

A Student's Reflections on Advanced Practice 1 and 2

by Peggy Conway, Level 3 HT student

As a Healing Touch Level 3 student, I find myself continually hungry. Hungry to learn, to understand, to observe and to grow. Since I was not going to be attending Level 4 for several months, I became ecstatic when I learned that AP 1 and 2 classes were being offered. I registered without hesitation and without knowing the curriculum.

The class quickly arrived and began with welcoming introductions and smiles all around. We prepared for a full day of techniques including **Full Body Connection**, **Pyramid Technique** and **Double Hand Spinal Balance**. As both receiver and giver of each technique, I experienced everything from a sense of deeper knowingness to feeling physically solid and unbendable like steel. At times, I lost a sense of time and even space - but knew something good was happening! I really gained an awareness of the moment.

The AP 2 Class, the following day, focused on a profound technique for releasing trauma. The gentle method of helping clients to release trauma that has buried itself at the cellular level was intriguing to me.

I watched in awe as a classmate volunteered to publicly release her private trauma. Cynthia gently guided her to re-experience the trauma without fear or pain. After the hour long session, the volunteer was visibly changed – relieved and aware of the healing that occurred. The healing was indeed tangible and instantaneous.

Purely by chance later that day, I had the opportunity to be the recipient of this technique. I chose a specific trauma that had occurred some 25 years ago but felt inside that it was still with me on both a physical level and an emotional level. As my session unfolded I found myself a willing and eager participant in my own release and healing. This was by no means a spectator sport!

The session created a space for healing which culminated in total empowerment for me as a woman. I was a co-creator of my own healing and by joining with my wonderful new friends at the final release stage, I felt such deep and intense joy that both tears and laughter filled the room!

Today several weeks later, the healing continues in other areas of my life as well. I am on my way -- and am truly blessed to have been able to participate!

About the author:

Peggy Conway is a level 3 Healing Touch student seeking practitioner level in the upcoming year. Since 2000, she has been exploring various alternative modalities including, Reiki, Therapeutic Touch, and is a intuitive counselor. She is also an artisan and has been exploring incorporating her art in her healing work.

Peggy resides in upstate NY and is a Vice President for Media Logic, a marketing and communications firm. She also runs M2Design, a design division within Media Logic which concentrates on marketing for smaller businesses.