

The First Anthology of Therapeutic Touch Personal Journey Stories

2022 - the 50th Anniversary of Therapeutic Touch



Image by Charlie Elkind

Compiled by Peggy Frank and the gifted hands of Eunice Lee, Megan Palmer, Sue Conlin and the contributors.



Another amazing TT Story
by You



This is a Memory Book of Stories written to celebrate the 50th birthday of Therapeutic Touch®. Have we caught one of your stories in this Repertoire of Amazing insight, this Collage of Brilliant Moments?

We want your story, in your words (we suggest 350 words maximum) and your voice! You have something to share. Help us complete the collection of 50 stories for 50 years.

Send to pegfrank@telus.net and ttia@therapeutictouch.org. Be sure to put TT Story in the subject line. After writing your story, and recording your story in your voice, please send a picture that will go with your story.



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How I Came to Therapeutic Touch

by Alison Cooke



In 1985, my husband, David, was diagnosed with myasthenia gravis. X-rays indicated a large tumour attached to his thymus gland so he underwent surgery to remove his thymus gland that year. As a result of the medication he needed and the stress, he was having difficulty sleeping. The sleeping pills he was given helped with his sleeping but he didn't like how he felt the next day. After a while, they didn't work effectively so his doctor prescribed a double dose. David didn't like the feeling with one pill, so really didn't want to take two pills! At that time I was looking for an alternative to help him sleep. I happened to notice an advertisement for a Therapeutic Touch class being taught at our local college by Donna van Vliet. I signed up. After a couple of the classes I decided to try giving David TT at night when he was ready for bed. At that time I couldn't feel anything when giving TT sessions. At the end of the session I asked David if he felt anything. He replied, "No", and promptly fell asleep! I continues to give him TT at bedtime and very soon he no longer needed any sleeping pills at all! That was 25 years ago. I went on the teach Therapeutic Touch and to provide TT for any of the residents requesting it in Stirling Manor LTC. I also provide TT to members of my church in the role of Pastoral Care. Dee always said that "You will be forever changed" once introduced to Therapeutic Touch. That's certainly true for me!

Audio available



TT journey of a lifetime

By Ann M. Porto



In addition to the many priceless gifts garnered within the TT community from meeting students, teachers who have mentored me and offered time selflessly, attending trainings and receiving validation in our local meetings, meeting clients who shared with us their trust and reported beneficial experiences, many skilled practitioner friends made throughout the years and on and on, most importantly, I have had the privilege to learn how to utilize skillfully an evidence-based energy modality that has brought so much important knowledge into our world.

The process of working with subtle energy channels and vortexes within and around the body through proper training and practices greatly augmented and catapulted even the work I do as a clinical psychologist, hospice volunteer and medium. For me, one of the most personal treasures was learning how to access the subtle-body energy internal landscape system and those that surround the body. With practice, the clarity achieved to open, ground, center, with pure intent, assess, direct and transform blocked, excessive or stagnate energy has proven time and again, to be of invaluable benefit to clients and myself. Dousing through the mind and hands without even needing to physically touch, (even during distance or “virtual” treatments), brought me to a deeper appreciation in that I see clearly now how, when utilized compassionately and skillfully, TT can contribute to the wellbeing of others and groups from a distance.

In summary, by learning how to utilize subtle energy I can definitively report that the excellent training offered at the TT Pumpkin Hollow Center as well as individual and group chapter meetings over the years coupled with practice and dedication to service for the greater good, has brought me to a place of deep appreciation for the people teaching, the skills learned, and the ability to receive, transmit and transform energy individually and collectively. The journey, which I am still on, I highly recommend to others inclined as intuitive healers. In my humble view, it is one of the most essential awakenings I have ever had the privilege to be a part of. I am sincerely and deeply grateful.

Audio available



How can I put what Therapeutic Touch (TT) has meant for me – in 350 words?

By Annie Hallett



Well, first and foremost, going back twenty-seven years, I feel TT produced a huge shift of awareness for me, changing my life in a positive way. It was as if it was a catalyst for me to gain a greater sense of connection to my intuitive and spiritual awareness, alongside teaching me how to use my hands and consciousness to negotiate what we usually call “Healing”. I feel some of the various avenues along which I have journeyed and opportunities which have arisen for me are in part due to the presence of TT in my life.

Without having studied TT I feel I would have brought a lot less to the twenty five years of working in health care. I was fortunate to be able to practice TT in my work, and it underpinned the ethos for the team which I led as well as a lot of the teaching I undertook, including TT and other work I was involved in health care wise.

But what about the patients who experienced TT? I have many accounts about their experiences-all different, but mostly helpful and occasionally profound, some of which I put in a book. What comes to mind as well is that colleagues would comment on the change in atmosphere in a room when TT was used. It became not unusual to be asked to comfort the passing of the dying with TT. Some witnessed the effect and wanted to learn. Sceptics shifted their views and relatives thanked us.

Once or twice I believe, TT blessed me with a glimpse of something beyond life and before death-some ethereal and sublime space in between. It is indeed, I believe, a far reaching thing, touching many lives, often as a sort of collateral/extended Healing or catalyst to possibility.

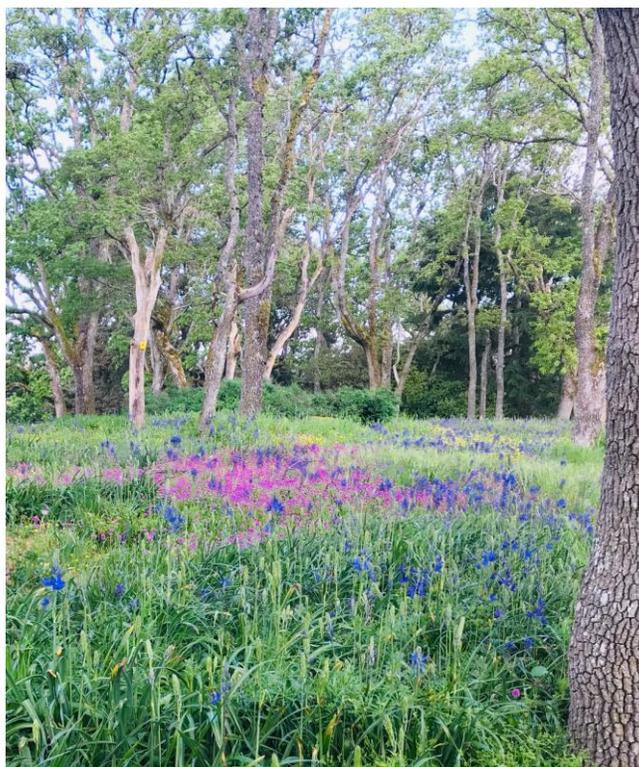
I see, as I get older, my adult children exploring this path one way or another and as I age I begin to understand more closely the deep nature of the archetypal Crone and the simplicity of the deep peace which Therapeutic Touch can connect us with.

