

She learned of Helen's work through her sister who was seeing Helen. Originally, Amy came to deal with her emotional issues, but soon began an herbal program, a colon cleansing, and eventually added a diet plan to her routine.

The herbs were instrumental in ridding Amy of hives, she says. For seven years Amy had taken antihistamines for the hives which, according to her, "had an emotional connection."

It took "six to eight months to fully get rid of the hives, but that was a significant step," Amy notes.

The diet and colon cleansing left Amy with more energy, a healthy weight level and a clearer head. She no longer uses food as a reward nor places so much significance on eating.

"I feel so much better," she says. "My health problems were definitely connected to my emotional state."

Her emotional state, in fact, is what Amy focused on in her work with Helen. Through balancing and re-patterning, Amy was able to deal with a number of issues without the traditional talk therapy.

When Amy sees Helen, they decide on a goal for Amy and then use various techniques, such as Touch for Health and Edu-Kinesthetic exercises to achieve the goal. This process, says Amy, gives her the opportunity to do something, rather than just talk about it.

She says she has seen immediate results - physically, emotionally and spiritually - something new for Amy.

Re-patterning to Amy means, "re-programming, changing my tapes, changing the way I think about myself. It's a way to change something negative into something positive."

Dolores Krieger, Ph.D., R.N., is probably one of the better known modern day practitioners of touch therapy. Thoroughly convinced that the ability to use Therapeutic Touch is a natural potential in man, she has been interviewed on radio and television, has explained her healing work to thousands in workshops and professional classrooms throughout the world. The majority of her students have been nurses, and this is not

surprising...who else has more "hands on" experience with patients? Ever since Florence Nightingale, a vital part of the nurse's role in medicine has been to soothe, encourage and relieve suffering with her touch.

Dr. Krieger's class at New York University, *Frontiers in Nursing: the Actualization of Potential for Therapeutic Human Field Interaction*, was the first (1975) of its kind in the United States within a fully accredited curriculum for the master's degree. "Krieger's Krazies", as the nursing students called themselves, took the skills learned into the field and soon provided convincing testimonials as to the positive effects obtained.

THERAPEUTIC TOUCH, as her system is known, is noticeably useful for two things: a deep, generalized relaxation response from the recipient, and the relief of pain.

Dr. Krieger feels that the interaction between therapist and client invokes a sense of self-responsibility for one's health. She says, "...in almost every case there comes a moment when it must be acknowledged that it is the patient who heals himself. The transfer of energy from the person playing the role of healer is most usually little more than a booster until the patient's own recuperative system takes over. At best, the healer accelerates the healing process." (*The Therapeutic Touch*, 1979.)

I doubt that any of those kings or churchmen mentioned in historical treatises knew they were involved in "the transfer of energy"! Any more than Samuel Hahnemann or Edward Bach knew that it was the subtle energy imprint of the plants and flowers they used retained by the medium of water that was the healing or therapeutic agent in their preparations.

An Interesting Experiment.....

Today we are more aware of the existence of these fields of energy, have a few technical machines that can record them, and have forward-looking researchers who are seeking to understand and verify their effects. One such experiment was done in the 1960's by biochemist Dr. Bernard Grad, McGill University, Montreal.

The purpose of the experiment was to ascertain whether psychic healers had real energetic effects upon patients, as opposed to healing being the result of "charisma" or blind faith. Subjects were plants or animals in

order to eliminate the factor of belief. Two containers were filled with salty water. One container received a laying-on-of-hands treatment from a healer. Barley seeds were put into both containers (salty water is a known growth retardant), then placed in an incubator and studied for signs of germination and growth.

Seeds exposed to the healer-treated water sprouted more often than those soaked in the untreated water; seedlings watered with the healer-treated water were larger and had a greater chlorophyll content than those watered with the untreated water. These tests were repeated several times with the same results.

A variation consisted of giving water to psychiatric patients to hold. This water was then used on the barley seeds in the same type procedure. Water energized by patients who were severely depressed had the reverse effect of healer-treated water. It *suppressed* the growth rate of seedlings!

