All that we have, think, dream, do – ALL – is manifested from the universal contraction and expansion, the taking in of the inhale to be inspired, nurtured, rooted. The pause of realization at the beginning and end of every breath provides space for our egos to be quelled, our minds to be stilled, and in that provided silence comes the voice of our true nature, our Buddha mind. Continuing with the exhale, we let go with vision and accomplishment, the Yang expression that like the sea, always returns to the shore. The self comes and the self goes, one thing into another.

Observation of these endless patterns and manifestations of Qi provides us the opportunity to become humbled and awakened to the ceaseless inevitability of change and the folly of hanging on rather than letting go.

When we exhibit an inability to accept change, conflict is then generated that colors our life experience with suffering. Attachment to the physical, emotional and spiritual episodes in our lives naturally leads to pain.

The body’s learned response to this “pain” is to tighten (armor) around it, protecting us from feeling that indignity again. In this action there is reaction, the cause and effect of movement as cited by Kimura-sensei <<http://www.youtube.com/watch?v=W670AvKlziw>>.

As bodyworkers, it is our karma to lend loving support and compassion to ourselves and others, allowing a softening around the “pain” so we may have direct experience to the underlying cause of the imbalance. In doing so we become present in the moment, and our relationship with self and Qi is reflected in our work, our lives.

Personal and professional evolution is a continuing process, one of learning and unlearning. In honoring ourselves and our clients, we must come to the realization of “beginner’s mind,” an ability on the part of the practitioner to expand beyond the normal limits of self-concern in order to become one with the person being healed. The act of ascendancy over self, requires the therapist to stand in a place of non-doing and non-knowing, and from that expansive place garner an intuitive understanding of right action that, when acted upon, can sever the knot of suffering.

This constant attunement at the proprioceptive level that is required in receiving, processing, and transmitting information between client and practitioner, ultimately transforms the act itself into the stillness of meditation.

Randy Cummins, LMT, MTI, AOBTA®-CI, NCBTMB Provider

Randy is currently teaching Shoshin (“Beginners Mind”) Shiatsu at the New School for Massage in Chicago and Zen Shiatsu Chicago. In his 26-year career Randy has also served proudly on the teaching faculty of the Chicago School of Massage Therapy and the Lauterstein-Conway Massage School in Austin, TX. As a respected practitioner and instructor in many forms of therapy, it is his expertise, humor and wisdom that form the cornerstones of his teaching. Along with providing trainings throughout the U.S. and the Caribbean, Randy maintains a private practice in both Chicago and Austin.

For further information, visit: <[www.blackswanproductions.com](http://www.blackswanproductions.com)>.

## Workshop Preview: Empower the Public – Expand your Vision

With Pamela Ellen Ferguson, LMT (TX), AOBTA® CI, Dipl. ABT (NCCAOM), and Deborah Valentine Smith, LMT (NY), AOBTA® CI, Dipl. ABT (NCCAOM)

Pamela and Deborah will present a workshop “Empower the Public, Grow your Practice,” on Friday, April 8 at the national convention in Austin.

So, you want to jump into the public marketplace to promote ABT? How do you whittle all your knowledge down into a racy presentation that will resonate with a wide variety of folks in community centers, church or temple open days, firehouses, book clubs, libraries, health fairs, or your local corporate giant? Between them, Deborah Valentine Smith and Pam Ferguson have clocked up decades of hearty experience, catapulting ABT into the vast unknown of public consciousness. They’re happy to share gems, anecdotes and practical tips, plus share a ready-made workshop you can present to the public.



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## Awakening to Love

By Master Junfeng Li, Professor, Academy of Oriental Medicine at Austin



*Master Li will present a full-day “Qigong for the Liver” Workshop Monday, April 11, 2011 at the national convention in Austin.*

Within the depths of the human heart lies a paradise waiting to be experienced – the experience of unconditional love. It is man’s ultimate quest. The human being can truly rest only when he has experienced the fullness of unconditional love in his heart. Often hoping to find answers to life’s questions, he looks everywhere outside of himself to satisfy his needs. It is ironic that the very thing he is searching for is found resting in his heart.

Nothing is more powerful than *sheng zhen* - unconditional love. In these times of change and transition, more than ever, we anchor ourselves in that belief, in that Truth. When there is much pain and suffering in the world, kind hearts yearn to be of service. Yes, this is good, but having treaded the path of love - the journey to God - you know that doing “good” is not enough. Nursing the pain of others may seem like what is paramount in the midst of the destruction, but there is something much more important, much more powerful than all the good works put together. It is the commitment to being on the path to God, the path to unconditional love, the path to oneness. More than ever, we commit ourselves to doing our spiritual practices. It is in this way that we truly serve the mission of Love.

When one is committed to *xiuxing* (the willingness to contemplate and work on oneself and the efforts and actions that follow), the world becomes better for it. In more ways than one, one clears the way for others to follow. As the heart opens, the effect radiates to others. It is like a beneficial virus whose power is beyond what the mind can grasp. This is the power of love. It is immeasurable in its ability to create and transform. More than the power of words, more than the power of actions, one’s inner state can change the world into the paradise that it truly is.

If everyone lived with the intention that they would consciously contribute to the love bank of this universe, with their thoughts, their feelings, actions and words at every waking moment, in an instant, the universe would find itself in that world of love. It would counterbalance the debt incurred by this generation and the past generations. Even if the debt is not wiped out, whatever contribution tips the scale towards the positive direction. The animals, mountains, trees and plants would respond accordingly. Whatever species become extinct will make way for new ones better suited to the world that will unfold.

This is inevitable - the awakening into the world of love. The experience will not be anything one could imagine. It is not going to happen from one day into the next. It will not feel sequential. It could happen in a most subtle way. It could happen in a dramatic way. It could be both. When that world unfolds, it will feel like an awakening; like waking up from a dream.

Be anchored in love and compassion for yourself. Love is not about the future. It is experienced in the ever-present now. It is not about preparing oneself for some event in the future, it is about embracing what is before you in whatever form.

We have been gifted with ancient spiritual teachings like Qigong to meditation. Use these beautiful practices. They were given to us for a purpose. Let it not go to waste. The gift comes with a responsibility to use it. The gift that is bestowed is an unending love and respect for the practices and appreciation of their beauty and power.

Become anchored in unconditional love for oneself and others.

Allow it to bloom in all its splendor. It is yours. It is ours.

*Li Junfeng is a master of Qigong who focuses on both the physical and spiritual aspects of this ancient practice. Master Li teaches at AOMA Graduate School of Integrative Medicine (formerly Academy of Oriental Medicine) in Austin, Texas. He is also the head of the International Sheng Zhen Society Foundation. For more than 15 years, he was head coach for the Chinese National Wushu (martial arts) team, and achieved fame as a martial arts film director and movie star. Since 1992, he has devoted his life to sharing Sheng Zhen Qigong and serves as advisor to the World Academic Society of Medical Qigong in China.*



### Thanks to Lois Neve for this quote from Christina Balwin’s Storyteller.

“So when entering a new situation, the first question is: what was the founding story and what has happened to the story so far?... We look for the interplay between the founding values of the purpose story and the innovative mutations of organizational life. Toke and I call this the dance of the now and the purpose. The now consists of real people working together in real time. The purpose is the basis for the now; it is the initiating energy that set the organization into being.....The loss of the purpose story [of a Danish Union they were consulting for] had ruined the environment of the now to the point where people were in open conflict and resigning. But I knew we couldn’t work with them if they were going to stay focused on their ‘problems.’ Solution is not in the problems; solution is in the story....”

“The purpose without the now is history: the now without the purpose is chaos.”



# Convention Preview

## 2011 Awards – Attention All Members!

In preparation for our 20th Anniversary Convention in Austin, TX, April 2011, this is the last official Call for Nominations for AWARDS to be presented to members and/or supporters of AOBTA. Below are the types of awards given in the past, some new ideas and an opening for you to create a new award. When submitting, please include the following information about your nominee:

1. Name and address.
2. Award for which you are submitting the nomination.
3. Reason for nominating this person.
4. Any other pertinent background that helps to demonstrate why this person should receive this award.
5. Feel free to have others join you in backing your nominee.
6. Make sure you include your name and contact information: address, phone, email.

