

Clinical Application

Short and Sweet Healing Touch (SAS HT)

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Sampler Sessions

What if you were asked to do Healing Touch “sampler sessions” at a local health fair or 15 minute mini-sessions for nurse’s week? Although it’s important to know and practice the full version of each technique, don’t pass up an opportunity to share this work for lack of time. Healing Touch is versatile and can be adapted to any situation.

Volunteer Program

When a local hospital began a Healing Touch volunteer program, each volunteer was expected to visit four in-patients during a 2 hour shift. Healing Touch classes focus on preparing students to do a one-hour Healing Touch session. The hospital allotted only 30 minutes per patient. During that time, the volunteer had to find the room, set up the music, wash their hands, adjust the bed, introduce themselves and explain HT. Often this left only 15 minutes for the actual hands-on!

Short & Sweet HT Born

To overcome the hospital’s concern that HT might be too complicated to do in shorter intervals, I created a tip sheet, “Short and Sweet Healing Touch (SAS HT)”, suggesting ways to shorten and combine Level One techniques. These tips have now been used successfully with patients for several years.

The Challenge

While a volunteer could do Mind Clearing, Hands in Motion/Still or any of the pain relief techniques in 15 minutes, my challenge was to discover how to do the Chakra Connection (CC), Magnetic Clearing (MC) or Chakra Spread (CS) or a combination thereof in the time allowed. I wanted patients to experience the profound relaxation of receiving these basic techniques.

Modify within the Healing Touch Sequence

Keep in mind that even when techniques are modified, the sequence remains the same: 1) do a quick intake and ask permission to do HT, 2) prepare yourself (center, set your intention and attune), 3) assess the energy field, 4) interventions – short and sweet in this case, 5) re-assess the energy field, 6) ground and release, and 7) evaluation and feedback. Through preparation you become a “healing presence,” that allows the energy to flow as needed with every technique, in any setting.

Chakra Connection

Let’s focus on ways to shorten the Chakra Connection (CC). The textbook version, in which each position is held for one minute, takes 20 minutes. Simply holding each position for 30 seconds or half the time, shortens the CC to 10 minutes.

Here’s another version: connect ankle to knee and knee to hip (each leg), connect both hips and then connect the seven main chakras. Use intention to connect the arms from the shoulder position. Hold each position 1 minute for a total of 10 minutes, or hold 30 seconds to complete in 5 minutes.



Magnetic Clearing Combo

What if you are working with a patient who is receiving chemotherapy and you want to do both the CC and Magnetic Clearing in 15 minutes? Do the SAS CC by holding each position 30 seconds followed by 10 strokes of MC. Now you have a fifteen minute combo.

Chakra Spread

Many students do not practice or use the Chakra Spread because they run out of time during a session. Consider this shortened version: open each foot, open each hand and then complete one round of the spreading sequence and finish at the heart. A lovely way to end a session, and it takes only 7 minutes.

Mini Sessions at Events

Doing SAS HT sessions became even more challenging when I was asked to give 10 minute mini-sessions to teachers at a primary school as part of a holistic health event. Was that even possible? Yes! I cleared the entire field with Hands in Motion and then did an SAS CC addressing only the seven main chakras holding each position 1 minute. The teachers loved it.

Five Minute Refresher

Would you think it possible to do HT in only 5 minutes? Absolutely. Open and hold each foot for 1 minute, open and hold each hand for 1 minute and then gently do Hands in Motion to clear the entire field. A 5 minute refresher!

Endless Possibilities

The possibilities are endless, and once you get the hang of it, you can create some combinations that work for you. Mind clearing or pain management techniques also work well in combination, bringing quick relief in any setting. As always, spread the word, do the work, and have fun!