



My Healing Touch Journey – Have Hands; Will Travel

by Audrey Steele, HTP-A

I remember as a child looking at a globe and being fascinated by how big the world seemed. Even at a tender age, I was filled with wanderlust and became an avid reader of adventure stories of lands far away. As I got older, I replaced the yearning for adventure with actual travels abroad. My mother jokingly remarked that I probably came from a gypsy family and was switched at birth due to my quick ability to pick up roots at a moment's notice, then settle in a new town with ease. (How funny that I have learned to quickly 'drop roots' or sink my Hara line as part of my centering and grounding techniques!). Each year, I watched as passport after passport rapidly filled up as I traveled more and more. Being a critical care nurse offered me the luxury of working 12-hour shifts, which allowed me to have several days off in a row. Combining them gave me the opportunity to take short vacations quite frequently throughout the year. Quite frankly, even back then I knew this was my way of "caring for self," a principle advocated in the practice of Healing Touch.

My Healing Touch journey began when I took Level 1 in 2007. More recently in my travels, I've had the opportunity to incorporate my Healing Touch training in numerous encounters at home and abroad. Centering, grounding and focusing on my breath are techniques I have used to help me deal with turbulent flights during my travels. I have been able to use HT techniques not only with my ICU patients (*Magnetic Passes: Hands in Motion* for acute respiratory distress and *Magnetic Clearing*

for post-op anesthesia), but with staff as well (*Chakra Connection, Mind Clearing, and Scudder*). The *Chakra Spread* happens to be my favorite, and I use this quite often with my ICU patients at end of life as well as in my volunteer work with Hospice. Family members of my patients have also benefitted from Healing Touch to help relieve their anxiety and stress. Gentle *Magnetic Passes: Hands in Motion* and setting an intention proved helpful for a baby in distress and an anxious mother in a foreign land.

On a recent medical mission trip to Guatemala, Healing Touch came in "handy" for my patients in the recovery room as I again dipped into my repertoire of techniques, and worked to clear anesthesia and relieve pain and anxiety in patients in the immediate post-operative period.

Fellow members of the mission team as well as several of the Guatemalan staff requested and received a *Chakra Connection* to open, restore balance and energize their chakras; *Scudder* and *Mind Clearing* to relieve stress, tension and 'monkey-mind,' and back techniques as taught in Level 2 to relieve back/neck discomfort.

I found that despite the language differences, being heart-centered, setting an intention, and a simple handhold were enough to transcend all cultural and language barriers, and my patients knew they were cared for and comforted. Each morning I would arrive early in the Post Anesthesia Care Unit to center and ground on the unit, and set the intention for the highest good for all the lives we would touch that day. This became a morning ritual, and if I should be late in doing this, my fellow nurses would quickly remind me to "bless the unit and the work" before each shift began, as they saw a difference when this was done.

They remarked, “The energy is very different when you do that, and our day flows smoothly.” Where thought goes, energy flows. No matter how busy our unit became, staying focused and heart-centered would maintain a sense of peace where we could focus on our patients’ needs and provide comfort in a time of crisis.

On another trip I took last year, I again used my Healing Touch training to assist fellow vacationers. I had taken a short trip to a remote village in Jamaica, tucked away on a rocky cliff in primitive tents, mimicking the look and feel of Africa. Although I was trying to be incognito as a nurse, I was asked to lend a ‘helping hand’ to a husband and wife team who were in distress. The husband had been bitten during the night by an insect. By morning, his hand had blistered and was red hot with inflammation that had already started to spread. He was very afraid that he would lose his hand. With no other treatment except hydrogen peroxide, I offered Healing Touch to clear the congested energy from the bite and smooth the biofield to reduce the inflammation and pain. *Scudder* and *Mind Clearing* worked wonders on both of them to help relieve their anxiety, calm their minds and provide a sense of comfort.

On this same trip, *Magnetic Passes: Hands in Motion* and setting an intention for the highest good also brought quick relief to my travel partner who had asthmatic respiratory distress.

Part of my ritual for self-care is the *Self-Chakra Connection*, and my most memorable experience was doing this in the early morning while sitting at the ocean’s edge in Puerto Rico on



Above: Picture of blistered hand post insect bite.



Above: The author with a post-op patient in Guatemala receiving *Magnetic Passes: Hands In Motion*.

another of my adventures. In addition, I did the *Chakra Connection* to help connect and balance the chakras of several of the workers as well as my sister whose curiosity had been aroused by how very serene and peaceful I appeared.

As a nurse, my hands are always busy. I wash my hands a lot and I keep promising myself a manicure as part of my self-care. (I have yet to find the time!). As a Healing Touch practitioner, my hands silently weave in and out, over and around, and every once in a while, they stop long enough in ‘allow mode’ so that my clients can relax into their own self-healing. Yes, these hands have been around, and they’ve served me well all this time, but we look forward to touching many more lives not only here at home, but abroad as well. I don’t need a lot when I travel - not as long as I have these hands - and as I progress through the Healing Touch program, I am awed by the tools we have at our disposal. Perhaps I will have a manicure after all.

Have hands, will travel, and still on the journey.....

About the author:

Audrey Steele, RN, MSN, CCRN, CNS, is a critical care nurse with over 20 years of critical care nursing experience. She is also an Usui & Mayan Reiki Master, and volunteers for hospice as well as various medical mission trips abroad. Her article “My Healing Touch Journey – Have Hands, Will Travel” speaks of the benefits of Healing Touch during her travels, when the only tools needed are a centered heart, intention and ‘healing hands’. She will complete Healing Touch Level 5 in November 2009, with the intention to become a Healing Touch Certified Practitioner shortly thereafter. She is “still on the journey”.