

[PDF] Healing Touch: Essential Energy Medicine For Yourself And Others

Dorothea Hover-Kramer - pdf download free book

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Description:

Review

Healing Touch is one of the most accepted and widespread energy-healing modalities in the world. With more than a hundred hospitals in the US and Canada using energy medicine as part of their regular care, the number of people who have learned Healing Touch has surpassed 100,000 and several thousand have become certified practitioners. This practical guidebook is the first to give instruction in some of the foundational and easily learned methods in an introductory format. Presented by founding elder Dr. Dorothea Hover-Kramer, Healing Touch takes readers through 18 fundamental exercises for applying this scientifically validated energy medicine for yourself and

others.

Starting with the theory and research behind it, Dr. Hover-Kramer proceeds to "give us a taste of HT compassion in action," through case studies and practices that address such key arenas as emergencies, family relationships, self-care, life transitions great and small, and perhaps most importantly, the alleviation of physical discomfort and anxiety. Learn the preliminary yet critical steps of Centering and Grounding, Magnetic Passes to restore balance to the human vibrational matrix, Laser and Ultrasound for acute pain relief, special interventions for trauma release, and much more.

--New Consciousness Review, September 2011

About the Author

Dorothea Hover-Kramer is a founding elder of Healing Touch. She cofounded the International Association for Comprehensive Energy Psychology (ACEP), and is author of eight other books, including *Second Chance at Your Dream* (Energy Psychology Press, 2009) and the textbook for practitioners, *Healing Touch Guidebook* (Healing Touch Program, 2009). She is a professional psychotherapist and director of Behavioral Health Consultants in Port Angeles, Washington.

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