

Chapter Nine

THERAPEUTIC TOUCH

The Therapeutic Touch Technique

SUMMARY OF KEY POINTS

- The scientific basis and importance of *therapeutic touch*. The necessity for specialized breathing for this technique to be effective.
- Therapeutic touch: from medical insignificance, to currently being used in hospitals around the world.
- Scientific evidence for healing with the hands and electromagnetic energy radiating from the fingertips.
- Three extremely important ganglia (nerve cell bodies) which must be stimulated and energized by therapeutic touch for directly activating the pineal gland and other important bioenergy centres.

For centuries mystics, Yogis, and proponents of healing techniques using touch have claimed that there is a special healing energy radiating from one's fingertips. Previously, this idea, like the pineal's importance, was scoffed at; however, over the last three years this position has also been revised by medical science. ***It has now become fairly common practice to use therapeutic touch at medical institutions.*** For example, at certain hospitals in Canada and the USA, especially among the nursing profession, this technique is taught at workshops and used in treatments. This technique is now taught here at the University of Western Ontario (London, Canada) as well and is even used at the University Hospital.

Here are some important scientific data on this technique:

- Bernard Grad of the University of Montreal ***found that the hands, when placed over a bowl of water, did in fact emit some sort of healing energies.*** Spectroscopic studies on the water molecules found that they were in fact "charged" and more energized after a hand treatment (charging of water) session.
- Sister Justa Smith found in her research that germination was faster in seeds treated with the "healing hand" than those not so treated.
- Wirkus is a psychic healer who uses this technique. He (using special breathing techniques) re-establishes harmony in a person's bioelectric field with the use of his hands. He has used this technique in hospitals internationally and in the USA. Today he conducts training sessions and workshops with his method.
- Kirlian photography clearly shows an energy field around living tissues, the body, and ***your fingertips***, (see fig. 13 and 14). Moreover, ***it has been observed that this energy field at the fingertips is much less powerful in patients with cancer and other illnesses and it is stronger in healthy persons***, (see fig. 14). This energy field is strengthened with special breathing techniques and improved health.

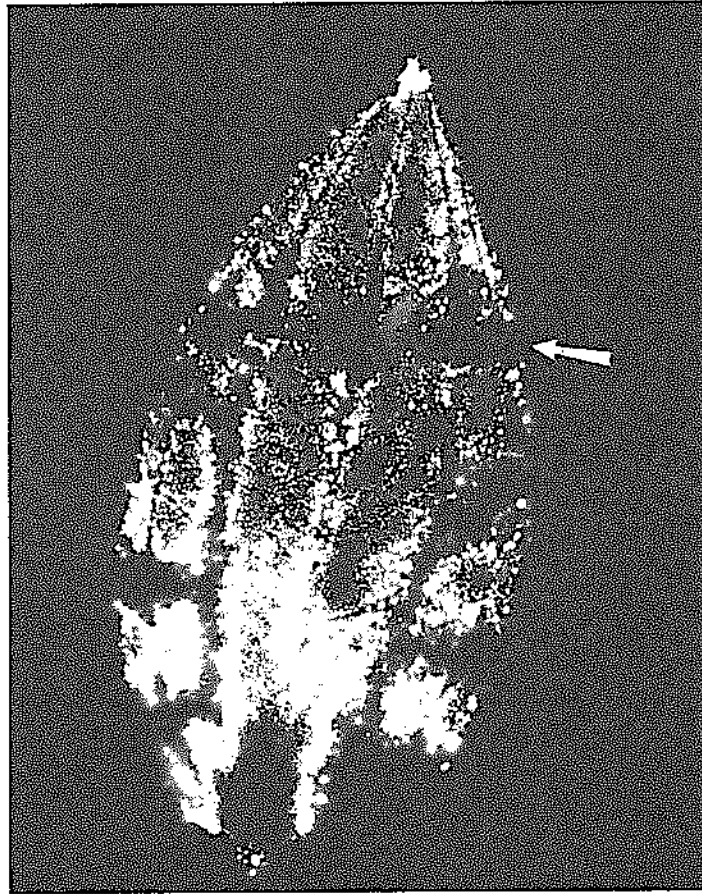


Figure 13. Kirlian photograph of a leaf. Note that such photographs are demonstrating an effect, and are not a direct image of a psychic energy field, but rather an image of its effects when an electrical current passes across the photographic plate.



