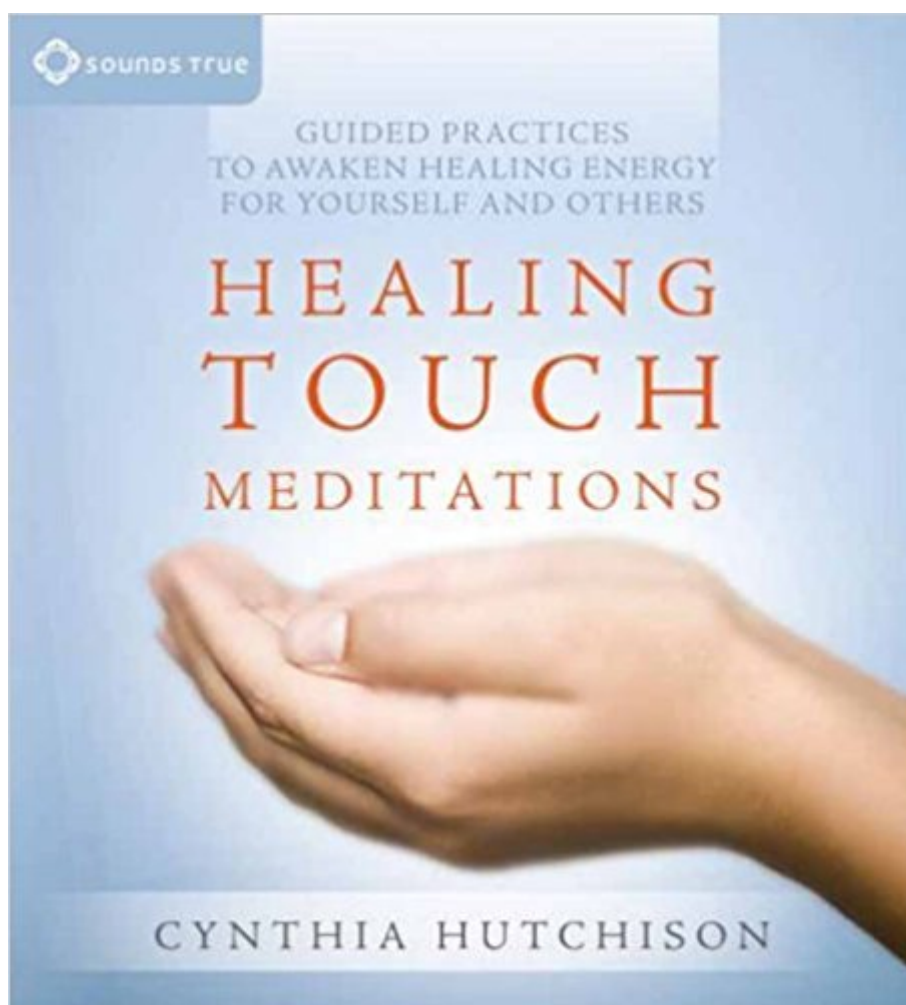


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# Healing Touch Meditations: Guided Practices To Awaken Healing Energy For Yourself And Others



## Synopsis

Guided Training in the Three Foundational Practices of Healing Touch Why has Healing Touch been embraced by both the mainstream medical community and holistic health practitioners? Not only has it been clinically demonstrated to be an effective way to support physical, mental, and emotional wellness • Healing Touch empowers people to take an active role in caring for their own health. With Healing Touch Meditations, Cynthia Hutchison brings you three foundational practices for using Healing Touch to cleanse, balance, and energize your body's subtle energy system. Drawing from the same training material used to certify Healing Touch practitioners worldwide, this respected teacher invites you to learn more about: Centering, Grounding, Attuning • a key three-part practice for preparing for a healing session, staying present and focused, and maintaining inner harmony The Self-Chakra Method • how to tune into and balance your body's seven energy centers to address specific conditions The Hara Alignment Method • a technique that connects all four dimensions of your energetic being to the higher source of healing energy How Healing Touch can be used to enhance any conventional healing practice, energy medicine, or spiritual healing modality • The great thing about Healing Touch is that it is universal and non-dogmatic, • teaches Cynthia Hutchison. • All that you need is a compassionate heart, willing hands, and some basic knowledge. • Whether you are a healing professional who wants to complement your practice, or you are looking for a proven energy medicine method to enhance your own health, Healing Touch Meditations brings you guided practices to activate your own capacity to transmit healing energy for yourself and others.

