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Therapeutic Touch Community Care (TTCC) Courses

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Part 1 – TTCC Course Overview

1. Purpose

The purpose of Therapeutic Touch Community Care (TTCC) courses is to expand opportunities to introduce TT to individuals and/or groups. The facilitators/teachers will focus on aspects of TT that are easily learnable and of service to each community. We, the TTCC committee, acknowledge that our world needs the healing benefits TT has to offer more than ever. The TTCC courses would be targeted to specific needs and shorter than credentialing courses. They would provide another pathway for those who are curious to learn about Therapeutic Touch, but who may not, or may not yet, want to pursue credentialing as a Qualified Therapeutic Touch Practitioner (QTTP). Further, the purpose of some TTCC courses is to spread the practice of TT to those who may want to use it for self-care, or with family members, co-workers, others as part of community groups, etc. The nature of possible courses will be covered later in this overview. TTCC courses are NOT intended to prepare one to establish an independent healing practice. Such an endeavor would require further coursework and credentialing as a QTTP.

Courses will be reviewed annually in order to assess areas to improve or note areas of success. Anecdotal notes from facilitators and evaluations from participants will be part of this process.

2. Participants or Target Audiences

Participants would be family members, community groups, and individuals who could benefit from learning TT in a simple way to immediately address acute and traumatic needs, or for daily self-care, or family/community care purposes. Recently, the increase in disasters, such as fires and floods, has led to a growing need for ways to address acute and traumatic needs of those affected - survivors. Short courses might also address everyday needs of caregivers for family/community members with chronic health challenges or those caring for the dying. Their needs are immediate and not necessarily aligned with the current credentialling pathway. It is also important to reflect on the areas of our global community where health care is not universally available. This has become apparent to our team during COVID, in communities of women infected with HIV in Rwanda and other areas of health challenges. Many people desire ways to support their personal wellness, in addition to their family's or community's well-being.

3. Course Hours

TTCC courses would cover various topics. Accordingly, the workshops would also vary in length from 1- 5 hours, to meet the needs of each group of students and at the discretion of the TT facilitator/teacher. One- to two-hour courses could address the appropriate aspects of TT for immediate needs of participants such as hospice/end-of-life caregivers or stressed environmentalists (see Appendix C). Longer courses could help communities deal with recurring challenges, such as the

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anxiety associated with environmental issues such as fire or flood. Some teachers may create ongoing TT groups or a series of short courses for their unique audiences. The length of the course would relate to the specific purpose and be determined with a goal of addressing immediate needs.

Credentialing would remain another direction participants could follow. Teachers/facilitators could encourage those interested in furthering their growth to head in that direction.

4. Expectations for TTCC Course Teachers/Facilitators

The word “expectations” was chosen carefully, as there may be teachers who fall outside these parameters but meet the needs of our community to do outreach in places of great need.

Facilitators teaching TTCC courses are expected to:

- Have been approved as a TTCC facilitator by TTIA.
- Know how to demonstrate and explain centering, energy fields, assessment and simple rebalancing, and how to end a TT session.
- Be able to assess and correct students as they practice during the training session.
- Work within the ethical principles of Therapeutic Touch International Association (TTIA Ethics).
- Work with an experienced practitioner or teacher on developing their first course, and periodically incorporate updates regarding current understanding of TT basics.
- Complete the application.
- Intelligently discern what aspects of Therapeutic Touch are most appropriate to bring forward to each class, safely and ethically, taking into consideration the goals of participants and time available to participants.

5. Basic Content for Developing TTCC Courses

These courses should be designed and taught in an introductory style, similar to but not as thorough as the *Foundations of Therapeutic Touch*. Key components that are considered essential or critical to present are listed in the table below. Information on the history of Therapeutic Touch, theories, philosophies, research papers, and resource materials should be simplified as these support learner needs. Further and more extensive study programs and readings can be suggested for those interested in TT credentialing courses. Again, each teacher/facilitator will need to discern the aspects of Therapeutic Touch most appropriate to bring forward to each class safely and ethically, taking into consideration the goals and backgrounds of participants, and time limitations.

