

# The Valley School of Healing Arts

## Healing

### Our Mission

*"The wound is the place where the Light enters you." ~Rumi*

We all have wounds. No one can escape the inevitable injury to mind, body, and spirit that occurs during life. As we experience illness, heartache, grief, and other difficulties, we must remember that within each of us is the power to heal. Adversity of any kind can change us profoundly, but our wounds create openings—opportunities for healing and growth.

Instead of allowing stress and negativity to control us, it is important to listen to our bodies and do what is necessary for optimal health. Studies have shown that stress plays a large role in the onset and progression of both physical and mental illnesses. Learning how to relieve the pressure of life's stress is essential to living healthier and happier lives. Healing occurs when we find a way to balance work, relationships, relaxation, and fun!

There are many pathways to healing, and it's important to remember that what may work for one, may not work for someone else. Take time to explore and discover your own approach to healing! Consider loving and being loved, exercising, eating healthy foods, meditating, being grateful, enjoying nature, receiving a massage, expressing creativity, learning something new, and serving others. NOW is the time to find balance and peace. 

The programs of The Valley School of Healing Arts endeavor to develop specific skills of healing in a context of larger principles and practices, vibrationally and spiritually of alternative healing. Ultimately our goal is to further the spiritual growth of the healer or therapist through compassionate service, and of the client through the experience and recognition of healing that is more than merely physical.



To receive our digital newsletter, you may sign up for our email list in person at the Valley School or by sending an email request to [newsTVSC@gmail.com](mailto:newsTVSC@gmail.com).

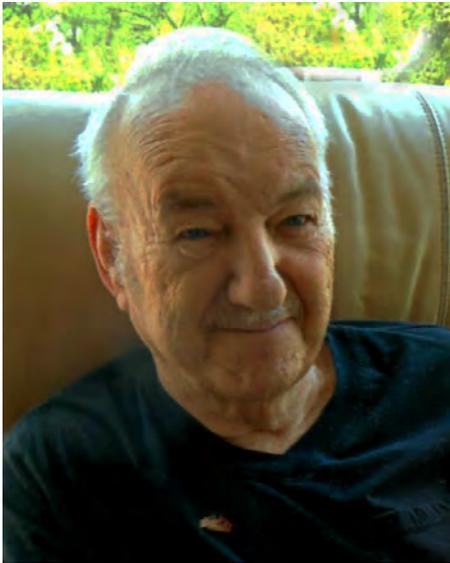


*"We'll keep the light lit for you at our house."*

# In Memory

*Franklin J. Sterner*

October 30, 1936-November 6, 2016



Dear Readers,

It is with great sadness that we inform you that just under two years after we lost Mom, Dad Sterner passed over into the spirit world on November 6, 2016. As one might imagine, the loss of his beloved wife in January 2015 was very difficult for him.

If you feel called to send reflections, memories or monetary gifts to Far Point or the school, please know they will be warmly received with our deepest love and appreciation.



## His Story

Frank was an expert in the textile industry and had a successful career as a supervisor and consultant in that field. He also served as a paratrooper in the Army. Even so, what mattered most to him and his wife was making the world a better place. Together they founded The Valley Spiritual Center and School of Healing Arts as well as Far Point Animal Rescue. Individually, they also touched lives daily.

One of the family's favorite stories about Frank's compassionate heart takes us back to a cold afternoon. When Cricket arrived to open the school, she found a young man asleep on the bench outside. He was hitchhiking from Washington DC to New York City, and stopped to rest outside the Valley School. Without a moment's hesitation as soon as Mom and Dad received Cricket's call, they found a way to help. Mom heated up some homemade soup and prepared some leftovers that would nourish the young traveler on his journey. Dad went to the school to deliver the food, but after talking with the young man for a few minutes, Dad took off his coat and gave it to the unexpected visitor. He then looked at what the young man was wearing and asked, "Are those the only shoes you have?"

Frank then took the shoes off his own feet and handed them to the young man. Coatless and shoeless, but with a heart full of gratitude and hope, Dad walked to his car and drove home.



