



Healing Touch Review of Techniques – Foundations of Healing Touch

Since the filming of this Level 1 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 later 1700's 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 Level 1 course is now named **Foundations of Healing Touch**.

The **Framework for a Healing Touch Session** (Chapter 4, pp. 39-48), richly drawing upon both scientific and nursing process, is now used to identify the steps in delivering a Healing Touch session. This framework includes establishing healing presence. Understanding and mastering the practice of Healing Presence is absolutely fundamental to your effectiveness as a Healing Touch practitioner. There is a rich exploration of the process used for a healing session, 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 reassessment 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.

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

Magnetic Passes; Hands in Motion/Hands Still = Field Repatterning (pp. 67-68).

Magnetic Clearing = Modified Mesmeric Clearing (pp. 80-81)

Pain Drain = Siphon (p. 87)

Laser = Sword Finger Laser (pp. 74-75)

Ultra sound = Beak Finger Laser (for further information on the history and use of mudras, please refer to the text references) (pp. 74-75).

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 context of energetic systems information 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.

Scudder Meridian Clearing, formerly the Scudder Technique now has two additional steps (pp. 84-87). After cupping the chin with the palms and sweeping up in front of and behind the ears to the top of the head (step 4-a), gently press the acupressure points at the base of the occipital bone and sweep up and off the top of the head (step 4-b).

Noel's Mind Clearing was formerly known as Mind Clearing. The Rev. Rudy Noel was a student of Rosalyn Bruyere and he developed and further defined and evolved this useful technique. It has a slightly different sequence than what was taught originally. It begins with holding the occipital ridge (formerly the 3rd hold), proceeds with holding the crown, and then hands are placed on either side of the head just above the ears. Follow with fingers lightly touching either side of the larynx to balance the thyroid and parathyroid. Then, fingers are placed on the back of the neck with one hand while fingers of the other hand are placed on the brow from the bridge of the nose to the hairline (formerly the 2nd hold). Next, fingers are placed in an upside down V position at the brow, first closed and then opened as before. Then, brush across the brow at the bridge of the nose to the hairline several times. Next, gently brush from the eyebrows over the cheeks and down to the chin. Follow with cupping the chin with both hands. Next, place the left hand over the heart chakra and the right hand on the right side of the head and run energy between the heart and the head. This is a very nice hold that connects heart to head and addresses the pineal gland, the pituitary gland, and the hypothalamus. In the last position, place the hands over the heart chakra and brush up from the heart and over the shoulders (pp. 82-83). The helpful chart on page 83 explains the rationale for each hold.

As you move forward in your deepening exploration of this work, please feel comfortable connecting with a CHTI whom 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 curriculum as you journey toward becoming a Healing Touch Practitioner.