

A Home Study Course from the Healing Touch Program

HEALING TOUCH

Workbook

Energy Therapy for Self-Care

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Workbook



DISCLAIMER

The material in this course is a guide for practicing Healing Touch, which enables and facilitates self-healing. It is not a replacement for traditional health care, medical diagnosis, or medical treatment for illness. Refer to a licensed medical practitioner for medical care. The Healing Touch Program (HTP) curriculum and techniques are based upon healing arts concepts and holistic nursing principles including acknowledgment of the spiritual dimension of human life.

The universal principles of Healing Touch, including the belief that conscious, intentional, and compassionate touch can positively influence the health of yourself and others, is a belief shared by all who practice this healing art. The reader will note that spiritual principles are addressed in a generic way in order to hold universal appeal. No specific religious or spiritual belief is taught or promoted in the Healing Touch Program. Participants are invited to consider how their individual or group beliefs can be transferred or translated from HTP curricular materials.

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Music from *Bruce Lipton's Music for a Shift in Consciousness* by Bruce Lipton and Russel Walder

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INTRODUCTION

We have to treat ourselves with loving-kindness and equanimity, gentleness, and dignity before we can accept, respect, and care for others.

DR. JEAN WATSON

Welcome to *Healing Touch for Self-Care*. This home-study course is designed to teach you Healing Touch techniques (also referred to as methods) that can be used to improve your well-being mentally, emotionally, physically, and spiritually. We hope it will inspire you to nurture yourself through the practice of self-care.

Healing Touch is an energy healing therapy in which practitioners consciously use their hands in a heart-centered and intentional way to enhance, support and facilitate physical, emotional, mental and spiritual health and self-healing. Healing Touch utilizes light or near-body touch to clear, balance and energize the human energy system in order to promote health and healing for mind, body, and spirit.

The methods presented in this book have been taught as part of the Healing Touch educational program since the late 1980s. Those of us associated with Healing Touch have witnessed its benefits both personally and as Healing Touch practitioners and instructors. Using Healing Touch techniques for yourself can assist you in many ways, including bringing a sense of peace and balance to your

life. They support your mind, body, and spirit. We honor you in taking this important step to learn more about self-care!

HOW TO USE THIS COURSE

This program is composed of a workbook, an instructional DVD, an audio CD, and a set of cards designed to teach you how to incorporate Healing Touch into your life. In it you will also find suggestions and tips for other self-care practices you may wish to incorporate. As you watch the video, you will learn about the human energy system; how to feel your own energy field; how to assess your mental, emotional, and physical well-being; and specific Healing Touch techniques that you can practice for self-care.

You should begin this course by reading this workbook. Herein, you will occasionally be referred to the accompanying DVD or CD, which will guide you through specific practices or methods. Healing Touch is experiential and these guided practices, both audio and visual, will enable you to learn quickly and at a deeper level than can be accomplished from reading alone. Since the core practices and information of this course are contained in the workbook, it is important that you read it and follow the referrals to the DVD or CD before attempting any of the exercises. The workbook also provides you a place to make notes about what you are learning and discovering—and this will also help you track your progress. In addition, the appendix provides resources and tools to aid your continuing self-care. We have also included guided audio practices and a set of cards that you can use to remind yourself of the practices you have learned in this program.

Self-care not only impacts you as an individual but, as you take care of yourself, you will find that those around you are impacted as well. We bless you on this exciting journey of self-discovery.

Administering Healing Touch for the Benefit of Others

In this self-care course, the Healing Touch techniques are taught for personal use. Healing Touch Program classes focus primarily on how to administer Healing Touch for the benefit of others. If your desire is to learn to practice Healing Touch on others, you should attend a Level 1 Healing Touch Program class (see HealingTouchProgram.com for a directory of classes worldwide).

The History of Healing Touch

Healing Touch was developed by holistic nurse Janet Mentgen in the 1980s. Janet was energetically sensitive and passionate about emphasizing the caring aspect of nursing. While caring for patients, she recognized the positive healing impact that occurred when the caregiver had a caring relationship with the patient. She saw how a patient's heart rate, breathing, and blood pressure changed and regulated when she used her hands gently in their energy field. Studying Therapeutic Touch provided Janet a structure for energy healing. She worked with many energy healers, including Rosalyn Bruyere, W. Brugh Joy, and Barbara Brennan. Combining her own knowledge and experience of the human energy system with that of other recognized experts and scientists, Janet developed a series of energy-healing methods and sequences and created an educational curriculum rooted in professional nursing that became the Healing Touch Program.

The American Holistic Nurses Association honored Janet as the holistic nurse of the year in 1988. Her "official" Healing Touch classes were first offered in 1989, though she had been developing the philosophy and curriculum for years previously. Healing Touch became a certificate program of the AHNA in 1990. AHNA began autonomous certification of Healing Touch instructors and practitioners in 1993. Today, Healing Touch certification is an independent, autonomous process, endorsed by AHNA as well as by the Canadian Holistic Nurses Association (CHNA).