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Essential Components of a TTCC Course

- A basic definition of Therapeutic Touch
- Uses of TT
- The importance of centering, grounding, and sustained centering
- The importance of compassion
- A basic understanding of the human energy fields
- A basic understanding of the universal energy field
- Phases of TT
- Limitations of TT and letting go of the outcome
- Precautionary guidelines and ethics important to the TT process
- Importance of self-care

6. Evaluating the Participants

A reflective process will be used with questions that allow the facilitator/teacher to document and evaluate each participant's understanding of simple, uncomplicated TT. A demonstration of the aspects of TT that they learned in the class will be required. This can, and often will, be accomplished by observing participants during class. In this way, supportive corrections will be instantaneous.

7. Support for Facilitators/Teachers

Where possible, resource materials will be provided by the TTCC Committee. These can include templates/examples/illustrations to facilitate specific TTCC courses. Several outlines are included in Part 3. The Committee's goal is to maintain a file containing examples of content, reference lists, and handouts, and to encourage ongoing contributions from facilitators.

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Part 2 – Creating TTCC courses

1. Definition

Therapeutic Touch® is a holistic, evidence-based practice that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. It is taught in educational, medical, and community facilities around the globe. Therapeutic Touch is based on the concept that inherent in nature is a healing energy comprised of wholeness, compassion, and natural order. Aspects of the definition, such as wholeness, will be explored in classes. Additionally, information often will be shared about the founders and the research backbone of TT.

2. Uses of TT

Because TT can assist individuals to relax, quiet, ease pain, and regain a sense of well-being and balance, TT plays an important role in today's world. TT is also used to promote healing, and stimulate flow through blocked or stagnate energy patterns. In the TTCC courses, however, teachers/facilitators will assist individuals to deal with stress, fatigue, pain, distress, or anxiety.

3. Centering and Grounding

Centering is a process of quieting the mind, focusing one's awareness, and connecting with the stillness or peace within. We use Dora-Van Gelder Kunz' explanation of centering, "Relaxing the heart center, which I call centering." This way of centering is the link to unity, to universal energies, to one's inner self, and to sustained centering. It is how we enter into a healing relationship.

Grounding is a process of facilitating one's connection with the environment and the earth to help direct of the flow of universal energy through and within the healing partner.

Centering and grounding are critical to one's well-being and the well-being of healing partners, thus are key components of TTCC courses.

4. Compassion

Compassion is the ability to separate oneself from the situation and clearly look at a situation with an engaged heart. Not only does compassion motivate people to go out of their way to relieve the physical, mental, or emotional pains of others and themselves, but it also motivates those to whom the compassion is directed to heal. Compassion is often regarded as simply being sensitive to the suffering of others. Compassion is egoless. It "powers the engine" (Krieger, 1987) that underlies the process of helping another.

5. The Human Energy Fields and the Universal Energy Field

Energy is the fundamental building block of the universe and human beings (Rogers, 1992). Characteristics of the Human Energy Field include openness, pattern, balance, flow, and symmetry. Simple exercises will allow learners to feel their own energy field and understand how they can use

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this learning to assess energy patterns of their friends and families (in TT language, their healing partners-hp). Courses will explore the physical aspects of the human energy field and may also explore the emotional, mental, and spiritual fields depending on the course and learner needs.

6. Phases of TT

The basic phases of TT reflect shifts in consciousness experienced during the TT process. The initial focus will be on understanding the importance of a calm approach, being centered, assessing energy flow and patterns, rebalancing energy, and knowing when to stop the session (“less is best”), and reflecting on the process of helping another.