*"It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself."     Ralph Waldo Emerson*

## The Teachers Speak

*An interview with Diane Shewmaker, who started teaching at the Valley School in April 2004, just over four years after her book, All Love: A Guidebook to Healing with Sekhem-Seichim-Reiki and SKHM came out. She teaches Integrated Energy Therapy®, Sekhem-Seichim-Reiki and Karuna Reiki® at the Valley School.*



### **When and why did you become interested in Integrated Energy Therapy (IET)?**

In the early 1980s I was freshly divorced and angry at everything and everyone. Nothing seemed to be working in my life. I was a very miserable and unhappy camper, and here I am not exaggerating.

Through grace I found my way to a healing center in Washington, DC where I undertook a series of Reiki sessions. This was all very new and different to me, yet somehow I knew I needed to participate. The personal healing I experienced physically, emotionally, mentally and spiritually was profound. I felt like a whole new person, and though I certainly had more in depth personal healing work to undertake, I was feeling so much better and optimistic for perhaps the first time in my life.

In fact, in hindsight, I can now say that I can literally define my life as two distinct periods – one before and one after Reiki. Before Reiki, I had an underlying depression, was a victim, and did not think I had anything to do with how I experienced and went through life. After Reiki, my heart was opening and everything was improving in some very meaningful ways. In fact, looking back it is very clear that I had barely been surviving, and now was better able to lead a more full and rich life.

### **What is your educational background?**

I soon took up learning Reiki, and years later became a Reiki Master and began doing sessions and teaching classes in the mid-1990s. In the meantime, I left my position in the corporate world as a director of human resources, went back to school, earned a Master's degree in mental health counseling, and became a licensed psychotherapist. As part of my ongoing private practice, I have offered energy healing as an adjunctive complementary and alternative method for those clients who want to include this as part of their therapy work, as well as to those who come primarily for energy healing work, both with good results.

All of this lead me to learn as much about energy healing and the human energy system as I could, such that in addition to Reiki, I also learned many other modalities including but not limited to: Sekhem-Seichim-Reiki, Karuna Reiki®, Lightarian Healing, Blue Star Celestial and the like. Each system added more healing frequencies and techniques, and each was a stepping stone to even deeper personal and spiritual healing for my clients, students, and myself.

While teaching a class in New York State in 2005, I was introduced to IET and discovered that it is just as wonderful as other energy healing systems. Because of its ability to assist with releasing negative past trauma from the cellular memory on many levels – physical, emotional, mental and spiritual, IET has proved to be a very powerful system that leads to profound healing results.

I quickly took all of the IET classes including the Master Instructor level and, as with all of the energy healing systems mentioned above, have been incorporating IET into all of my work in various ways ever since. It has been an honor and a privilege to share this angelic healing system with both clients and students and I look forward to my ongoing healing work with IET and the IET Angels at the Valley School and elsewhere!



If you have questions or concerns and would like to contact Diane directly, she can be reached by email at [heartpathcenter@earthlink.net](mailto:heartpathcenter@earthlink.net) or by phone at 360-412-5433. She lives in Olympia, Washington.

## **In your opinion, who should take these classes? Whom would they benefit? Why?**

Anyone can learn IET as no previous experience is needed. Those who are interested in the healing process and energy healing, both for personal and/or professional reasons, would benefit greatly from the experience.

Many people work with the IET angelic energy for their own personal and spiritual healing, as well as to perhaps offer it to their family and friends. Others also want to work with the energy professionally in offering IET healing sessions and classes to the public. IET is ideal for those wanting to either begin an energy therapy practice or expand an already existing one. While IET is an excellent standalone angelic energy therapy system, it also provides a wonderful complement to other holistic techniques such as massage, acupuncture, Reiki and therapeutic touch.

As well, I often tell my students that they could attend a class and then afterwards totally forget everything -- and still the energy that has been activated inside of them will continue to do the work in leading them to wherever they need to go in their lives. I have seen this time and time again over the years.

This is the beauty of the IET angelic energy. It affects all living things in a positive way - and when you tap into the flow of this universal life force energy that is available to us all, transformation happens. It is as simple as that. Energy healing has changed my life for the better and also has the same potential to do the same for everyone who feels called to this type of healing work. The possibilities are unlimited.

