

Considerations in having or not having Extra Sensory Perception for Practitioners of Healing Touch

by Cynthia Hutchison, DNSc, RN, MSN, HTCP/I, Healing Touch Program Director

Many Healing Touch and energy medicine practitioners have various degrees of extra sensory perception (ESP) in regards to seeing-feeling-perceiving and otherwise “sensing” the human energy biofield (fields/aura and centers/chakras) and even the hara line. These practitioners can perceive through their “sensitive” ability the energetic patterns of their clients, including colors in the field, vitality of the chakras, shapes of the biofield and even the presence of spiritual beings. Such information may be useful in treating and caring for clients. **If a practitioner does have one or more of these abilities, it must be used with utmost care, discernment, and application of ethical principles/practice within one’s professional scope.**

While it is a “gift” to have these abilities which can serve as an assessment and verification tool of our work, they can also be a “distraction,” and can lead one to judging others or to becoming arrogant because extra-sensory perception is not a common ability in the majority of people at this time on earth. There is a danger of those who have such abilities to think of themselves as “special” or as “above others,” which is a temptation all practitioners must always be conscious of. The vast majority of people with Extra Sensory Perception (ESP), have it in a limited capacity and may not be aware of the degree or

quality of energy that they are not sensing, and therefore be incognizant of the client’s whole energy patterns. Seeing only “part of the picture” versus the whole can lead to misjudgment and possibly misdirection in guiding clients through sharing of partial knowledge. The sharing of ESP perceptions with clients must be done with discernment, humility and clarity on the benefit to the client of sharing energetic information.

Janet Mentgen was famous for sharing the following in her classes: “It’s not your hands that will get you in trouble; it is your mouth!” Therefore, while many energy medicine practitioners hope for increasing abilities in sensing/experiencing energy, be aware that with such awareness there is a corresponding ethical responsibility with how to utilize this knowledge for one’s learning and client care. Therefore, be careful what you ask for when it comes to asking for extra sensory perception!

Much to the surprise of many in our HT community, though I have been a hands-on professional energy medicine practitioner for twenty-three years, neither my kinesthetic or visual ability to sense another’s energy has developed much. It took three years of practicing Therapeutic Touch before I felt “anything” kinesthetically energetic in another’s biofield. Even today, I cannot depend on feeling *anything* in pre/post-treatment energetic hand scans or chakra readings. I *sometimes* sense energy during application of methods, but not predictably or often. (I expect this admission brings a “sign of relief” to many of you who have been concerned about a similar lack of sensitivity/perception.) No matter how clairvoyant or clairaudient a practitioner may be, it is not an indicator of prediction for a healing response in the client. ***What is important is how we***

hold our hearts and intentions, maintaining a humble presence, attitude of service, and an open, compassionate heart that is not attached to any specific outcome or result. While some are very impressed with practitioners' abilities to see, hear, sense or describe "energy", that's not where the "juice" is. A reminder may be helpful that "People don't care how much you know until they know how much you care!"

While extrasensory perception is not one of my abilities, I am able to observe energetic patterns through listening to the client's words/tone of voice; observing behaviors (at the time and over multiple sessions); watching body language; and tuning in to my intuition. These are valuable and needed skills of a practitioner. I also depend on the information the pendulum shows me, as well as using my knowledge based on years of being a clinician. I have learned to "attune" to others in such a way that I am able to more and more trust my intuition and clinical judgment. Therefore, I have plenty of sources of information to guide my HT sessions even though I do not see, and rarely feel energy. I make "caring presence" my first priority versus concern about the HT intervention methods/techniques. *Healing Touch is more about quality than quantity; more about presence than technique; more about healing than curing; and more about principles/guidelines than rules and "shoulds."* I believe what I am trying to convey relates to Janet's famous saying... "Just DO the work!" I would personally add: "Keep it simple. Stay focused on the client (versus getting caught up in your experience). Avoid judgment. And remain heart-centered!"

Besides growing in appreciation and awe in regards to human energetic patterns, I invite you to expand and deepen your observations of **energetic patterns in nature, including the myriad and marvelous patterns of sacred geometry that are present in nature (flowers, leaves, seashells, cells, human and animal forms, water crystals, rock formations, etc).** For instance, when I walked up the mountain to watch the sunrise this morning, I observed the weather and delighted in the cloud formations and their patterns; the shapes of the different plants, leaves and flowers; the similarities and differences in rock formations; and the patterns of sound that I heard amongst the birds and crickets. It is helpful to recall the ancient wisdom teaching that spans across many religions and spiritual paths... "As above...So below." This well-known statement is a poignant reminder that we can experience "heaven on earth"... "if we have eyes to see and

ears to hear." Sacred geometry is very present and influential in the Healing Touch work that we do and we will address this topic in upcoming issues of Energy Magazine, classes, and HTP conferences.

I wish you a joyous adventure in learning to increasingly discern energetic patterns in the people and places all around you, including yourself! Aristotle's famous saying "Oh Man,...Know thyself!" is a wise universal teaching that reflects the Truth that, if we know our inner and true selves, we can know our world, we can know others better, and therefore are better able to navigate the voyage and adventure of our lives.

I close this article with one of my favorite daily prayers which focuses on striving to know who I really am in my true essence...

"I choose to shift and change in such a way that I become more and more the Truth of My-Self...

that I may attract to me a fulfilling life in Alignment and Gratitude." – Kirk Stone 🍷

About the author:

Cynthia Hutchison is the Director of the Healing Touch Program™. In the early 1980s, she began studying natural health, holistic healing and energy therapies. She is an avid student of spirituality and energy medicine. As a doctorally-prepared nurse from the Catholic University of America in Washington, D.C. (1987), Cynthia is also knowledgeable in the mainstream health sciences with a strong background in various kinds of nursing and holistic health care. With a master's degree as a clinical specialist in mental health, she has maintained a private practice in Healing Touch for many years. In 1995, Cynthia initiated the research program for Healing Touch and became the first Director of Research. She was invited by Janet Mentgen (founder of HT) in 2003 to serve as the Assistant Program Director. Cynthia became the Program Director in May of 2005 (several months before Janet's death), and was asked by Janet to carry on her legacy of the Healing Touch Program. Teaching internationally and nationally all five levels of the core curriculum, plus Advanced Practice courses and Instructor Training (Level 6), she brings much enthusiasm, empowerment and creativity to her classes. A mother of three awesome daughters, Cynthia has lived in Boulder, Colorado since 1993.