

# How **Healing Touch** Has *Changed My Life*

## A Mentorship with Janet Mentgen

by Franny Harcey, CHTP

*As* I sit here and contemplate how I should begin this little story of mine, I can only think, “WOW, how does one roll years of ‘ah ha’s’ into a short story?” My journey as a healer began, I am so sure, far before I entered into this lifetime. I remember as a child being a “smiley little face” that everyone was drawn to. I could see and hear “spirits” as a child only to be made fun of by my five brothers. So, like many of us, I shut that part of myself down until later in life when I was ready to embrace it.

I have been a hair stylist for 25 years and I know that I’ve had an impact on many people’s lives. Don’t YOU tell your hair dresser everything?! About 10 years ago, I began doing stress relieving treatments along with my hair service. Shortly after I started doing this I began to feel clients’ energy, and without realizing it at the time I was “balancing” them by being open to allowing whatever they needed at that moment to be available for them. For me, that shift was profound, and it progressively became more about what I knew I was to do and the importance of holding space as much as it was to make someone’s outward appearance look magnificent.

About five years ago I tuned into that part of me that is

empathic and started “picking-up” other people’s “stuff” (including pain and emotions). When this happened, I thought I was going crazy. I needed to find out what was going on. I spoke with a dear friend who is both a hair stylist and a Certified Healing Touch Practitioner. She directed me to Healing Touch.

I began the program almost four years ago. From the first moment in my first Level 1 class, I knew I had found what I had always been looking for. I began treating friends, family, and hair clients, anyone who would let me “experiment” with them. WOW! That journey I had begun so long ago was now coming into clearer focus. I bet within the first six months, I did 100 treatments. I was on the fast track of learning this new, and yet old, modality that seemed so familiar to me.

Now my story gets really interesting!

Entering Level 4, I knew I would require a mentor to complete the program. As always, this work guides me, yet I was questioning that guidance. I wanted to figure out who that person would be. Friends asked if I would think about working with them as a group, sharing one mentor. That didn’t feel right. Others questioned, “Who do you think you want to work with?” Well, I really didn’t know “who” I wanted to work with in a mentor/mentee relationship, yet I trusted and knew that the right person would present themselves.

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To make a long story short, with the divine help of Diane Wind Wardell, Janet Mentgen agreed to be my mentor. Another WOW! How could I have gotten so lucky? This truly was a blessing for me as I had the profound opportunity to spend a year with Janet, at her side at least one day a week, treating her and learning from her. I was in Janet's presence and learned more than you could imagine. Those I have spoken with in the Healing Touch community have told me what an honor it must have been to be with her. I can only tell you how profound the work we shared was.

As one would embark on a great journey, so I would get in my car at least one day a week, and make the almost two hour drive from my home to Janet's. Every time I made this drive, excitement would well up inside of me, as I never took for granted the pure wisdom and gift I would receive in the hours to come. When I arrived, usually the Mentgen furry friends would greet me at the front door. One with a ball, wanting to play and the other as a great sentinel keeping watch. Janet loved those dogs! It was an honor for me to be so freely allowed into the Mentgen home and be so embraced with love.

Janet was always ready for a treatment and eagerly found her place on the table after we caught up on the week. I will be the first to tell you that in the beginning of our year together, the thought of me "treating Janet, the master of Healing Touch" scared the heck out of me. But Janet in her non-assuming way would be so eager to receive that it just really was not about "me" but about divine will and releasing the outcome! For this was Janet's time to receive and just "be".

This time together became such sacred time, not only for me, but my sense, for Janet as well, allowing and just "to be", making no judgments. Janet's wisdom would overflow in her energy field. As she would be on the table, we would discuss what I was feeling, what she was feeling, and how the energy would shift and why it wouldn't shift if I held my hands in a position for an



Above: Franny Harcey, CHTP, with Janet Mentgen (lying down)

extended period of time. We discussed numerous topics from hand positions, releasing attachment, guided work, to how different medications "felt" in the energy field. Working in this manner has made me understand that once you experience something in your hands, they remember "photographically" how it should feel and bring that knowledge to your consciousness.

My work with Janet was truly that of student/teacher, and yet as our time grew together, that of friend. Her infinite knowledge of energy, her kindness and non-judgment was deeply imbedded within me. She often talked of how important it was to her "to read at least 10 pages of a book a day". She always seemed to be going deeper within herself and finding more answers and more questions. We studied together the work of Torkom Saraydarian. For those of you who have studied Alice Bailey, he writes as intensely as she does (not an easy study if I might add). Janet was very fond of both Alice's and Torkom's work. Both about raising your consciousness and the consciousness of humanity.

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I had the profound privilege of being with her the day before she transitioned, and was blessed to be allowed into her energy field one last time. As every other time with Janet, she was still teaching me, still bringing every question I had back to me, as she always did in her gentle way of helping me understand that I already knew the answer! With Janet transitioning, I again was honored, with the presence of a leader in our Healing Touch community, Diane Wind Wardell stepped in to help me complete my Mentorship and Certification process. Her gentle wisdom and firm beliefs in the work have been an inspiration for me. Her guidance has only expounded my learning tremendously. I am once again thankful for the quiet wisdom of such a leader on this journey.

If you can imagine it, learning through osmosis is how I would define my year with Janet. Her messages ring in my ears whenever I am "doing the work", or working on myself. As she told me, "Continue to work on yourself and become clear. The clearer you are and the higher your vibration, so, you raise the vibration of all humanity."

So, each day I "do the work" I have the great joy of "knowing", to think of how my vibration affects not only my clients on the table, but each person I cross paths with or exchange a smile.

In concluding this wonderful little story, I will tell you that my journey, life changing as it has so far been, is only the beginning. ■

### Franny's Bio:

Franny Harcey is a Certified Healing Touch Practitioner. She has a private practice in Parker, CO. She also volunteers her time at a nursing home working with MS residents, along with working for Hospice of St. John. She and her husband have been married 20 years and they have 2 teenage children.

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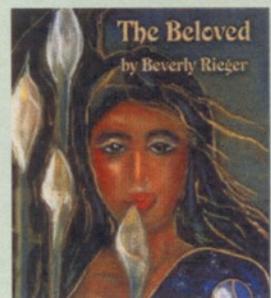
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