

A Shift in Pennsylvania

by Jacqueline Page, MA Ed, RN, HTCP/I

"I feel a temperature difference as though a refrigerator door has been opened around your abdomen."
"There's a thickness around your head." "My headache is gone"! These are typical statements heard during the morning of Level 1 classes as students discover each other's energy during the Basic Healing Touch Sequence. Five years ago moments like this so early in the class were uncommon. We all say that Healing Touch (HT) is a journey but every class, every day verifies this. A shift has happened in the students and in myself which culminate in continuous "Aha" moments.

Three years ago my husband and I moved from western Wyoming to central Pennsylvania to help aging parents. I knew the move was inevitable but found it very difficult to leave the mountains and the close HT community built over ten years. However, God had other plans. While working through Dad's terminal illness and Mom's changing life situation, I was drawn to create another HT community for comfort and support. Prompted by our pastor's sermon on using one's "gifts," I approached her about offering Introductions to Healing Touch at church. From her acceptance of the work the community grew, first one class, then a support group at church, then a HT clinic and now two Healing Touch Practitioners (HTPs) ready for certification - with more on the way. This summer we are hoping to add Healing Touch for Animals to the Healing Touch Clinic, since one of the practitioners is becoming certified in critters as well.

In addition, I have also grown. I no longer worry about those who are not interested in Healing Touch, but believe that those who are drawn to this work will show up. I trust the rightness of Divine Timing, that things will happen when they are supposed to, that I will be given the creativity and the knowing to spread the word and reach as many people as possible, and that I am



guided to do this beautiful work. The science grabs me and thus I speak about it to all who will listen -- consciousness, magnetocardiology, psychoneuroimmunology, epigenetics. I give Introductions to Healing Touch, book talks, presentations about the New Science, and travel to rural parts of the state to teach classes so students will have a built in support group in their area. I am a hospice volunteer and use HT to comfort that population as I did for Dad a year ago.

The incoming students have definitely changed. They are no longer neophytes to energy. They arrive having read books about charkas, having studied other energy modalities, and having experienced energy sessions. Many Reiki students like the structure of Healing Touch and the different techniques for different situations; many are excited about accreditation. The students new to energy seem to absorb the knowing of the other students and fit right in, not worrying about the knowledge gap. They are "hungry," "yearning" and have "been searching" for something to fill their lives. Students help each other discover. There are releases during the Basic HT Sequence. "My headache is gone." "My sinuses have opened up." "I felt a pop, then a release." "I felt as though something was being pulled out."

During Level 2 the sacredness and trust of the Body Centered Interview makes an impression. Students eyes widen at the cellular memory releases hidden from conscious memory and held for so many years. Then the excitement, "Can I do this?" and the fear, "How do I handle what comes up?" However, always love and knowledge that we can heal ourselves and help others.

This excitement has spilled over to my husband who, wanting to know what I was doing, took his first Level 1 about ten years ago. After the first class he was satisfied and felt he did not need to go further. Last month after a long hiatus from helping with classes, he joined a Level 1 to round out the class numbers. Not only was he sensing stronger energy than before, but he was also amazed at the energy savvy of the students and their discoveries during class. Caught by the student's "aha" moments, my husband is now attending the next Level 2 class to continue his journey. I love being able to talk to him about the heart-filled classes and having this connection with my hubby. One of the most recent heartwarming class moments came during an Introduction to Healing Touch at a retirement home as the residents were playing with their own energy and trying to feel their partner's. Many were smiling, others were concentrating, hoping to sense the pressure between their hands. Eyes wide, a giggle, "I felt it! I felt it!" "I can't believe it!" "My husband says his knee no longer hurts"! Seventy and eighty year olds discovering energy and signing up for the Healing Touch clinic. My heart is full!!

About the author:



With a BS and MA in education Jackie taught high school for eighteen years before becoming an RN, and "coming home" to Healing Touch (HT).

Jackie will travel anywhere to teach because she believes it is important for students in rural areas to have a community with which to practice and grow.

Jackie coordinates a free community HT clinic and a HT practice group, leads classes at Elizabetown College through the Institute of Retirement Learning, and teaches HT Levels 1 and 2.