### Traditional Awards

- Legislative Award – excellence in work in their state's legislative activities
- COSP School or Program with the most new AOBTA members
- CI with the most new AOBTA members

### Other Awards

1. AOBTA Lifetime Achievement Award – a leader in our field
2. AOBTA Excellent Educator Award – the CI of the year
3. AOBTA Awareness Award – for promotion of ABT to the public
4. AOBTA Above and Beyond the Call of Duty Award
5. AOBTA Community Building and Outreach of ABT Award
6. Registered Instructor (RI) of the year
7. Certified Practitioner (CP) of the year
8. Council of Schools and Programs (COSP) of the year
9. State Representative of the year
10. State Chapter of the year
11. Committee of the year – or Volunteer (Committee Member) of the year
12. Outstanding Student of the year
13. Outstanding Work-Study Student of the year
14. AOBTA member generating the most new members
15. \_\_\_\_\_

(create your own award)

Send your award nominations to Bev Sonen, [vp@aobta.org](mailto:vp@aobta.org) or call her at 860-798-5448.

MARCH 1st, 2011 is the deadline for submissions.



## The Five Elements and the Soul's Journey

By Gayl Hubatch, OMD, AOBTA® CI



*Gayl will present the workshop “Embracing the nature of Qi” with Randy Cummins on Saturday, April 9 at the national convention in Austin.*

The meridians of each organ system act like alternating currents, one to the other, creating a polarity within the energy flow. This magnetic current is what we experience as Qi. Qi follows a natural course through the body, based on bio-rhythms, light, and seasonal changes.

The Kidney energy system is the foundation of all the energetic relationships in the body. When this cornerstone becomes weakened, the body's energetic structure begins to crumble and multiple symptoms arise.

The Heart is considered the emperor organ meridian, housing Shen, which is pure consciousness. All levels of the organ meridians will be influenced by the Heart meridian.

Emotions play a large part in creating balance or imbalance. Worry injures the Spleen, an Earth meridian. Fear injures the Kidney (Water Element). This causes Qi to stagnate, leading to a nervous system imbalance. The nervous system is ruled by the Liver meridian (Wood Element). When Qi stagnation develops, the solar plexus is often wound tight like a knot. This pattern is common in western culture. Regulating Qi flow through the Liver meridian, opening the chest, balancing the Stomach and Spleen Qi, and tonifying the Kidney meridian can unwind the knot. This will again root the foundational Yin and Yang and help regulate the mind and Heart, bringing a sense of peace to the body.

### Soul Aspects of the Five Elements

In traditional Chinese medicine, the Yin organs are the “containers” for aspects of the soul. These are the organ meridian systems we look at when dealing with the mental/emotional and spiritual nature of being. Understanding the soul aspect of the Yin organs will give both the practitioner and patient insights into the healing process.

The Yin organs are Heart/Pericardium, Liver, Lung, Kidney, and Spleen (Pancreas). These organs are especially vital to life. They are rich in blood supply and have metabolic properties. Yin organs are *Zang*, considered to be *solid* and act as reservoirs to supply blood and vital energy. The *fu* organs are hollow tubes and Yang in nature. They move Substance and Qi. The Yang organs are Large and Small Intestines, Gall Bladder, Bladder, and Stomach.

Each of the five Yin aspects has capacities that relate to the Spirit of being. This is higher mind, the vertical direction of intention connected to divinity. The higher mind or higher self-state of being is aware of interconnections, the One.

The deep resonance of Spirit within the Yin organs responds to the vibrations of emotions, thought projections and expressions of the individual in the natural world. For example, Shen, the spirit of the

*continued on page 9*

heart, like the sun shining after days of cloudy weather, sparkles when beauty is appreciated with a clear mind. A full moon draws the Hun, Spirit of Liver, to arouse dreams or deep feelings to rise. Yi', Spirit of Spleen, becomes active in academic study and highly philosophical discussions. Po', Spirit of Lung, is quiescent as the new moon and breathes subtlety in the being. Zhi', Spirit of Kidney, brings wisdom and longevity if all of these elements are balanced and rooted in being.

The spiritual energies express a deep connection to our origin. In utero, the template of energetic and cellular formation is laid down based on the genes of the parents and environment. Consciousness of the parents allows an environment to be loving and nurturing or negative and toxic. Awareness of the baby grows as energies and vibration are interpreted and responded to. The unique character of the baby begins to shine as these signals are transmitted through the young nervous system and brain into all the cells of the body. The environment in which the baby and the child grow will shape the patterns of behavior and response to the world, as well as the health of the adult.

In the macrocosm of life experience, there is a microcosm at work on a cellular level. How does environment affect the spirit of our being?

Spirit is what animates us, and soul is the deep knowing of who we are and why we are here. Soul is the *actuating cause of an individual life*, (see <[www.cognisc.sprinceton.com](http://www.cognisc.sprinceton.com)>.)

**Hun** (pronounced hoon) is the ethereal soul that lives in the Liver. Hun links the intellectual mind with the spiritual soul. Hun, like the branches of a tree, moves the mind outwardly toward growth potential. Hun holds the balance between the underworld and the world of daylight. Hun arises during the night and can be telling through the dream life. This aspect of soul can detach and wander.

Hun resides in the Liver, which influences planning and decision-making. (These mental states relate to Liver and Gall Bladder meridians). There is a solid root of sanity when the Liver functions are strong. Blood chemistry is stable and emotions express easily. The unimpeded circuit of Qi guides the smooth flow of emotions. This leads to inspiration and initiation of action with a plan. Hun gives the capacity for light and dark, the voice of creativity that is ethereal and deep. Hun influences sleep and dreaming. Hun is said to take flight during the night. The Liver governs the eyes and vision. Hun provides insight as well as clarity of vision in manifesting dreams in life.

When a person has given themselves to repeated stress and a substance like alcohol, the mind can lose touch with what is true

feeling. A soul can de-evolve and can become disinterested and disengaged with life.

Hun starts to "wander." The homeless mentally ill person who walks around talking to him/herself demonstrates this sad potential.

#### Case Example: Using organ meridian points related to the soul

At 24, Tracy was a young, vibrant girl who had lost her motivation to be engaged in life and do things she loved. She had been struggling with depression on and off for years. Medications made her numb, and she was determined not to go back on an antidepressant. Ennui of a weary heart and mind had settled into her body and mind. The loss of spirit was apparent as she described to me the lack

of connection she had for life and for her friends. I treated her with Jin Shin Do® using the outer Bladder meridian points. These points relate to longer standing emotional problems. E.g: UB 44 shentang (*Spirit Hall*) and UB 47 hunmen (*Soul Door*). I held these points with each hand until I felt a pulse that synchronized. I stayed with UB 47 and held Liver 14, the front alarm point of the liver. After feeling the pulses, I stayed with Liver 14 and held Lung 1, the front mu point of the lung. This is an important combination to open the chest and breath. Then I stayed with Lung 1 and held Pericardium 6, neiguan (*Inner Pass*), to further release emotional energies. Tracy was now breathing more easily. I held P6 with Spleen 6, sanyinjiao (*Three Yin Crossing*), to tonify Yin and raise Shen; her spirit. She responded with a desire to exercise and be outside. This was a good sign. Enjoying the natural world will automatically bring in life force energy. This is an example of a simple treatment making a vital change.

