

MIRAGLO foundation

SERVING LOCALLY AND GLOBALLY

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Healing Touch California (HT CA) is fortunate to have Miraglo Foundation as the first sponsor of our 2017 Annual Symposium. A main purpose of the Foundation is to support integrative medicine, education and research and serving under-served locally and globally, which also aligns with the goals and vision of HT CA. Miraglo Foundation Founder, Rauni Prittinen King was part of the original steering committee that established HT CA, and it is with gratitude that we find her organization stepping in to support our community again, but this time, as a sponsor. We talked to Rauni about how Miraglo Foundation came about and what types of projects the organization likes to fund.

When Rauni Prittinen King, RN, BSN, MIH, CHTP/I, HNB-BC, founder of the Miraglo Foundation, launched the organization, she didn't want the constraints that are typical to foundations. Usually, she explained, foundations are limited to only one or two things, and that didn't suit her. She needed the broadest interpretation that she could possibly get. One that would allow her to support all the variety of projects she wanted to pursue, locally and globally. She laughs when she tells of approaching an attorney with her idea. "He said, 'Oh my God, these are six different foundations,'" she stated. Together they found the wording needed to meet her vision and got both state and federal approvals. The new foundation became one whose vision is healing people and transforming communities through Integrative Medicine education and research and serving the under-served, locally and globally.

The mission of the Miraglo Foundation is to transform communities nationally and internationally. The projects they seek to support offer models of holistic, patient centered care that embraces the wisdom of all global healing traditions. In addition, Miraglo supports under-served communities to provide essential health care and service, educational grants and scholarships, as a step toward the alleviation of poverty.

The idea for forming a foundation came when Rauni was getting her Master's Degree in Integrative Health. She was required to do a project in the management area, and to follow someone she admired. Because she had worked with doctors all her life, she decided that was not the route she wanted to go. Instead, she called one of her friends, the former director of a large foundation, and picked his brain about what was needed to create a foundation.

Rauni's previous exposure to foundations came while she was working at Scripps Health. She worked with the hospital foundation on fundraisers but never had to deal with the nuts and bolts of operating a foundation. She was, however, familiar with approaching potential donors to ask for support for the Scripps Center for Integrative Medicine, which she co-founded with Dr. Mimi Guarneri. Frequently she found the foundations she approached were unable to fund their projects due to the restrictions in how they were organized. She wanted to circumvent that particular stumbling block with her Foundation and for any potential donors that she might want to approach for funding. In 2011, Miraglo Foundation was created and received its 501(c)(3) nonprofit status.

Rauni asked Dr. Mimi Guarneri to come and help her in fundraising. She agreed, and the foundation name came from *Mi* is for Mimi, *Ra* is for Rauni, and *Glo* is for global. Dr. Guarneri serves as Treasurer for the organization and provides fundraising support through public speaking engagements. Rauni is President and the Executive Director who handles the day to day operations. The organization is supported through both small and large donations. Miraglo Foundation Board of Directors are very supportive of the mission and vision. "We have a lot of donors who have been following us," said Rauni. She added, "It doesn't matter if someone gives \$50 or \$100 or \$100,000. We are very happy." Sometimes donations they receive are restricted for certain areas of funding. An

example she gave was a HT student made a donation in honor of her mentor and asked that the donation made be earmarked for HT projects. Miraglo Foundation has an agreement with Healing Beyond Borders to be their 501c3 arm.

The projects that Miraglo Foundation funds are broad and varied. Some of the more recent projects include providing Healing Beyond Borders (HBB) with a grant for their education and research fund. HBB instructors have been going to South Africa to teach Healing Touch. "In the last three years, we have been funding some of the instructors to provide HT training" said Rauni. Miraglo Foundation has provided scholarships for students in India to attend the college of nursing. "A lot of times these young women are the first people in their family that goes to college, and they often end up supporting the whole family," Rauni said, reminding us of the importance of these types of grants.

