



Healing Touch is an energy healing technique developed in the 1980s by Janet Mentgen, an American nurse. Relying on the principles of holistic medicine and quantum physics, Healing Touch aims to rebalance and harmonize the person's energy field to promote healing at all levels: physical, emotional, mental and spiritual.

The protocol for a Healing Touch session generally follows these steps:

1. **Centering:** the practitioner enters a state of presence and receptivity, connecting to their own energy source.
2. **Assessment:** through intuitive scanning or using their hands as sensors, the practitioner assesses the state of the receiver's energy field, detecting blockages, leaks or imbalances.
3. **Treatment:** based on their assessment, the practitioner uses various techniques to rebalance the energy field, such as clearing to cleanse the aura, modulation to charge or disperse energy, or drainage to eliminate stagnant energies.
4. **Reassessment:** the practitioner reassesses the energy field to check for changes and adjust the treatment if necessary.
5. **Integration:** time is given for resting to allow the integration of energy changes.

Basic Healing Touch techniques include:

- **Longitudinal sweeping:** The hands move over the body from top to bottom, a few centimeters away, to smooth and unify the energy field.
- **Energy modulation:** The hands are placed on a specific area and intentionally direct energy to tone or soothe as needed.
- **Drainage:** A hand movement away from the body is used to extract heavy or toxic energies.
- **The heart technique:** the hands are placed around the heart to open it and promote the

circulation of love and compassion.

- The hara technique: by working on the energy center located below the navel, the person's anchoring and vitality are reinforced.

Barbara Brennan, a former NASA physicist turned energy therapist, greatly contributed to the development and spread of Healing Touch. In her book "Hands of Light", she explains how disease first manifests in the energy field before crystallizing in the physical body. By acting at this subtle level, Healing Touch can treat imbalances at their source and prevent their physical manifestation.

Unlike Reiki, which uses systematic positions, Healing Touch intuitively adapts to each person's unique needs. The practitioner is trained to sense variations in the energy field with their hands and respond appropriately. This personalized approach allows for great precision and efficiency in energy rebalancing.

Numerous scientific studies have shown the benefits of Healing Touch, notably in reducing pain, anxiety and fatigue in cancer patients. This gentle and non-invasive technique is increasingly being used in hospital settings, in addition to conventional treatments.

As a Spiritual Healing Coach, incorporating Healing Touch into your practice will allow you to offer your clients deep cleansing and revitalization of their energy field. By combining this approach with other coaching and personal development tools, you will guide them towards overall and sustainable well-being. Healing Touch is particularly indicated for people going through periods of intense stress, transition or loss as it brings a sense of clarity, centring, and regeneration.

Key takeaways:

- Healing Touch is an energy healing technique developed by Janet Mentgen in the 1980s, aiming to rebalance the person's energy field to promote healing at all levels.

- The protocol for a session typically includes five steps: centering, assessment, treatment, reassessment, and integration.

- Basic techniques include longitudinal sweeping, energy modulation, drainage, the heart technique, and the hara technique.

- According to Barbara Brennan, disease first manifests in the energy field before reaching the physical body. Healing Touch can therefore treat imbalances at their source.

- Unlike Reiki, Healing Touch intuitively adapts to each person's unique needs, offering a personalized and precise approach.

- Studies have shown the benefits of Healing Touch in reducing pain, anxiety, and fatigue, especially in cancer patients. It is increasingly being used in hospital settings.

- Incorporating Healing Touch as a spiritual coach provides deep cleansing and revitalization of the energy field, particularly beneficial during periods of stress, transition or loss.