Audio available



Compassion in Action

by Arlene Cugleman



It was a busy day in the dialysis unit. There seemed to be an endless stream of complications and delays. An elderly lady on a gurney against the wall caught my eye. Previously, during our Therapeutic Touch sessions, we had engaged in deep conversations about dialysis and its place in her life. Earlier this morning a new dialysis line had been inserted in her thorax and as sometimes happens, it had not gone well.

I walked over to her saying Hello and held her hands in mine. Her eyes reflected the fear and pain she was experiencing. A large darkened area was visible above the bandages. Compassion flowed.

As our eyes met in silent acknowledgement of the seriousness of her condition I asked if she would like to receive some Therapeutic Touch. She nodded a quiet affirmation and I began. The physical trauma was palpable, her distress and fear surrounded us both. But as the slow gentle movements of TT continued, she began to calm, the distress seeming to melt beyond the edges of the stretcher and disappear. Her breathing became more regular and after a time a smile crossed her previously stressed face as she expressed her gratitude. I felt the same gratitude to be able to help and bring relief to such a gentle soul.

No Audio



Trusting the Process

by Bev Forster



My name is Bev Forster and I live in Eugene, OR. I first learned TT in 1995 from Niela Campbell and Cordy Anderson. Soon the 3 of us were teaching TT together. As a Hospice RN for 30+ years, I had ample opportunity to use TT for symptom management and comfort. It helped immensely to ease physical symptoms, as well as emotional and spiritual dis-ease during the dying process.

Early in my TT and hospice experience, I learned the subtle nuances of TT and learned to trust the value of TT, even if I wasn't aware of how truly and deeply the treatment was affecting the patient.

I had a young man who had stage 4 terminal cancer, who ended up in the hospital due to a malfunctioning morphine pump. I visited him there, his wife was present in the room, and he was sleeping. I asked if I could do TT, as I had done before at home. When I completed TT, I sat quietly talking to his wife, when he woke up, looked at me and said, much to my surprise, "I just had a dream about you". "You were walking up a mountain, the sun was shining, and I was following." Then tears appeared in his eyes and down his cheeks. He said "it was the most beautiful experience and I felt so peaceful" He died a few days later, calmer and more ready to face the beyond.

In my practice of using TT with dying patients, I could relate many such experiences, where patients had not only physical and emotional needs allayed, but also spiritual experiences that supported them in letting go and moving beyond the physical realm, whatever that meant to them. Definitely calmer and more peaceful.

As I get out of the way and am fully present for the other, I trust that the highest and best outcome for them is offered energetically to facilitate whatever healing process most benefits their journey. As Dora always said: "It is not in your hands!" I learned to trust the process!

Audio available



And then there were Fireworks!

By Chery Ann Hoffmeyer



Our youngest son, Chad, was six years old when three TT friends, Laurel Ljunggren, Marg Hougan, and myself, would gather at our home on a Saturday afternoon to share TT sessions. Inevitably Chad would find his way into the room where we were and sit there quietly basking in the TT energy. I knew that was he learning TT by being present with us in those moments.

Several years later I was experiencing a heaviness in my left kidney region and tiredness during the day, and kidney spasm when I would change position in bed during the night. When my urine was examined, there was blood in the urine, a sign that I could have a kidney stone. I was booked for an intravenous pyelogram (IVP), however, during the wait period for the appointment the spasm became prevalent during the day and the pain could be excruciating. One afternoon, when the pain was severe, I asked Chad to place his hand over my left kidney area and send energy. He was hesitant at first, saying that he didn't know how to do that, however, with encouragement he placed his hand over the painful area for about a minute. The wonderful warm energy from his hand wrapped around my kidney and spread across the left side of my back; it was soothing and relaxing as it spread across my entire back causing me to relax. I thanked him and he walked away with a 'that was no big deal' look on his face.

That night, when I went to bed and closed my eyes I could see mini explosions, like fireworks going off, and then the spasm and pain was gone. I slept soundly for the first time in several weeks. When I went for the IVP they said there was no sign of a kidney stone and that I must have passed it without knowing it. I came to my own conclusion about what had happened during my 'fireworks' experience and I will leave it to you to draw your own conclusions.

Audio available



Therapeutic Touch Has Become A Life Way

By Cheryl Larden



I am a Therapeutic Touch Practitioner and Teacher and I have been practicing Therapeutic Touch for over 30 years. When I first was introduced to Therapeutic Touch, I was amazed by some of the results I saw. I realized it really worked but I wondered if I could do it.

One of the premises of Therapeutic Touch is that we can all learn to do it. It is a natural human potential. As I did Therapeutic Touch more and more, I saw I could do it, and I saw how much it helped people. I knew I had to share it with others.

As we are all different the results vary from person to person. Some people find it hard to describe what they are feeling, some feel a sense of peace and deep relaxation. For others they have a reduction of pain, an increase in their movement, a reduction in inflammation, or they heal quicker. To be able to help create an environment where people can heal themselves is wonderful. When you come from your heart with a sense of true compassion, and you let go of judgment and you treat people with respect it's no wonder they feel better. These are all essential components of Therapeutic Touch.

I have used Therapeutic Touch with friends and family, in the community, and in the hospital caring for patients. One of the wonderful things about Therapeutic Touch is you don't need any special equipment. You are all that is necessary. Becoming quiet and still within yourself, and with the intention for Peace, and a sense of natural order for the individual, and being in your heart space with that sense of compassion, you set an environment that facilitates the person's ability to heal themselves.

Being part of this healing energy has benefitted me as well. The more I do Therapeutic Touch the more I have come to know myself, and the more I have let go of limiting beliefs about myself and others. It is wonderful to be part of such a kind and caring community of Therapeutic Touch Practitioners.

Audio available



A Journey of Joy

By Cordy Anderson



My journey with Therapeutic Touch began in 1984 when I was a new home health and hospice nurse. Yes, I was able to help patients almost immediately, but this is the story about my journey, my discovery, my growth. I can look back and see that in 1984 I was a co-dependent wife and a co-dependent nurse, always doing what I thought someone else needed or wanted in order to feel good. As my practice deepened and as I connected more deeply with my inner self, I stopped an abusive manipulative marriage in 1989 and found several books and personal growth workshops that just seemed perfect. In the early 90's I began teaching TT first with my mentor, then eventually with others.

