

# Meet Two *Sharons*

by Sharon Greenspan, M. Ed, CLFL

A few weeks before my Level 4 class, I arranged to attend a practice group. Many of the other attendees had completed Level 2 together and were registered to take Level 3. Since I was preparing for Level 4, the group facilitator suggested we work together. She began to tell me what to expect and, frankly, she frightened me. She insisted that I had to know all the techniques backwards and forwards. Using books or cheat sheets would be completely unacceptable and, according to her, if I didn't know the correct hand placements before going to the class then I should reschedule.

I'd already bought my plane ticket, as I was treating myself to a class in Hawaii!

After the practice session a friend and I met for dinner. I relayed the story and my fears to her. She had completed Level 2 and is a certified massage therapist. I told her that I planned to practice as much as I could, although I was swamped at work and didn't really have time to schedule proper appointments with people. I thought that I could just go through the hand motions to create muscle memory with the exception of Mind Clearing, where placement was impossible to practice on thin air.

A few days later she called and asked me to stop by her house.

She pulled out a canvas bag and unwrapped a sculpture she'd done in art class some years ago. "Does she have a name?" I asked. "You know," my friend replied, "I was thinking about that last night -- and remembered that her name is Sharon."

Now I know that part of HT training is self care...but this took it to a whole new level! Now I know that part of HT training is self care...but this took it to a whole new level! I deeply thank my friend, Monica, for loaning Sharon to me so that I could learn the techniques -- by practicing on Sharon! (My Level 4 class was fine. I knew all the techniques without cheat sheets and completed my Level 5 class.)

About the author:

Sharon Greenspan, Board Certified Holistic Health Practitioner is also a Healing Touch Practitioner located in Maryland, near Washington, DC. She looks forward to adding Healing Touch to her business, Wild Success ([www.wildsuccess.us](http://www.wildsuccess.us)) which offers Defining Life Purpose, LifeStyle Coaching, and Diet/Health Consulting. She gives classes regionally and been chosen to present at this year's Raw Spirit Festival. Organizations, governments and individuals have used her services for over a dozen years. Her work spans five continents and changes people's lives.