Figure 14: *The energy field surrounding a healthy person's hand. It's much weaker in cancer patients.*

- At the Fetzer Institute, a recent research publication by scientists on "***Energy Fields in Medicine***" discussed important findings in this area.
- Yet another prestigious group of scientists at The International Society for the Study of Subtle Energies and Energy Medicine (ISEEM)^{99,163} are continually doing research on this area. They mapped the brain wave pattern of Wirkus when he was doing a therapeutic touch/bioenergy treatment. They observed strong right brain hemispheric alpha and beta waves which are associated with healing at a distance.

- More recent research articles¹⁶³ published by this group are "Modern Bioelectromagnetics and Functions of the Central Nervous System." Here it was concluded that "over the short span of a few decades, the new scientific devices and disciplines in bioelectromagnetics have provided the basis for a major shift in biology's theory. . . . **The evidence for the production of external magnetic fields by the operations of the brain is likewise incontrovertible.**" **This scientific body of evidence can explain how your thoughts can influence your body-within (microcosm) and your body-without (the macrocosm). It can also explain how and why the mind and brain functioning can influence the pineal gland and psychic centres.**
- Another article¹⁶³ is "Lessons from Spiritual Healing: Research and Practice." Several scientific studies were cited on healing with energy from the fingertips and some of the research observations were as follows:
 - treatment of bacterial and fungal infections may be improved by therapeutic touch healing
 - evidence from studies of healing with plants and animals indicate that touch healing may be conveyed by such vehicles as water, cotton, and wool. It was suggested that touch healing might be given to the antibiotic or to the injection water in which it is dissolved, instead of giving healing directly to the patient. In short, use the hand's energy to charge any liquid which is destined for entry into your body.
 - touch healing can selectively enhance or retard growth of particular cell cultures in the lab.
 - one study suggested that favourable genetic mutations are associated with therapeutic touch healing.
 - touch healing may retard the growth of cancer cells in vivo (in the body).
 - enzymatic activity has been shown to accelerate with therapeutic touch healing.
 - therapeutic touch healing increases blood haemoglobin levels, reduces pain, reduces anxiety, and enhances reparative (repair) activities of the body.

Overall, there is substantial scientific data supporting the importance of therapeutic touch healing. It is generally believed that there is a special energy, called VLF or CHI or QI travelling along the nerves. The proper redirection and focusing of this energy is the basis of acupuncture, Tai Chi, Reiki, and therapeutic touch healing methods.

DEEP BREATHING (INHALATIONS) CREATES INCREASED MEDIAN NERVE ENERGY FOR HEALING

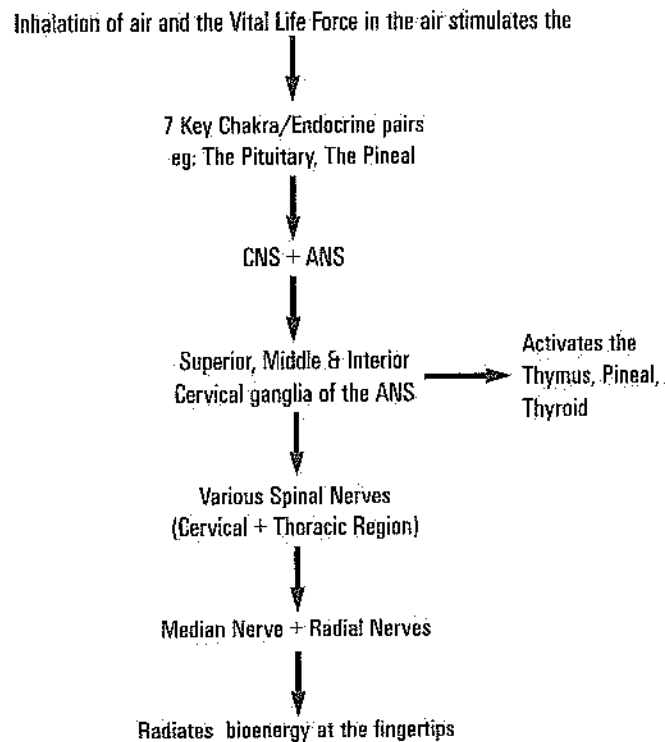


Figure 15.

