



MICAH's Wellness Center
Miracles & Inspirations thru Conscious Awareness
of Health

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HEALING TOUCH

What is Healing Touch?

- Healing Touch Program would like to welcome you to this introduction to Healing Touch and we hope that you will gain a clear understanding of what energy healing is all about and how people around the world are benefiting from it.
- Healing Touch is for the individual who wants to enhance wellness in themselves and the lives of people they care about by using the gift of energetic touch. Learning Healing Touch will enable you to offer comfort and relief when nothing else seems to help. You will possess a life-changing gift that you can give over and over again, once you have mastered simple, easy-to-learn steps and techniques that support health and facilitate the healing process.

How does Energy Healing work?

- Many theoretical frameworks on how energy medicine works exist in the literature of quantum physics and holistic healing. However, while the exact physics mechanisms can not be definitively described at this time, the cumulative results of numerous related studies on energy medicine and consciousness indicate strong support that "something is happening" and that recipients respond positively to energy therapies such as Healing Touch.
- Over the years, researchers have developed ways to measure the energy field. Theoretically, by correcting any defects in the energy field, energy therapy practices may facilitate healing of the body, mind and spirit.
- Energy therapies focus on removing energy congestion that form in our energy fields (aura) and energy centers (chakras). Once these imbalances and disturbances are cleared, the energy channels resume their task of integrating the body, mind and soul to restore health and promote healing. It may also help to prevent future issues by restoring balance to energy field disturbances, which could later result in illness if left unbalanced.
- To gain a deeper understanding of the science supporting energy healing, please refer to the many books, journal articles and research findings written on this subject. Scientific evidence does exist that supports the premise that energy healing is effective. However, an experience is worth a thousand words, so the receiving of a Healing Touch treatment can do more to understand this phenomena than all the writings in the world.

What are the benefits of Healing Touch?

- **NON INVASIVE**
 - Healing Touch is done without the use of invasive procedures such as injections, inserting tubes, medication or surgery.
- **EFFECTIVE**
 - Research has shown that Healing Touch facilitates the relaxation response and enhances the healing process.
- **NON TOXIC**
 - Medications can cause side effects and must be monitored. Healing Touch restores balance and harmony to our natural biofield without the use of pharmaceuticals.
- **ECONOMICAL**
 - Healing touch does not require the use of equipment or substances and can be done in any setting. An open heart, a set of hands and a willing spirit is all that is needed.

What to Expect from a Healing Touch Treatment

- Healing Touch is a gentle, biofield (energy field) therapy that often facilitates a deep sense of calm and relaxation in the body-mind-spirit.
- The treatment is typically administered while the client lies on a massage table with their clothes on. With your permission, the practitioner uses his/her hands to assess your biofield and proceeds to clear and balance it as needed using either off body touch (near body but no direct contact) or a gentle (still) touch over various areas of the body.
- On occasion, one may experience an acceleration of the healing process and his/her symptoms may intensify for a brief time. When this happens, the recovery period of the illness is usually reduced.



Who can practice Healing Touch?

- Healing Touch courses are open to all nurses, massage therapists, body therapists, counselors, psychotherapists, physicians, other allied health care professionals as well as individuals who desire an in-depth understanding and practice of healing work using energy based concepts and principles.
- Janet Mentgen, the Founder of Healing Touch, believed that anyone could learn how to facilitate healing in others. As she observed thousands of students doing Healing Touch, she noticed that there was no difference in the outcomes of well prepared non-nurses to those of well prepared nurses.
- Janet believed that anyone with a compassionate heart and a desire to be of service to others could become a practitioner of energy healing. All that was needed was a commitment to learn and to grow.