

Healing Touch

What is Healing Touch?

Healing Touch (HT) is an energy-based or bio field therapy. During HT, practitioners lightly place their hands on the client's arms and legs, and on the energy centers ("chakras") along the midline torso, as well as move their hands above the client's body, in various configurations, with the overall goal of clearing and balancing energies of the client. HT incorporates a variety of energy healing techniques derived from different healers. The HT practitioner chooses specific techniques or interventions based on the client's symptoms and goals. Clinical studies have shown that HT interventions are helpful for: cardiac surgery patients, radiation oncology patients and healthy adults. Clinical research has shown that Healing Touch may in some cases: decrease pain, diminish fatigue, create a sense of calm and serenity, increase the healing rate of wounds, decrease the length of hospital stay, promote sleep, diminish anxiety and depression, and increase spiritual connection.

What does Healing Touch feel like?

Clients typically describe it as "relaxing". When the practitioner clears and smooths the energy field surrounding the body, we feel calmer. After balancing the chakras, we feel more like "ourselves". Some clients report that they feel more energetic and better able to move forward in their lives. The energetic body pictured with chakras is the "blueprint" for the physical body. Clearing and repairing the body's energy field may help the cells in the body, which are embedded within and influenced by the field.

For more information about Healing Touch:

<http://www.healingtouchinternational.org>

<http://www.healingtouchprogram.com>

