

Healing Touch News

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The relaxation response and the physiological response of energy healing

Carol Komitor, the founder of Healing Touch for Animals (www.HealingTouchforAnimals.com) developed The Physiology Response of Energy Healing Chart to illustrate a view of response to energy healing with people and animals based on current research and theory (<http://www.healing-touchresearch.com/studies>). Her chart begins with “Relaxes Body” and ends with “Regulates Immune System,” and the flow offers a picture of the multi-system healing response at the physical level, knowing emotional, mental and spiritual responses to relaxation are also significant.



In a Healing Touch session, the relaxation response is often initiated by focusing on breathing. I incorporate five minutes of diaphragmatic or belly breathing with persons before a session (<https://www.the-energy-healing-site.com/deep-breathing.html>). Mind Clearing, a Healing Touch technique, is often applied for systemic effects, promoting relaxation. Self-Mind-Clearing is a technique easily learned for self-care.

In the classic mind-body approach, The Relaxation Response, Dr. Herbert Benson, MD, writes: “Each of us possesses a natural and innate protective mechanism against “overstress,” which allows us to turn off [its] harmful bodily effects. This response against “overstress” brings on bodily changes that decrease heart rate, lower metabolism, decrease the rate of breathing, and bring the body back into probably what is a healthier balance. This is the Relaxation Response.” He identifies the four basic elements to elicit the response: a quiet environment, an object to dwell upon (may be a word or a sound), a passive attitude, a comfortable position. Of the passive attitude, he notes: *A passive attitude appears to be the most essential factor in eliciting the Relaxation Response.*



Empower the Mind, Body and Spirit

April 20, 10 a.m.—4 p.m.

Healing Touch Madison practitioners will join local participants and vendors in a wellness expo at the Goodman Center’s Brassworks Community Room. It is free admission, free parking, and right on the bike path. goodmancenter.org

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To schedule a Healing Touch session, you may access my April Calendar on the Contact tab on my website www.PresenceOfEnergy.com, or call/leave message at 608-244-2635. If you do not see a time that works for you on my calendar, please suggest one and we will make it work. If you are in the hospital or recovering at home, I am available to provide a session although without my table.

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April Special: Receive a complementary session when you refer a friend, neighbor, co-worker, family member for a one-hour session.