

Ways to Wellness™

Integrative Medicine for Kids

HEALING TOUCH

What's it about? Ever walk into class and just know your teacher is in a bad mood? It's not as if you see her "frowning" or hear her yelling at someone. Instead, it's just a strong feeling you pick up—"negative vibes"—almost as if you could close your eyes and feel the thick, heavy air around her.

Where does this feeling come from? Many therapists believe each of us has an energy bubble—or a life force—that surrounds our bodies. You can't see it, but in many ways you know it's there, and so do many people who are close to you. (It's why your mom might say, "What's the matter?" even when you think you're hiding how lousy you feel.)

The fact is, the way you feel inside changes your energy bubble on the outside—and vice-versa. In order to feel well, everyone needs a smooth, strong and balanced life force. Healing Touch is one way to help smooth out that bubble of energy and help you feel better inside and out.



How does it work? A Healing Touch therapist is not only trained to be sensitive to the energy around people; he or she is also trained to be a kind of energy pipeline. Just as your kitchen faucet is connected to miles of underground water pipes, Healing Touch therapists are connected to the endless forces that surround all living things. Like turning on a faucet, they can turn on this energy and let it flow into other people to help them heal and feel better.

The way they do this may look very simple. Basically, a Healing Touch therapist will run his or her hands along your own energy field, looking for places that feel empty or need smoothing. Like massaging your body, Healing Touch massages your energy bubble, helping it feel relaxed and flowing freely.

Nice and easy does it. For most kids, Healing Touch feels gentle and relaxing. This calming feeling helps your body in many ways. It can help you unwind if you feel very tense and anxious. It can lessen pain in places where your body hurts. It can even help you heal faster after surgery.

Most kids really like Healing Touch because they know it feels very good and won't hurt. With practice, you can even learn to do it for yourself—and maybe your school teacher would appreciate it, too!



For more information call 612-813-7888
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