

An Invitation to Participate in the Touched By Poetry Series:

Parkinson's Disease



Have you or someone you love been touched by Parkinson's disease? Here is an opportunity to share your unique story, wisdom, and experiences in poetic form. You don't have to consider yourself a poet to participate. You just have to be willing to try something new and share your insights.

This book is being created to enable people to share their stories, imagine new ways to move through life, and to provide a healing journey for the brain and spirit.

To participate send one to three poems and a two sentence bio. You may include a url or link to your website. Please send everything in one attached Word document to **TouchedByPoetry@gmail.com**

Twenty-five entries will be selected for inclusion in the book entitled: *Touched by Parkinson's, a Healing Journey Through Poetry* which will be published on Amazon. Another 50-60 participants will have one of their poems featured in *Touched by Parkinson's*, which will be edited by Kimberly Burnham and published by Inner Child Press.

The above anthology is open to anyone who has Parkinson's disease, has a family member or friend with Parkinson's, works with people with Parkinson's or has in some way been touched by Parkinson's disease and wants to contribute their story and inspiration.

There is interesting research on the healing benefits of sharing your story, listening to other people with a similar experience, and reading the images a writer can create with poetry. Below are some poetry prompts, ideas, and some of the research that will be featured in the book.

Other topics being considered for future books in the Touched by Poetry series include: Multiple Sclerosis, Macular Degeneration, Down Syndrome, Huntington's Ataxia, Diabetes, Arthritis / Joint Pain, Osteoporosis, Autism, Breast Cancer, PTSD, Addictions, Joint Pain, Strokes / Heart Attack, Aids / HIV, and ... YOU can suggest a future topic if you would like.

Readers of the book will have a chance to write their own poetry, as well as take a glimpse into your process. Thank you in advance for your generosity in the shared adventure. There will be no cost or payment to participants in this process. Credit for the poems will of course be given.

Deadline is March 10, 2016 for entry.

More Details at <http://www.nervewhisperer.solutions/touched-by-parkinsons-a-healing-journey-through-poetry>

About the Editor, Kimberly Burnham, PhD (Integrative Medicine), Award Winning Poet, and Brain Health Expert



Kimberly Burnham www.NerveWhisperer.Solutions is an award winning poet living in Spokane, Washington. In addition to contributing to over 30 books of poetry on Amazon.com she has a PhD in Integrative Medicine and specializes in using:

- Words: health coaching and guided imagery,
- Touch: manual therapy, acupuncture, and craniosacral therapy, and
- Complementary and Alternative Medicine (CAM): visualization, motor imagery, nutrition, reiki, matrix energetics, and self-care exercises.

She helps people with nervous system issues including: Parkinson's, MS, Huntington's ataxia, autism, seizure disorders, Down syndrome, etc. With her own story of vision recovery, Kimberly also specializes in supporting people with visual disorders, including macular degeneration, keratoconus, cataracts, and hand-eye coordination. Her clients have experienced positive changes despite having autoimmune conditions like lupus and diabetes, as well as chronic pain.

As a member of the Inner Child Press Poetry Posse, which publishes *The Year of the Poet* each month on Amazon (24 so far), Kimberly has participated with three or more poems every month since March, 2014. InnerChildPress.com.

Kimberly is one of 10 poets in the Tiferet Poem-A-Thon who are part of a book (August, 2015) entitled, *30 Poems in 30 Days: Writing Prompts & Poems from Tiferet Journal*. Her poems can be found at TiferetJournal.com including, Dear Stranger about her 2013 Cross USA bicycle ride through Montana. It was published in the Summer, 2015 issue of the *Tiferet Journal*.

