

## *What to expect with Healing Touch.*

Healing Touch is a program that teaches energy healing modalities from around the world. It is a multilevel program preparing practitioners to work with clients of all needs. The certification is by Healing Touch International and endorsed by the American Holistic Nurses Assoc. The training is consistent around the world and records of all practitioners are kept centrally in Lakewood, CO where the program is based.

The first visit includes an interview of approximately 1/2 hour for a basic history and review of what your goals are. A treatment lasts an hour, allowing time at the beginning & end for feedback. You will be given time to rest at the end of the session Try not to schedule anything too strenuous or stressful for after the session to allow yourself to integrate the healing. Be sure to drink lots of water also, as you may be releasing toxins from the treatment.

The sessions are done fully clothed with only the shoes off. You may be covered with a blanket for comfort. Be sure to tell me if something is uncomfortable. I usually play quiet music to aid in your relaxation. Let me know if you don't like what I am playing or if it is too loud. Most people have profound relaxation almost immediately. If you need back work you will be turned over with your head in a face cradle. If you can't lie this way I can accommodate whatever you need.

## *How does Healing Touch work?*

We are made up of an energy field and energy centers that record & store all of our life experiences. As these accumulate they eventually cause blockages and disruptions in our field, which can lead to physical and emotional illness or dysfunction. Our energy field has layers that correspond to the physical, emotional, mental & spiritual aspects of our being. A person's health & quality of life is affected by the health & quality of the energy system. The energy system is influenced by the environment, thoughts, emotions & actions of the self & others.

There are many different techniques that may be used. I always start with a full body balancing or clearing to connect the centers & align the system. This, in itself, is often very healing and will usually promote deep relaxation. Then, I will work on specific areas of concern. There are many techniques for different things.

The work is usually done in silence, but occasionally someone needs to share something that comes up. This is perfectly fine. There may also be some emotional release during the work. This work is a great adjunct to psychotherapy, since it allows the energetic release & healing to accelerate the therapeutic process. We believe that healing comes first then the understanding follows. It isn't a requirement to have full knowledge of the trauma that you may have experienced. Releasing it from the energy field takes the charge out of the memory, allowing you to put your energy into living.

Most people experience a reduction in their pain & anxiety levels during the treatments, regardless of the cause. It can greatly accelerate the healing process from surgery, fractures or other injuries. The sooner after surgery or trauma the field is balanced the faster you will recover. Healing Touch can dramatically reduce the side effects from chemotherapy & radiation. Because radiation is damaging to the energy field it is highly recommended to continue Healing Touch for at least two years following treatments.

## *Barbara Ann Brennan work*

Part of the Healing Touch program is an introduction to the work of Barbara Brennan, author of "Hands of Light". This is focused primarily on raising the vibration of the healer to enable the guides to assist us in our work. Our guides & angels are always with us, but in order for them to be able to assist in the healing they need someone in a physical body who has the ability to hold the vibration stable for them to come through. The ability to hold the space for them to work takes practice & concentration. I have been doing this for many years & often have clients who can see or feel the presence of "helpers". I am guided & often work with the energy of the Divine Mother. Her presence is often felt or seen in the room or working directly through me. Expect the unexpected!

### *Assistance with Transition or the Dying Process*

This is a technique that was developed for assisting with the dying process that enables the person to let go of their physical body with peace & ease. It has been found to be very useful for people in major life transitions, such as marriage, divorce, moving, starting a new job, & multiple other changes we must all make.

### *Changing Relationships Energetically*

This is a specific modality to heal & clear relationships energetically. The work is done with only one person present. It may be used for healing patterns with loved ones, assist in breaking the ties with an abusive partner, or clear things with co workers. It is done by getting clarity over how you would like the relationship to look, then, while you are holding that image or thought in your mind, I clear each energy center and remove or disconnect any unhealthy cords attaching you to the other person. This can dramatically change relationships overnight.

### *Changing Belief Systems*

Beliefs are stored energetically in the energy system. They dramatically influence our lives. Many of these beliefs may limit your life because they are based on dysfunctional patterns that were set in motion early on. An example that is very common is that money is evil. Someone with this basic belief will self sabotage any attempt at financial success. Clearing and replacing them with a new one takes only about 30 minutes and can have immediate, profound results in your life. There frequently are more than one that need to be cleared, but we try to get to the most basic. This is often the longest part of the process.

### *Reshaping Family Energy Patterns*

Family dynamics shape who we were, who we have become and who we want to be. When you are aware of a pattern that you would like to clear these techniques can greatly assist. There is a specific script that goes with this one called Divine Re-parenting. It is the way our parents wanted to parent us but were unable to. Experience being welcomed into the world with complete support and acceptance for who you are & who you are to become. The age you are now is irrelevant. This is one we should all experience at some point in our lives.

## *What is Shamanic Healing?*

Shamanism has existed for thousands of years in native cultures around the world. “The blueprint that shaped & molded us since we were inside our mother’s womb contains the memories of all of our former lifetimes – the way we suffered, the way we loved, how we were ill, & the way we died. In the East these imprints are known as karma, forces that sweep through our life like a giant tide that we cannot swim free of. These imprints contain instructions that predispose us to repeating certain events from the past. We want to learn where these energy imprints are located in the Luminous Energy Field & how to erase them so that the body, mind, & spirit can return to health.

