

A Healing Touch Student's Experience



by Sylvie Tremblay, Level 2 Healing Touch student

This article is also available in French on the Energy Magazine website (www.EnergyMagazineOnline.com) and can be accessed by [clicking here](#).

I first heard about HealingTouch from a friend in January 2009. I decided that I wanted to be able to give treatments to my mother who was terminally ill. My burning desire was to have time to take the Level 1 class scheduled in early March. Fortunately I did and was honored to offer my mother treatments. Because it was usually early morning, she always expressed concern that her night was already over. Each time, however, she would go back to sleep. I could see how the treatments calmed her. She died on April 2nd. I consider that giving HT treatments to my mother was a true privilege.

As a result, I integrated Healing Touch into my work as a massage therapist. Progressively, I noticed that my massages were more conscious and that my confidence level increased. In addition, my massages became more individualized.

I also gave treatments to my husband, as well as, to my three children. Those, from my perspective, were very precious moments that I again qualify as a privilege.

Some of my most precious moments have been doing HT for my grandchildren, ages three, two, one and a half, and one. They love having their Chakras aligned and I remember once doing *Magnetic Passes: Hands in Motion* to comfort my granddaughter when she said, "Again, Grandmama." My children noticed the beneficial effects of Healing Touch on themselves and on their children, and as a result they enrolled in a Level 1 class this past May. I volunteered as a Helper for that class and again lived an enriching experience with them.

In the months since, my confidence level continues to grow. The treatments I give as well as those I receive, all have an effect on me. Here, I bring witness to the beneficial effects of Healing Touch in my personal life, my professional life, as well as, my family life.

Progressively, I continue to experience openness, realization and a profound integration of the following:

- Love of Self
- Self-esteem
- I can create my life
- Each individual is responsible for his/her life
- Each individual possesses the power to heal
- That the little affirmation "Here and Now" is very powerful. This affirmation keeps me in the present moment, freeing me from the past and the future
- An awareness of the link which is being created between the Mind and the Heart
- The importance of letting go and letting each person be responsible for himself/herself

I know very well that it is not over - the pleasure to live, as well as my reason for being, have been transformed. I finally have found deep meaning to my life.

I want to thank my teacher, Yolande B. Douglas. I have observed her often and have been touched by her beautiful simplicity and her bright smiling eyes. I ask myself, "Can Healing Touch make me resemble this woman some day?" The answer is "Yes"!! Thank you Yolande!