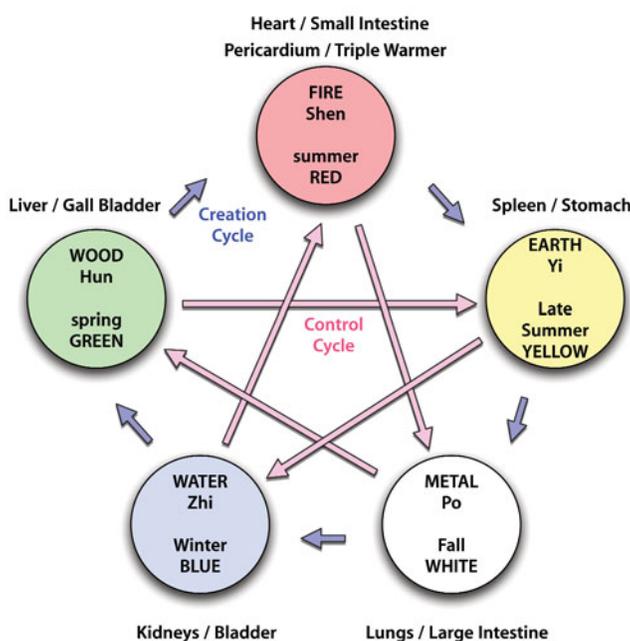
Treatment strategy: I opened a deep well of energy using the outer Shu points related to Liver and Pericardium. These points can access old emotions. Once the energies began to mobilize, I guided the Qi to the surface with the Liver alarm point, Liver 14, and Lung 1. Ending with Pericardium 6 and Spleen 6 will further mobilize the Liver meridian. When Qi was flowing freely, Tracy naturally felt freer in her mind and spirit.

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*Gayl Hubatch has a doctorate degree in Oriental medicine and has been a practitioner and instructor of Chinese Medicine for over 20 years. Gayl has been on the faculty at the Academy of Oriental Medicine and teaches widely while maintaining a practice of acupuncture, Jin Shin Do® Bodymind Acupressure®, cranial sacral and Massage Therapy. She is an AOBTA® CI and has been a certified instructor and practitioner of Jin Shin Do through the Jin Shin Do Foundation since 1984. Gayl is also a licensed massage therapist (LMT) and a licensed avatar master.*



### Law of the Five Elements



# Convention Preview

## The Love of Business Relationships

By Angela McConnell, MPA, BSc, AOBTA®-CP



Angela will present a “Business Marketing Strategies” Workshop Saturday 9 April 2011 at the national convention in Austin.

“The more you love, the more loved you are, the more successful you become.” Sounds like a quote from some ancient sage and probably is, however, I cannot remember a name or book verse to offer. But I would like to delve into this concept and suggest it as the keystone and possibly the foundation on which

all great men and women stand.

Successful business development and marketing have some definite concrete steps and processes: building your business plan and focus, following local, state, and federal regulations, and taking advantage of the plethora of business opportunities in today’s marketplace. We will discuss many of these steps during my “Business & Marketing Strategies Workshop” at our 2011 Convention. You will develop your new or renewed business focus and check the blocks in the way of increased growth, prosperity and success. It’s your time to thrive! However what I discuss in this article is a little more intangible, so follow me as we look at the love of business relationships and what true success feels like.

I learned a lot during my 22 year military career, which, after five years of active duty, I shared with civilian careers as well. During those 22 years I traveled overseas, living and training in Germany, Italy, England and other countries. I started out as a Private (lowest rank) in the Active Army, later received my commission as an officer in the Army National Guard, and then moved to the Air Force Reserve where I retired with honors in July 2009. I also worked as a contract manager for the Food and Drug Administration and at the National Institutes of Health before I searched out, learned, and fell in love with different modalities of complementary care, like shiatsu and reiki. My experience was wide-ranging, touching on many aspects of business, management, and human nature.

As I developed my Integrative Healthcare business, with its foundation in Asian Medicine and person-centric care, I began to understand more and more what makes MY world go round. This is, of course, my underlying focus in life; which is to understand why I’m here, to live my purpose, to be all that I can be. The closer I came to living my purpose/dream, the more love and acceptance I had for myself. I realized the first and most important relationship in business is with ourselves. Once you’re comfortable with and accept yourself for all that you are (perfect and not) and all you can do, which is only limited by yourself, Wow! You’re ready to make things happen and move onto the second area of business success - the relationships outside yourself.

I was never one to go out and make a bazillion friends and be the life of the party. I considered myself a bit shy and not a very good joke teller back in the day. I sometimes considered those types of people to be not as genuine and probably even bipolar, trying to justify my bit of envy of those who could be so fun and free. What I found out after years of living and working and meditating, was that

to feel fun and free is the absolute most natural place for anyone to be, and I not only wanted to be there, I finally realized I deserved to be there. And what a crazy fantastic path that led me to myself and to the successes I now have in my life and career.

So “How,” you ask, “are you more successful in business now that you’ve ‘found yourself?’” This is the best part in so many ways and on so many levels. When you are comfortable with yourself and living your purpose, you begin to meet the people in business and life that support and promote what you do. It’s as if your focus and intent is known by the universe, and people, situations and opportunities present themselves to you in so many incredible ways – it will never cease to completely amaze you. Work is not a struggle, but a fun and sometimes challenging interplay of synchronistic events that lead you to precisely where you want to go; however, not always via the ways you imagined.

When I talk to people, I am eager and open to hear what they have to say. Every person is an opportunity for love, acceptance and understanding, no matter who they are or what they do. Everyone is interesting and fascinating in his or her own right. I enjoy listening to them and, in-turn, sharing some of myself as well. This openness and eagerness to *develop, build, and maintain relationships* is, I believe, the key to being your true self and having the life and career you deserve – even if it doesn’t feel completely natural at first. We are social creatures. The support from our community and the support we give are important and life-changing. Focus on your purpose, focus on the person (not the dollar, contract, or next client) and have faith. And if you’re already there, oh, the stories you can share (sorry, Dr. Seuss).

It’s less about business and more about developing relationships and community. Success is not a measure of financial income but a measure of how good you feel in this life—how good you feel about yourself, your work, your family, your friends. Allow yourself this goodness and you’ll know success. So even if acquaintances have nothing to offer business-wise, it doesn’t matter because that’s not your focus. Your focus is purely on opening yourself to whatever the universe has to offer and letting the goodness flow. And if all goes well, you can hopefully help them in their pursuit of happiness and success. So, when you go to workshops, conferences, events, meetups, grocery stores, or wherever, anticipate meeting these wonderful new people and enjoy what community, relationships, and success feels like.

Our world is made up of governments, corporations, organizations and associations, and within every powerful structure is a very human matrix. The best way to know our world is to know the people that make it up. Your eager participation will facilitate and make greater your business, your relationships, and your life – there’s so much fun in watching yourself and those around you grow and thrive...long live the Wood Element.

A world of opportunity awaits, just open the door and be yourself.

You can reach Angela at <[qirei.healthcare@gmail.com](mailto:qirei.healthcare@gmail.com)> or at <[www.qireitherapy.com](http://www.qireitherapy.com)>. 

# Pairing the Extraordinary Vessels and the Extraordinary Fu

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## Part 3 of 4: Wei Mai and Bones: Integration and Protection

[Please refer to the fall, 2010 issue of Pulse for the abstract, introduction and Part 1 of this article; the winter, 2010 issue for Part 2, and look for part 4 in the next issue.]

By Thomas Richardson, LAc, AOBTA®-CP

In turning to the Wei Mai and Bones, at first glance it may seem as though there is very little correlation between these extraordinary meridians and Fu. However, if we think of the Wei Mai as relating to protection and the creation of boundaries that connect (“link”) the inside and the outside, and the Bones as protecting the internal organs and connecting and separating the inside and the outside (Zangfu and primary channels, pre-heaven and post-heaven), then we can start to see a relation between the Wei Mai and Bones (see end note 12).

The Bones form the three cavities (pelvic, thoracic, and cranial) that protect the internal organs, creating boundaries that sustain the structure of the body as well as separate the Zangfu, core, and interior from the primary channels, limbs, and exterior. “...bones are the framework for the human body, like the trunk of a tree, and they stick to the flesh. They are also able to protect the Zang on the interior, as in the thoracic cage, which is something like the hull of a ship.” (Larre and Rochat de la Vallée 2003, p. 91). Similarly, the Wei Mai are also closely related to protection and connecting and separating the inside and the outside: “The two Linking vessels harmonize Interior-Exterior and Nutritive Qi-Defensive Qi” (Maciocia 2005, p. 828).