7. Letting Go of Outcome

In Therapeutic Touch we use a phrase from Dora Kunz, "let go of the outcome as it is not in our hands." We do our best when giving a TT treatment, but we don't have control of what the recipient does with the treatment - that is in their control and we honor the healing partner's inner wisdom. While the goal of each Community Care course is to share enough TT to provide learners with sufficient information to address their unique circumstances, TTCC facilitators will help learners recognize that every individual has their own journey and remind learners that while these lessons will provide them with information and tools to help, their job is to stay in that centered place, do their best, and remember the outcome is not in their hands.

8. Ethical Responsibility

Ethical responsibility in TT Community Care courses includes the following considerations. Teachers/facilitators:

a) Will carefully consider the safety of the learner and those to whom the learner provides TT.

b) Will NOT teach beyond their own understanding or abilities.

c) Will be available for follow-up questions and guidance.

d) Will state clearly that TTCC courses are NOT intended to prepare learners to establish an independent healing practice. This requires further courses and following the credentialing path.

e) Will seek guidance from the TTCC Course Committee when needed.

9. Self-Care

Many short courses have and can continue to focus on simple TT self-care activities and the ability for each person to be their own healer, using skills learned on a regular basis.

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Part 3 – Examples of TTCC courses

Example 1: TT for Self-care (2 hrs)

For more details, contact Jody Falconer, CMT – jodyfalconer@vom.com - 707-337-9280

(All items in blue are examples that Jody has used. You may find it best to use examples from your own experiences.)

What this group requested and Jody's intention for this class:

A client of mine and members of her book club wanted to learn some basic self-care TT and basic care for family that would also include distance healing. This was during Covid, so we met outside, with ample space and masked so we could work with one another. My task: share the essential understandings of TT, teach a doable self-care TT routine, use the familiarity from the self-care routine to be able to work with loved ones, explain distance TT and lead them in a guided meditation of distance TT. One thing that helped tremendously was that this was a group of people familiar with one another for many years, so no introductions were necessary. This helped the 'learning' tremendously. They immediately "got" centering, grounding, assessment, rebalancing, blue. And they also thought of family members they wanted to support, along with exploring self-care.

TEACHER OUTLINE **Therapeutic Touch Community Care Class**

Using Energy Medicine to Nurture Well-being

Jody Falconer, CMT, QTTT jodyfalconer@vom.com

Intro: Therapeutic Touch® (TT) is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. It is the study of how we can support healing and well-being through consciously engaging with human energy fields. Therapeutic Touch is based on holistic principles that regard the body as a sum of its parts, a whole being working in a rhythmic, orderly fashion, keeping a constant homeostatic balance, a harmonious balance. The best possible environment in which human beings can regenerate, heal, and regain a sense of well-being occurs when they are in balance in body, mind, and spirit.

Dolores Krieger, PhD, RN, Professor Emeritus of Nursing Science at New York University, and Dora Kunz, a noted healer and former president of the Theosophical Society of America, began developing TT in the early 1970s. Although TT had its beginnings in the U.S. and is currently practiced by thousands, it has also been taught in more than 90 countries around the world. Therapeutic Touch is included under the category of energy-based therapies in the complementary and alternative health

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care practices (CAM) classification system of the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health.

Basic understandings that Therapeutic Touch offers

1. Supporting healing is a natural human potential. *(This is where I talk about how Dora came to this idea.)*

- We are capable of change and growth on all levels – emotional, mental, physical, spiritual.
- Requires willingness to be centered and have compassion – caring for another's well-being.

2. Each of us is a beautiful energy being. Every individual living organism can be described both as a physical entity and as a system of energy fields.

Energy is constantly moving into, through, and out of our bodies. We are continually interacting with and reacting to our environment. Our physical well-being is affected by life events, our emotions, our thoughts, and our spiritual beliefs and ideas.

Life energy is always moving towards establishing natural order, harmony, wholeness, and well-being. *(This is where I talk about what order is; example, the order innate within a seed.)*

Each of us is also a self that is beyond our current role of mother/father, tax accountant/teacher, etc. We are each a self that ***is*** that innate wholeness, that eternal beauty, the essence of who we are.

