

# Healing Touch Advanced Practice 1 and 2

by Ginny Thorndike, Ph.D., HTCP

“Just say “YES” to these classes if you want to give yourself something really special and memorable.”

-Debby Stein, HT Apprentice

The winter weather gods were kind, allowing us to uneventfully convene at the Baltimore Washington Medical Center in Glen Burnie, MD for our Advance Practice 1 and 2 classes January 29 and 30, 2011 coordinated by Nancy Lester, HTCP/I and taught by Cynthia Hutchison, Program Director of Healing Touch Program™. Once there, Great Mystery enveloped us.

Most of us chose to take both classes back to back. They are very different and, at the same time, complementary. AP 1 offers five techniques that are powerful and versatile additions to one's practice **Full Body Connection**, **Central Core Balance**, **Pyramid Technique**, **Double Hand Spinal Balance** and **Sacred Chakra Spread**. These techniques may be used to address a broad range of client needs within the scope of a typical session. AP 2 offers a comprehensive **Trauma Release** protocol that requires approximately one-and-a-half hours to complete and which the practitioner and client typically discuss and schedule in advance.

Previous contributors to Energy Magazine have focused on AP 2, the **Trauma Release** (See the citations at the end of this article.) The five AP 1 techniques have been so valuable to me professionally and personally that I feel it is appropriate to underscore how powerful they are. (I first took AP 1 and 2 with Cynthia in April, 2005.) I'll focus on three: the **Full Body Connection**, the **Pyramid Technique**, and the **Central Core Balance**.

The **Full Body Connection** complements and feeds my interest in energy anatomy. This technique includes connecting the ma-

ior and the minor chakras as we are do in the **Chakra Connection** taught in Level 1, but it also includes sending energy to the reproductive organs, liver, spleen, lungs, face, and adrenal glands. Since we are taught to follow the energy, I sometimes find myself including other organs or body parts as I am guided or sense the needs of my clients. Recently Spirit guided me to connect the heart and the brain of a client who suffers from fibromyalgia.

The **Pyramid Technique**, too, has been very relevant to my development as a healer. This technique was critical in helping me develop an awareness of the etheric grid structure essential to Level 3 techniques. Perhaps it reawakened in me an enjoyment of geometry. I use it often when I sense that my clients need structure in their fields. The **Pyramid Technique** also played a key role in my personal development -- introducing me to three-dimensionality in my own field. I still have a long way to go -- I do so love the journey.

Finally, a word about the **Central Core Balance** that illustrates the magic of repeating Healing Touch classes. In the last year, three clients with fibromyalgia have manifested in my practice. I am learning how difficult a dis/ease process this is. Reviewing the **Central Core Balance**, to which fibromyalgia responds, was a special and timely gift from the universe. My understanding of the technique and enthusiasm for it has deepened. When I used the **Central Core Balance** a few weeks later with a fibromyalgia client I was in awe of the energy. During the **Full Body Connection** component, the message I intuited from my client's heart chakra was, "I am sore afraid. I am overwhelmed." With such clear guidance I knew which chakra was compromised! So during the **Central Core Balance** I balanced her heart chakra with the other chakras. Three days later, my client reported that her pain was greatly diminished.

As you will see from classmates' comments below, AP 1 and 2, like all HTP classes, operate on two levels -- professional and personal. While expanding our knowledge base and clinical energetic competency, they also enhance our personal healing journey.

*"After learning the techniques of the Healing Touch Program Levels 1-5, I yearned to expand and deepen my understanding and practice. The Advanced Practice 1 and 2 classes served me well."* Holly Miller, HTCP.

*"The presence of Love, knowledge and experience in both of these classes immediately set me on a path of learning, shared love, tranquility and balance. Cynthia facilitated the learning experience with great care and wisdom -- making it easy to absorb the knowledge she was imparting and to feel it's special magic. These are truly special classes that offer the chance to learn more about yourself as a healer and the practice of healing from gifted teachers, as well as, from knowledgeable and experienced peers."* Debby Stein, HT Practitioner Apprentice.

*"The experience of AP 1 and 2 was incredibly sweet. The sacred space of these workshops created and facilitated the healing which took place within me and others who attended. The practitioners who did my **Full Body Connection with Trauma Release** were so present to the process, creating a deep transmutation."*  
Jonna Climie, HTP.

*"The healing I received during my AP 1 and AP 2 classes was incredible compared to the time and investment. To be back in the circle with accomplished Healing Touch Practitioners, as well as, other students and Apprentices on their journey was a beautiful energetic exchange and experience. The healing I experienced myself was absolutely incredible."* Jeanne Yancer, HTCP

Let me close by inviting my Healing Touch colleagues to say "YES" -- more than once -- to AP 1 and 2.

About the author:



Ginny has a part-time private practice as an Integrative Wellness Educator and Life Coach. She works with individuals, couples, and small groups to enhance the awareness and use of complementary modalities for self-care and to achieve goals. She is a Healing Touch Certified Practitioner and sound healer.

**--footnote -** Energy Magazine citations in chronological order:  
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 "Healing Touch Advanced Practice: Releasing the Dis-ease of Trauma," Cynthia Hutchison, May 2008, Issue 23, p. 22.  
 "Trauma Release: A Pathway to Freedom from Dis-ease," Clela Dantin, May 2008, Issue 23, pp. 23-25.  
 "For Such a Time as This: Reflections from Witnessing the Trauma Release Technique During a Healing Touch Advanced Practice Class," Lisa W. Peck, June 2008, Issue 24, pp. 22-26.  
 "Healing Touch and Trauma," Kathy Moray Allan, Feb. 2009, Issue 31, pp. 9-11.  
 "Reflections on Advanced Practice 1," Sr. Rita Jean Dubrey, Nov. 2009, Issue 39, pp. 25-26.  
 "Student's Reflections on Advanced Practice 1 and 2," Peggy Conway, Nov. 2009, Issue 39, p. 28.  
 "Reflections on Advanced Practice 2," Sr. Rita Jean Dubrey, Dec. 2009/Jan. 2010, Issue 40, pp. 20-22.  
 "Advanced Practice Weekend in London, Ontario," Cindy Palajak, May 2010, Issue 44, pp. 30-31.