

## HANDS ON HEALING



There is a power in the Universe that is available to every will-endowed creature that lives in this Universe or any of the other Universes. This power is generally unused because we, as individuals are either largely unaware that it is there and/or because social norms have not generally accepted it. The ability to use the universal life force energy has the potential to alleviate much hostility, disease, sickness and death in the world.

### **Quantum Touch**

<http://www.quantumtouch.com/>

In principal the Quantum-Touch practitioner learns to focus and amplify life-force energy, which is most often referred to as "Chi" or "Prana". This is accomplished by combining various breathing and body awareness exercises. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary.

### **Reiki**

<http://theenergycircle.com/reiki/>

Reiki is a light or no-touch technique that works with the body's subtle energy systems. It has the ability to release our body's negative energy and blocks and promote healing and health in your body. I work with your energy centers and energy pathways. Reiki is NOT a massage, but it is very relaxing, healing and balancing.

### **Spiritual Healing**

<http://www.nfsh.org.uk/>

Spiritual healers work with this positive intention in a deliberate way. They will focus their attention to the highest source of Peace and Love in the universe that they can imagine. This is called *attunement* to the universal source and is similar to meditation. It is a state of heightened awareness: being totally present and at the same time having an attitude of detachment.

The healers then consciously direct this experience of union with the universal source through themselves to the patient. This is called *channeling*, where the experience of love is directed through the healer and is not from the healer him or herself. This type of healing with a patient present is sometimes called 'laying on of hands',

although the hands are mainly held a short distance off the body. At the end of a healing session healers will consciously break the connection they have made with the patient and resume their normal everyday conscious state of being.

### **Distant Healing**

Spiritual healing and Reiki can be practiced when the patient is not present. This is called distant healing. It can be practiced in groups or individually.

### **Magnetic Healing**

<http://www.souledout.org/healing/spiritdoctor/spiritdoctor1.html#maghealing>

Magnetic healing involves the manipulation of chi energy or prana on a person's body through the use of the hands. The healer uses their etheric body as a channel for the soul to transmit vital pranic force into the etheric and physical body of the person being healed. Magnetic healing works best on the lower three chakras and generally on less spiritually developed people, but can be used on any part of the body. There are many forms of magnetic healing, and the one presented here is a simple form anyone can do provided they have a good hookup to their soul, and the desire to heal.

For a good comprehensive reference on Hands on Healing see:  
*Hands of Light : A Guide to Healing Through the Human Energy Field*  
-- by Barbara Brennan