ACTION: Feel the energy between our hands. Share what was experienced.

3. Within each of us is a place of deep peace and inner quiet. This is a natural aspect of our heart centers. This place of deep peace connects us with the peace we feel in nature - the calmness, harmoniousness, and a feeling of being deeply connected with life. Dora would refer to these energies as 'universal healing energy.' Dora would say to us that her experience of Universal Healing energies is that they are comprised of wholeness, natural order, and compassion. *(This is where I lead the group in a practice rooting our feet into the earth and centering in the heart.)*

Universal healing energies can be directed by our intention, being in a quiet, centered state, and by our caring compassion for the well-being of another. It is not we that do the healing, we are simply a vehicle that can help direct the healing energies. *(This is where I talk about how a wound heals itself.)*

To do this, we ground, and center within our hearts, have an intention of being of service, and allow the universal healing energies to move through us.

4. Nature, centering, and compassion are some of our biggest allies. We are so loved by this Universe. The Earth provides for us all that we need to sustain life: water, air, food, shelter.

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Therapeutic Touch Self Care

1. Remember that we are energy beings. "Balance, harmony, and symmetry characterize a healthy energy field, whereas illness creates disorder, disharmony, and imbalances in the field." (Kunz)

2. How can I help my field rebalance/restore a healthy flow of inner peace, rhythm, and well-being?

- **Relax, center, and ground**- relax into that place of quiet and peace within the heart center, underneath the emotions, our feet firmly planted into the earth.
- **Assess our field** - From this centered space, bring your hands a few inches above your head, palms facing towards your body. Gently move your hands down your body, head to toe, usually from the midline out to the sides, and notice what you feel in your hands. One usually feels very similar energies as you did when you felt the energy between your hands. Our intention here is to become aware of how the energy is flowing in our own bodies.
- **Smooth/clear/unruffle our field** - In a very similar manner, but this time with a different intention, use our hands to brush or smooth the energy field from the mid-line out, down our body, beginning a little bit above our heads, over our face, our neck, etc. This encourages any congested energies to move from the mid-line out, reducing imbalance. Continue smoothing /clearing from the mid-line out, down our body, through the torso, the pelvis, our legs, and finally off our feet. You can repeat this clearing/smoothing from head to toe a few times.
- **Think/visualize natural order**, integration, and calmness flowing through your body, head to toe. Relax into your innate wholeness.
- **Hold your own feet**. This is a way to support moving built energy down and out of your field.
- **Visualize/imagine the color blue** – Blue is calming, soothing, and orderly. Imagine/visualize blue light flowing into your crown and down through your entire body, head to toe. We use our hands and our intention to support/encourage the flow of healing blue energy down and through our bodies, moving our hands in the same brushing motions we used to smooth and clear our field. . . gently **down** our body and off our feet with the color blue.

NOTE: TT self-care YouTube guided meditation: https://youtu.be/k7rqFuXp09c

- **Gratitude** – the actual *feeling* of gratitude relaxes our nervous system and our solar plexus.
- **Connect with Nature**, for instance, sitting under a tree.

4. Encouragement:

- Don't try to cure yourself – this does not help you. Instead, think of order re-establishing itself, think of rhythmic flow, and visualize yourself in your wholeness.
- We must let go of the outcome to be in healthy non-attachment and non-judgment.
- Meditation: get comfortable in your body, close your eyes, relax into your heart center, and breathe. When you become aware you have gotten lost in thoughts, simply acknowledge this and return to focusing on your breath. Meditation integrates and organizes us and helps us to nurture a conscious connection with our inner self.

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Example 2: Nurturing Well-Being in Our Loved Ones (carry on from Example 1)

Nurture well-being in others, restoring natural flow, harmony, and order. Just as we practiced helping our own fields to rebalance, we can support this rebalancing in our loved ones' fields, too.

