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## HEALING TOUCH

### What IS Healing Touch?

Healing Touch is a biofield therapy that is an energy-based approach to health and healing. It uses touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the energy flow from the energy field to the physical body. These non-invasive techniques utilize the hands to clear, energize, and balance the human and environmental energy fields thus affecting physical, mental, emotional and spiritual health and healing. It is based on a heart-centered caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing.

The human energy field is based on three principal concepts: the aura (the bio-electrical field that surrounds the body), the chakras (energy centers), and the meridians (pathways of energy flow). Taken together, the chakras, meridians, and aura are often referred to as principal components of the subtle energy system that interpenetrates and surrounds our physical bodies.

**The aura** also referred to as the human biofield, or subtle energy fields, radiate off the body. The definition from the Healing Touch Program is that the biofield is a partly coherent electromagnetic field of organisms that is found just off the skin to about an arms length away from the body. In many complementary and alternative modalities such as Healing Touch and Reiki, practitioners are taught that the aura has four main levels of energy fields, beginning closest to the body: the etheric level, the emotional level, the mental level and the spiritual level. The spiritual level is also divided into four levels. Seven layers in all, with some consideration to the possibility that there are even more.

They are experienced as far as three feet away from the body, and can be seen by some practitioners and can be photographed using controversial Kirlian photography. It is explained that these energy fields store all life experience. This is a common visual graphic that shows the aura and associated colors that are possibly connected with each layer.



**The chakra system** has seven major energy centers in the body. The root located at the base of the spine is connected with survival and the will to live. The Sacral, located in the lower abdomen, is connected with desire, pleasure and procreation. The Solar Plexus is connected with self esteem and self interest. The Heart connects with transformation and balance. The Throat connects with self expression. The Brow is connected with the inner eye and seat of the mind. The crown is connected with spiritually.

**The meridians** are energy tracts or lines of force where the life essence travels through the entire inside of the body. Healing Touch does not specifically or intentionally work with meridians, but they are acknowledged. They are primarily used in shiatsu, acupuncture, acupressure and other holistic techniques.