Several of her poems and an essay are published in [*Music, Carrier of Intention in 49 Jewish Prayers*](#), which she edited with Gonzaga professor, Rabbi Elizabeth Goldstein. A regular columnist for SpokaneFAVS, she explores the connection between healing, faith traditions, and alternative medicine on this multi-faith site. You can read her column at SpokaneFAVs.com/author/KimberlyBurnham

Kimberly works with and coaches individual clients in person and via phone or skype. She writes extensively about health, healing the brain, and different aspects of social, emotional, and physical pain in our communities. Kimberly has written self-care books on Parkinson's disease, sleep disorders, Huntington's Ataxia, cold and flu symptoms, Multiple Sclerosis, and diabetes. In 2014, she spoke at the [Spokane Pain Conference](#).



Contact her at (860) 221-8510 or at NerveWhisperer@gmail.com

About Inner Child Press, World Class Publishers of a Higher Consciousness

[Inner Child Press](#) was founded by William S. Peters, Sr.. It is an author / poet / writer oriented publishing concern. Peters is a wonderful internationally acclaimed poet. He and his team fully understand a writer's needs and concerns when it comes to all aspects of the publishing journey. Inner Child Press specializes in poetry, prose, children's books and short stories. Please examine our extensive author, publishing, and promotion services. There is something here for every aspiring author to fit their dreams and their budget. Share in the magic ...

Recent books include: [The Year of the Poet](#) series, [World Healing](#), [World Peace](#), and [Healing Through Words](#) and [Puzzled...When the Pieces Don't Seem to Fit](#) on Autism. Enjoy free copies of these eBook and many more at www.InnerChildPress.com.



Poetry Prompts for Touched By Parkinson's

There are 52 Poetry Prompts. Use one or two or use them all. Use one a day for a month or spread out over a year. Use the same one repeatedly or only once. Use this book to support your own healing in a quite individual space or a noisy community gathering. The prompts are designed to encourage you to visualize, imagine, act, or perform in a way that stimulates your brain towards joy, growth, and healing. Some prompts have a quote from research that sheds light on the meaning behind the prompt. Most of all enjoy the journey. For more details and prompts visit <http://www.NerveWhisperer.Solutions/Touched-by-Parkinsons-a-healing-journey-through-poetry>

Share...Tell your story related to Parkinson's disease, explain an experience, or share a feeling in poetic form. *"A multisensory exercise approach that evokes the stimulation and use of various senses, such as combining physical and cognitive stimuli, can assist in the management of persons with Alzheimer's disease (AD). The program combined a variety of sensory stimulations, integrating storytelling and imaging strategies. Results showed an improvement in resting heart rate, overall mood, and in engagement of physical activity."—P. Heyn (2003) in *American Journal of Alzheimer's Disease & Other Dementias*. In a 2011 study in the *Annals of Internal Medicine*, Thomas K Houston noted, "the storytelling intervention produced substantial and significant improvements in blood pressure for patients with baseline uncontrolled hypertension."

Sensations & Actions...Can you understand the words of a poem, experience the sensations evoked, and feel the movement in the action verbs in the story? Write a poem that includes your thoughts, sensation words, and action verbs.*"A growing body of evidence in cognitive science and neuroscience points towards the existence of a deep interconnection between cognition, perception and action. The processing of action-related sentences causes the resonance of motor and mirror neurons encoding the corresponding actions."—F. Chersi (2010) in *Frontiers in Neurorobotics*."

Motor Imagery & Observation...What if reading a poem could improve Parkinson's symptoms? Describe in a detailed poem story an action that you have observed and dreamed of being able to do.*"It is now a well-accepted notion in neurophysiology that the observation of actions performed by others activates in the perceiver the same neural structures responsible for the actual execution of those same actions."—G. Buccino (2014) in *Philosophical Transactions of the Royal Society of London. Series B*

Movement in Ambiguous Stimuli...Do you see human movement in "ambiguous stimuli"—a Rorschach inkblot, a cloud, a swirling river, wind blowing dirt, snow crevasse and bumps, etc? Write a poem that describes the movement and the medium.*"There is a link between the mirror neuron system and the "feeling of movement" people may experience, when observing ambiguous stimuli such as the Rorschach cards."—A. Ando (2015) in *Brain Research ...*