

HEALING TOUCH

608-244-2635 |www.PresenceOfEnergy.com |tigan225@icloud.com

“How often should I have Healing Touch?”

In terms of “balancing the energy system” in order to support the healing or strengthening of the system, it is good to identify an area of focus and intention. This could be physical, emotional/mental, spiritual. Planning for Healing Touch sessions depends somewhat on the area of focus, and individual response.

For example, with an intention effectively to deal with grief, Evelyn and James Whitehead in their book Transforming Our Painful Emotions suggest a process or work. They provide an image of crossing a bridge from the harbor of painful feelings where grief accumulates to a transformation into mourning through “rituals of memory, tears, thanksgiving,” towards an expressive outlet or flow. They write, “If we refuse the work of mourning, our grief will consume us.”

Healing Touch techniques applied in a heart-centered approach to clear the energy system—chakras and aura—of congested energy can assist in providing a safe space and time for deeper reflection supporting significant transformation.



I cannot cause light; the most I can do is try to put myself in the path of its beam.

— Annie Dillard

Celebrate Summer!

“Midday is the luminous hour. Everything is illuminated by the brightness of the sun. There are few shadows. At this hour we look forward and backward, viewing about the same amount of day. Are we filled with a healthy acceptance of ourselves at this time of the day? Allow the rays of the sun to shine upon you. A Vitamin D moment! As you stand in the warmth of the sun, try to sense the sun’s energy entering into all those places where you most need vitality and healing.”

—Seven Sacred Pauses, Macrina Wiederkehr

To schedule a Healing Touch session from my website www.PresenceOfEnergy.com, find the Calendar under the Contact tab.

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July News

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