Articulating the journey through teaching increased my awareness of my spiritual journey. The tangible experiences of my consciousness shifting from ordinary reality to that of connectedness and oneness were profound. My relationship with nature also changed as I began to be aware of the natural order and intelligence that is present in so many ways. To this day I am captivated when looking at plants, trees, flowers, river flows, cloud formations etc. The intelligent forces of nature are everywhere! Therapeutic Touch became a "lifeway", and the tangible experience of connection to all that is continues to help me expand my awareness.

As I witness my 75th year in this body, I am in complete joy and contentment being of service, trusting that energetic, physical, or emotional support will come when I need it rather than needing immediate gratification. I am in awe of what I feel when doing TT via phone, Zoom or some other online platform, validating that we are all in the field all the time, not separated except in how we configure this particular time/space reality. I feel continual gratitude for Dee and Dora, Neila Campbell my first mentor, and all my many teachers and mentors for what they have taught me, not only through the years but in this present moment as well. Now we as a community continue to benefit as we share with each other. Our learning will never cease.



Audio available



Hummingbird

By Deb Shields



I awaken to brisk breezes enfolding the all...I snuggle under my covers, listening to wind chimes and treetops harmonize so beautifully. I become aware that I can hear snow falling...the buttery yellow daffodils, brushed in white, dance with abandon. It is winterspring...I pause, soaking in the being, Today I will write a story...a story of the infancy of my awakening.

It was a warm late July Tuesday night at Pumpkin Hollow – the year was 1998. The night skies were slate grey, the air humid, the stillness profound. I can still feel it. It was the last night of the TT gathering - we had finished karma yoga and were gathering in the meditation center where Dora and Dee were going to talk with us. We did not call it dialogue in those days. I settled into my fav meditation chair, listening to the river dance over stones as cool breezes drifted in. The moment was mystical – as folks entered the space, chatting ceased and a quiet descended upon us. Dora joined us, sitting in her little chair – soon Dee arrived. We turned off the ceiling lights...the table lamp was all we needed. As the night unfolded, Dora talked with us about death, after-death, her beliefs...I think we were all captivated – you could have heard a pin drop in the room. This was (for me) the first time Dora had shared her ideas ‘collectively’. She had, over the years, offered thoughts and glimpses but this felt very, very different...it was ever so meaningful! At the end of the evening no one moved for a bit – we just paused, listening to the water flow.

That night was, for me, a glimpse of my awakening...I offer

I had been learning and living TT for several years and was noticing inner rustlings, nudges that frankly I did not understand and even ‘feared/resisted’ a little. You know what I mean – intuitive knowings, words, dreams. Anyway, I tried to not really ignore these but not go wildly into over analyzing. All the while, I was experiencing a deep inner knowing that what was happening was as it should be.

Sonia and I headed to Ohio the next morning and I told her that Dora had been talking to me. My dad had experienced numerous complex health challenges and I felt like I was being prepared for his transition. How wrong I was.

While I was at PHF (*Pumpkin Hollow Farm*), my momma experienced a slip in her 15 years of sobriety. I went right over (of course I wanted to ‘fix’ everything) and she and I sat on her bed. She took my hands, looked into my eyes, and said, “Honey, Anna came to see me and I will be going with her very soon”. My headheart screamed ‘no no’ – followed by my voice, my tears. She was totally sober in that moment, just holding my

hand and looking at me. My deepest self knew she spoke truth. The upcoming week was filled with messages and mystery... the next Sunday, my momma transitioned suddenly. Sonia and I talked at length that day, exploring Dora's talk and the unfolding we were bearing witness to...something was being revealed...

Sunday night David and I sat outside, gazing at the ebony skies filled with twinklers. All of a sudden, a hummingbird flew up, hovered a moment and flew on. Stunning – it was night after all. On Monday, a hummingbird flew up to Celeste's (our daughter) window and hovered. On Wednesday, my brother's family received a visit.

During that week, I experienced a seed of awakening... what a gift! I realized that TT is, for me, a spiritual path and this teensy awakening created possibilities of going deeper, getting to know my inner self. It is funny but I can still remember stopping in my tracks, breathing deeply and pausing, motionless, speechless. Actually, in readying to share this story, I have felt the same.

That Tuesday was the last time I would see Dora – she transitioned the next summer. I have often reflected on her words. Was she, in her own way, nudging us to meet our inner self? Did she see our readiness? No matter, TT and my awakening changed my life. Today, 23 years later I am still awakening... and interacting with the hummingbirds who often visit.

I stand in humble posture

peace



My Introduction to TT

By Elaine Wilk



I have been a Pediatric Nurse through my whole career. In 1988 I was assigned to care for a 4-month old baby boy who had had some unexpected cardiac issues. He was bright, alert and social. His parents were concerned and involved. He was soon transferred to the Tertiary Care Center in our state for a more thorough workup. We heard he had been placed on medication and the problem would resolve. Unfortunately, one morning soon after he returned home, his mother went to wake him and found him unresponsive in his crib. He was rushed back to us and resuscitated but was unfortunately left in a vegetative state. Once stabilized, he was sent to our floor for ongoing care. This was the days of Primary Care Nursing, and he became my patient for the next year, while we searched for a long-term care placement (which in those days were very scarce). He had continuous respiratory secretions, and almost constant clonic and tonic movements which must have been very painful. It certainly was painful for us all to see. I KNEW somewhere, somehow, there was something “out there” that I could do to help. Unfortunately, I never found “it” while he was in our care, and he died shortly after finally being placed in a new facility.

But I never stopped searching, and one day I read an article in a nursing journal about something called Therapeutic Touch, and a light bulb went off in my brain. Where could I learn this? A few weeks later, I heard one of the Adult nurses was giving a two hour introduction, and I was able to attend. The room was packed, and when she began to speak, I felt like I had been struck by lightning - This was it! My life changed in those two-hours and I've never looked back. In every class I have ever taught, I give him credit for one of the most profound gifts I have ever received. It has transformed my practice, transformed my life, and given me a “tribe” with which to share it. A tragedy was given meaning, at least to me, and I shall be ever grateful.



My First Experience Receiving Distance Healing

By Evy Cugelman



This occurred around 1995. I was already teaching Therapeutic Touch and teaching about distance healing. I even did distant healing for friends and family. At this point, though it was purely academic. I didn't disbelieve, as I was reading everything I could on Therapeutic Touch and attending Pumpkin Hollow, practice groups, and everything TTNO (Therapeutic Touch Network of Ontario) had to offer. I didn't believe that I had any skepticism as to the effects, I just didn't truly know.