There is an extremely important anatomical connection between the pituitary gland, ganglia, cervical and thoracic spinal nerves and the radial nerve. In this way very high frequency Cosmic Energy is converted (transformer-like manner) by the pituitary gland and sent to the ganglia (ANS), then to the (CNS) spinal nerves, to key nerves in the arm and fingers from where it radiates. Author's model.

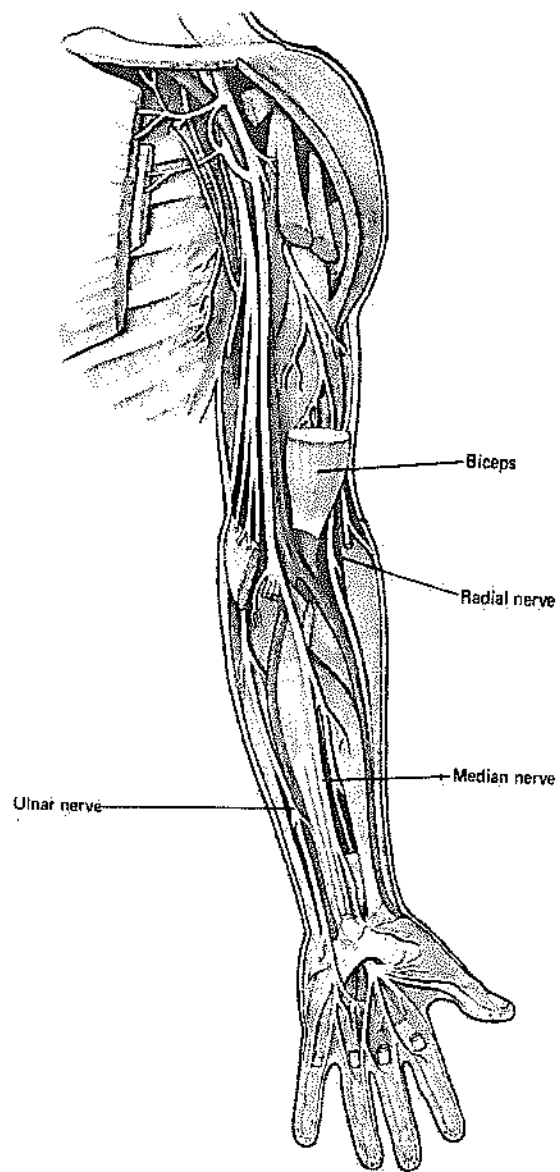


Figure 16.

The radial and median nerves of the forearm and hand transmit the healing energies used in therapeutic touch techniques.