The Bones are one of the main structures associated with the entering and exiting of Qi in the Qi mechanism: “Qi enters and exits from the bones on its way to and from the deep energetic layers of the body” (Maciocia 2005, p. 83). This “entering and exiting” of Qi relates to horizontal integration, and is also a primary function of the Wei Mai: “...commentators have said that the Yang Wei Mai masters the exterior and the movement towards the exterior, and the Yin Wei masters the interior and the movement towards the interior” (Larre and Rochat de la Vallée 1997, p. 214). Thus both the Wei Mai and the Bones may relate to the horizontal level of integration as represented by the entering and exiting of Qi, connecting the interior and the exterior.

Interestingly, the Wei Mai are also said to start on the Kidney and Bladder channels. Just as both Marrow and Bones are said to pertain to the Kidneys, both the Qiao and Wei Mai are said to start on these Water channels. Just as the Marrow nourishes the Bones, it may be that the Qiao Mai nourish the Wei Mai, in this process of expanding out from the Source and connecting the inside and the outside. Just as we saw above that the Marrow and the Qiao Mai both have an intimate relationship to the mobilization and movement of the Essence from the Source to nourish the entire body, so too can it be seen that the Wei Mai and the Bones have an intimate relationship to integration, protection, and boundaries.

### Acknowledgments

I would like to thank Will Morris, PhD, DAOM, LAc, and Doan Ky, Ac.A., for their support, suggestions, and editorial help throughout the writing of this article.

### End Notes

12. The Bones may be thought of as the link between pre-heaven (as represented by Marrow/jing) and post-heaven (as represented by the tissues—tendons, blood vessels, muscles, and skin).

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Thomas Richardson currently lives in Austin, TX, where he studies Oriental medicine and Western herbalism. For the last three years he has studied pulse diagnosis under Will Morris, PhD, DAOM, LAc. He is available to teach seminars on Neoclassical Pulse Diagnosis and Extraordinary Chinese Medicine, and can be contacted at <[tomasrichardson@hotmail.com](mailto:tomasrichardson@hotmail.com)>.

Visit <<http://www.chinesemedicinetimes.com/>> where you can buy books, DVDs, acupuncture supplies, read news items and all articles for free.



# Policy on Professional Titling and Terminology (Including “Massage”)

Prepared by the AOBTA® Board of Directors

## The Accurate and Appropriate Use of Professional Terminology

AOBTA members must always present their profession accurately.

### Presenting Your Profession Accurately:

- AOBTA represents the profession of Asian Bodywork Therapy (ABT).
- Professional members of AOBTA are Asian Bodywork Therapy (ABT) practitioners and/or instructors.
- An established profession is one with a clear *Definition and Scope of Practice*.

### ABT Definition

Asian Bodywork Therapy (ABT) is the treatment of the human body/mind/spirit, including the electromagnetic or energetic field which surrounds, infuses and brings that body to life, by using pressure and/or manipulation. Asian Bodywork Therapy is based upon Chinese Medical principles for assessing and evaluating the body's energetic system. It uses traditional Asian techniques and treatment strategies to primarily affect and balance the energetic system for the purpose of treating the human body, emotions, mind, energy field and spirit for the promotion, maintenance and restoration of health.

### ABT Scope of Practice

Methods of assessment and evaluation may include the Chinese Four Pillars of examination: observation, listening, asking and touching. Assessments are based primarily on Chinese Medicine parameters relating to the balance and circulation of the Five Essential Substances: Qi, Jing, Shen, Xue, Jin-ye.

ABT is one of the three branches of Chinese Medicine in which the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) certifies people for entry level into the profession. Treatment may include, but is not limited to, the following: touching, pressing or holding of the body along meridians and/or acupoints primarily with the hands, stretching, external application of medicinal plants or foods, heat or cold, and dietary or exercise suggestions. Cupping, guasha, moxibustion and other methods/modalities may also be used by properly trained practitioners.

### ABT Forms

AOBTA uses the term “Form” to differentiate specific and distinct professional specialties within the ABT profession that AOBTA recognizes and defines.

All Forms that are recognized and defined by AOBTA originally had their roots in Chinese Medicine. Over the centuries practitioners in China, Japan, Thailand, Korea, and, more recently, North America and Europe have changed and evolved these Forms into separate and distinct professional modalities. AOBTA accepts all Forms of Asian Bodywork Therapy that meet our professional curriculum standards.

Currently, AOBTA recognizes and defines the following Forms: Acupressure, Amma, AMMA Therapy®, Chi Nei Tsang, Five Element Shiatsu, Integrative Eclectic Shiatsu, Japanese Shiatsu, Jin Shin Do®, Bodymind Acupressure®, Jin Shou Tuina™, Macrobiotic Shiatsu, Nuad Bo'Rarn (Traditional Thai Bodywork), Shiatsu, Shiatsu Anma Therapy, Tuina, Zen Shiatsu, and Medical Qi Gong.

## Guidelines for Referring to Your Profession Accurately

As a professional member of AOBTA:

- Your profession is *Asian Bodywork Therapy* (ABT).
- You are an *Asian Bodywork Therapist*.
- As an ABT professional, you have been trained in a Form of the ABT profession. In addition to presenting yourself as an *Asian Bodywork Therapist*, it is also accurate and appropriate to present yourself as a practitioner of your professional specialty (Form). For example, Shiatsu therapist or Shiatsu practitioner, Acupressure Therapist or Acupressure Practitioner, etc.
- You may *only* present yourself as a Therapist or Practitioner of the Form in which you have been fully trained according to AOBTA standards.
- You may not additionally refer to yourself as any other massage or bodywork professional unless you are fully trained in that profession, and you are certified and/or licensed in that profession where required.
- If you have had *some* training in other professions, such as Reflexology or Massage Therapy, for example, and you incorporate some of the techniques from those professions into your practice, it may be appropriate to say that you “incorporate techniques of Reflexology or Massage Therapy into your practice,” but it is not acceptable to say that you “practice Reflexology or Massage Therapy.” It is up to each individual member to determine if, based on their training, they are accurately presenting themselves to the public when making such claims.

## The Appropriate and Responsible Use of Generic Terminology

AOBTA insists that its members present themselves and their profession accurately. This means that members refer to their profession as “Asian Bodywork Therapy” and themselves as “Asian Bodywork Therapists” or that they refer to themselves in terms of their more specific professional ABT specialty (such as Shiatsu, Acupressure, etc.).

There is much confusion about the use of generic terms such as “massage” and “bodywork.” Like the terms “healthcare” or “education,” these terms are used to describe a general *field* that includes many *established professions*. The use of the generic terms “massage” and “bodywork” should not be prohibited to any professional within this general field of established professions. “Massage” and “bodywork” are not the titles of professions. Unique professions within the massage and bodywork *field* include, for example, Massage Therapy, Asian Bodywork Therapy, Alexander Technique, Reflexology, etc.

AOBTA asserts that “Asian Bodywork Therapy” and the titles of its various recognized Forms (e.g. “Shiatsu,” “Acupressure,” “Tuina,” etc.) are the only accurate and acceptable titles for our profession and we encourage the responsible use of professional titles by our members and by all healthcare professionals. However, we also assert the right of ABT professionals to use the generic terms “massage” and “bodywork” when describing their work.

The confusion over the use of generic terms is especially acute with the term “massage.” To be clear, “massage” is not the title of a profession. The proper title of the profession is “Massage Therapy,” as defined by the United States Department of Education and as



delineated in the “Massage Therapy Body of Knowledge,” created by consensus of the AMTA, ABMP, FSMTB, MTF and NCBTMB. We urge the proper use of the professional title “Massage Therapy” by practitioners of that profession and others referring to it.

**Guidelines for the Appropriate and Responsible Use of Generic Terminology**

AOBTA encourages its members to follow these guidelines:

- ABTs are able to use the generic terms “massage” or “bodywork” in the description of their practices to the public, but may not refer to their *professions* or practices as “massage” or “bodywork” as these are not the correct terms of their profession. For example:
- “Asian Bodywork Therapy is a profession within the general field of bodywork and massage.”
- “Shiatsu is a Form of Asian Bodywork Therapy that has its origins in the massage and bodywork branch of Chinese Medicine.”
- While AOBTA asserts the right of its members to use the terms “massage” and “bodywork,” we encourage our members to do so sparingly and carefully. Using those generic terms may contribute to public confusion as laypersons are not necessarily aware of the correct titling of the professions within the massage and bodywork fields. Additionally, our members will contribute to the public awareness of our profession by the use our professional title of “Asian Bodywork Therapy” and its Forms such as “Shiatsu,” “Tuina,” “Acupressure,” etc.
- ABTs may not say that they are Massage Therapists, or any other massage or bodywork professionals, unless they are fully trained and appropriately certified and licensed in that profession.
- There may be certain regulatory situations that determine whether an ABT has the legal right to use the terms “massage” and “bodywork.” See the “*Are You Practicing Your Profession Legally?*” section below in this document.