I was one of those people that did not stay home and take care of myself when I was sick. I was driven to show up to work no matter what. Then my TT teacher/mentor/friend said something about driven people who don't take care of themselves especially when sick. So there I was. I had a bad cold/flu and I stayed home and totally luxuriated in my taking care of me. But the second day of this I was still quite sick, but I had an important meeting 65 miles away that I needed to go to. I decided not to go as I was taking care of me. This was a first. I knew I had to leave by 11:30 a.m. at the latest to get to this meeting but at 10:20 I was still too sick and made my decision. But at 10:40 I felt totally better. This was weird and had no explanation. I got up showered and went to my meeting.

That night my teacher/mentor/friend called me and asked how I was feeling. I asked her how she knew I was sick. She called my office that day and my secretary told her that I had been sick for a couple of days. Then she said, "I hope you don't mind but my husband and I did TT for you."

That was a WOW moment because now I knew the efficacy of distance TT, and now I could teach it with a solid knowing since having that experience.

Audio available.



My Aura

By Fong Lee

My name is Fong Lee. I live in Richmond Hill, Canada.

I stumbled upon Therapeutic Touch (TT) one day on the *Michael Garron Hospital* website when I was looking for parking info. I learned TT from three amazing teachers: Paula Neilson, Crystal Hawk, and Alison Cooke.



The picture was taken at the Whole Life Expo in Toronto during the same week I was attending my first TT lessons. I learned that Dora Kunz was born to see energy fields and auras. I had that on my mind, and then, somehow, I got free tickets to this expo where I could take my aura photo. My aura picture showed green and blue around me. I was told those colours belonged to a healer. All this encouraged me to continue learning and practicing TT.

In December 2021, my son had COVID and he complained that his feet felt like rocks. I quickly did TT on him and he told me his feet felt normal again. I also energised a pair of cotton socks for him to sleep in and he called them "his magic socks". He said his feet felt good wearing them. I continued doing TT on him every day until he recovered from all his COVID symptoms. My son used to call me crazy when I told him about TT, but not anymore. He would now request TT treatments when he was not feeling well.

My grandma had a cockatiel parrot that was over 20 years old, and one day he was scratching in the same spot until he was bleeding. I did TT on him a few times that week and was so glad he was back to normal the next week. It's been over 2 years now and he is still healthy and singing.

I am so grateful I found TT and I hope more people will find TT too!

Audio available



Hope

By Jane Cornman



What does TT mean to me? Hope.

When I entered the field of nursing, I was disappointed that the primary setting providing to learn how to care for folks was in the hospital. It felt like the least healthy place in the world to me. I questioned whether I was really supposed to be a nurse! Then I found "Holistic Health" concepts - as it was called at that time - and was filled with hope.

I went to a conference in San Francisco where Dolores Krieger spoke and thought "YES - this is health care!" I got in trouble, a number of times, in undergrad and grad school because I kept presenting and researching on topics that were not yet recognized as "real".

Cookie Jurgens from Portland, Oregon encouraged me to go to Indralaya for TT Camp, and that's where I met Dora. Talk about hope! Hearing Dora speak at camp told me that every single encounter with a patient (healing partner) and family member could be a healing encounter.

Recognizing the importance of self-care was hugely important. Meeting all the incredible people that came to camp as healers or healing partners became my TT family. A great example is meeting Peggy Frank, first as a healing partner and then becoming "sisters in healing" so that we now teach and shared a TTIA Board position.

Over 45 years later - I'm glad I stuck to my own idea of what MY path to learn about healing should be about - and TT is truly an essential ingredient to my retaining hope.

No audio



Compassion, Innerself and Innate Potential

By Jody Falconer



My client arrived for her weekly appointment visibly distraught, clearly worrying about something. Sitting on my stool she began to speak about how concerned she was of the coming wintertime darkness and the terrible depression that usually swept over her during these months. It was a depression that left her zapped of energy, where she struggled mightily to do anything, and how hopeless she felt about this inevitable experience.

It was an intense moment. I was hearing the depth of her despair and her struggles. As I listened to her words and communed with her fields, I knew there was not much I could do, yet I felt her deep pain, and so hoped to be of service to her. As I continued to stand at her back engaged in rebalancing, I felt a sudden shift. An atmosphere of deep silence took over. We entered a place of depth I was unfamiliar with - a level of centered all-enveloping energy and connection that I had not experienced before. This deep energy took over, and the appropriate response was to simply stay present while this exchange took place. I had an awareness of a deep rebalancing, a calling forth of her innate potential, so to say, taking place within my client. After a few minutes it was over. I remember thinking to myself, "Gee, I don't know what just happened but..." and we moved on into our massage session, neither of us speaking about what had occurred.

Fast forward to the next week's session. My client walked into the room a different person. She was calm, radiating gentle light, smiling, and a sense of her innate wholeness emanated from her. This time, as she sat on my stool, she began to tell me how suddenly she had remembered that she had a set of seasonal disorder lights. So a few mornings ago, she got them out and now sat before them each morning while eating breakfast. They were making a world of difference in her depression pattern. She felt wonderful!

In that moment, feeling her field, I realized that I had been shown a deep Innerself to Innerself exchange fueled by the energy of Compassion. It wasn't my feelings of compassion for her (although I do feel that my compassion opened the door), but the "Big C" Compassion energy. I realized that what Dora had been speaking of and demonstrating for us in her normal way of being with the patients that past summer at Indralaya - this Innerself connection and innate potential - had occurred. Isn't it amazing what we have been taught to open up to? My client remained depression free that entire winter.

No audio





Two Therapeutic Touch Stories

By Joseph Rahim

Therapeutic Touch at Confederation Seniors' Centre of the City of Burnaby

After I completed three levels of TT, and repeated my level 3 with Marie Preissl at the New Westminster School Board, I felt a void in terms of getting practice. I thought, "Why not try the Community Centers?" I chose the one furthest from my home, *Confederation Seniors Centre* of the city of Burnaby. There was a sign at the front listing the various services for seniors, and much to my surprise, it included Therapeutic Touch! The coordinator of the Seniors Active in Living (SAIL) program told me that a retired nurse had provided the TT sessions, but a few weeks ago returned to England. The coordinator said that I was welcome to join as a volunteer. Wow!