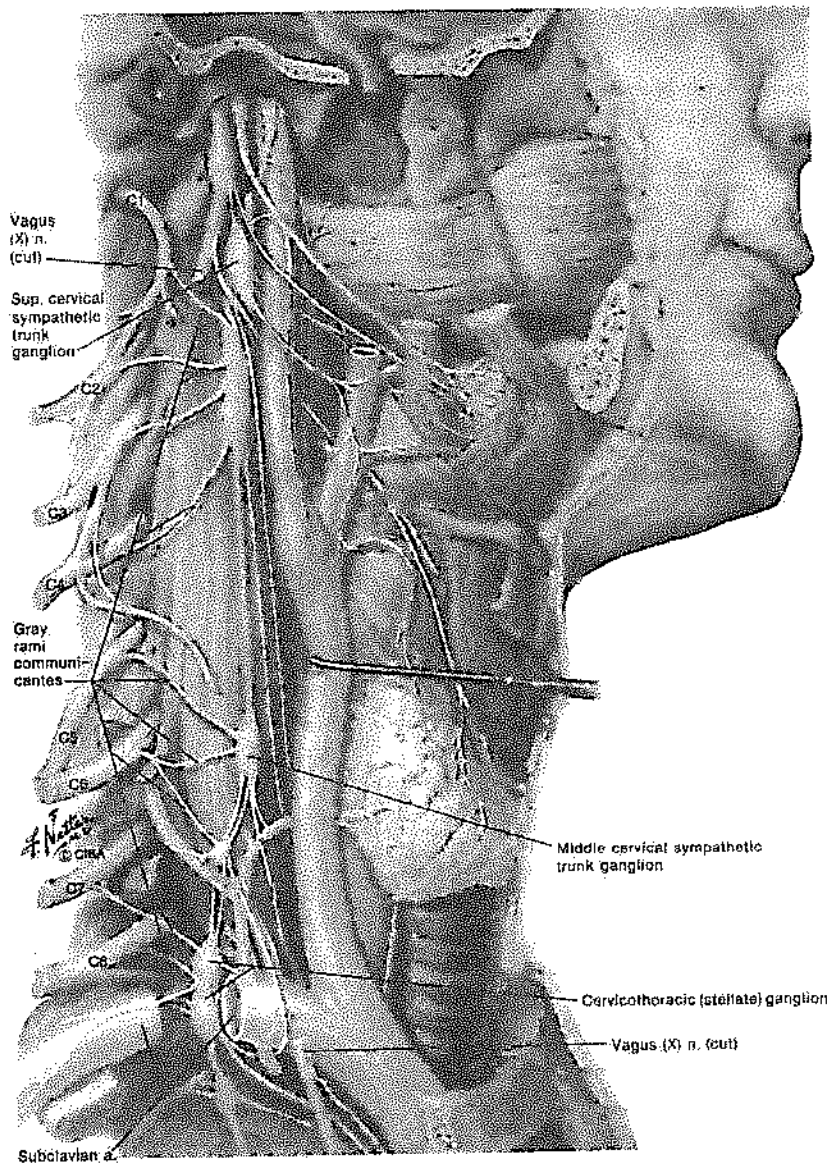


Figure 17.

Anatomical diagram to show the location of the superior, middle and inferior cervical ganglia which connect to the pineal gland, ANS, CNS, and numerous tissues of the body, thereby producing health and healing effects.

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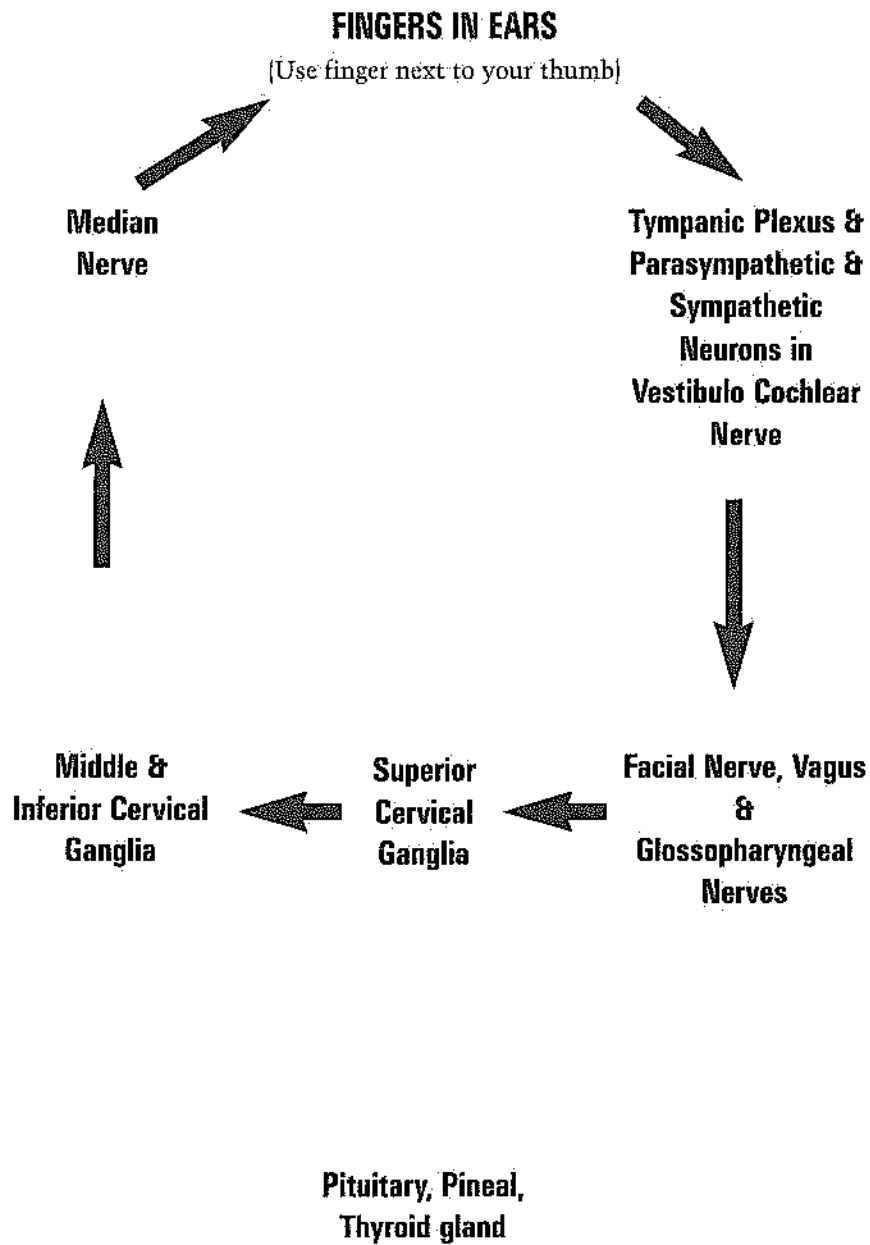


