

HEALING TOUCH NEWS

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Remembering

Health is a process of harmony and right relationship within the person and his/her relationship with the environment. Healing involves a process of awakening to one's awareness of the true *self*, the self without roles, titles, what is owned in life, without worldly authority given to the person or masks one wears consciously or unconsciously. As we heal individually and collectively, we increasingly *re-member* our inward wholeness and our oneness with life and each other.

The spirit is always whole. We also remember that in the eternal spirit of each person, complete health and wholeness already exists. It is just waiting to be remembered by the person in his/her body and soul.

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Pain & Healing

Barbara Brennan, in [Hands of Light: a guide to healing through the human energy field](#), writes:

“Dis-ease at any layer of the field [biofield, aura] will express itself in that level of consciousness. Each expression is some form of pain, be it physical, emotional, mental or spiritual. Pain is the built-in mechanism that alerts us to correct a situation. It brings our attention to the fact that something is wrong and makes us do something about it. If we have not listened to ourselves before, if we have continued to ignore what we know we want or need to do, eventually pain will help us do it. Pain teaches us to ask for help and healing and is, therefore, a key to the education of the soul.”

Enjoy an evening Healing Touch session in May.

With growing light and warmth to our days, an end-of-day session offers relaxation as Spring brings its own demands and delights. Suggest a time and date if you do not find one on my Calendar, under Contact on website.

