

NEW HEALING TOUCH CDs! Healing Touch Meditations: Guided Practices to Awaken Healing Energy for Yourself and Others

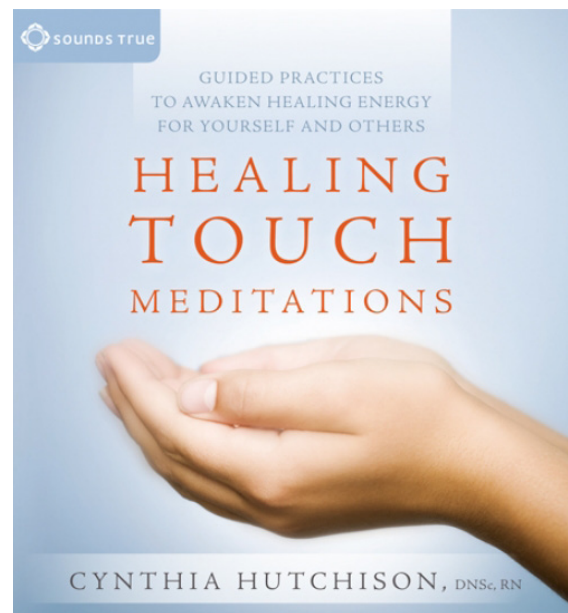
Cynthia Hutchison, Program Director for Healing Touch Program, created a new set of Healing Touch Meditation CDs in 2011 through Sounds True, a well known publications company focused on spiritual and holistic education products. This recent release (November 2011) is a two CD set with both lecture material about Healing Touch and also the three core HT self care meditation practices that are used in the Healing Touch Program curriculum.

The lecture material is the first of its kind to be offered in audio format. With 16 tracks, Cynthia shares a variety of information:

1) What is Healing Touch and how can it be used for self and for others? 2) Working with healing intentions; 3) Descriptions of the concepts of centering, grounding and attuning; 4) Cynthia's understanding of how we as spiritual beings come into human form through a vibrational step-down process; 5) Understanding the four dimensions of our energy system and 6) how to use the HT meditations. To hear an eleven minute clip of the lecture on How We as Spiritual Beings Come into Human Form, [click here](#).

The HT meditations which are included in this CD set are: 1) Centering, Grounding and Attuning; 2) the Self Chakra Connection; and 3) the Hara Alignment Meditation. These are the three core practices taught in HTP that relate to the four dimensions of our energy bodies: the Core Star, the Hara, the Chakras and their corresponding fields.

How can these CDs be used? *Students and practitioners* of Healing Touch can use the lecture and meditations to deepen their understanding and enhance their self care practices. *Mentors* can use one or all of the tracks at mentee meetings for discussion and guidance. *Instructors* can share the meditations



in their courses for the students to follow along during class. *Practitioners* interested in learning how to talk about Healing Touch to others can use them to help them develop their own style and flow of how to introduce HT to others. *Practitioners* can also use them with clients to teach these basic self care / self healing practices. *Clients* of Healing Touch or energy medicine can use them for their self healing and anyone can use them to enhance their self care and self healing. Many people use them upon arising to begin their day and at night before or while lying in bed. Because the sub-conscious mind will take in the information and intention of listening, the listening person will still benefit even if s/he falls asleep while listening.

How is this CD different from Cynthia original self published Healing Touch Meditation CDs released in 2009?

The original set include all five core HT self care practices reflecting HT core curriculum Levels 1-4: 1) Grounding, Centering and Attuning (Level 1); 2) the Self Chakra Connection (Level 1) ; 3) the Self Spiral Meditation (Level 2); 4) the Hara Alignment Meditation (Level 2) ; and 5) the Etheric Vitality Meditation (Level 4). This original set includes these five meditations but does not include any lecture material. The original Healing Touch Meditations (2 CD set) continues to be sold at the [HTP online store](#) and through Cynthia's website, www.BoulderHealingTouch.com.

A SAMPLE OF TESTIMONIAL STATEMENTS ABOUT THE NEW SOUNDS TRUE HEALING TOUCH MEDITATION CDs...

"Cynthia's two-CD recording, "Healing Touch Meditations," will spiral you back to your core self. In line with Healing Touch Program's curriculum, Cynthia explains the basic concepts that have made Healing Touch the single most effective energetic

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medicine on this planet. (That's my opinion as the author of "The Subtle Body: An Encyclopedia of Your Energetic Anatomy"; an overview of 5,000 years of energy medicine.) In her first CD, Cynthia's calm voice describes the three practices we will be learning. ... WOW! We can help self and others embrace our body, healing whatever is in the way of expressing the light that we are.

Cynthia's second CD takes us to the stars and back--literally. Here she explains how we moved from being part of an essential source, a core star, to a physical being. These four stages include downshifting from spirit to our hara, a line of light that

anchors us on earth. Our hara vibrationally links to our chakras and finally, to our body. Most important, Cynthia shares two meditations for actualizing our hara and chakras so we can live as the spirit that we are. Cynthia will help you embrace the peace and purpose that lay within. GREAT WORK!"

-Cyndi Dale

"Words cannot do justice to the experience of listening to this gentle voice describing the even gentler wisdom of Healing Touch. As a whole, this CD is one to treasure and enjoy for developing your sense of inner strength while shorter portions are perfect for a morning, mid-day or end-of-the-day message of health and healing to yourself."

-Dorothea Hover-Kramer, EDD, RN, DCEP,
December 2011

"The Healing Touch meditations by Cynthia Hutchison and Sounds True Recording opens the heart, mind and hands to the energy of Love as universal source for Healing. Cynthia Hutchison is a professional, educator, scholar, researcher and living practitioner of this work. Her messages and meditations of voice, knowledge and music are an entrance into finding the sacred in the moment of Being/Becoming Healing Touch. This series offers us a meditation...as well as intellectual and personal/professional guide to this practice. Cynthia inspires, informs, and invites anyone into a new space for healing and even touching the divine, life source, mystery of our unity with ALL. It opens up human to human connections which can be practiced and experienced in any caring moment."

-Jean Watson, PhD, RN, AHN-BC, FAAN
Distinguished Professor of Nursing

Murchinson-Scoville Endowed Chair in Caring Science
University of Colorado College of Nursing
Founder: Watson Caring Science Institute
www.watsoncaringscience.org

"Simply stated, Cynthia's new CDs provide an expanded awareness and deepened appreciation for the work we do. Everyone in the Healing Touch community, instructors, practitioners and students, will benefit from listening to "Healing Touch Meditations". I recommend to my clients and anyone interested in Healing Touch to listen to Cynthia's explanations of Healing Touch and to participate in her voice-guided meditations. We are blessed to have Cynthia as our beloved leader, who continues to hold the "light" and lovingly represent Healing Touch Program to a wider audience! Thank you Cynthia!"

-Rumi Hashimoto, MSN, RN, HTCP/I,
Founder, Hashiba Institute for Self-Sustainable Health,
Long Beach, CA