**HISTORY AND REGULATION**

Regulation that requires western-style massage training and education should only regulate the profession of Massage Therapy. However, historically, many bills have used inaccurate professional titles and included definitions so broad that they could be interpreted to encompass the profession of Asian Bodywork Therapy or any of its Forms. When the proponents of these bills refuse to modify the wording of their proposed legislation to use accurate professional titling, AOBTA has insisted upon an exemption clause to protect ABTs.

In the future, the AOBTA board of directors strongly supports the following *revised* exemption clause to reserve the right of ABTs to use general terms like “massage” and “bodywork.”

**Revised Suggested Energy Practices Exemption Clause:**

“Nothing in this Article shall be construed to prevent or restrict the practice of any person in this state who uses touch to affect the

energy systems, acupoints or Qi meridians (channels of energy) of the human body while engaged within the scope of practice of a profession with established standards and ethics, provided that their services are not designated or implied to be *Massage Therapy*. [Note: This used to say “...provided that their services are not designated or implied to be massage or massage therapy.”] Such practices include, but are not limited to Acupressure, Asian Bodywork Therapy, Jin Shin Do® Bodymind Acupressure®, Polarity Therapy Bodywork, Qigong, Reiki, Shiatsu and Tuina.

Practitioners must be recognized by or meet the established standards of either a professional organization or credentialing agency that represents or certifies the respective profession, based on a minimal level of training, demonstration of competency, and adherence to ethical standards.

“If the generic terms “massage,” [Note: historically, “massage” was not included in this paragraph.] “bodywork,” “bodyworker,” “bodywork therapist” “or “bodywork therapy” are to be protected titles under a proposed law, then the following statement must be added to the exemption clause: “These exempt practitioners are also allowed to use the generic terms ‘massage,’ ‘bodywork,’ ‘bodyworker,’ ‘bodywork therapist’ and ‘bodywork therapy’ in their promotional materials.”

**Are You Practicing Your Profession Legally?**

No matter how much AOBTA supports the right of ABTs to use the terms of “massage” and “bodywork,” each practitioner must follow the laws of his/her state.

The proponents of “massage” bills – largely owners and employees of massage schools – have historically

refused to limit the scope of regulation to the Massage Therapy profession, even though these bills only recognize training and/or testing in Massage Therapy.

The exemptions clause has been our last recourse to protect ABTs in these negotiations. Unfortunately, when the exemptions clause has finally been accepted, quite often the trade-off has been that anyone practicing under the exemption is prohibited from using the term “massage” in describing their practice.

If you are currently practicing under regulation that includes the older version of the exemption clause, *you may be representing yourself illegally* if you use the term “massage” in your advertising – unless you also have the requisite Massage Therapy training. Please check with your state and local government for licensing and practice regulations that apply to the massage and bodywork field.

If you have the requisite Massage Therapy training and choose to operate under the regulation, rather than taking the exemption, then please educate the public about the distinction between the Massage Therapy and Asian Bodywork Therapy professions.

**While AOBTA asserts the right of its members to use the terms “massage” and “bodywork,” we encourage our members to do so sparingly and carefully.**

*continued on page 14*

# BOOK REVIEW: Sunshine Picklelime

Review by Deborah Valentine Smith, AOBTA® CI, Dipl. ABT (NCCAOM)

By Pamela Ellen Ferguson

Illustrated by Christian Slade

Hardcover: 232 pages

Publisher: Random House, New York, 2010

ISBN 978-0-375-86175-8



This book is written by our very own Pam Ferguson and, though obviously a book for kids, it is an enjoyable read for those of us who have imagined what it would be like to live in a harmonious community blessed with the richness of diverse cultures. The main character, PJ Picklelime, lives in a very cool place. Because of the international nature of the computer company her father works for, people from every major continent and many cultures live in her community. This is a kid who is truly being raised by a village.

PJ and her friends are all about caring for animals; PJ talks to animals, too. She even lets her bushy hair become a home for a shy songbird until he can find his voice and strike out on his own. When she hears that hair is needed to soak up an oil spill in the ocean near her, she donates her signature crop of curls to the effort. Synchronistically, as this book was being released, a real-life oil catastrophe happened in the Gulf of Mexico and Pam used her book

launch to help promote the efforts of the organization Matter of Trust (MatterofTrust.com), which was making a similar call for donations of hair.

PJ's life is not all sunshine, however. She and her family and friends face some all-too-common real-life shadows that call on the community's diverse resources of wisdom and support. There is a great deal of respect for children here; including their ability to perceive and wrestle with the most difficult of life's issues. It emphasizes the power of the support of caring friends, both adults and children. The children also remain children as they remind us to notice the delight of smells and colors and tastes and sounds and the love of good friends.

Treat yourself and your friends of all ages to this description of how good life can be for children when we live our dreams. Thanks, Pam.



## Professional Titling and Terminology - continued from page 13

### How to Accurately Present Your Credentials

Members must identify their AOBTA® credentials accurately:

[Name], AOBTA®-COSP for Council of Schools and Programs members

[Name], AOBTA®-CI for Certified Instructor members

[Name], AOBTA®-CP for Certified Practitioner members

[Name], AOBTA®-Assoc. for Associate members

[Name], AOBTA®-Student for Student members

[Name], AOBTA®-Allied for Allied members

[Name], AOBTA®-[State] [Title] for state chapter officers,

e.g. J. Doe, AOBTA®-Ohio Vice President

[Name], AOBTA®-State Representative for [State] for state reps

e.g. J. Doe, AOBTA® State Representative for Ohio

[Name], AOBTA® [Board Title] for national board members,

e.g. J. Doe, AOBTA® Membership Director

In addition, in listing multiple credentials, your licensing credential (e.g., LMT, L. Ac., etc.), is listed before your NCCAOM and AOBTA certification(s). Academic degrees should also be listed correctly and in the proper order. "AOBTA® CI" is listed before Dipl. ABT (NCCAOM) because it has higher requirements. See the table below for specific examples of how to display multiple credentials accurately.

John Smith, Dipl. ABT (NCCAOM)

John Smith, Dipl. ABT (NCCAOM), AOBTA®-CP

John Smith, AOBTA®-CI, Dipl. ABT (NCCAOM)

John Smith, LMT (NCLMBT#44), Dipl. ABT (NCCAOM)

John Smith, LMT (NCLMBT#44), Dipl. ABT (NCCAOM), AOBTA®-CP

John Smith, BA, LMT (NCLMBT#44), AOBTA®-CI, Dipl. ABT (NCCAOM)

- Always remember: educational credentials first, licensure second, followed by certifications.



## Membership Donations

### August – December 2010

Adi Barad, IL

Nahrin Belooz, IL

Donna Boucher, WI

Lee Bubernak, DE

Tak-Ching Chin, MA

Dawn Fanizza, NY

Melinda Francheschini, MA

Heidi Gilman, MN

Tiburcio Gutierrez, IL

David Haight, MA

Cherly Hockett, WA

Dean Hutcherson, DE

Kimberly Irle-Kaiser, IL

Connie Superson Jacobs, WA

Adrianna Martins, IL

Wayne Yee Mon, MA

Mark Otjens, CA

Paula Peck, NY

John Phillips, MI

Ralph Pillischer, PA

Asami Suzuki, NY

Susan Watson, PA

Teina Barrett Wells, NM

Kathleen White, NJ

Pedro Cepero Yee, NJ



# Bikram Yoga: Sweating Your Way to Health

By Steve Torino, LAc, AOBTA®-CP



Bikram Yoga, a method of hatha yoga developed by Bikram Choudhury (sometimes called “The Millionaire Yogi”), is a series of 26 postures and 2 breathing exercises performed over 90 minutes in a room heated to 105+ degrees with 40%+ humidity. Choudhury developed this style to mimic his own rigorous yoga training in Calcutta, while simultaneously assuring that the postures would be suitable for all levels. In fact, the official name

for the class, which can be taken at hundreds of franchised yoga studios worldwide, is “Bikram’s Beginning Yoga Class”. Teachers of this style of yoga complete a challenging 9-week residential training regime led by Choudhury himself (including memorizing a word-by-word dialogue), and are required to be re-certified every 3 years, assuring uniformity at each studio throughout the world.