## **What is the most important thing you want your students to take away from your class?**

Love is the answer no matter the question. Plain and simple. What this means to me is that no matter what we have to face in our lives, love is what opens the door to true healing and makes all the difference. It is a universal wakeup call that gently awakens the truth of who we are from the depths of our hearts and then guides us to make the changes within ourselves and in our lives that matter the most.

Thus, when receiving an IET angelic healing, love is the answer to all concerns that a person brings to the session. It makes no difference whether you have a physical complaint, are working to improve a relationship, find a new career, or are seeking to heal a particular experience from earlier in life, and so on. The solution in all cases is love with the goal of each session being to bring the angelic healing forward in whatever way that best serves the highest good of those involved.

You and the angels can heal your life! This is true at home with your family, in community living, in your profession, and in the world and universe at large. Listen to the angelic whispers from your heart and soul to transform your life from the inside out using IET!

## **What is Integrated Energy Therapy®? – Gets the issues out of your tissues!**

IET is one of the next generation power energy therapy systems. IET is an attunement-based energy therapy system. Each level includes an angelic energy attunement that works directly with the 12-Strand DNA to expand, realign, and restructure the DNA. Each attunement builds together with the others to ultimately bring all six pairs of the DNA into their full power effecting greater alignment with your soul's mission on earth.

IET classes and healing sessions support you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present, and helping you reach for the stars as you evolve into your future. They include a progressive focus that helps you move beyond only surviving life to finding and living your soul's mission.

An IET session can be done in person and from a distance. As well, the energy can be applied for self-healing treatments. The IET student learns many powerful methods to focus the healing energies that progress in scope and depth with each IET level that is completed.

Please see the IET class flyer included with this Newsletter for more information on the Basic, Intermediate and Advanced Levels that are being taught at the school October 20-22, 2017. I hope to see you there!

You can find more information about IET on Diane's website at  
[http://www.heartpathcenter.com/integratedenergy\\_therapy.htm](http://www.heartpathcenter.com/integratedenergy_therapy.htm).

# My Healer Prances on Four Paws

by Lori Lupolt

We handpicked our first dog, a jet-black shih tzu, from a reputable local breeder. We named him Pelé after the Brazilian soccer player and brought him home on Christmas Eve. Though we all adored him, I don't think any of us realized just how deeply we loved him until eleven years later when we had to say goodbye.

The depth of my grief caught me off guard. Just thinking about Pelé made me cry. Sometimes the waves of grief overwhelmed me so much that I promised myself that I would *never* bring another dog into our home. I didn't want to feel the pain of loss again!

Two years later, a dear friend, who knew what I needed more than I did, sent me a photograph of a black and white shih tzu that was available for adoption.

By the time I found the courage to inquire, the dog was already promised to another family. I took that as a sign that I should not get another dog, and then I received a call from the rescue organization. "You know, there is another shih tzu even closer to you, at Far Point Collie Rescue."

I didn't think I was ready for another dog, and I was a little nervous about adopting. When my husband and I discussed it, we decided that if we adopt, we would have no expectations. This time we were doing it for the dog. It would not be about us. We decided to call Far Point.

After one meeting we decided to "rescue" the shih tzu we named Oscar. Rescue *him*? HA! He saved *us*! Now when we remember Pelé, we smile. Oscar loves us unconditionally and lives in the present moment. When we cuddle with him, the stress of the day is erased. We relax and focus on what matters most.

Scientific studies are showing that pets offer us more than companionship. Interacting with pets provides both emotional and physiological benefits. I believe this, but not because I read the research reports. I believe because of Oscar, the best medicine for me!



**If you have a Far Point story that you'd like to share with others, please email it to us!**

*newstvsc@gmail.com*



## Far Point Animal Rescue

1105 Red Hill Road

Port Trevorton, PA 17864

Email: [farpoint036@gmail.com](mailto:farpoint036@gmail.com)

<http://www.farpointanimalrescue.org>



*Contact Us:*

**Re: horses:** Marlana (570) 847-5514

**Re: dogs:** Yvonne (570) 374-2742

**Re: cats:** Nancy (570) 374-8268



Your tax - deductible donations  
make a big difference!

