



Healing Touch Review of Techniques – Energetic Patterning and Clinical Applications

Since the filming of this Level 2 Review video, Healing Beyond Borders has completed an extensive, in-depth review of the source materials related to this body of work dating from the late 1700s through to the early 21st century. Hence, there are important and exciting enhancements to share with you. The fruits of this effort are captured in the new, 2017 Healing Touch textbook *Foundations and Practice of Healing Touch*. Please refer to the new textbook, *Foundations and Practice of Healing Touch*, authored by Joel Anderson, Lisa Anselme, and Laura Hart for more in-depth guidance on the specific updates and changes. I will include the page numbers from the textbook as references for you. Additional information and the associated re-visioned enhancements to the names and execution of many of the techniques can be located on the Healing Beyond Borders website.

Additionally, the course titles have been re-visioned to reflect the actual purpose and content of each class. Course 2 is now named **Energetic Patterning and Clinical Applications**

When researching the Healing Touch Techniques, the authors of the new Healing Beyond Borders textbook went to the original source materials and placed this wisdom into the context of information about energetic systems and contemporary scientific knowledge. Based on this synthesis, several of the techniques used in the Healing Touch course of study have been revised and enhanced.

The following name changes were made to reflect the purpose or action of the technique, or to honor the individual credited as the recognized source of the technique:

Headache techniques = Headache Management using a combination of techniques learned in Course 1 (pp. 96–99) such as Field Repatterning, Siphon, Laser, Chakra Connection, and Beak Finger Laser.

Back and Neck techniques = Spinal Flush (pp. 89–91).

In Course 2, there is a focus placed on the practice of a full healing sequence as described in the Foundations of Healing Touch course and described using the steps of the Framework for a Healing Touch Session:

Use of the **Framework for a Healing Touch Session** (Chapter 4, pp. 39–48) is deepened through work in the Assessment and Documentation phases, as well as a

review and deepening of one's healing presence skills. As a reminder, the process used for a healing session is summarized in these steps:

- Practitioner Preparation: Moving into a state of therapeutic presence by centering, grounding, attuning to the patient's energy field, and setting intention.
- Assessment, which includes subjective, objective, and energetic data through an Initial intake or follow up interview, observation of physical presentation and patterns, and assessment of the energy fields and centers through use of a pendulum, hands, and/or high sense perception.
- Problem Identification
- Mutual Goals
- Planning
- Intervention: Includes the techniques used, subtle energy shifts noted, then re-assessment of the field, followed by grounding the patient and releasing from their field.
- Evaluation: Data collected throughout the session through observation and assessment are used to determine whether the goals were achieved. This includes the patient's report of the session.

Headache techniques are demonstrated in this video even though these are taught in the first course. Headache Management in the new text (pp. 96–99) is very similar to the review in this DVD.

There is one interesting enhancement for working with the migraine-type headache: encourage the patient to imagine that they are breathing in and out through holes in the bottom of their feet (energy follows thought). This will begin to redirect the energy away from the head and down to the feet, helping to relieve the distress and congestion in the head and assist the patient to a place of grounding.

Another enhancement related to head trauma, includes holding the hands, palms up, above the shoulders and below the ears. This creates an energy arch over and around the head, allowing the flow to restructure toward a normal pattern; energy will be taken in as needed by the body. When the flow has ceased, move on with any other techniques (pp. 99–100).

Brugh Joy's Spiral Meditation has been restored to its original form with inclusion of the elbows and hands into the spiral. The left elbow is added just after the brow chakra, then continuing to the knees, followed by the right elbow. Continue on to touch the crown chakra, followed by the left hand, then both hands on the feet, followed by the right hand and ending with the transpersonal point (p. 93).

Of note, incorporating the elbows and hands into this technique affords an opportunity for the patient to move more deeply into a healing space. To support this process, it is recommended when closing the spiral that you take your time (approximately 10–20 seconds at each point) to allow for appropriate internal processing and energetic integration.

Spinal Flush (pp. 89–91) was formerly known as the Back and Neck Techniques. After balancing with a Chakra Connection and turning the patient to a prone position (face down) or on their side if indicated by physical limitations, begin with an energy assessment of the spine as before. Proceed with hands at the sacrum and neck to open

the spinal flow. Follow with beak finger laser; one hand at each side of the vertebra starting with the cervical vertebrae circling 10–12 times gathering energy in the palms and drawing it off across both sides of the back. Continue this process down the spine. Follow with Vertebral Spread, starting at the neck and spreading the energy from the midline of the spine to the outer edge of the back, repeating 3 times at each section of the vertebrae. Finish by sweeping down the back from the shoulders to the feet with palms and fingers 3 times and then reassessing the spine. If there are still compromised areas, continue with the Hopi technique to release any congestion.

The Chakra Connection with Body Memory Interview is no longer part of the course of study.

Modified Mind Clearing is no longer included in this course.

Recent research coming from the University of Rochester highlights the critical importance of the glymphatic system of the brain and the need for quality sleep. This newly identified system is responsible for distribution of the cerebrospinal fluids, as well as detoxification and transport of nutrients to the brain. The Glymphatic System Support technique (pp. 70–71) aims to nurture and maximize the efficiency of this system.

Although the first part of this technique appears very similar to Modified Mind Clearing the *intention* set is to open and energize the flow of the Cerebral and Cerebral Spinal Fluid as well as to clarify and fortify these fluids.

Along with the information provided in the text, there is further support information and diagrams found on the HBB website under the Student Resources tab.

Please remember to always work from a place of grounded, centered healing presence, always holding the intention for the highest good of the patient.

And recall, that as you move forward in your deepening exploration of this work, please feel comfortable connecting with a CHTI who you know, or give the HBB office a call and ask for further guidance and coaching with this enhanced work. Integrating the newly revised techniques will enhance your learning and practice, bringing your understanding into alignment with the revised course of study as you journey toward becoming a Healing Touch Practitioner.