After the usual checks and interviews, I was welcomed as a volunteer. Our program ran every Tuesday from 9.30 to 11.30 am. Except for month break in summer and two weeks during Christmas.

Besides other health services, there were three energy healing volunteers. Every Tuesday about 50 seniors would avail of the various programs. As a TT volunteer, I was fully booked with four clients and very often accepted a request for a fifth client – then our time would stretch to 12 noon. There were many regulars, including a number who were in wheelchairs. The general feedback from the healees was very positive: "I feel great"; "better"; "I am very relaxed"; "had a better sleep for a few days after."

I volunteered at the Centre from January 2012 to March 2020, when Covid put a stop to everything. By then I had logged 1056 hours! I was also privileged to have Marie Preissl, my mentor and teacher, and a few of her students filled in while I was away for two weeks.

Gyan Nath, a friend at Willingdon Care Centre - 2011

I had the opportunity to spend time visiting Gyan Nath on Tuesdays after lunch at Willingdon Care Centre in Burnaby, BC Canada while my wife was helping at West Burnaby United Church, half a block away. His wife, Jyan Nath, who taught for the Vancouver School Board, knew my wife Rose from their school days together in Fiji in the 1950s.

Mr. Gyan Nath was a practicing Hindu, and he was very receptive to Therapeutic Touch (TT) Sessions. Before the TT session we would chat and listen to Sanskrit chants, our favorite was Gayatri Mantra. The TT session was between 20 and 30 minutes. My Tuesdays with Mr. Nath, from March 2011 and March 2012, were both rewarding and beautiful. Jyan, his wife, told me he very much looked forward to our sessions, and I did as well. She always told me after the session Mr. Nath was able to swallow food better; he was more alert and responsive, and, overall, felt well. When asked about the efficacy of the TT sessions, she always remarked, "I can vouch for that".

In April 2012, Mr. Nath was moved to Burnaby Hospital. The night when doctors told the family that he was at the end of his life, his wife called and asked if I could join his friends and family at his bedside and provide him with one final treatment to make his "last journey peaceful." Of course, I went. After the TT session, Gyan became calm and relaxed. Within an hour, he had passed. It was a memorable and meaningful experience for me and I know for the family as well.

Audio available



Forget about massage! I want to learn this stuff!”

By Julie Waters-Barcomb



When I was in massage school, I was hurt and could barely walk. The instructor asked me if I wanted her to work on me. I said yes, and she had me lie face down on the table. Since this was a massage class, I expected her to massage my back. I had no idea what she was doing, but she never touched me, and all of a sudden, my back unclenched and I felt release.

I asked her what she had done, and she explained a bit about Therapeutic Touch. At that point I said “Forget about massage! I want to learn this stuff!”

It has been a journey of new discoveries, amazing revelations, new friendships and openings. I have learned about vibrations, about the interconnection between all living things, about transpersonal relationships and so many things I had never dreamed of. It truly was a new world, an exploration of this world whose aspects I had never known.

For me, it’s rather like looking at stars. If I am in the city, I can see some stars and recognize some patterns. However, if I am in the desert, oh! Such magnificence and so many stars that I could not see when they were dimmed by city lights. Therapeutic Touch brings me to the place where so many new and different perceptions occur.

Audio available



Therapeutic Touch Calms a Tortured Woman

By: Karin Deschamps



As a child, my healing partner had been shocked with bare electrical wires, buried alive, burned with cigarettes, sexually abused in countless ways, and locked in a box filled with angry bees. These types of horrific incidents continued for many years leaving my now adult client with debilitating C-PTSD or Chronic-Post-Traumatic Stress Disorder. To her credit, she sought counseling by several professionals and to this day, she sees two of them regularly.

Sally, a pseudonym, learned that I was a Therapeutic Touch practitioner and asked if I would consider giving her a treatment to hopefully assist with reducing her anxiety and depression. Of course, I agreed.

With compassion, and letting go of the outcome, I took a deep dive into my inner self and visualized my connection with hers. We had a great session and Sally then requested that I give her another treatment in a week's time.

In the meantime, Sally went back to the hospital to see one of her counselors and reported back to me that her counselor didn't really understand what Therapeutic Touch was, but she recommended that Sally continue as she had noticed a marked improvement in the reduction of her anxiety and depression.

Therapeutic Touch works and everyone wins!

Audio Available



A Mother's Last Gift

By Luisa Porrata



My name is Luisa Porrata and I have taught and practiced Therapeutic Touch in New York City since 1985.

There is a grace in dying that I had never truly experienced until I cared for my mother in her transition days. Her life had been very challenging especially as her mother had died when she was only 9 years old. But she had always managed to make us laugh with her funny stories and made-up nicknames for different members of the family.

At the end of her life there was a real struggle for her to let go. I knew she was holding on for my brother and me. Sitting by her bedside in my brother's home in Nebraska, I kept my hand gently over her heart sending her calming peace and love. I whispered that it was OK for her to let go and that we would take care of each other.

I did daily Therapeutic Touch treatments, secretly hoping she would rally and get better. But as the days wore on, I realized that helping her toward her transition would be the most loving thing that I could offer at this time.

I knew she was in pain when she would grimace and look at the far wall like she was about to cry. Suddenly, she would point to the wall and then turn toward me as if to say, "Don't you see that?" I would then give her a Therapeutic Touch treatment after which she would sigh and fall asleep. She passed away peacefully, while I was sleeping, two weeks after I arrived.

The caring for a beloved mother is done with true love, patience and compassion. I feel honored to have been able to be with my mother, at the end of her life, and to have offered her the calming grace of Therapeutic Touch.

Audio available



TT – A Singer’s Call to Heal

By Marge Nykaza



Greetings TT Community! My name is Marge Nykaza. I’m a person who has been singing, praying, and encouraging people to join in the “Song” since childhood. This life’s calling has enabled me to become more aware of the healing energy of music, positive thoughts, and prayers. I believe this calling prepared me to be open to Therapeutic Touch and other healing modalities during my most challenging times.

Over the past 21 years, my life’s path has been accompanied by breast cancer. It started in 2001 just after the devastating attack of 9/11. Collectively, our world had changed forever, and personally so did I! During that time, I had just finished a master’s degree and begun my work which eventually would become Harmony, Hope & Healing, a non-profit music program serving vulnerable individuals and families in Chicago.

