

Searching for words...

by Alain G  linas, Healing Touch Practitioner Apprentice

It is time for me to say something! Anything!
Hopefully words that bestow peace and harmony
It is time for me to express my thoughts and emotions
For I have undertaken a journey to uncharted territory
And I need to say something! Anything!

I know, deeply know, that I'm not the only one,
This road others have taken
Some are behind me, others seem very far ahead
Yet I know that we're all walking together
For we are heading toward the same wonderful place
And I wish I could find the words to say something!
Anything!

Drawing from energy within, I have picked up the pace
And caught up with some of the far-away travelers
Friendly, joyful and loving encounters I make
And the journey becomes pure delight
Now I know I have found something to say!
Not just anything!
If only I could find the words to say it!

I just read Cynthia Hutchison's article "From Words to Journaling and from Journaling to Journeying" (Energy Magazine, Dec. 08/Jan. 09 issue). She begins the article by talking about her love of words and the energy they hold. It inspired me to think about my relationship to words and their use in Healing Touch.

I can relate to people who, like me, are frequently searching for the right words to express themselves. Often times, when I think that I used the right words for my audience, I am surprised to learn that I am misunderstood. To complicate my search for the right words, I have two languages from which to choose -- French and English, with French being my mother tongue. As we know, a language is more than just words. It reflects a

culture, a way of thinking. It's the genius of men and women who have given us expressions that we treasure; it's the history of people who have a common thread, like the bloodline in a family.

As we delve deeper into ourselves and others, to heightened levels of consciousness, words are fewer, and far between. On the last day of January and the first of February 2009, I was fortunate to be one of the helpers at a Healing Touch Level 1 class at Conestoga College in Kitchener, Ontario. Kathy Moreland Layte was the instructor and Cynthia Hutchinson was present as the Supervising Instructor. This experience gave me the opportunity to observe and feel the transformation of the 30 participants -- nursing students and members of the staff. It was a great opportunity for me to review Level 1 techniques. But above all, the class provided a living example of compassionate care that we shared with each other, in addition to the intention over technique and heart centered treatments. We could feel the energy.

Over the weekend a love and trust relationship developed that I have seldom seen develop in such a short time. Participants shared profound life experiences that I'm sure were therapeutic -- and greatly contributed to their healing journeys. We all were on a loving, healing journey over the weekend. It would take too many words to describe the experience adequately, if such a thing is possible.

Many thanks to the HT instructors for sharing your love and teaching talents with us. Thanks to Kathy Moreland Layte and to Cynthia Hutchison who had the right words and teaching skills, and the loving heart centered presence that touched everyone's hearts and souls.