The Healing Touch Program curriculum is standardized around the world. This standardization has strengthened its credibility with health-care institutions and institutions of higher learning. No matter where a student takes a Healing Touch course, the same curriculum and processes are taught. As of 2011, Healing Touch classes have been taught in thirty-four countries around the world. Information about classes in Healing Touch can be found at healingtouchprogram.com.

Healing Touch is used in hospitals, health care facilities, hospices and private practices by nurses, chaplains, allied health care professionals and others throughout the U.S. and around the world. Countless individuals have received the benefits of Healing Touch.

- • • *Listen to track 1 of the accompanying CD, "Introduction"*

1

WHAT IS HEALING TOUCH?

When you're at peace with yourself and love yourself,
it is virtually impossible to do things to yourself that are destructive.

WAYNE W. DYER, MD

Healing Touch is a focused way to work with the energy system to stimulate and support the body — mind — spirit's natural self-healing ability. When we center ourselves in the present moment, focus our attention on the love in our heart center, and connect to our spirit, we are centered and prepared to use our hands to do Healing Touch. Any motivated person willing to learn and practice this can use it to help her/himself.

Many people who take Healing Touch classes and practice it regularly describe it as a journey that increases their awareness of, and connection to, their heart and their wise, higher, spiritual self. It is very common for people who receive Healing Touch sessions to say that it induces deep relaxation, brings them to a greater sense of awareness and connection to self, and increases their feeling of being at peace.

Healing Touch is a holistic energy practice that promotes healing and wellness. It is holistic because it addresses all aspects of our being: our physical body, emotional self, mental state, spiritual essence, and social connections. Our overall well-being is determined by the balance of these aspects. And Healing Touch supports and works with all forms of health and wellness care. It is not intended to

replace medical or other therapeutic care, but rather to work with them in a self-empowering and supportive way.

Furthermore, Healing Touch focuses on healing and not curing. It is important to acknowledge that there is a difference between healing and curing. Curing focuses on relieving discomfort, symptoms, and illness. Healing Touch does not seek to address just these issues.

Consider the analogy of a bad apple in the bottom of a barrel. If the apples are starting to rot and you remove all of them except the rotten one and then fill the barrel with good apples, eventually all the apples will begin to rot again. It is only by removing the original rotten apple, the one that caused the problem in the first place, that the other apples can remain healthy and good. For instance, if, due to a stressful situation, you are experiencing physical problems such as indigestion, masking the symptom does not heal the body. If the root cause is not dealt with, the body will continue to display the same or other symptoms.

Healing seeks to identify and remove obstacles that upset the balance between body, mind, emotions, and spirit. It involves creating an inner space of balance and harmony, for, in the end, this is where wellness resides. True healing requires that we look deep into our beliefs, attitudes, and thoughts about ourselves, others, and the world in which we live. It requires us to remove or change things that cause imbalance, incongruence, or a disconnection within body, mind, and spirit. The goal in healing is not to fix health; it is to create and maintain it.

2

THE BASIC PRINCIPLES OF HEALING TOUCH

At any moment, you have the ability to dramatically change any area of your life, or follow your heart's deepest desires. It's yours to create, any way you want it.

CRAIG TOWNSEND

Healing Touch has at its core several basic principles. These principles are key to understanding how Healing Touch works and how using Healing Touch for self-care can influence your energy system and create balance.

Several of the key principles are as follows:

- Self-care is vital to maintaining a healthy mind, body, and spirit.
- The world and everything in it are interdependent.
- All life experiences are recorded and stored in our energy systems. Our health and quality of life are affected by the health and quality of our energy systems. Potential illness often appears in the energy system before physical signs appear.
- We can influence our energy system without being able to feel or see energy. However, you may perceive your energy system through your five physical senses and/or your intuition. This perception may be experienced as movement, temperature, density, color, light, or other kinesthetic or intuitive experiences.

- Our energy system is influenced by our environment, thoughts, emotions, and actions, and the thoughts, emotions, and actions of others.
- Our thoughts are a form of energy and, therefore, our thoughts influence our lives.
- A belief in energy medicine is not necessary to receive its benefits.
- Human beings can facilitate healing in themselves and in others by consciously using their heads, hands, and hearts in a compassionate and intentional way, such as by using Healing Touch.

GENERAL AND SPECIFIC USES OF HEALING TOUCH

Healing Touch is used to clear, balance, and energize the human energy system in order to promote:

- General health and healing of body — mind — spirit
- The relaxation response and relief of symptoms of stress
- Restoration of body — mind — spirit
- Relief or elimination of pain
- Mental clarity and relief of mental exhaustion
- Inner peace and calm in preparation for stressful or performance-oriented events, such as taking an exam, giving a speech, or participating in a competitive physical sport

3

HEALING TOUCH AND YOUR SELF-CARE

Love yourself first, and everything else falls in line.

LUCILLE BALL

Healing Touch is an excellent tool for maintaining overall health and wellness. An important and often-stated goal of self-care is to support and enhance wellness in order to prevent illness and disease from developing in the body. Practicing regular self-care for the body, mind, and spirit helps maintain an overall balanced state, and this aids healing on all levels. One of the most common responses to the application of Healing Touch is a calm, centered feeling, and an increased sense of clarity and peace.