We are not ***curing*** the person; instead, we are being a support to help them to relax. This supports their innate wholeness coming to the forefront.

Resonance - When we are centered, we create a calm energy field. Other fields near us will attune to this balanced energy. We always center and ground ourselves first. We connect with the energy of peace and quiet within our heart center. Then we reach out to another from this place of peace.

Therapeutic Touch to ease stress, tension, and pain in our loved ones

- **Center and ground** ourselves, relax into that peace and quiet within, rooting our feet into the earth.
- **Relax the shoulders/neck area.** Placing our hands upon our partners shoulders, gently massage this area, thinking of your place of inner peace flowing to and surrounding your partner. This helps your partner to relax and also brings the two of you into harmony.
- **Assess their field** - Just as we did on our own bodies, from this centered space, bring your hands a few inches above their head, palms facing towards their body. Gently move your hands down their body, head to toe, usually from the midline out to the sides, and notice what you feel in your hands. One usually feels very similar energies as you did when you felt the energy between your hands. Our intention here is to become aware of how the energy is flowing in our partner's body.
- **Smooth/clear/unruffle our partner's field** - In a very similar manner, but this time with a different intention, use your hands to brush or smooth the energy field from the mid-line out and down their body, beginning a little bit above their head, over their face, their neck, etc. This encourages any congested energies to move from the mid-line out, reducing imbalance. Continue smoothing/clearing from the mid-line out, down your partner's body, through the torso, the pelvis, legs, and finally off their feet. You can repeat this clearing/smoothing from head to toe a few times.
- **Think/visualize natural order,** integration, and calmness flowing through their body, head to toe, supporting their innate wholeness, natural order, and harmony.
- **Hold their feet,** supporting the movement of built-up energy down and out of their field.
- **Visualize/imagine the color blue** – Imagine/visualize blue light flowing into the crown and down through their entire body, head to toe. We use our hands and our intention to support/encourage the flow of healing blue energy down and through their body, moving our hands in the same brushing motions we used to smooth and clear the field. . . gently **down** the body and off their feet with the color blue.
    - Blue is calming, soothing, and orderly.

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- When a person is very emotional, we can be of great help if we center into peace and gently breathe this peace out through our heart and solar plexus to this person, with no judgment or attachment, to support the person's ability to reorganize their own self.

Offering distance support

To offer support from a distance,

- Center and ground yourself first.
- Think of a person who is in need and would appreciate your support.
- Visualize or imagine a balanced, harmonious flow of life energy through their body, head to toe, supporting order, and seeing the person as whole.

"Focus your attention in your heart and feel very quiet. In that quiet, envision a symbol or sense of your own inner self and dwell in the feeling evoked for a full minute. After a few moments, affirm to yourself, "I am that peace." In this meditation, you will experience within yourself a center of peace and quiet.

Staying with that feeling of peace, send your energy to someone who might need your help. In other words, project your thoughts to that person. Stay with the sense of peace radiating from within you as you continue your meditation on the stillness you feel in the region of your heart. When you have finished your meditation, take a deep breath and open your eyes."

Dora Kunz - Spiritual Aspects of Therapeutic Touch

Safety/ Cautions

- We never force anyone to receive Therapeutic Touch.
- We smooth *gently and rhythmically* over the head and heart areas, not spending too much time in these 2 areas.
- Infants, elderly, and the fragile usually need only to be smoothed.
- Don't try to cure the person – this does not help them and you may overload them with too much energy.
- Instead, think of order re-establishing itself, think of rhythmic flow, think of relaxation, and visualize/imagine the person in their wholeness.
- We must be able to let go of the outcome, to be in healthy non-attachment and non-judgment.

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Example 3: One-hour training in TT for Environmentalists

For more details, contact Jody Falconer, CMT – jodyfalconer@vom.com - 707-337-9280.

