

Relaxing...

Calming...

Balancing...

Healing Touch

What is Healing Touch?

Healing Touch (HT) is a relaxing, nurturing energy therapy that uses light gentle touch to clear, balance and restore flow to the human energy system assisting with physical, mental, emotional and spiritual wellbeing. HT works from a multi-level energy perspective and uses non-invasive standardised techniques to clear, balance and energise the human energy centres and energy field. Illness/injury appear as imbalances and/or disruptions to the healthy flow of energy. Healing occurs when proper energy flow is re-established enabling the physical systems within the body to realign and 'reboot'.

Basically all healing is self-healing. For example a physician can set a broken bone but it is the body itself that heals the fracture. The Healing Touch Practitioner helps facilitate this process by the use of simple light caring touch to consciously and intuitively direct energy with the intent of helping you self-heal.