My first diagnosis was DCIS which called for a lumpectomy. After ten years of dealing with biopsies tamoxifen pills, and more questions, cancer returned. In 2011, I had a mastectomy with chemo and radiation. With the help and prayers of my ear family, friends, and various communities, I kept up my song and life’s work

I was diagnosed with metastatic breast cancer in 2016. Since then, I have engaged in various chemotherapy treatments and have continued my work while seeking various healing modalities. In the winter of 2021, I had a terrible reaction to a chemo drug and was hospitalized for 3 weeks. Thanks to a plethora of prayers and a dear friend, Dianna Blom, I was introduced to Lin Bauer, a very experienced and caring TT practitioner. Her response to my need was outstanding. Right away we began weekly zoom sessions. The benefits of TT have been remarkable. My energy level has increased which helps my overall stamina and ability to heal. My life’s “Song” continues!

Thank you for the opportunity to share my story and experience with TT. Special thanks to Lin and TT Community. Your accompaniment during this time is essential as we seek to heal ourselves and our world.

Happy 50th Birthday, Therapeutic Touch Community!

*With love and gratitude,
Marge*

Audio available



TT Guided me to Treat my Sister

By Mary Grace Amendola



Hello, my name is Mary Grace Amendola. I am from the TT Rhode Island chapter. I've been a nurse for 30 years; and for the last 16 years I've been teaching community/public health nursing and conducting research with medically underserved communities.

My spiritual journey has had many twists and turns, until I stumbled upon TT back in the 1990's in NC. Life got in the way and I no longer pursued TT until 2013.

During that year of 2013 my sister Linda became very ill. Linda was hospitalized for six months and transitioned on Aug. 30, 2013. While in the hospital I began using TT. My inner knowing and past experience with TT guided me to treat my sister Linda.

October of 2013, I took my first foundations course at Pumpkin Hollow. It took my sister's illness and death to bring me back to TT. I thank her for that.

Since then, I have become a TT practitioner for eight years and a TT teacher for Foundations of TT for the past 5 years. Dora and Dee the founders of TT have left an ever lasting impact with the world. I am for ever thankful to Dee and Dora, including the amazing people I learn from at TTIA. I believe that TT is and has helped me as much as it helps the people I treat.

No audio



The Magic of TT

By Martha Fortune



When I first began doing Therapeutic Touch, I was involved with an inner-city Catholic Health Center where I volunteered my services as a TT practitioner once a week. One day a young woman came to see me. She told me she was a nun, but she didn't share very much as to why she was there. I explained what I would do and about how long it would take and began the treatment. Unlike my usual approach, I got the distinct feeling that I should not touch her, so I refrained from any touch at all. I asked her to take some breaths with me, close her eyes if she was comfortable with that and think of a relaxing place she knew and liked. I did the TT treatment, gently and completely but without any physical contact. When I was done, I asked her how she felt. Immediately she told me that she had never been touched so intimately and lovingly. She wept for several minutes. She told me that she had been sexually abused and had never told anyone, not even the nuns with whom she lived. She felt liberated from this past experience. She looked visibly relieved and expressed gratitude and almost disbelief at the profound depth of the experience for her which took less than 20 minutes. I never saw her again.

What I learned from this experience: First, trust my instincts. That has served me well. There is no cookie cutter approach to TT. Second, honor the experience of the person and do not judge by outer appearance. Lastly, ask the person about their treatment and listen to their response, without judgement. This experience has stayed with me as a reminder to be true to the process, to honor myself and the healee as they present themselves to me in the moment. It is a sacred trust.

Another experience I had as a teacher of TT which also happened within a year or two of learning TT. I taught Beginner's level TT at a local college. The first week's lesson included teaching the students how to center and assess the field, as well as the history of TT. I assigned the task of going home and practicing on their family, friends, animals and plants. The following session I asked for their feedback on their assignment. One woman told me and the group that she no longer needed to wear turtlenecks, and she reminded us that she had worn one during the first class. When she went home after that class, she centered every day and assessed her husband's energy field. The chronic skin condition that she had endured for years went away, and she showed us her clear skin where it once had been red and scaly rash. This taught me a great deal and the class as well. Healing is an internal event. For this woman, it was a spontaneous remission after she learned to relax and center herself. TT is known to activate the parasympathetic nervous system, and that is no doubt is what happened to her.

Audio available



Connection & Compassion

By Mary Harding



My name is Mary Harding and I live in Guelph, Ontario, Canada. As a young working mom with four children, I was aware of Therapeutic Touch in the community but was “busy with other things”, but when my youngest was diagnosed with a malignant brain tumor, I came to have my first intimate knowing. I knew of Evelyn MacKay R.N., a dynamic leader in the Hospice movement and a Registered Therapeutic Touch™ practitioner and teacher since the early 1980s. I invited her to our house and she offered Therapeutic Touch to my son, Carlos. She told me I had healing hands and that I could do this myself. Disbelieving my ability to help without “proper training”, I instead had another volunteer offer Carlos TT and sometimes she treated me as well. As a 24/7 caregiver, it was like someone reminding me to breathe.

Carlos died shortly before his fourth birthday. Several years after, I sought out TT. I signed up for Level One, attending class one evening a week for four weeks. During one class, as the teacher was demonstrating on me, I felt Carlos’ presence and heard him whisper in my ear, “Mommy, TT really helped me”. Through the grief and joy, and with a great amount of sobbing, I knew I was on a right and good path.

I went on to study more TT, to attend workshops and conferences. I have met an incredible community of healers and forged new connections. Twenty years later, I finally finished my workbook and became a recognized practitioner with the TTNO. Since the pandemic, I have offered more TT at a distance than in person, and this has created new learning and opportunities. When feasible, I go to the local residential Hospice where I offer TT to the dying and their loved ones.

TT has led me inward to find a centre of deep peace and it has allowed me to share this widely, even from my small corner of the universe. For me, TT is connection and compassion. It is a gift that keeps giving.

No audio



A valuable and very memorable lesson from Dora Kunz

By Mary Lesley

The lesson was “offered” during my second of three years with Dora at Indralaya. I bravely lit up when she looked toward me for someone to work with her on a healee, in front of the whole group of over 90 gathered.

She motioned me to come into the field and directed me to work on the legs and feet while she continued to work around the shoulders and upper body of our healee. I felt warmth, engaged and grounded as I tried to follow her cues and work synchronously with her. It all flowed smoothly for a time, but then I felt an urge to pull back and end my involvement. As I did that Dora stated in her very matter of fact way, with her Dutch accent, “We’re not done yet”.