I was asked to share TT with a group of environmentalists. I had 1 hour in the afternoon during their 'rejuvenation time.' My thoughts were:

- What are their needs? What can I share of TT that would be of support to soothe their nervous systems?
- I recognize they all live with anxiety as they continue to learn about the realities of Global Warming and the difficulties of humanity changing its habit patterns.
- Acknowledge that they are attempting to help bring healing to this earth, too. They are involved with healing.
- Also, what can I give them from TT that would help them feel empowered? What could I connect them with that could support insights arising from our innate potential?

After meditating on this, I understood that:

- Giving them information of the natural qualities of the heart center, how to connect with the heart center and Universal healing energies, would be key information for them.
- Showing how to use Blue to calm their own nervous system.
- And then because we always benefit so much from having something real to share with one another in need, teach them the Heart/Hand connection.

Another benefit to being able to do this in 1 hour was the familiarity that this group had already nurtured during this conference. There was already a cohesiveness, an openness with one another, and a trusting of one another. They got all of this easily. They were deeply moved and felt rejuvenated. One member expressed, "My work is helping an artist who goes around the world to places of trauma and works with those communities to create community art pieces that help in processing their mutual trauma. I am going to England in a few days to a community that has been deeply affected by Covid deaths. You have given me a way to be present with these people. Thank you." A few others have been in contact with me saying that they use this almost daily now for their own self-care. And I have been asked to return next year for another conference.

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Invoking The Pause Summit April 2022

Restoring Balance - Ideas on Healing with Therapeutic Touch

Presented by Jody Falconer

Background: Working with Global Warming and Climate Change is essential at this time. There is so much that we can do to help humanity shift into embracing mitigating measures. This is exciting and innovative, and can also, at times, feel overwhelming. We can experience grief, burnout, prolonged anxiety, and fatigue. It can be easy to slip into the feeling that so much is riding on our shoulders and to experience almost a hyper awareness of the anxieties of this time we are living in.

It is important during prolonged stress to learn ways to support our compassionate hearts and our nervous system's innate ability to return to balance and wholeness. It is important to understand ways we can open beyond our current understandings and learn a new way of being human through the wisdom of wholeness, compassion, and relationship. Using energy healing techniques from Therapeutic Touch (Kreiger/Kunz Method), I will share some simple ways to connect through our hearts, and to help our body shift out of anxiety mode and back into supportive, healing homeostasis.

Basic Understandings of Healing from Therapeutic Touch

1. Healing is a natural potential.

- We are capable of change and growth on all levels – emotional, mental, physical, and spiritual.
- Supporting healing involves a willingness to center ourselves and to have compassion – caring for another's and our own well-being.

2. Every individual living organism can be described both as a physical entity and as a system of energy fields. Each of us is this beautiful energy being.

3. Life energy is always moving towards establishing natural order, harmony, wholeness, and well-being.

4. Within each of us is a place of deep peace. This is a natural aspect of our heart centers. This place of deep peace connects us with the peace that is of this Universe, the peace we feel in nature, and with Universal Healing Energy. Some aspects of Universal Healing Energy are wholeness, natural order, and compassion. Universal healing energies can be directed by our intention.

5. Each of us is also a self that is timeless, a self that is beyond our current role of mother/father, tax accountant/teacher, etc. . . . a self that is that innate wholeness, that eternal beauty, our essence.

By relaxing into our heart centers, we can come to consciously know our true self - our essence - and connect with and acknowledge the essence in others. In Therapeutic Touch we call this true self our inner self.

