

Innumerable accounts of healing by the laying on of hands can be found in church histories. However, this universal ability of man to heal man was jealously guarded. Any healing outside of the church was considered to be witchcraft or the work of the devil.

Even today there are those who view this mode of healing with suspicion or discount it as "nonsense." However, modern science is showing that indeed something affects the blood components, brain waves and neuromuscular reactions.

### Modern Day Healers With the "King's Touch"

The American Holistic Nurses' Association offers a course of study toward certification in HEALING TOUCH THERAPY. It is designed for nurses, physicians, body therapists, counselors, psychotherapists, other health care professionals as well as individuals who desire an in-depth understanding of healing work using energy based concepts.

This Association (AHNA) was organized in 1980 to promote the education of nurses and the public in the concepts and practice of health of the whole person, and its workshops are well attended.

### **AMY - OPTIONS FILE #185**

#### **Alcoholic/addict re-patterns life.....**

"I'm an alcoholic and an addict," Amy says in her straightforward manner. "That's critical to why I went to Helen."

Amy has been seeing Helen Cox at Options Center for Health and Education for over a year to work through her addictions and other physical symptoms of emotional stress. She had been through a twelve-step program and conventional therapy, but was looking for an alternative.

"(The twelve-step program) just didn't have enough substance," says Amy. "You sit around and talk about your feelings, which if you're in recovery, can be pretty intense....like a roller coaster."

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