

Healing Touch: A Path to Higher Level Wellness



by Lauri Pointer, HTCP/I

Higher level wellness is more than an absence of symptoms. It includes vitality, a joy of living, and a feeling of self-worth. These are all qualities that are present when our life force energy is flowing vibrantly and radiantly. **Healing Touch** is an integrative energy based therapy with a goal of doing just that -- increasing the flow of energy through the body to facilitate the conditions for optimal health and well-being. These non-invasive techniques utilize the hands to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health and healing.

Our bodies are phenomenal communicators that let us know when something is out of balance energetically. Symptoms in the body- such as headaches, colds, insomnia, lethargy, depression, and fatigue - appear when our flow of energy is compromised. All kinds of situations can effect our energy flow - environmental toxins, stress, lack of exercise, lack of sleep, poor nutrition, etc. When the flow of energy is compromised, the overall vibration of the energy is lower. When our vibration is lower, symptoms begin to appear. Conversely, when we clear the blockages through a Healing Touch treatment, the overall

vibration is higher and when the vibration is higher it is impossible for symptoms to remain in the body.

If we think of a wellness wheel, consisting of spokes that represent all the categories of health such as physical, mental, emotional, spiritual, social, and environmental, very often, if we can simply improve our situation in one of those categories, we begin to see improvement in all of them. The better we feel, the more inspired we are to take good care of ourselves. If we keep our vibration high through regular Healing Touch treatments, we begin to crave healthier, higher vibration foods, our bodies naturally crave more water, we are drawn to other people with higher vibrations, we spend time in places with higher vibration, we partake in activities that keep our vibration high such as exercise, time in nature, and reading that is inspiring. We begin to attract to us more opportunities for experiencing joy and abundance and a feeling of being excited to get up in the morning. Waking up happy and excited for your life is a great sign of higher level wellness!

Our energy system consists of three parts: The biofield (aura), the chakras (energy centers) and the meridians (energy tracts throughout the body). Our energy biofield is considered to be the blueprint for the physical body, meaning it holds the tem-

plate for how our physical body is building and repairing. Symptoms appear in the energy field before they are noticed on a physical level. With Healing Touch, we can approach health preventatively by clearing the symptoms from the field before they have a chance to manifest on the physical level. We call Healing Touch a “subtle energy” therapy. Indeed, it is subtle and we can fine-tune our subtle awareness to this energy by practicing Healing Touch. The more we learn about our own energy, the more effectively we can recognize when something is out of balance BEFORE it has a chance to take hold as a physical symptom.

Every single human being is created to be able to flow energy - to ourselves and to others. It is a skill, and just like any other skill, your ability to do it improves with practice. Your subtle awareness of your own energy also improves with practice. Take a powerful step toward higher level wellness by learning about energy medicine and Healing Touch today!

About the author:



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