## Upcoming Classes & Events

### Summer Break - June 25-July 8, 2017

**Reiki I** (14 hrs) Sunday, July 9 & Saturday, July 15 from 10-5:30. This class is required for diplomas in reflexology and alternative healing. Tuition: \$195, includes text. Instructor: Karin Phillips.

**Reiki Share-** Friday, July 14th at 6pm. Everyone is welcome to give and receive a treatment. This is a great opportunity to experience this modality in our loving, supportive environment.

**Neuro-Muscular Therapy (NMT)**- (36 hrs.) Friday, July 21, 9am-4pm; Saturday July 22, 9-5; Sunday, July 23, 9-4; Saturday, July 29, 9-4, & July 30, 9-4. Prerequisite: Therapeutic Massage, Recommended: Anatomy and Physiology. Instructor: Curtis Green. Tuition: \$550.

**Healing Touch Level III** : (20 hrs) is scheduled on Friday, August 4 from 6-9, August 5 & 6 from 9-6 each day. Instructor Jackie Page. Tuition: \$380. Plus book \$35.

**Reiki I (14 hrs)** Saturday & Sunday, August 12 & 13 from 10-5:30. This class is required for diplomas in reflexology and alternative healing. Tuition: \$195, includes text. Instructor: Karin Phillips.

**First Aid/CPR** (8 hrs.) August 12 (CPR) 10am-2pm & August 13 (First Aid) 9am-1pm. Required for all programs. Instructor: Natalie Shaffer. Tuition \$125.

**Myofascial Release I-** (45 hrs.) August 18, 19, 20, 26, & 27 from 9-6pm. Prerequisite: Therapeutic Massage or with permission from the instructor. Required for Therapeutic Massage diploma. Instructor: Sandra Snyder. Tuition: \$735

**Introduction to Oriental Medicine** (36 hrs) Fridays, from 5:30-8:30 beginning September 8. Instructor: Trey Casimir. Tuition: \$525. includes text.

**Reiki II** (14 hrs) Saturday & Sunday, September 9th & 10th from 10-5:30. Instructor: Karin Phillips. Prerequisite Reiki I. This class is required for the reflexology diploma program. Tuition: \$240.

**Aromatherapy I** (6 hrs) Sunday, September 24 from 10-4:30. Instructor: Linda Weihbrecht. This class is required for all three diploma programs. Tuition: \$125.

**Ortho-Bionomy** (16 hrs.) September 30 & October 1 from 9-5. No prerequisites. Instructor: Cynthia Wood. This class is required for the Therapeutic Massage diploma. Tuition: \$325.

**Qigong** (6 hrs.) October 12, 19, 26 from 6-8pm. No prerequisites. Instructor: Arlyne Hoyt. Tuition: \$105

**Chair Massage** (32 hours) October 14 & 15, 28 & 29 from 9-5. Instructor: Susan Hepler No prerequisites Tuition \$478.

**Integrated Energy Therapy Basic (IET)** (8 hrs.) Friday, October 20, 6: -10 pm & Sat , Oct. 21, 8:00-11:30am, Tuition: \$190. Instructor: Diane Shewmaker (See IET weekend event flyer: [IETValleySchPABIA1017](#))

**Integrated Energy Therapy Intermediate (IET)** (8 hrs.) Saturday, October 21, 12-7:00pm, add \$245 Prerequisite: IET Basic; Tuition: \$245. Instructor: Diane Shewmaker

**Integrated Energy Therapy Advanced (IET)** (8 hrs.) Sunday, October 22 Sun 9am-5:30pm. Prerequisites: IET Basic & Intermediate; Tuition: \$245. Instructor: Diane Shewmaker

**Reiki III** (7 hrs) Saturday, November 11th from 10-5:30. Instructor: Karin Phillips. Prerequisite: Reiki II. Tuition: \$265 includes text.

**Aromatherapy II** (6 hrs) Sunday, November 19 from 10-4:30. Prerequisite: Aromatherapy I. This class is required for diplomas in therapeutic massage and alternative healing. Tuition: \$142.



