



A Blessed Journey of Gratitude and Strength

by Janice Paton, Certified HT Practitioner

As a Healing Touch Practitioner Apprentice, I found it very difficult to treat my elderly Aunt. When I think of her, I am reminded of her strength and beauty. All families have that one special person who is the rock of the family. That was my Aunt. She was that beautiful light that was there for nurturing and support. Her famous southern style cooking could make your mouth water. She always made sure everyone had enough food and often cooked for what seemed like an army.

In her 90's and suffering from various illnesses resulted in her need to be admitted to a nursing home. It was a blessing to share Healing Touch with my Aunt for one year because she always looked forward to it. Although I explained Healing Touch and its benefits, I am not sure how much she really understood. When I visited her, she always asked me to give her a treatment.

Treating my Aunt proved to be a beautiful healing process for me. Doing Healing Touch allowed me to connect with spirit and to be fully awakened to the bigger picture of life. When I started doing Healing Touch on my Aunt, I never realized how hard it would be. The first treatment was performed in her home. She was lying on her bed and was in a lot of pain. Soon after starting the **Chakra Connection**, my Aunt began to weep.

She proceeded to tell me that she did not know what to do with all of the pain. Her head nodded back and forth as she said, *"This feeling is just so horrible."* At that moment I thought about

how she cared for me as a young child and now I was helping to take care of her. I fought back my tears and continued the **Chakra Connection**. I asked God for strength to be a loving light for my Aunt's healing. By the end of the session, she was asleep and looked very peaceful.

As I drove to pick up my children from school, I began to cry. I knew that I needed to stay grounded and to give this to God. Praying and meditating have always been my source for allowing God to take my worries away and release any fears that I have. I asked God to use me as His instrument for my Aunt's highest good in her healing process. My prayer also included asking for the strength to stay centered when working on her. I let go of any emotional feelings, as well as, preconceived expectations. Releasing fears and allowing myself to be a vessel for God's light brought me internal peace. I am extremely grateful to have had the opportunity in this lifetime to care for someone who has cared for me. I thank God that I could be His instrument to offer healing. What a blessing to be fully awakened to this gift of peace and love.

My Aunt passed away January 21, 2010 - in the hospital surrounded by her family. I visited her daily at the end and gave her Healing Touch treatments even though she was not coherent. On the day before she died, I laid my hands on her brow and crown chakras. I told her that she was loved and safe. Even though she was not responsive, I knew that her spirit was fully aware that I was present with her. I proceeded to tell her that it was okay to go home. My Aunt had been calling out to her Mother, Father, Grandmother and sister who had all passed away. I explained that it was okay for her to go to be with her

family. I stroked her head and kept repeating that she was loved and safe. She died the next day.

I had tremendous personal growth and awakening throughout my apprenticeship. During Level 4, the Level 5 students shared insights regarding their apprenticeships. I clearly remember one student saying that the year presented her with great inner challenges, as well, as personal growth beyond her wildest dreams. She was absolutely right and I would not change my apprenticeship year for all the money in the world.

About the author:

I have a Bachelors degree in Early Childhood Education and have just recently become a certified practitioner. My true passion is my business, good intentions healingwear. The mission of my company is to teach women about spiritual well being. This is why I've created Campaign Wake Up! I educate women and at the same time offer spiritual tools for living a purposeful life! My clothing is just one way for people to remember their importance and value. www.goodintentionshealingwear.com