

Finding the Jewels Within the Treasure Box of Healing Touch

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I am a nurse, so my original intention was to write an article for nurses. However, if you are not a nurse, please keep reading because what I hope to share with you has universal importance for all healers - from all walks of life. Feel free to replace the words “*nursing*” and/or “*patients*” with other terms that resonate with your life situation. My intention is not to complicate, but rather to bring clarity to your awareness and support to your journey -- so that you will find practical and effective ways to apply Healing Touch, and other energy medicine modalities, in your personal and professional lives.

For nurses, the content of this article is most likely something that you did not learn during your nursing education. When you see a familiar term such as “Nursing Process”, I assure you that I am not going to lecture you on theoretical concepts from your academic past. Rather, with an open mind and open heart, I hope that together we will rediscover and connect with a few of the many treasures found along the path of Healing Touch.

I have been teaching Healing Touch since 2005 and 70-80% of my Healing Touch students are nurses. Over the years, this is a question I hear often in my classes: “*So, now that I have learned Healing Touch, can I start using it in my nursing practice?*” Although I welcome this enthusiasm and desire to apply Healing Touch in their practices, my initial response is not a simple, enthusiastic, “YES!”.

First, we must remind ourselves to STEP BACK and release any anxiety or anticipation associated with the pressure of “doing” Healing Touch. By shifting the focus from the act of “doing” or “giving”, my intention is to first create space for each of us to appreciate and better understand the depth of what Healing Touch offers. Remember, especially at the beginning of your study of Healing Touch, stepping back (before providing Healing Touch) to be in a grounded and centered state provides a powerful healing presence and gives space to co-create a healing environment with your patients.

Learning Healing Touch is like opening a treasure box. There are so many wonderful jewels in Healing Touch, some are obvious while others are hidden or overlooked. As an instructor I find joy in guiding students through a treasure hunt as we search to uncover those often-overlooked treasures. To begin, I would like us to focus our attention on the **Healing Touch Sequence** as this will help us shine a light on our path as healers.

Healing Touch teaches us to follow a **10 Step Healing Touch Sequence** to develop and organize every Healing Touch session. In many ways, this resembles the **Nursing Process**, a universal concept taught in “Nursing 101” which consists of the following five steps: Assessment, Problem Identification, Goal Setting, Intervention(s) and Evaluation. By using this logical sequence, nurses learn to organize their nursing care while focusing their attention on their patients.