Currently, Miraglo Foundation raising funds for the Sri Narayani Hospital and Research Centre located in a southern rural area of India. "They don't need so much help with staff there because they have good doctors and nurses," said Rauni, "but they do need equipment." Rauni says Miraglo Foundation is helping the hospital raise funds for expansion. Expansion plans include a cardiac catheterization laboratory and open heart surgery Theater, this is a project Miraglo Foundation has been involved with since its inception, Rauni noted. Miraglo Foundation has named the hospital expansion a priority for 2017.

Other international projects that Miraglo Foundation funded include: providing eye surgery for under-served countries like Mexico and Fiji, rescuing young children that have been victims of human trafficking in Nepal, empowering women to create handmade items so they can become the family bread winners, and providing care and education to children in very low income homes, which enables the parents to work.

Miraglo Foundation has also funded an impressive list of local and national projects. Approved grants range from conferences; scholarships; supporting public schools with homeless populations; bringing joy to children in hospitals, homeless shelters and foster care facilities; to health fairs; workshops; and research.

Miraglo Foundation is also the main supporter of Academy of Integrative Health and Medicine (AIHM), which was created to bring educational events to inter-professional providers. Another area where the Miraglo Foundation has been a big supporter is in energy medicine and biofield sciences. The foundation helped organize the Biofield Science and Healing Conference held in September 2014 at Pacific Pearl La Jolla, California. The conference came about because Rauni and her colleague, Dr. Shamini Jain, wanted to gather together scientists, healthcare providers and energy medicine practitioners to discuss how to mainstream biofield services. Participants in that conference discussed current knowledge of consciousness and healing, and formulated an interdisciplinary, collaborative, strategic plan to advance biofield sciences. The outcome of the meeting was the "White Papers," which were published as Global Advances in Health and Medicine. "It was a special edition published in November 2015," said Rauni. She and Dr. Guarneri wrote one of the papers titled "Challenges and Opportunities Faced by Biofield Practitioners in Global Health and Medicine: A White Paper."

Rauni sees biofield therapy as the future of medicine. She is proud that Miraglo is bringing awareness to it and says, "A lot of people who would not go in and explore energy medicine or biofield therapies may go to the Miraglo Foundation website and explore what it is about," she said. She is working with Dr. Jain and Dr. Mimi Guarneri to do energy medicine research. "We have such wonderful scientists who can actually do good research in this field," she said. "We just need to get funding."

Rauni is a biofield practitioner herself. She has been practicing HT since 1993 when she was an ICU nurse, and she is also a HT Instructor for all 5 levels. She was exposed to energy medicine through a Therapeutic Touch class at the Eselen Institute in Big Sur, California. She returned to work and was able to use the techniques on her critically ill patients. She learned how to calm a thrashing, psychotic patient, whose doctor had left orders not to sedate. Seeing he was calmed, her colleagues accused her of giving him Valium. "They thought there was no way to calm him otherwise," she said. She explained the energy healing technique she had used, then challenged them to learn energy healing for themselves. By then, she had heard about Healing Touch, so she and her colleagues signed up for a class. Soon after that, Rauni became a coordinator for HT classes and that is how HT started at Scripps hospitals over 20 years ago. She became certified as an instructor and has been teaching numerous classes, mostly in the healthcare settings. For the past 5 years, she has been teaching at the Greater Los Angeles VA hospital, at Scripps and at Pacific Pearl La Jolla. She also teaches internationally.

Rauni is proud of her service through Miraglo Foundation and her HT classes that bring awareness to energy medicine. "Last year at the Academy of Integrative Health and Medicine conference held in San Diego, I did a pre-conference workshop for Level 1 Healing Touch," she said. "There were more than 20 people. Almost all of them were medical doctors, with a few nurses," she mentioned. Thrilled that they were all health care professionals, she said, "That's how you slowly get this word around."

For more information about Miraglo Foundation, use the following links:

- Link to 2016 Projects funded by Miraglo Foundation: <http://www.miraglofoundation.org/2016endofyearreport.html>
- Link to White Paper: <https://www.ncbi.nlm.nih.gov/pubmed/26665047>
- Link to Biofield Science and Healing Conference Interviews: <http://www.miraglofoundation.org/biofieldconference.html>
- Link to CHI Biofield Science Publication: <http://www.chi.is>