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Taking it to the Marines

By Nanette Sagastume, HTCP, RNP

Despite doing Healing Touch for years, it still amazes me when a single brief session significantly reduces the pain of decades' duration. When I attended my first Stand Down for homeless veterans at Dixon, California in 2009, I witnessed several instances in which pain, consistently at "7" or "8" on a "0-10" pain scale dropped to a "5" - for the first time in years - following a single twenty-minute Healing Touch session.

I was so inspired by the outcomes I decided to export the Stand Down concept and offer similar brief Healing Touch sessions at my husband's annual reunion of the Vietnam Veterans of 2nd Battalion 1st Marines held in November 2010 in San Antonio, Texas. These reunions have taken place in different cities for more than twenty years. Each year, more men come to the reunions to find friends they last saw in a jungle forty or more years ago, to compare stories with those who shared similar experiences, and to be supported by their "brothers." Each year there are attendees who have put off going to a reunion, fearing the emotions it could spark. Nearly always, these same men find so much healing that they wonder why they waited so long to attend.

Sadly, these Vietnam veterans are now aging. Each year I see more men leaning on canes, pushing walkers, toting personal oxygen tanks, or riding motorized carts. Simple aging and

chronic diseases, as well as the long-term effects of combat injuries, Agent Orange exposure, and post-traumatic stress debilitate these veterans. For these reasons I wanted to take Healing Touch to the Marines.

With the help of Susan Russell, a Healing Touch Certified Practitioner living in the area, and with the blessing of the reunion organizers, mini-sessions of Healing Touch were offered one afternoon to veterans and their families. No therapeutic services had ever been available at a reunion until now, so I was not sure these men would be open to this modality. On the contrary, they were very receptive and appreciative. Susan and I had a full schedule all afternoon.

As we "did the work," I could feel the beautiful energy of our hearts filling the room. Love welled up inside me and washed over the clients. Indeed, some of the clients commented that the energy of love and warmth that bathed the room was palpable to them. One veteran was so uplifted that, at the end of his session, he slipped into the far corner of the large meeting room and sat in lotus position to meditate and take advantage of the energy in the room.

As many family members as veterans sampled our services. Often it was the wives who, finding their own sessions helpful, prodded their spouses to also receive a treatment. One elderly veteran complained of left knee pain, due to a twisting injury three months before. He'd been informed years ago that this knee would eventually need a replacement. For the past three

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months his left knee pain was typically between a “5” and “8” on the zero to ten scale. He rated the pain at “8” that day. He assumed the longevity and intensity of the pain signaled the need for surgery.

After briefly assessing the energy field, and I did a **Chakra Connection** to connect and balance his energy centers. I followed with a **Pain Drain** to remove pain and congestion from his left knee and then filled the area with healing light. To enhance his relaxation, I did a **Magnetic Clearing**, and completed the session by grounding the client. By the end of the session he was snoring. Afterward, when I asked for feedback, to our mutual astonishment and delight, the pain was not just better -- it was gone. Moreover, for the remaining days of the reunion, he had no knee pain whatsoever. The client was thrilled that he might not need surgery after all. He offered this written comment:

At first I was hesitant. However, when done, my legs - were in total relief and I felt well rested. I now have no doubt that this therapy does really work. Thanks a bunch.

One of Susan's clients, a retired officer, told her that while she worked on him, he found himself in another place. He was once again on a hospital ship off the coast of Korea and Susan was his Navy nurse. At one point he opened his eyes, took in his present surroundings, then drifted off again. He was not frightened by his reverie and, upon awakening, had the perception that after all these years something had resolved. He was not sure on a conscious level what had changed, but he felt as if there had been a resolution of some sort. He stated he felt *more peaceful*.

There were less dramatic results as well from Healing Touch, but, from the expressions on the clients' faces at the end of the sessions, they seemed to feel they had obtained benefit, be it pain reduction and/or relaxation. At the end of the sessions, the president of the Vietnam Veterans of 2nd Battalion 1st Marines presented Susan and me with a plaque acknowledging the group's gratitude.

In addition, having heard nothing but positive comments from the veterans and their families, the president requested that I

organize a Healing Touch presence for their November 2011 reunion in Tennessee.

For my part, it was an honor to serve those who serve, to facilitate healing, and to help make the veterans lives a little better.

About the author:



Nanette Sagastume is a retired nurse practitioner and a Healing Touch Certified Practitioner with a practice in Chico, California. She has a special interest in serving military families and veterans. In 2001 she started a support group—still going strong—for family members of those serving in the military. She recently completed a memoir of her experiences as the wife of a Vietnam vet with PTSD and the mother of Marine deployed to Fallujah, Iraq in 2004. *We Also Serve: A Family Goes to War*, is due to be published by iUniverse later this year. She can be contacted at: www.healing-heart2heart.com.