This series of postures was designed by Choudhury to “systematically work every part of the body, to give all the internal organs, all the veins, all the ligaments, and all the muscles everything they need to maintain optimum health and maximum function.” (See end note 1.) The heat is key to the practice, allowing the body to safely stretch and relax in order to change and realign both the musculoskeletal system and internal organs. Of particular emphasis in this yoga is the spine, which is considered in Vedic philosophy to be the seat of Shiva and Shakti (Yin/Yang). In other words, a healthy spine is a healthy body. (See end note 2) The intense sweating allows for the removal of toxins, which are released from the body using the hatha yoga postures. In any class, at any given Bikram studio, there are practitioners of all different levels, ages, body types, and health statuses practicing the yoga together, adding richness to the experience. A regular practice, as in all hatha yoga, has substantial benefits beyond the physical ones mentioned above. To name a few: increased ability to deal with stress, a greater sense of self, feeling more connected, greater emotional balance, and decreased depression and anxiety.

Of course, this style of yoga is not for everyone, and, as we practitioners of Asian medicine are keenly aware, there are many paths on the journey to health and wellness. But with the exception of unique cases, it is possible for anyone to practice Bikram yoga and gain the benefits it has to offer. In fact, there are students of this yoga with just about any type of health problem imaginable, from

diabetes to cancer to missing limbs, so a lack of physical conditioning is no barrier to practice. Couldn’t everyone benefit from a practice which increases strength, flexibility, endurance, and balance while at the same time ridding the body of toxins? (See end note 3)

As an acupuncturist, my initial impression of this yoga was that it must be too *Yang* – after all, it’s a fairly intense workout, done in a heated environment. But after having very positive experiences with regular Bikram Yoga practice, I took a close look at it based on TCM Theory. Below is a summary of my conclusions. Table 1 examines it based on 8 Principle Theory, and Table 2 based on Five Element Theory. As you can see from these tables, I consider Bikram Yoga to be a pretty well balanced activity:

Bikram yoga is certainly different from the more *Yin* styles of practice to which we are accustomed in the United States – forms which often emphasize slow movements in a dark room with incense burning and soft music playing. This style, on the other hand, is intense and demanding. But the ability to achieve and maintain a calm and almost meditative state (with normal breathing) in a yoga class this challenging has implications for many other settings and situations in life. “By pushing you to your limits and then beyond, I get you to understand that there are no limits.” (Choudhury). This is due to the fact that this practice is not only *hatha* yoga (physical practice), but also *raja* yoga (introspective/meditative yoga using the mind to control the emotions; use of the conscious mind).

So why not give it a try? To find out more about Bikram yoga, or to locate a studio in your area visit <<http://www.bikramyoga.com>>.

## End Notes

1. Choudhury, Bikram. “Bikram Yoga” New York: Harper Collins; 2007.
2. Cope, Stephen, “Yoga and the Quest for the True Self” New York: Bantam; 1999.
3. Kaminoff, Leslie. “Yoga Anatomy” Champaign, IL: Human Kinetics; 2007.

**TABLE 1**

YANG	Asana (Posture)	Savasana (Stillness)	YIN
HOT	Heated Room Sweat	Natural Cooling	COLD
EXCESS	Eliminates stagnation through movement	Creates energy (prana/Qi)	DEFICIENCY
EXTERIOR	Treats musculoskeletal system	Treats internal organs	INTERIOR

**TABLE 2**

<b>FIRE</b>	Obviously the hot room; but also the excitement and enthusiasm that occur in every class.
<b>EARTH</b>	Taking care of oneself; being part of the Bikram yoga community; increased patience and empathy with other people that come from regular practice.
<b>METAL</b>	Class is very structured, including word-by-word dialogue; postures must be done in a specific way, and are always done in the same sequence.
<b>WATER</b>	Introspection & meditation, which occur during class with regular practice; there is also a natural “flow” to the class (each posture builds on the previous one) which is due to the Water element; Savasana (relaxation) in between each posture.
<b>WOOD</b>	Challenging oneself to keep up with the intense practice; opportunity to participate in regional, national, and international organized Bikram Yoga competitions.

## The Piezo Pen

By John Howard, LAc

Reprinted with permission from Maryland Acupuncture Society's Sun and Moon newsletter. <[www.maryland-acupuncture.org](http://www.maryland-acupuncture.org)>

I am going to show you how to use a Piezo pen to treat common conditions of the shoulder and upper arm. Not only will it help shoulder pain, but it will also help limited range of motion (ROM). This procedure will take you just a few minutes to complete and you will know right away how well it worked. A good thing about using the Piezo pen is that you can sell it to your patients and show them and/or friends and family how to use it on the patient at home. The patient can, in some cases, use it to treat themselves. Because pain relief or improved ROM might last a short time, it's beneficial that the patient can purchase the Piezo pen and use it when needed. As Dr Steven Burns told me, "the Piezo pen will be effective for 2 minutes, 2 hours, 2 days or 2 weeks. The longer the patient has had this problem the shorter the relief will last."

With prolonged use, this treatment method should clear up the problem. I can tell you that when my patients used the Piezo pen between treatments (don't be a fool like me for a number of years and give them away for free), by the time I saw them at their next appointment, generally a week later, their condition had gotten better and they wanted to know what else this pen could treat. They were very happy! Patients can use the pen up to 20 times a day, I tell them to keep it at 20 or less. Most will never even do 10 times a day. The number 20 is the most I have done on myself in one day when I used it to treat a problem.

I learned about this from my fellowship with Dr. Richard Niemtzow. I have used it in my practice for the last five years and have gone through over 50 of these pens. I buy mine from Lhasa OMS. I get the Piezo-LT lightweight, pictured here. Only buy them from a company you trust. I have seen them on eBay and the internet, but I would not buy from these sources, since the items may have been used or tampered with. These pens have about 10,000 clicks to their lives. They give off a small electrical charge. It feels like you ran your feet across a carpet, and then touched a door knob. You will see that the more you use the Piezo pen, the weaker the current gets.



The only supply you will need for this treatment IS a Piezo pen.

The procedure assumes the patient has shoulder pain and/or limited ROM. First, ask the patient where the pain is; or, if it's limited ROM, have them show you how far they can go.

### Treating Pain

We will start off with treating pain first. Once the patient shows you where the pain is, ask him to rate the pain on a scale of 0 to 10 (with 10 being extreme pain and 0 meaning no pain). Make sure this number reflects the pain they are feeling at that moment.

You are now ready to start your treatment. Place the pen in your palm with the plunger close to your thumb. Close your hand and use your thumb to push down on the plunger. Use your index finger on the other hand as the probe touching the painful area. Make sure your finger is touching the patient's skin. You place the pen on LI4 (Large Intestine 4). You can put the pen either on the

affected side or the other side, it's a personal preference. Click the Piezo pen one time so the patient knows what it feels like. If this is your first time using the Piezo pen, you should know what it feels like. You should feel a little current. Push down on the plunger 10-15 times. I do this part at a fast pace, not all out, but pretty quickly. When you are done, ask the patient to walk (maybe 20 to 30 feet or 10 to 15 seconds), if you are in a small clinic, and have them move the shoulder or the injured area. When they come back, ask them how their pain is. At this point, if they have other areas on their shoulder that have pain, just repeat the process.

