

Relaxing...

Calming...

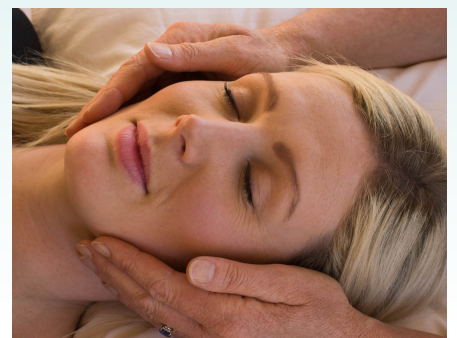
Balancing...

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.



What are the benefits?

Some benefits are:

- Balancing and calming
- Reduction of anxiety, stress and depression
- Enhancing recovery from surgery and injury
- Accelerated wound healing
- Pain reduction
- Strengthening the immune system
- Aids in reducing hypertension and headaches
- Aids in reducing neck and back pain
- Helps to release emotional/spiritual pain/grief
- Supporting cancer care
- Deepening spiritual connections

Healing Touch complements traditional medical care, is safe for all ages and is perfect for people who wish to take a more holistic approach to their healthcare.

Individual experiences may vary but generally people leave feeling relaxed, with an increased sense of wellbeing and focus.

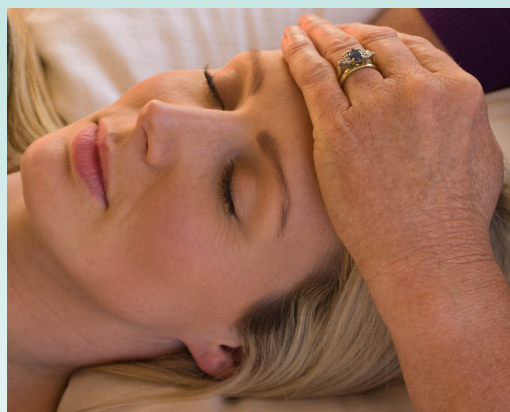
The effects of Healing Touch have been documented and research has indicated that Healing Touch goes beyond treating symptoms and can work effectively to address the underlying cause of illness.

What to expect...

Healing Touch sessions can be given anywhere, from a chair in a client's home to a bed in a hospital or healing room. The session is typically administered while the client lies, fully clothed, on a treatment table. The practitioner then chooses a Healing Touch technique that is appropriate for the client's needs and uses gentle, intentional touch (on or just above the body) to bring about balance and coherence to the energy system.

Sessions are tailored to each person's unique requirements and may last from 30 to 60 minutes depending on the treatment goal.

Clients will get the most out of their session if they can be specific about their healing needs and be prepared to discuss what their healing goals are, ie: relaxation, stress management or relief from specific symptoms.



For further information about Healing Touch:

healingtouchnz.com
healingbeyondborders.org