I hesitated then moved back quickly to continue my efforts, but in hindsight, I was no longer centered. I should have bowed out and left room for someone else, but that was hard for a novice to do, given it was my first time working with “the master”. Very quickly, I felt totally exhausted. She “excused” me then, and I slumped over and rested at least another 40 minutes before I could get up. I felt I had let her down and failed my first test. Her words to me were very clear, “You tried too hard”. The lesson was clearer after I was able to debrief the incident with Erik Peper, to try to understand my deep exhaustion: I needed to honour my own truth and timing, despite how important it felt to extend beyond my capabilities in that moment for Dora.

From that moment forward, when even sensing a slight bit of exhaustion, I listen to the quick reminder of the importance of maintaining a centered state.

An awakening moment, in a TT session I was supervising

The setting was the BC Cancer Agency. Two very loving and experienced TT volunteers were commenting after they had given several TT sessions to patients and family members that there was one session that was almost overwhelming for them that needed processing.

They worked very well together, communicating seamlessly. The woman they were working on was in deep grief over the loss of a very close friend several days earlier. It had been an acute reminder of her own fragility and mortality.

The volunteers accepted her offering before the session and began to work with her in a very coordinated way. The session felt different to them that day, deeper and very special. Without saying a word to each other, the woman receiving the session said how different this session was for her and that she felt her friend’s presence during the session. One of the volunteers asked her what the woman was wearing the last time she had seen her. The woman answered clearly, a blue dress with a yellow scarf. The woman seemed touched and not concerned about that awareness, so nothing else was offered at that time.

It was our custom for the 9 volunteers to meet with me after the sessions were completed for the day. Each of those two volunteers said they had a very strong sense of “the friend” in the room and each had a sense of her wearing a blue dress with a yellow scarf independently of the other. We all sat quietly as we held the experience in amazement, trying to take in the fullness of the session and experiences of both the volunteers and patient. It was yet another opening to the depth of connections that we can have as we center deeply and give ourselves totally to the patient’s experience and well-being, in each session and moment. It was definitely, a “light bulb” moment of grace for all of us that day.

No audio



Memories of Therapeutic Touch at Pumpkin Hollow

By Mary Simpson



I held the letter to my heart, sending it loving energy, then put it in the mailbox. It was 1985 and I was applying – for the first time - to go to the Advanced Therapeutic Touch Retreat at Pumpkin Hollow Farm. To my absolute delight I was accepted and drove there with another person from Toronto, who had been there the year before. (I always thought that for TT'ers there was a similarity in Moslems going to Mecca!)

The first day I was there, I was in a group with Janet Macrae who brought her white cat, "Rosie". As she watched me give a session, she placed a hand on my shoulder and with a big smile said, "Don't be so serious!"

During the afternoon practicum held outdoors, Dee liked to wander about watching us. One day, as I was scanning my healing partner, I was puzzled by what I sensed on the right side of her back. Suddenly, behind me I heard,

"What are you doing?" I was startled but replied,

"The right side of her back is slippery."

"Let me see", said Dee, and I moved out of the way.

She scanned the field twice, stood for a moment of thought, then said,

"You're right!" and walked away. I have never sensed a 'slippery field' since then, but her affirmation did wonders for my confidence in my ability to scan!

Every afternoon on the front lawn, Dora held healing session for people in the community. While she gave a session to a patient, she delegated two people - who sat watching - to 'ground' the next person she would treat. This consisted of each of us sitting on the ground with the patient's foot between our feet, moving our hands to facilitate the flow of energy from the knees down through the feet and out through the toes. If she was not satisfied with what one of us was doing, she would tell us to leave, and delegate another 'nurse' (she called us all 'nurses) to take our place. It certainly taught us the importance of 'grounding'.

One year I was designated as "Group Leader" but only two people were assigned to me. One was Ron, a giant of a man who wore leather wrist bands. He worked with AIDS patients in New York. The other was Dr. Otellia Bengtson, a delightful very elderly lady and a colleague of Dora's. At that time the group leader's role was to

act as observer rather than participate. In retrospect, I realize that it was an amazing learning experience for me, which I have no doubt was the intended purpose of my role that day.

I watched as Ron began to work with “Dr. B.”. She was such a tiny person and sat quietly, absolutely trusting him. He stood a short distance away, then quietly and slowly walked around her. As he began to ‘work’ with her, he used only his thumb and two fingers, the others remained curled up. Very soon her head dropped, and she was sound asleep with a smile on her face. After watching her for a short time Ron helped her to sit in a soft chair where she continued to rest. It gave me a chance to talk with him and he related how gentle a practitioner had to be with very sick AIDS patients, and that, in fact, a TT session often enabled them to peacefully pass away.

Then suddenly Dr. B. sat up bright and happy. It was her turn to work with Ron. The process reminded me of someone walking around a mountain! As I watched I realized how sensitive I had become to ‘seeing energy’ . . . not only Ron’s field, but the way she was working with him. Eventually she stood back with her arms outstretched and I watched in astonishment as a soft light began to flow into his field – but not through her! When she was through I asked her about this and she said, “Oh! Why would I bring it through me? I never thought of that! I just think of where I want the energy to go!” (I expect this is exactly what we do in distant healing!)

I remember the mornings that we spent in the Meditation Centre, listening to the “rhythm of the brook” and learning with Dee and Dora. Now, when I meditate, I often go – in my mind - and sit in that beautiful room, hearing the brook and remembering Dora’s infectious laughter.

What a privilege it was to be at “The Hollow” for so many years. My learning never stops. It goes beyond what we learn in various TT workshops, and seeps into my consciousness in my quiet moments of memory and reflection.

You can find an interesting history of Dora at:

<https://europeanschooloftheosophy.eu/wp-content/uploads/2020/09/Memories-of-dora-van-gelder-kunz-includes-notes.pdf>

Audio available



Therapeutic Touch a Homecoming

By Maurine Egan



My name is Maureen Egan I live in Bo, NH (New Hampshire). Therapeutic touch came into my life during a health challenge in the 1990's. I learned of a women's holistic physician to speak at the New Hampshire Therapeutic Touch Conference. Although I could not attend, I made an appointment to meet with her the following Monday. I was greeted warmly by Nyla Hiltz, RN, a long-time TT practitioner and teacher, now passed. She asked if I would like to try a Therapeutic Touch treatment and I graciously accepted. She would later become my first teacher and long-time mentor.

The moment she laid hands on me I experienced an intuitive flash of knowing. I knew TT and I have done most of my life. It felt like a deep remembrance... a homecoming. I felt a deep sense of peace, calmness and relaxation. I felt at home with the innermost part of myself. I knew I would learn TT to help others.