If you use this process, and the patient only has a little relief, you can repeat it. Or you can try the following technique: place the plunger on LI4 and your index finger on the other LI4. Stand in front of the patient and while you are clicking the plunger, have the patient walk towards you, as you walk backwards, shrugging her shoulders up and down as she is walking. Make sure there is nothing behind you. Walk about 30 feet, then switch the pen and your finger and walk back the other way to where you started. If the pen is on the right LI4 and your finger is on the left LI4, put the pen on left LI4 and your finger on the right LI4. I repeat this process only if the pain is getting better. You can repeat up to three times. You want to make sure the patient feels the current on the shoulder/Ashi area (painful spot). If she feels the current on both LI4 and on the shoulder, that is fine. If she only feels the current on LI4, then place your index finger on LI4 and the Piezo pen on the painful spot on the shoulder.

### Treating Limited ROM

For limited ROM or "frozen shoulder," have the patient show you how far he can lift the arm/shoulder over his head. Notice the highest point the hand can reach, and then have him put his hand back at the side. The first thing you want to do is to place one finger on LI4 and the pen on the other LI4. Press the plunger down 10 to 15 times, and then switch hands. Then have the patient lift his hand above the head again. Check the ROM. If it increased, then do it again up to three times. If you still need to increase the ROM, place your index finger on LI15 (injured side) and the Piezo pen on LI4 (either hand is fine). You then click the Piezo pen 10-15 times up to three times. You should see great improvement in your patient's ROM.

John Howard studied acupuncture at NIH and graduated from the Maryland Institute of Traditional Chinese Medicine. He also trained with the Mei Zen Cosmetic Acupuncture System, treating patients who seek weight loss and facial rejuvenation. He has worked as a medical lab technician, a Marine Combat Medic, EMT and ER trauma technician, and an Assistant Adjunct Professor of Emergency Medicine at George Washington University. John is now completing a fellowship with the only full-time active duty acupuncturist in the military, Dr. Niemtzow, and will be assisting Dr. Niemtzow at the Walter Reed Army Hospital treating amputee veterans. He is a member of Maryland Society of Medical Acupuncturists and Maryland Acupuncture Society. He also has represented the state of Maryland at National Acupuncture Conferences.



# Nominations for AOBTA® Board of Directors

The Nominations period for the AOBTA Board of Directors is now open! Make your nominations for **President, Director of Education, Member-at-Large, Director of Communications, and the Director of Member Services** by using the forms provided on page 15.

According to the Rules, Guidelines and Procedures (RGPs), the Elections Committee shall call for nominations from the Voting members of the Organization (Associate, Certified Practitioner, Registered Instructor, Certified Instructor, and Retired Members) and shall review and consider the qualifications of all proposed candidates, approving for nomination only those candidates who satisfy the qualifications specified by the established criteria for candidacy for the office for which they are candidates.

A nominee for any National Office within the Organization must be an Associate Member, Certified Practitioner, Registered Instructor, Certified Instructor, or Retired Member in good standing, with no grievances pending against him or her at the time of nomination. All Nominees must meet the qualifying standards set for the various positions by the Board of Directors, and revised by the Board from time to time, and published at the time of the Call for Nominations.

Nominations for open board positions may only be made by AOBTA Voting members, and the candidate's nomination packet should be submitted to the Elections Committee by mail or email.

## The nominations packet must include all of the following:

- A Formal Statement of Nomination signed by the nominating member and the seconding member (both must be Voting members in the Organization).
- A Letter of Recommendation for the candidate from the nominating member.
- A Formal Statement of Intent by the candidate, stating willingness to serve and the reasons and aims of the candidate for seeking the specific office.
- The Candidate's curriculum vitae
- The completed Candidate Application Form and Applicant Checklist

## Send this information to:

AOBTA National Headquarters  
Elections Committee Chairperson  
1010 Haddonfield-Berlin Road  
Suite 408  
Voorhees, NJ 08043

If you have any questions, please contact the Elections Committee chairperson at [elections@aohta.org](mailto:elections@aohta.org) or call the national office at 856-782-1616.

## Job Descriptions

### President

The President is the Chief Executive Officer and Chief Administrative Officer and shall have such powers as are necessary for the functioning of the Organization, as prescribed by the Rules, Guidelines and Procedures, within the scope of the Bylaws of the Organization.

### Duties:

1. Shall preside over and prepare the agenda for all general business meetings, all meetings of the Board of Directors, and

approve the agenda for the National Membership Meeting during the National Convention. The President shall be the ex-officio member of all Committees of The Organization but shall not have a vote except to break a tie vote.

2. Shall approve all expenditures in the excess of \$500.00.
3. Shall be responsible for adhering to the Board of Directors' budget requirements and limitations.
4. Shall appoint or hire, with the approval of the Board of Directors, the Secretary to the Board.
5. Shall present a report of the activities of The Organization during the National Membership Meeting.
6. Shall conduct the day to day business affairs of The Organization in cooperation with the Executive Committee of the Board of Directors and preside over the smooth functioning of the administrative office.
7. Shall appoint representatives for special projects.
8. Shall represent The Organization before other groups or agencies.
9. Shall have other such responsibilities and powers as are necessary for the supervision and functioning of The Organization as directed by the Board of Directors within the scope of the Bylaws of The Organization.

Additional requirements are listed in the *Candidate Application Form*.

### Director of Education

Shall Chair the Education Committee and shall have such powers as are necessary for the functioning of the Organization, as prescribed by the Rules, Guidelines, and Procedures, within the scope of the Bylaws of the Organization.

### Duties:

1. Shall chair the Education Committee (consisting of the State Chapter Education Chairs and Certified Instructors), which is responsible for the following:
  - a. Establishing the contents of required curricula.
  - b. Defining requirements for certification of practitioners and instructors.
  - c. Establishing standards for accreditation of programs and schools.
  - d. Establishing standards for the recognition of new Forms.
  - e. Overseeing the educational content of public education programs.
  - f. Supervising the National Transcript.
  - g. Establishing policy for continuing education requirements.
2. Shall oversee any AOBTA educational offerings including the National Convention, Regional Workshops, and State Chapter educational programs.
3. Shall oversee the development of COSP, in cooperation with the Director of COSP.
4. Shall Co-Chair meetings of COSP.
5. Shall Co-chair the CI Interview Committee meeting, with the Chairperson of that committee, at the National Convention.
6. Shall serve as a member of the ABT Forms Committee.
7. Shall oversee and support the State Chapter Education Chairs.

*continued on page 18*

# Profit & Loss Statement

## January 1 – December 31, 2009

By Stuart Watts, AOBTA® Treasurer

	December 8, 2010
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
AOBTA Payroll	449.85
Checking Acct CB Reg	11,997.86
Judah Roseman Scholarship Fund	2,906.07
Merrill Lynch	70,879.00
Total Checking/Savings	86,232.78
Total Current Assets	86,232.78
<b>TOTAL ASSETS</b>	<b>86,232.78</b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Payroll Liabilities	-260.66
Total Other Current Liabilities	-260.66
Total Current Liabilities	-260.66
Total Liabilities	-260.66
Equity	
Opening Bal Equity	33,993.31
Retained Earnings	-2,140.77
Net Income	54,640.90
Total Equity	86,493.44
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>86,232.78</b>

### January 1 - December 8, 2010

<b>Ordinary Income/Expense</b>	
Income	
Convention	4,600.00
Dues	95,600.00
Misc. Income	73,441.46
Pulse Subscriptions	24.00
Retail	440.00
Workshops AOBTA Sponsor Revenue	25.00
Total Income	174,130.46
Expense	
All Corp	18,920.33
Bank Charges - All Corp.	662.78
Certified Practitioner Dues Ref	100.00
Conventions	3,755.76
Credit Card Fees	945.62
Federation	74.70
Insurance Premiums	2,555.00
Internet	1,698.74
Miscellaneous	75.00
NJ State Tax Payments	1,551.94
Office Rent - Nat. Hq.	13,798.00
Office Supplies	1,607.94
Organizational Memb-All Corp.	1,115.00
Other	310.00
Postage	3,372.09
Printing	1,360.48
Professional Fees	6,479.27
Project Manager	2,434.50
Public Relations Committee	5,214.10
Pulse	8,069.36
Retail Expense	13.55
Return Check Svc. Charge	30.00
Return Deposit Item	300.00
Salaries & Wages	32,425.19
Shipping	270.38
South Carolina Tax payment	96.33
St. Chptr. Ann. Support	2,500.00
Telephone	1,013.25
Unem Ins Div Pmts NJ	59.99
Website	443.50
Withholding Tax Deposits	8,186.76
Workshops PDAs	50.00
Total Expense	119,489.56
Net Ordinary Income	54,640.90
Net Income	54,640.90

## Nominations - continued from page 17

8. Shall carry out Organization business between board meetings.
9. Shall have such other responsibilities and powers as directed by the Board of Directors within the scope of the Bylaws of The Organization. Additional requirements are listed in the *Candidate Application Form*.

