



# Healing Touch Meditations: Guided Practices to Awaken Healing Energy For Yourself and Others

*Cynthia Hutchison*

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### 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.

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