Have you ever used any of the following terms to describe yourself?

- Stressed
- Scattered
- Worried
- Out of control
- Anxious
- In a fog
- Angry
- Disconnected
- Fried
- Exhausted
- Spacy
- Depressed
- Confused
- Out of balance

All of these are signs that you need to rebalance and clear your energy system. What do you do to get out of that imbalanced state and feel better? Do you feel stuck in this state? When your body's energy is out of balance or stuck, it is difficult to think clearly or feel well.

What if you could shift yourself to a state of feeling centered, grounded, calm, and clear within just a few minutes? Would you be interested in learning how to do that? Does that even seem possible?

When you learn to apply the basic Healing Touch techniques taught in this course, you will have tools to open and balance your body's energy flow, which will support your well-being on all levels.

Your body's energy flow is influenced by your physical, emotional, mental, and spiritual experiences and habits. By opening and balancing that flow on a regular basis, you will be able to shift old patterns and develop healthier ways of being. Regularly balancing your energy with Healing Touch will also train you to recognize when your body, mind, and spirit are out of balance. The more you practice, the easier it will be for your energy to shift back to a place of balance.

When your energy centers are balanced and open, you are in an ideal state to deal with the daily responsibilities and stresses of life: decisions can be made from a place of clarity, difficult people and situations can be kept in their proper perspective, external circumstances tend to trigger you less, and your immune system can work more effectively.

Of course, you also care for yourself through activities that support physical health (such as eating healthy food, exercising regularly, and drinking clean water) as well as mental, emotional, and spiritual health (such as cultivating positive relationships, journaling, being part of a spiritual community, being with friends and family, and spending time in nature).

Ultimately, all healing is self-healing. If you break your arm, the doctor may reset the bone for you, but it is your body — mind — spirit that does the healing. You may use a variety of support mechanisms, from prescription drugs to holistic modalities, to aid the healing process, but ultimately it is the body, mind, and/or spirit that does the actual healing. Whether or not you are conscious of it, you are always trying to come back to a place of homeostasis or balance. You can support

this process through regular body — mind — spirit self-care and activate your healing response by using the techniques demonstrated in this home study course.

Here are some examples of how Healing Touch can support your self-care:

Susan had chronic sinus congestion that often developed into sinus headaches. After learning that the Ultrasound technique can be useful to break up congested energy, she decided to apply Ultrasound to her sinuses. She repeatedly applied Ultrasound and then smoothed the energy field around her sinuses with Magnetic Passes: Hands in Motion. After several minutes she could feel the tightness in her head begin to ease, and she was surprised to feel her sinuses begin to drain.

Linda's daughter was getting married in a few days. She was feeling overwhelmed with all the details and trying to make everything come together just right. What she really wanted was to enjoy being with her daughter on this special day and to be able to enjoy the ceremony and the celebration. Linda found that practicing the Self Chakra Connection regularly helped bring her back to a peaceful, fully present state. She felt that she was able to cope with all the last-minute challenges calmly and with less attachment. Even when the DJ for the reception didn't show up, she was able to let it go, stay present, and enjoy the evening with her family and friends.

Diane was anxious and unable to sleep. She had to give a presentation at work the following day to several of her superiors, and she knew she would be called on to answer some tough questions. She needed to be articulate, clear, and able to think quickly. But without a good night's sleep, Diane knew she wouldn't be at her best. She recognized that she was getting into a vicious cycle of anxiety and lack of sleep. Diane decided to get out of bed and practice Centering and Grounding to bring herself back to the present. She followed this with the Self Chakra Connection and found that, as she placed her focus on the various hold points on her body, her mind became quieter. By the time she had worked her way up to her heart and throat, she was feeling calm and very sleepy. Sleep came easily after that, and she awoke the next morning refreshed and ready to face the demands of the day.

John was preparing to make some important decisions about his next career steps. He had learned through experience to follow his heart. Before sitting down to contemplate his options, John found a quiet space and did the Self Spiral Meditation with the intention of being fully open to the wisdom of his heart. He felt that he was then able to make good decisions from a clear, centered place of being.

Meg was feeling disheartened about her marriage. Instead of blaming her husband, Tom, for a downward turn in their relationship, she chose to first focus on herself — to know herself better, love herself more, and take better care of herself. After a month of dedicated self-care with Healing Touch, her positive energy seemed to have an effect on her interactions with Tom. They began talking at a deeper level about significant topics related to life and their relationship. They grew into a more genuine way of being together, which Meg attributed to her first focusing on her own self-care.

Practicing Healing Touch on a regular basis can help you stay in the present moment and stay grounded and centered (acting and feeling from your core). The more you integrate Healing Touch practices into your life, the more your life will reflect inner peace and balance and the more you will feel nourished. And this positivity has a ripple effect! People will become curious and may comment on your positive energy. Healing Touch self-care practices can be done by anyone and are flexible and effective for people who are interested in living healthier, more conscious, balanced, and more heart-centered lives.

The more you see yourself as what you'd like to become, and act as if what you want is already there, the more you'll activate those dormant forces that will collaborate to transform your dream into your reality.

WAYNE W. DYER, MD