In the Healing the Light Body School students learn to heal themselves, to perform Luminous Healing in person or at a distance, & to promote extraordinary health by extracting imprints & pathologies from the Luminous Energy Field. When the LEF is “clear” & in a state of optimal wellness, our body & soul remain strong, glowing, & disease free. Luminous Healing enhances the immune system & accelerates the healing of emotional wounds. It offers us keys to enter domains of extraordinary possibility described by quantum physics & ancient mythologies.”

Alberto Villoldo ‘*Shaman, Healer. Sage*’

The Light Body School stems from the tradition of the Inka Medicine people. We have been directly connected to the lineage of ancient healers through specific initiation rites. It gives us access to their help during sessions. We are also connected to animal archetypes that assist & protect us in the healings.

## *What to expect during a session.*

This is a very simplified explanation of the process. In the first session we would identify the issue you have come to clear. We would look at all aspects of it, including looking at family patterns that you may be playing out. Then the issue is blown by you into one of my stones. These are stones that consist of my personal “alter” that I have worked with during the Healing the Light Body training. The stone takes the issue from you to assist you to “illuminate” the issue. Then you will lie down on the massage table fully clothed. The stone will be placed on the lowest affected energy center or “Chakra”. I will sit at your head with my fingers at the base of your skull. You will be assisted to go into a relaxed state, then, begin to build a “fire” with your breath under the stone. This “fire” will assist in illuminating the issue but can also combust the imprints that are feeding it. Everyone’s experience may be different. Some see their guides or angels, some their power animals, others experience more literal memories of this current life. Some clients experience past life memories. There is no right or wrong way to do this. I assist & guide you to follow the pattern to completion. If it becomes too emotional the process can be slowed down. We do not believe in re-traumatizing through catharsis.

I will also check & remove solid energy that may be imbedded in your luminous body. These may have been sent to you as psychic energy from others, have been brought in from other lifetimes & activated by something in this life, or be a thought form that was strong enough to become solid. You will be given some homework to reinforce the work you have just done. Since the healing is not only energetic, but symbolic & mythical we want to engage all those levels in the work. You don’t just go home & forget about it. Part of the work is in removing your affinity for this issue so that you don’t attract it in the future. It may require more than one of these sessions to get at the root of the issue.

## *Soul Retrieval*

This is a practice that is universal in most Shamanic Practices. When we experience trauma pieces of our consciousness go into hiding. In psycho therapy they may be described as those parts that are buried in the unconscious. In the Shamanic view they are banished to the underworld and protected by a guardian until it is safe for them to return & are retrieved by a Shaman who is trained to navigate these dark places. The work we do with the Illumination Process prepares you so that the soul pieces know it is safe & they will be cared for. These pieces come back at the age they left, so they have to be nurtured to maturity. Some forms of therapy believe that we choose partners in life that have the missing pieces of ourselves. This would explain why “good girls” are often attracted to “bad boys”. The parts of themselves that take risks & enjoy being spontaneous are missing so they are attracted to the extreme aspects. Bringing these back allows you to be complete in yourself.

The Inka tradition of soul retrieval appears more complete than others I have learned about. In this tradition we also renegotiate the contract that the soul piece made when it left. These are always dysfunctional. An example would be that a girl must always be quiet & never show anger in order to please daddy. So her entire life is spent always deferring to others. We also retrieve the passion that this soul piece holds. Then we retrieve a treasure, which would be something that would be symbolic of something physical that is important for this piece to be remembered. I am always astounded at how often I retrieve things that a person already owns. The next step is to ask for a power animal to assist the soul piece to be safe. I then bring them back & blow them into your energy centers. Clients often feel immediate results from this work. You will be given homework to do to nurture & welcome these pieces into your life.

## *Extractions*

We are often hosts to unwanted entities or disembodied spirits. Most traditions view these very differently. Intrusive entities are more common than we would like to believe. An intrusive entity may appear as one of two types: one of our former selves (a former lifetime that has awakened from the subconscious mind), or a disincarnate being who has penetrated our Luminous Energy Field. The intrusive entity may be a deceased relative or friend who is coming to us for assistance. When a person dies suddenly in an accident, or under narcotics in the hospital, they can become lost between this world & the next. They are caught up in a nightmare that they cannot wake up from. They are not aware that they have died, & come to us for comfort. Their energy mixes with ours & begins to wreak havoc in our Luminous Energy Field. The person who has died may not have any harmful intent, but their attachment to a living person can be harmful. Extracting these often has dramatic results in the well being of the client.

In the Inka tradition we believe that they are in need of healing (which is done by capturing them in a very clear, double terminated quartz crystal, then sending them to the light with assistance of the spirits). It is a very gentle, loving process.

## *Death Rites*

These can assist in the dying process. It enables the person to heal & complete their unfinished business before crossing over. Doing this work allows the soul to leave in peace & go directly to the spirit world. It is profoundly moving work.