

My Reflections on Healing Touch in **UGANDA**

by Claire Marie Tebockhorst, HT Practitioner Apprentice

In June 2011, sponsored by an organization called Outreach Uganda, I had the privilege of giving and teaching Healing Touch to women in Uganda, Africa during the two weeks my daughter and I volunteered with a group of other volunteers in Uganda. Outreach Uganda was founded by Carol Davis to support and enable Ugandan women to generate income for their families by making and selling handmade beaded jewelry. Other supportive endeavors offered to the women of Outreach Uganda are classes in English, business, nutrition, solar cooking, and beekeeping.

Our first experience was in the city of Jinja, where I taught classes in Beginning English to 25 women. I asked Carol if I could also teach an **Introduction to Healing Touch** class to these same women. Since Carol had already taken an HT introductory class in Colorado, she encouraged and supported me to teach Healing Touch to different groups of women during our stay in Uganda.

With the help of an interpreter when the Beginning English class ended, I described the **Introduction to Healing Touch** class. Immediately following my short talk a couple of women sent a paper around for students to register. At 4:00 PM the next day, after taking their English classes all day, thirty-nine women met me outdoors under a large cloth awning (poor protection against the heat).

I began with the quote *“Love is the source of all healing.”* I then



read *“What is Healing Touch?”* from the **“Healing Touch Program: Creating Healing Relationships”** brochure. I also gave them a handout that I had prepared from my own notes taken at Nancy Burns Healing Touch Level 1 workshop.

I explained that I was not the only one who could have the intention for healing, but that each of them could set the intention for healing themselves and others. I talked about loving yourself first, so that you can love others. Having experienced the openness, spirituality, and hospitality of these women since arriving in Uganda, I knew they would be open to sending love to themselves and to others.

First, I guided them to experience the love energy in their own hands. One of the ladies said she could feel *burning* in her hands and another: *“My hands are shaking.”* Next I had them pair up and hold their partner’s hands in silence, while sending love to their partners. Then I taught them the **Self Chakra Connection**. Everyone followed my example by placing their hands on their own bodies and chakras. At the end of class, I asked, *“Any questions?”* One woman wondered *“have you ever known what is wrong with a person and they didn’t tell you? I have done this!”* I told her she had a gift and when I asked if she was using this gift she said, “Yes”.

The next town to which our group of volunteers traveled was Kitgum which is North of Jinja and took 11 hours by car - on paved and dirt roads. The group of women making the beads there had been together for two years since leaving IDP (Internally Displaced Persons) Camps two years ago after a 20 year war ended. I spoke to them about Healing Touch with the help of an interpreter. After my brief talk, the women served us a

meal. When we walked outside, one of the ladies asked me to give her Healing Touch for her pain - pointing to where it was. Her name was Mercy and she was asking God for mercy. First, I made sure I was grounded, centered, and focused - then I did a **Chakra Connection** for her. I was aware that other women were watching us from the small porch of their community room. Soon, eight or nine more women formed a line to receive Healing Touch. All of the recipients and I were standing for the treatments. At the end of each session, I would bow and release, and each woman would hug me, first on the left shoulder and then on the right one. It was a warm release each time. The last woman said, "It feels good. I feel strong!" She also asked me to give a treatment to her 17-year old niece whose mother had died.

The aunt told me that her niece had cancer. Indeed, she had an enormous growth or tumor that took over the left side of her face, from the bottom of her eye to her neck, and it was also growing inside, taking over her teeth and tongue. After a **Chakra Connection** and **Mind Clearing**, I intuited to just hold her hands and send unconditional love to her. She looked down the whole time and would not let go of my hands for a long period. I felt the inner gift of love as we were both connected deeply, in silent caring and in the present moment. Later I went into the home of one of the beaders who requested Healing Touch for herself and her 13-year old daughter. Their request was for "openness" for both of them.

I feel so blessed to have had this experience in Uganda. I received gifts of healing and love because of the relationship between Healing Touch, these women, the Divine Spirit and myself.

I am enriched and strengthened and a better Healing Touch Practitioner Apprentice because of giving Healing Touch to these Ugandan women.



Above: Clare Marie Tebockhorst giving Healing Touch to a woman in a village called Kitgum, in Uganda, Africa.