

Greetings

from Cynthia Hutchison,
Healing Touch Program Director



In a tree HOUSE, Muir Woods, July 08,
photo by Trish Intemann

Dear Readers,

Welcome to the August issue of Energy Magazine! This month we offer articles about Healing Touch in the home, including setting up a HT practice out of one's home. Of special interest is another article about teaching Healing Touch to high school students.

I have had a home office where I began practicing Healing Touch soon after my first class in 1992. (I already had been a practitioner of Therapeutic Touch for several years). As part of having a private practice with a designated treatment room, I also traveled many times to clients' residences for sessions, or to health care facilities to deliver care, such as hospitals, nursing homes and out-patient clinics. The practice of Healing Touch has become a part of my everyday lifestyle. Giving sessions to my daughters, friends or local Boulder community members is a common activity and one that I welcome. Administering HT has become an integral part of who I am and a part of my everyday rhythm and environment.

While I have administered HT in a wide variety of expected and unexpected venues (including intensive care units, surgical suites, campsites, airplanes and public restrooms), I love the sense of sacred space that I feel in my home treatment room. The furniture, artwork, room arrangement, wall colors and décor have allowed me to express a part of who I am, how I work and what I consider beautiful and inspirational. It helps me quickly go into a centered, grounded and attuned inner space that supports the client and myself to be open and receptive to the work.

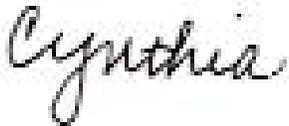
While I love seeing clients in my home office, I learned fairly early on that it is in fact ME that creates the sacred space and not my material environment, aesthetic as it may be. The most beautiful and perfect environment will not support the client in need if I do not know how to create sacred space for the caring-healing moment to occur. It is me that becomes the healing environment no matter where the client and I reside in space at that time. This concept is eloquently expressed by both Jean Watson and Janet Quinn in the HTP Level 2 notebook (p. 28-29).

“...think of the nurse as the environment of the client. In this perspective, the nurse turns toward her or his understanding of the “nurse-self” as an energetic, vibrational field, integral with the client’s environment. A question we might ask is “If I *am* the environment for this client, how can I be a more healing environment?” -Janet Quinn (1992) “Holding Sacred Space: The Nurse as Healing Environment.” *Holistic Nursing Practice*, 6(4): 26-35.

“When two people enter into a caring moment, a new field of consciousness, or possibilities is created. Both can share consciousness or tap into another field, the universal energy, universal spirit of infinite Love, which in turn has healing possibilities.” ... “The caring-healing moment transforms from a two-field to a one-field consciousness. Both are co participants in the process.” -Jean Watson (1999). *Postmodern Nursing and Beyond*. Edinburgh/NY. Churchill-Livingston/Elsevier.

As you read this month's issue, I invite you to explore the different ways and places you might feel called or inspired to practice Healing Touch. One place I will be enjoying exploring this concept is at our international Healing Touch Conference in Denver August 1st – 3rd. I will happily share highlights of this joyful gathering with you in our September issue of Energy Magazine!

Summer blessings (to all those in the northern hemisphere)!,

A handwritten signature in cursive script that reads "Cynthia". The ink is dark and the writing is fluid, with a long, sweeping tail on the final letter.