Why is Touch Therapeutic?.....

Now we get back (again!) to our old friends chi and prana...the concepts of the life force in Chinese and Hindu medicine. With no knowledge of quantum physics or neurophysiology, these ancients believed this life-giving force was brought into the body via the breath. Were they equating "breath" with oxygen?

Tests conducted by Krieger and associates showed elevated levels of hemoglobin after "the transfer of energy" by laying on of hands. Hemoglobin transports *oxygen* from the air in the lungs to all parts of the body!

"Healers and healthy people have an abundance of 'prana'; sick people have a relative deficiency of 'prana'. Krieger sees Therapeutic Touch as making a connection, like jumper cables, between the healer's charged battery and the sick person's low battery. The sick one borrows energy to get his immune system jump-started and energized to handle whatever disease or condition is distressing him." The Encyclopedia of Alternative Health Care, 1989.

SUE - OPTIONS FILE #152

Your eyes are so much better . . .

Neon lights have their place on the streets of Vegas or Hollywood, but no one wants to face them in the bathroom mirror first thing in the morning! That is exactly how Sue describes what happened to her one morning recently. She woke up with a set of mattered, sore eyes that were so pink they nearly glowed.

"Those were two nasty looking eyes," she says.

Sue had been seeing the professionals at Options Health and Education Center, so she called the office and arranged to see Director Helen Cox that morning. Sue began taking the herbs Helen recommended while still in the office, and Helen and another staff member began working with Sue on the spiritual aspect of the condition, focusing on past, present and future stages through applied pressure.

By the time she left the office at the end of the sessions, said Sue, "my eyes weren't as bright." By the time she returned to work, they were much whiter, prompting co-workers to comment on the remarkable change since that morning. Several people asked her, "What did you do? Your eyes are so much better."

She returned for another session after work in which she was given touch therapy (acupressure) and by the next day, she said, her eyes were nearly healed.

"It truly is an example of how with concentration and guidance, you can heal yourself," she said, also noting she now uses no medication or chemicals, just strictly herbs and therapy.

What Happens in a Session? . . .

All laying-on-of-hands systems using energy based concepts, whatever their name, are basically executed in the same manner.

First of all, the therapist or giver must be centered in a meditative state and focused on the intent to heal. This is essential in order to get the de-

sired effect. You can therefore understand the importance of experience and practice on the part of the giver.

The receiver need not be centered or even a believer! But it will, of course, facilitate matters if he/she is being cooperative.

The giver next "scans" or "assesses" the receiver's body. It is not necessary to actually touch the body; in fact, better results are obtained by holding the hands about two inches above the body. Signals the giver will be looking for (sensing in his/her hands) have been described variously ...heat, cold, tingling, pressure, electric shocks, pulsations. These clues indicate an energy block or congestion, a distressed area of the body. This has nothing to do with a medical diagnosis. It is just noting that "something is different in the energy flow here."

Next, the giver usually "unruffles the field." Perhaps a better phrase would be "clears the field", because a ruffled field is described as an area that feels very dense, static, full of pressure, a sense of fullness in the tissues. The giver places his/her hands over the affected area and then moves them away from the body in a sweeping motion. The purpose of this gesture is to get the energy moving once more, no longer bound in that one spot. Some receivers say they can almost feel the pressure "pop".

Getting the energy flowing again prepares the way for the body to heal itself. This can be expedited by the transfer of energy from the giver to the receiver. The giver directs and modulates this energy. His/her hands move energy around to needed areas; from a congested stomach area to deficient lower limbs, for example. It is a skill that is based on much practice and a high degree of sensitivity.

Has this transference of energy been proven to the satisfaction of Western laboratory standards? No. It is at this point a purely subjective sense of improvement, a relieving of symptoms. One of the most common reactions noted by receivers is a feeling of warmth or heat.

Another Interesting Phenomena.....

For me one of the most inspiring proofs of the efficacy of the healing touch is the work being done in "preemie" wards throughout the world. It is standard procedure now in most preemie units to stroke and handle these tiny, premature babies fighting for their lives. The human touch