***An Energy Event you will want to attend!!!***

***Integrated Energy Therapy® (IET)  
Basic, Intermediate & Advanced Intensive Weekend***

**with IET Master-Instructor Diane Ruth Shewmaker**

**Port Trevorton, PA      Fri-Sun, Oct 20-22, 2017**

**Basic Only: Fri 6:00-10:00pm & Sat 8:00am-11:30am, \$190**

**Plus Intermediate: Sat 12noon-7:00pm, add \$245**

**Plus Advanced: Sun 9am-5:30pm, add \$245**

**The Valley School of Healing Arts**

**570-374-2222**

**tvschealingarts@aol.com**

**www.ValleySchoolofHealingArts.com**

IET is one of the next generation energy therapy systems that gets the “issues out of your tissues” for good, in the tradition of Caroline Myss’ book, *Energy Anatomy*. IET classes are powerful days of self-healing and energy therapy certification training. In each class, you will be attuned to an angelic energy ray that activates your 12-strand Spiritual DNA. You will then learn how to *heartlink* to the energy of your angels and use their energy for healing. You will also learn how each primary human emotion is correlated to a specific physical region of the body, as well as how to use the IET integration power points to clear them. A fully illustrated training guide and certificate are provided with each class.

No prior energy therapy experience is needed. You can be an energy intuitive, and through these IET classes, you will be taught how to *feel* and *interpret* energy flow, and *clear* energy patterns in yourself as well as others. For more experienced students, IET is the perfect complement to other holistic practices such as other energy healing systems, massage, and acupuncture.

Please visit [www.heartpathcenter.com/integratedenergy\\_therapy.htm](http://www.heartpathcenter.com/integratedenergy_therapy.htm) for more info on IET.

***The Basic class includes:***

- ◁ Attunement to the Basic energy ray that activates the 1st & 2nd DNA pairs
- ◁ How to energize & clear cellular memory blocks
- ◁ Locating and energizing the energy integration power points using the IET Cellular Memory Map
- ◁ Giving in person, absentee and self treatments

***The Intermediate class includes:***

- ◁ Attunement to the Intermediate energy ray that activates the 3rd & 4th DNA pairs
- ◁ How to pull energy imprints out of the human energy field
- ◁ Learning to clear past life energy imprints
- ◁ Methods to identify and interpret the blockages in the human energy field

***The Advanced class includes:***

- ◁ Attunement to the Advanced energy ray which unlocks the 5th DNA pair
- ◁ How to do a "Soul Star" clearing to activate your soul's purpose
- ◁ Use of an energy wave to clear resistance to living your soul's purpose
- ◁ Build heartbeams to anchor angelic energy into the Earth

**ABOUT YOUR TEACHER:** *Diane has been teaching energy healing at Valley School for many years and her classes are always very enjoyable and informative. She is an internationally respected spiritual counselor, psychotherapist, teacher, healer and author. She teaches many energy healing systems, including Sekhem-Seichim-Reiki, Reiki, Karuna Reiki®, Lightarian™ Healing, Integrated Energy Therapy®, Celtic Reiki, White Dove Reiki and Blue Star Celestial. She is also an Angel Therapy Practitioner. Diane is the author of "All Love: A Guidebook for Healing with Sekhem-Seichim-Reiki and SKHM". She is based in Olympia, Wa. and provides attunements and sessions in person and distance. Her website is at [www.heartpathcenter.com](http://www.heartpathcenter.com). Feel free to contact her at 360-412-5433 or [heartpathcenter@earthlink.net](mailto:heartpathcenter@earthlink.net).*

*The Valley School of Healing Arts*

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Port Trevorton, PA 17864

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*The Valley School of Healing Arts*

A Pennsylvania Private Licensed School

**Diploma Programs:**

Therapeutic Massage (700 hours)

Reflexology (400 hours)

Alternative Healing (500 hours)

Classes may be taken individually as well.

**Private healing appointments are also available.**

**1752 S. Susquehanna Trail, Port Trevorton, PA 17864**

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To receive our digital newsletter, email your request to: [newstvsc@gmail.com](mailto:newstvsc@gmail.com)

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