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"Each human being has an inner self, a consciousness, at its highest, or deepest, level. It is the enduring constant, the continuing background of all one's consciousness. This inner self – our true self – is always a center of peace and quiet. When we get flashes of intuition or insight at critical periods in our life, we come closer to our inner self. But it is in meditation, more than with any other human activity, that we come closest to our true self." Dora Kunz *Spiritual Aspects of Therapeutic Touch*

Practical Exploration

1. **What is Our Heart Center?**

- Place of peace within.
- The heart center is capable of almost unlimited natural expansion, bringing one into an experience of unity. In this space of unity, we experience support and connection, and we can be informed.
- The heart center is a place of integration so that when we relax into our heart center, harmony can be restored.
- The heart center is a doorway to being able to *'listen'* to the intelligence within nature, within life energy. I think we all understand that part of the healing that is needed now is to open to these old/new ways of knowledge, of being in relationship with all of life, of *'hearing'* instruction, of finding our place *'within the all.'* And that from this place of all, we can see in a whole new way.

2. **Connecting with our Heart center**

- Let's relax into our bodies.
- Feel our feet, our bodies upon the earth, relaxing into the support of the Earth, grounding deeply into the Earth.
- Now let us relax into our heart centers, go underneath the emotions to that place of essence, and come into harmony with your own self.
- Remembering the heart's natural ability to expand, let's now come into harmony with all of us here in this circle.
- As we harmonize, we can be aware of each of our different notes. As we continue to relax within the heart center, all of the notes begin to become one as we naturally move into an experience of Unity.
- Now let's expand into Nature. Being outside we can easily expand into the blue of the sky, the surrounding trees, the hills, the bay below us. Or you may want to remember your favorite place in nature, how your place makes you feel.
- Relax into this peacefulness, this experience, through your heart center.
- As we settle into this peace, understand that it is a natural doorway or bridge to the Healing energies of the Universe.

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Some components of these Healing energies are wholeness, natural order, harmony and compassion. . . all aspects of deep peace.

- Bring this peace, this unity, into your heart center again, filling you with peace.
- Let's think of gently sending this peace to all of the Earth; the plants, the waters, the animals, the soils, and now to all of the people of the earth, all over the world. Gently offer this energy of peace.

You can use this practice to reconnect and be supported by the life energies that are Nature, simply letting them flow through you. You can also use this practice to *'listen'* to this greater peace, this wholeness. And through this *'listening'* you can be informed by this greater wisdom. And you can also use this practice to send healing energy to the Earth.

3**. Blue light - Wholeness, Natural Order, Compassion**

- Blue light has qualities of calmness, order, relaxation, and support of integration.
- Being in this peace, imagine or visualize blue light flowing into your crown and down through your body, out the bottom of your feet.
- Use your hands to gently support the movement of this healing blue light down through your crown, through your brain, your jaw, your neck. Down through your chest, through your solar plexus and stomach. Down through your intestines, your pelvis, and down and out your legs and feet. Your hands gently move from head to toe, coming down the center and out over the sides of your body.
- As this blue light of healing energy moves through your body, it is giving your nervous system the message that in this moment, you are safe. As your nervous system takes this in, it automatically begins to shift out of fight/flight/freeze and back into resuming its job of supporting homeostasis.

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Hand-Heart Connection© technique (created by Cathleen Fanslow)

A way to connect with a friend, a loved one, someone in need.

- Ground and connect with the earth.
- Relax and center within your heart center. Let yourself connect with that deep peace.
- Take your partner's left hand and enclose it within your left hand. (The left hand can form a direct connection with the heart center.)
- Thinking of being a conduit for Universal healing energy of order, compassion, and wholeness, have the intention for this energy to come through your heart and into your left hand.
- With your right hand, gently support this peace and wholeness to move up your partner's arm using intention, visualization, and touch. Come to rest at the shoulder/clavicle/neck area.
- Let this peacefulness gently flow into their heart area. Think of their innate wholeness, compassion, and natural order.
- When you sense they are at peace, gently bring your hand down their arm to enclose the hands again.
- Gently disengage.

Remember, naturally, within each of you, is a place of deep peace within the heart. In relaxing into this deep peace, we are reminded that we are not alone. We are interconnected with all of life, and life is always working towards supporting wholeness, order, and compassion. Let us open to being taught, to being changed, to being able to come into a completely new/old relationship with this earth, bringing our work of healing and loving our home forward.

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