

## *Healing Touch*

*is a Heart-to-Heart energy based therapy. It is non-invasive, using "touch" to clear, energize, and balance the humane energy field to positively affect the physical, emotional, mental, and spiritual well-being. The goal is to restore harmony and balance to support the client's self-healing process.*



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## *Healing Touch & Massage*



*Combining Healing Touch, massage and breath work with essential oils for a truly unique experience.*





*"Thank you, my friend,  
For you have shared your pain.  
Now we can work together  
As we surrender to the Powers  
Beyond ourselves in seeking relief  
From the twisted turbulence  
Within."*

*Hover-Kramer 1993*

*May your life be filled with Love, Light, and Many Blessings*

*Healing Touch is energy based therapeutic approach to health and healing.*

*It uses touch to influence the Energy System, specifically the energy field that surrounds the body, and the energy centers which control the energy flow from the energy field to the physical body. This helps improve physical, mental, emotional, and spiritual health and healing.*

*I can include essential oils which also help balance and harmonize the energy field.*

*I then incorporate massage into the session which will relax muscles, ease and sooth your aches and pains. It rejuvenates-- restoring balance to your body and well-being, making us better for all the things life throws our way.*

*To start your experience I will do an assessment to determine the state of the energy field. I will also discuss with you your problem areas so I can adjust to what your needs are. Then we can begin your session and all you have to do is relax and enjoy.*



*"We will never understand the scientific basis of everything. We must be open to approaches that work even when we don't understand how or why they work" Ralnh Snvderman'Md*