Figure 18.
*Deep inhalation breathing while placing
 Fingertips in Ear to directly stimulate the Pineal Gland.
 Author's model.*

The therapeutic touch technique

This technique requires special breathing, which you should use to **directly energize** certain important ganglia (cell bodies), the **pineal**, and thymus glands. These ganglia, anatomically, are connected to the pineal gland and the autonomic nervous system (ANS).

Essentially figure 15 illustrates that when you use the breathing technique described in this book, because of certain neural and bioelectric mechanisms, the pituitary gland is stimulated and bioenergy is transferred from the central nervous system (CNS) to the autonomic nervous system (ANS), then to its nerve branches: the superior cervical ganglion (SCG), the middle (MCG) and inferior cervical ganglia (ICG), which are connected to the pineal gland. These nerve impulses then travel along the median and radial nerves of your arm, (see figure 16) along to your fingertips. Your pineal, pituitary and thymus glands are also stimulated. **This energy emitted at the fingertips can be re-directed by therapeutic touch techniques for stimulating various tissues, nerves centres, ganglia, and even focused in your ear to directly stimulate the pineal gland.** (See figure 18.)

The three most important points of contact are (see figure 17):

- (A) The superior cervical ganglion (SCG), just at the back of the ear on line with the mouth. **This cell group is directly connected to and stimulates the pineal gland.**
- (B) The middle cervical ganglion (MCG), on line (vertically) with the **superior cervical ganglion** but horizontally on line with the "adam's apple" or voice box.
- (C) The inferior (3rd) cervical ganglion (ICG), also called the cervicothoracic or stellate ganglion. Virtually at the base of the neck, directly in the centre.

It should be noted that the chain of ganglia that are along the sides of the spinal column **are the distributors of energy and nerve impulses to the organs and glands of the body.** When ganglia functions are inhibited (by negative thoughts, drugs, improper breathing or poor posture), then imbalances and *diseases will surely follow.*

The detailed breathing and focusing procedure for ensuring maximum therapeutic touch healing effects.

The technique is as follows: take a slow deep diaphragmatic breath as (shown in breathing section). Slowly inhale for a 9 count, visualize simultaneously your inhalation taking in cosmic healing energies. When your lungs are full, **RETAIN** this breath for a slow mental (6 - 9) count. Then exhale slowly for a (6) count. Then inhale again, do this three times. Then after your body is **charged**, according to biophysics you must use your **right** hand, hold your thumb and next two fingers together, place the fingertips on the **left** side of your body, directly on the appropriate ganglia. Feed and infuse this energy there for three minutes into each of the superior cervical, the middle and inferior cervical ganglia, ie: (9 minutes total). Many more techniques are available in therapeutic touch books by Dr. Dolores Krieger and others.

During inhalation and exhalation your thumb and two fingers must be constantly touching, with slight pressure on the area of the ganglion. The pressure should be firm and steady, not deep or heavy. **When slowly exhaling it is extremely important to visualize and feel the blue silvery electromagnetic vibrations or beams pouring out of these fingertips infusing, stimulating and energizing these ganglia.** These ganglia then transfer this healing energy to the diseased areas and to the pineal gland. You should feel a general tingling and rejuvenation in your forehead, roof of your mouth and chest areas. You are re-harmonizing the pineal, thymus, pituitary glands, and weakened cells of your body. Also, you are re-establishing brain-immune-glandular system and bio-electric cellular balance in your body. Health and healing can now occur. Occasionally do this same breathing exercise and place your index fingers in your ears and stimulate your nerves in the ear and subsequently the pineal gland — see figure 18. You may use this technique also for massaging your eyes to improve their functions. We will now come to the end of our exciting journey in the next chapter.