## Book Information

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## Customer Reviews

Cynthia Hutchison Cynthia Hutchison, DNSc, RN, is a holistic nurse who has studied natural medicine, spirituality and energy therapies since the 1980s. She is the director of the Healing Touch Program and teaches Healing Touch nationally and internationally. Cynthia has a long-running private practice in Healing Touch in Boulder, Colorado.

This CD meets all my expectations as a meditation tool. I will use it often and highly recommend it to anyone who needs another effective tool in their self-care routine.

It seemed to me that too much information was crammed into the beginning of the CD, with Ms. Hultchinson needing to talk too fast to include it all. The meditations are fine, but only a minor part of the set.

Cynthia explains the healing touch so everyone can understand it and there is so much in the world we do not know and the possibilities are endless

I think we have all wondered if we are more than we appear to be. I think we all know that we are. The question is, what understanding makes intuitive sense, but also invites us to demonstrate the essential self in the everyday world? Cynthia's two-CD recording, "Healing Touch Meditations," will spiral you back to your core self. In line with Healing Touch Program's curriculum, Cynthia explains the basic concepts that have made Healing Touch the single most effective energetic medicine on this planet. (That's my opinion as the author of "The Subtle Body: An Encyclopedia of Your Energetic Anatomy", an overview of 5,000 years of energy medicine.) In her first CD, Cynthia's calm voice describes the three practices we will be learning. These are centering, grounding, and attuning. She continues to guide us through discussions about and meditations to teach us how to center (live in the present, within our heart); ground (living in our body connected with the earth); and attune (link with self or other for healing purposes.) WOW! We can help self and others embrace our body, healing whatever is in the way of expressing the light that we are. Cynthia's second CD takes us to the stars and back--literally. Here she explains how we moved from being part of an essential source, a core star, to a physical being. These four stages include downshifting from spirit to our hara, a line of light that anchors us on earth. Our hara vibrationally links to our chakras and finally, to our body. Most important, Cynthia shares two meditations for actualizing our hara and chakras so we can live as the spirit that we are. Cynthia will help you embrace the peace

and purpose that lay within. GREAT WORK!

" The experience of listening to Cynthia's gentle voice invited me to participate in the even gentler and practical wisdom of Healing Touch. Each meditation builds upon the previous one to create a stunning whole, a joyful guide for the soul. As a whole, these CD's are ones to treasure and enjoy for developing your sense of inner strength. Single meditations such as those given for centering, grounding, setting personal intention and healing alignment are perfect for a morning, mid-day, or end-of-the-day message to bring ongoing health and healing to yourself. These CD's are a great daily companion for all of us who are burdened by busy lives and pressures." Dr. Dorothea Hover-Kramer, Healing Touch founding elder and author of nine books about energy therapies including "Healing Touch: Essential energy medicine for yourself and others."

Cynthia's Healing Touch Meditations are truly a gift! She offers simple, practical guidance to assist anyone at any level of energetic, spiritual and/or healing practice. Her thoughts are down to earth, while taking people to a place of deep contemplation and consideration of our essence, origin and healing potential. Her voice is soothing, and the meditations, with their holistic approach, are a wonderful way to help one to navigate the challenges of our times with peace and grace. I highly recommend this CD.

In this 2-disc CD set, you will meet your personal mentor, a gifted storyteller, Cynthia Hutchison, DNSc, RN. She will gently and confidently guide you on the path of discovering Healing Touch and how to use it to enhance your health. Her caring voice filled with wisdom and Love will create a safe and sacred space for you to experience Healing Touch meditations. 'Rumi Hashimoto, MSN, RN, HTCP/I - Healing Touch Program Certified Instructor; Founder, Hashiba Institute for Self-Sustainable Health, Long Beach, CA

This book is written very simply. I like it because I am involved in energy work and it makes me feel like all humankind is connected.

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