### Member-at-Large

Shall be responsible for representing member concerns to the Board of Directors and shall have such powers as are necessary for the functioning of the Organization, as prescribed by the Rules, Guidelines, and Procedures, within the scope of the Bylaws of the Organization.

### Duties:

1. Shall serve as the AOBTA members' direct contact with the Board of Directors. Any member may contact the Member-at-Large at any time and ask that the Member-at-Large convey their thoughts, concerns, or questions to the Board of Directors.
2. Shall serve on the Membership Committee and assist the Director of Membership in responding to communications from the members.
3. Shall serve on the State Chapter Committee and assist the Vice President in oversight of the Congress of Representatives.
4. Shall prepare reports on the board meetings to be published in *AOBTA Pulse*.
5. Shall carry out Organization business between board meetings.
6. Shall have such other responsibilities and powers as directed by the Board of Directors within the scope of the Bylaws of The Organization.

### Director of Communications

Shall chair the Communications Committee and shall have such powers as are necessary for the functioning of the Organization, as prescribed by the Rules, Guidelines, and Procedures, within the scope of the Bylaws of the Organization.

### Duties:

1. Shall Chair the Communications Committee consisting of the editors of state chapter and regional newsletters, Editor-in-Chief of *Pulse*, the chair of the PR Committee and the editors of the Monthly Email Updates and social networking site material.
2. Shall oversee the AOBTA Monthly Email Updates.
3. Shall oversee the AOBTA Pulse newsletter.
4. Shall promote AOBTA and ABT presence on social networking sites.
5. Shall oversee the Proofing Committee.
6. Shall identify opportunities to increase the quality and quantity of communication, where appropriate, both within and outside of The Organization.
7. Shall carry out Organization business between board meetings.
8. Shall have other such responsibilities and powers as directed by the Board of Directors within the scope of the Bylaws of The Organization.

### Director of Member Services

Shall Chair the Member Services Committee and shall have such powers as are necessary for the functioning of the Organization, as prescribed by the Rules, Guidelines, and Procedures, within the scope of the Bylaws of the Organization.

### Duties:

1. Shall Chair the Member Services Committee.
2. Shall oversee the creation and maintenance of membership benefits (such as insurance, discounts, resources, etc.).
3. Shall coordinate the development and provision of benefits and services that require the involvement of other board members or committees.
4. Shall carry out organization business between board meetings.
5. Shall have other such responsibilities and powers as directed by the Board of Directors within the scope of the Bylaws of The Organization.

# AOBTA® Elections Committee Nomination Form

(Please submit this form and a Letter(s) of Recommendation from the nominating member or seconding member to the Elections Committee contact person by April 1, 2011)



Office of Candidacy \_\_\_\_\_

Candidate's Name \_\_\_\_\_

Nominated by (signature) \_\_\_\_\_ Print name \_\_\_\_\_

AOBTA Membership Level \_\_\_\_\_  
(You must be an Associate, Practitioner, Instructor, or Retired Member of AOBTA)

Seconded by (signature) \_\_\_\_\_ Print name \_\_\_\_\_

AOBTA Membership Level \_\_\_\_\_  
(You must be an Associate, Practitioner, Instructor, or Retired Member of AOBTA)

**You may nominate yourself, but you still need someone to second your nomination!**

**Remember to send the Letter(s) of Recommendation from either the Nominating or Seconding Member along with this form.**

# AOBTA® Candidate Application Form

(Please submit to the Elections Committee contact person by April 1, 2011)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (Home) \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Office of Candidacy \_\_\_\_\_

## Applicant Checklist

(Please sign here and confirm each statement below with your initials before the number.)

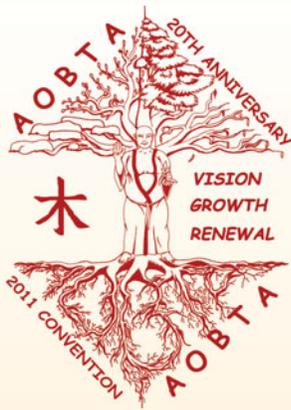
Signature: \_\_\_\_\_

- |   |   |
|---|---|
| <p>1. _____ I am a voting member (Associate, Practitioner, Instructor or Retired level) in good standing with no grievances pending against me.</p> <p>2. _____ I have read and understood the responsibilities of the office for which I am seeking nomination.</p> <p>3. _____ I am able to communicate and demonstrate an understanding of the broad scope of knowledge, skills and abilities of Asian Bodywork Therapy.</p> <p>4. _____ I have strong leadership and administrative skills and abilities.</p> <p>5. _____ I possess strong communication and public relations skills.</p> <p>6. _____ I am willing and able to maintain active communications and decision-making with the Board as a strong team player.</p> <p>7. _____ I am able to commit the time and finances necessary to fulfill the duties of the position, (Typically requires two in-person Board meetings a year, each 3-5 days. Travel expenses are paid, but time commitment during meetings is reimbursed only with a minimal honorarium.)</p> <p>8. _____ If elected, I will attend the National Conventions and the Board of Directors meetings during my term in office (Term of office begins July 1, 2011.)</p> <p>9. _____ If elected, I will show commitment to the AOBTA, the Bylaws and the Rules, Guidelines, Procedures and Policies as set by the Board.</p> | <p>10. _____ I will ensure that the AOBTA's projects and goals represent the best interest of the membership.</p> <p>11. _____ I will submit the required Nomination Form, Letter(s) of Recommendation, Candidate Application Form and Applicant Checklist, Letter of Intention, and Curriculum Vitae before April 1, 2011.</p> <p><b>Additional requirements for the Office of President only:</b></p> <p>1. _____ I have been a Certified Practitioner or higher level of AOBTA membership for a minimum of five years.</p> <p>2. _____ I have a proven aptitude for business and am an articulate public speaker.</p> <p>3. _____ I am knowledgeable concerning the AOBTA's relationships with other professional organizations.</p> <p><b>Additional requirements for the Director of Education only:</b></p> <p>1. _____ I am a Certified Instructor member with a minimum of five years teaching experience.</p> <p>2. _____ I am knowledgeable concerning the structure of AOBTA and how the various components relate to education issues, including NCCAOM and NCBTMB PDA and CE requirements.</p> <p>3. _____ I am knowledgeable about the educational and curriculum requirements for various levels of membership within the AOBTA.</p> |
|---|---|

**AOBTA® Headquarters**

1010 Haddonfield-Berlin Road, Suite 408  
Voorhees, NJ 08043-3514

**SAVE THE DATE!**



**AOBTA®**  
**20th Anniversary**  
**Convention Celebration**

**Healing with Wood:**  
**Vision, Growth, Renewal**

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Dedicated in Loving Memory  
to founding member Toshiko Phipps

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**April 7-11, 2011 • Hilton Garden Inn**  
**Historic Downtown Austin, TX**

Check the AOBTA® website regularly  
for updates and more information!

**INSTRUCTORS AND PRESENTERS:**

Cindy Banker • Barbara Blanchard • Randall Cummins • Jan DeBenedetto • Barbra Esher  
Yongxin Fan • Pamela Ellen Ferguson • Gayl Hubatch • Cari Johnson-Pelava • Junfeng Li  
Angela McConnell • Miles Overholt • Deborah Valentine Smith • Vernon Smith  
Jampa Stewart • Matthew Sweigart • Stuart Watts • Honora Lee Wolfe • Jamie Wu