



Using Healing Touch as Energetic First Aid

a quick reference chart

by Sharon Scandrett-Hibdon

Symptom

Technique

Anxious, Restless, Agitated or Discomfort	Magnetic Passes (MP): Hands in Motion
Acute Asthma Attack Shortness of Breath	MP: Hands in Motion/Hands Still
Abrasions or Contusions	Wound Sealing, Ultrasound
Lacerations or Puncture Wounds	Wound Sealing, Ultrasound
Pain	Pain Drain, MP: Hands in Motion
Headaches	Headache Techniques
Ungrounded or Confused	Ground by holding feet
Bleeding	MP: Hands Still with pressure, Ultrasound
Bee Stings or Insect Bites	MP: Hands in Motion, Ultrasound, Wound Sealing
Minor Skin Reactions	MP: Hands in Motion
Minor Burns	MP: Hands in Motion, Wound Sealing
Bone Fractures and Sprains	MP: Hands in Motion/Hands Still, Pain Drain
Motion Sickness and Dizziness	MP: Hands in Motion, Grounding

Please Note: Healing Touch techniques are not a replacement for proper medical care, and should only be used after any acute symptoms have been stabilized and/or treated. (Chart taken from the November 2007 issue of Energy Magazine.)



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