

Community Healing Touch Day at Albany Medical Center

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March 6th, was a day to celebrate Healing Touch with hearts all over the world! An intentional day of sharing ourselves and HT with the larger community right here in Albany, NY. We gathered as one heart here at Albany Medical Center. As HT program coordinator, I have had other HT events for the hospital staff and some for patients. I wondered how I should make this gathering different from past gatherings.

And then I knew! We had never offered HT to the families of the patients, those caregivers in midst of crisis. What an opportunity to share HT with a larger community of caregivers. A free HT session would bolster them and they might, refer their hospitalized loved one for a HT session. Patient referrals can come from anyone and are always welcome.

On March 6th, 2009, our dedicated cadre of volunteers, level 1 students to certified HT practitioners, and personnel from various hospital departments took time from their day to offer HT to families in surgical waiting areas and patients throughout the hospital. We set up tables and chairs opposite the busiest elevator in the hospital. We did a lot of talking to entice weary families out of the elevators to stop and try this relaxing,

restorative therapy. We had several areas staffed with HT volunteers, some very private and others right there in the thick of things. Many families did stop and some came back later. They all reported leaving with their burdens a little lighter.

Through the dedicated efforts of 14 HT practitioners, we gave sessions to 74 visitors, new patients and staff. There was a joy and excitement communicated among all the HT workers. Employees went back to their departments content that they had made a difference that day. Volunteers were enthused at how the people had come and the difference it made. The difference they made, not to just this medical center, not to just this city of Albany, but to the world, where all hearts beat as one.

