



# Some Notes about Babies

by Michelle Emanuel

I am blessed to have a large baby clientele in my healing practice. Parents bring their babies to see me typically because there was either some type of birth trauma or the baby has reflux/colic symptoms, problems with sleeping or some other type of irritability.

I am a Level 3 student of Healing Touch and have taken HT for Babies. I began to incorporate HT techniques immediately after my Level I class. I have found that *Magnetic Clearing* and *Magnetic Passes: Hands in Motion* and *Hands Still*, work well for most babies.

As with all clients, It is imperative to be grounded and centered when working with a baby. For me this means feeling fully embodied and present without distractions. It also means that I have been receiving the work as well so that I can truly connect with the baby - who relies on the caregiver or healer to Create a safe space for Healing. In addition, I fully accept the baby and parent(s) exactly as they come to me -- without judgement, regardless of the situation. It also means that I support the babies by paying special attention to their body language and eye contact.

Healing Touch techniques help release congestion and smooth imbalances in the energy field – which facilitates healing for the physical body. I have found that most babies are able to release quite easily. It's powerful work when we can provide a way for a baby to learn how to deal with difficult emotions or situations by releasing. Babies do not have the strong defense mechanisms that adults have, therefore treatments usually last between 20-30 minutes maximum.

The feedback I receive from parents after a baby receives HT include observations such as relaxation, calmness, improved digestion and sleeping. They usually mention feeling more connected to their baby after HT.

*Editors Note:* The above length of time of a HT treatment for babies is based on the author's experience. There are discrepancies in the anecdotal literature about how long to work on babies. Many practitioners have described success with shorter treatments (5-15 minutes) and feel that babies only need shorter sessions. Some practitioners have worked with sick babies who needed longer sessions and who responded well.