



Therapeutic Touch

You are a conduit through which a healing universal energy is directed toward the client. Derived from ancient healing practices, the energy comes from the Divine Source, or from the “Universal Life Force”.

Practice sensing your own energy field:

- ~ Bring your hands very close together but not touching
- ~ Slowly separate them a couple of inches
- ~ Slowly return them to the original position
- ~ Repeat 3 times, each time separating by another 2 inches until they are about 8 inches apart
- ~ See if you can feel a sense of “bounciness”... This is your energy field

Your hands facilitate healing by consciously directing energy exchange:

1. Centering
2. Assessing the client’s energy field
3. Smoothing (“unruffling”) the energy field
4. Modulating or transferring energy
5. Knowing when to stop

Centering: a form of meditation to “silence the chattering mind”

- ~ Sit comfortably, focus on one spot
- ~ Long slow deep breaths
- ~ Exhale completely and allow all tension to leave your mind and body
- ~ Another deep breath, use relaxing imagery
- ~ Concentrate on breathing and stay focused
- ~ Experience inner peace, well-being, and a sense of wholeness and oneness with the divine and with the universe

Assess the client’s energy field from a centered state:

- ~ Hold your hands apart, 2 - 6 inches each side of client’s head
- ~ Slowly move hands over client toward feet
- ~ Scan energy field for subtle differences: cues such as change in temperature, texture, or rhythm signifying energy congestion (anything that feels “different”)
- ~ Scan the entire field then go back to recheck areas of doubt
- ~ Smooth the client’s energy field (aura) to clear the area of energy congestion
- ~ Use a sweeping hand motion to free the congested energy
- ~ Shake off or wipe away the negative energy
- ~ Continue in all areas where congestion was detected

Transfer energy to restore balance to the client’s energy field; allows client to recover his/her own healing powers

- ~ Redirect energy through your own “intentionality”, the will to heal
- ~ Hold your hands still over the detected energy imbalance
- ~ Visualize balancing the detected deficiency; for example, add warmth or texture

Reassess for balance: balanced energy field is smooth, flowing and symmetrical

- ~ Scan for the original cues to be sure they are gone
- ~ You may sense the client is in energy balance
- ~ With practice, you will learn to know when to stop