



Healing Touch Review of Techniques – Advanced Healer Preparation

Since the filming of this Level 3 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 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. The name of the Level 3 course is now **Advanced Healer Preparation**

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

Spinal Cleansing = Spinal Clearing

Deep Cleansing = Deep Auric Repatterning

Etheric Template Clearing = Etheric Template Repatterning

6th and 7th level work = Celestial and Ketheric Template Repatterning

Lymphatic Drain = Lymphatic Clearing

Use of the **Framework for a Healing Touch Session** (Chapter 4, pp. 39-48) continues to be reinforced. 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, hand scan, 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.

In Course 3, the techniques are very much the same for higher level vibrational work.

Hara Alignment has been modified to include accessing the Core Star of the planet and expansion of the personal Core Star *before* spinning the chakras. (pp. 51-53). This allows connection between the essence of Source, the Planet, and the self in one stream of energy.

Chelation is simplified by using the same hand positions as the Chakra Connection to connect the legs and primary chakras, but stopping at the shoulders as demonstrated in the video (pp. 62-63).

Lymphatic Clearing (pp. 76-79) is different from the previous Lymphatic Drain and follows both the physiological and energetic flow of the lymphatic system. If work is to be done in the 5th level, then Chelation needs to precede this technique.

For Lymphatic Clearing, begin by brushing up the legs (in the field) to the inguinal lymph nodes of the groin until the flow is smooth. Proceed with brushing down the abdomen toward the inguinal area. Clear the inguinal nodes using an energetic siphon, field repatterning, or etheric hands.

Follow this step with moving to the chest and brushing from the midline to the axillary lymph nodes under the arms until no energetic resistance is perceived. Next, brush down the arms to the axillary nodes, followed by clearing the axillary nodes as done prior with the inguinal nodes.

Next proceed to brushing from the top of the head down to the chin to the anterior cervical lymph nodes, clearing both sides of the head. Follow with clearing the anterior cervical nodes as done previously with the inguinal and axillary nodes.

Finally, clear at the base of the patient's neck on the right side; this clears the congestion in the subclavian vein. If heavily congested, turn the patient over and repeat an optional sequence on the back.

**If for any reason the patient has challenges tolerating this technique, you may siphon the nodal areas prior to the energetic gathering at the nodes.

Glymphatic System Support taught in Course 2 is expanded upon in Course 3. A useful, detailed illustration with hand placements is available on the Healing Beyond Borders website. Please go to Student Resources, Course 3: "Glymphatic Support System - Expanded". During a research study at the University of Iowa using Healing Touch with patients with a diagnosis of Alzheimer's disease, anecdotal findings noted significant congestion in the groin, axilla, and cervical node areas of the patients in the study. With this in mind, it is highly recommended to precede Glymphatic System Support with Lymphatic Clearing for optimal results. These additional steps enhance the circulation of the cerebral spinal fluid. Additional hand positions include the following sequence:

- Track down the middle of the back of the head from the crown to the base of the skull with the thumbs as the middle fingers move from the crown, behind the ears, to the base of skull, meeting the thumbs and holding this position briefly.
- Using the right hand as beak fingers and trace down the right side of the spine to the mid-thoracic region, then continue to directly below the right axillary lymph node and hold this point.
- With the beak fingers of the left hand, track down the spine to the base, hold momentarily, and then continue to the left hip and hold this point.
- The right beak fingers then travel back to the midpoint of the thoracic spine, trace down to the base of the spine, and then continue to the right hip, holding the point briefly at each juncture.
- The intervention is completed by placing the palms on the patient's shoulders.

Celestial and Ketheric Template Repatterning formerly 6th and 7th Level

These techniques remain unchanged.

Please remember always to 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.

The importance of integrating the newly revised techniques is so that you will be practicing in alignment with the revised course of study as you journey to becoming a Healing Touch Practitioner.