

# Theoretical Basis for Healing Touch

**Notes:**

The purpose of this section is to outline the emerging theoretical knowledge that underlies Healing Touch Level I.

Healing Touch is a holistic approach to influencing the body's energy system, which supports physical, mental, emotional and spiritual life.

## PHILOSOPHY, DEFINITION AND GOAL OF HEALING TOUCH (HT)

Healing Touch is a philosophy, a way of caring, and a sacred healing art. Healing Touch is defined as an energy-based therapeutic approach to healing. It uses a collection of energy-based treatment techniques to assess and treat the human energy system, thus affecting physical, emotional, mental and spiritual health and healing.

The goal in Healing Touch is to restore wholeness through harmony and balance. This healing is done through the centered heart, thus creating a spiritual process.

Healing Touch is non-invasive, economical and effective. The quality and impact of the healing is influenced by the relationship between the giver and receiver of HT.

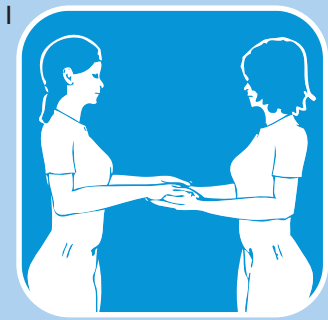
Thus this program requires addressing the personal development of the practitioner. The practitioner's self-growth is important in the evolution of her or his ability to enable healing.

Healing Touch influences the energy system that supports life. Through assessing, treating and evaluating the function of the energy system, the practitioner assists the client to self heal. Healing Touch *complements* traditional approaches to health and healing. It is not a substitute for them. Referrals to physicians and other licensed health workers are an inherent part of the practice of Healing Touch.









Center With Partner



Sweep Down Together

## MAGNETIC CLEARING: TWO ON ONE

### Procedure:

When doing Magnetic Clearing 2:1, center with your partner first. (fig. 1) Follow the steps for the 1:1 starting together 12–18 inches above the head and moving together staying parallel all the way past the feet (12-18 inches) in one continuous movement. (fig. 2)

### Notes

1. Your hands may perceive a build-up of magnetic energy as the field is cleared. Imagine the hands as magnets and the debris in the energy field like iron filings that are being attracted to a magnet and stick to it.
2. Each stroke may feel different as new layers of the field clear, and the next layer emerges. Sometimes the energy will clear on the upper portion of the body and accumulate in the legs and lower body.
3. Completing each sweep from above the head to past the toes without interruption is important for the “pulling off” of layers to be “released.” Do not stop and work in one area. The goal is to clear the whole energy field.

*Note and Question:* Some students have asked the question about the correct timing for administering Magnetic Clearing for someone who is undergoing chemotherapy. A concern expressed was that because some chemotherapeutic agents do not reach maximum effect for about 48 hours, would a practitioner be removing the drug effects (positive and negative) prematurely if a treatment were given during or soon after chemo administration?

*Response:* Janet Mentgen said there were no contraindications to administering HT because energy has a wisdom all its own that calms and relaxes the body and promote its natural ability to heal as long as the

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