I went home that night and slept deeply. My symptoms had greatly diminished. I returned for weekly TT treatments. Coupled with the holistic treatment plan, I was healing and feeling a greater sense of balance and well-being in my body, mind and spirit. I regained my vibrant health eliminating my need for surgical intervention much to the surprise of my doctors.

I went on to learn TT, completing basic, intermediate and advanced classes and to study at Pumpkin Hollow Retreat Centre in New York. I incorporated TT into my work with children and families. I learned the power of presence, compassion and love in helping those in need. Some 20 plus years later, I was able to treat Nyla a few hours before she passed. I am forever grateful that she shined a light on a path and life way that changed my life for the better.

Audio available



A Love Story

By Patricia Abrams



My TT story is a love story. Loving gratitude for Therapeutic Touch as a healing modality for me and heartfelt appreciation for training as a practitioner offering TT to others. Grateful to be part of the TT International Association of remarkable healers and cherished, caring, supportive friends. TT even more than a practice has become a way of life.

I entered the TT healing community in 1984 as a patient of Dora Kunz. I had just been diagnosed with an incurable blood disorder for which I had 10 years to live. I was 41. Neither traditional nor wholistic medicine had a cure. TT was my only healing intervention. For four years I had treatments with Dora each summer at Pumpkin Hollow Farm Healers Invitationals and the remainder of the year had TT with superlative practitioners, Cathy Fanslow and Janet McCray. After four years, I was in remission. Almost 40 years later I'm still in remission.

Cured myself, I wanted to give back to others so I trained to be a certified TT practitioner along with my publishing career. What a joyful and meaningful journey this has been.

Part of the journey took me to Dee Kreiger's classes at NYU, Pumpkin Hollow Invitational's every summer, in Craryville, NY, and even Maui, Hawaii. Dee and Oshina were conducting a healer's workshop on this magical island where we experienced water sprites and the sound of tinkling bells. Beside in-depth TT training, we learned indigenous peoples' healing from Rolling Thunder.

As a hospice volunteer my TT training has been a blessing. A peak experience occurred one day with a prone patient whose pain had just been relieved by the treatment. I was gently holding his feet assessing if the treatment was complete. He whispered in awe, "I can't tell where I end and you begin." TT's continuous loving validation WE ALL ARE ONE.

No Audio



The Wonder of Distant TT

By Paula Neilson



My name is Paula Neilson and I first learned Therapeutic Touch® in 2002. Because all my extended family were living in different parts of Canada, I was motivated to learn distant TT almost immediately after taking Level 1. Feedback from family and friends gave me confidence in my ability to pick up cues in the field at a distance and gave me assurance that something was happening. They felt relaxed, less pain, and slept and felt better. Over the years I have given distant TT sessions to countless family members, friends, friends of friends and people I have never met. It never ceases to amaze me how easy and profound it is to connect with someone across the miles to offer the comfort and healing of Therapeutic Touch.

One memorable distant TT story for me happened with my mother. During the last week of her life, she had two unsuccessful pacemaker implant surgeries, and was going in for a third attempt. Since she was in a Calgary (Alberta) hospital, I decided to give her distant TT. I first imagined a soft white light filling the operating room and surrounding my mother, her doctors and nurses. I connected with my mother energetically heart-to-heart and began TT. I noticed something unusual. My mother appeared to be out of her body. I saw light shifting and leaping above her. It was very beautiful. I asked her what she was doing. "I'm doing the jig," she said. I watched this dancing light with amazement and responded by saying, "Don't get too used to it. I'd like you to stay a little longer." But I could see how freeing this was for her. Although the surgery was a "success", she died the next morning. It was comforting for me to know that she felt free and happy leaving her body. It was also comforting that I could connect energetically with her during her final hours and offer love and support with Therapeutic Touch. How could I ever be attached to outcome when I saw how joyous Mom looked. TT is a gift for everyone.

Audio available



Learning Not to Rush

By Peggy Frank



This picture shows me, during a grandmother's cycle tour, loving life - years after an event that taught me a great deal about intuition and trusting my inner voice.

My name is Peggy Frank and I live in Victoria, British Columbia. As a Hospice volunteer in Victoria, I was often called when someone was agitated on the hospice floor of the local hospital. One day I received an unusual call from the desk about a man who was in Emergency and was asking for Therapeutic Touch. Could I go? It was late in the afternoon and my partner was due home from work in the next 30 minutes. Since we had just had some terrible news a day earlier, we were concerned about one another, so I wanted to be there when he got home. I asked the woman, who made the request, to explain to Mr. Temple (a made-up name), the fellow in Emergency, that I would see him in about an hour. I sent thoughts of peace to Mr. Temple.

My partner arrived home and was doing fine, so, after greeting him I headed to the hospital on foot. When I arrived and asked to see Mr. Temple, there was confusion. After several minutes, a nurse came and said his daughter wanted to speak to me. She brought me to a quiet corner and explained that her father had died. I was spiritually directed to ask the following question - "Was it a beautiful death"?

His daughter smiled and said "Yes. We had a short private conversation, he and I, then he had one with my brother and finally my mother and then he died holding her hand.

I walked home, thinking about how, not rushing over to give Mr. Temple a treatment was the best session I could offer him on that day.

Audio available



And now for something totally different –
TT - the C.A.R.E.R. way - and DEER POOP

By Randi Kuckein

It is June 2018 and I am at Indralaya (you all know about it, or have heard about this wonderful place) for a week with the mentorship program. My mentor had encouraged us to have a Therapeutic Touch® intention with all that we do, especially in our approach; how can we make a connection, have an invitation/openness to the person or task. To help with the cost, I decided I would sign up for extra chores. One of my chores was to clean up the deer droppings. I thought of this chore and how to approach it with TT in mind. So here is my session report using TT C.A.R.E.R. notation.

WARNING - this writing does contain language that may not be suitable for all readers. If you come across the word sh!t, please feel free to replace it with poop, poo, droppings, dung, discharge, excrement, or as I like to call them, 'releases'.



Call to compassion:

There was a call for compassion to clean the meadow of deer 'releases', but coming more from the human species. Of course, no one wants poop on their shoes or traipsed inside the buildings. I would hazard a guess that the deer don't concern themselves where they sh!t. Although stepping in it may ground you momentarily, it can also be highly distracting. So I clean it up so all of us can stay centered and grounded.

I prepare myself for entering the psychodynamic corridor by grabbing the bucket, rake and gloves. I stand at the edge of the field, close my eyes, feel my feet firmly rooted, get into my heart space and take long slow deep breaths. I ask UE (pronounced yoo eee; meaning Universal Energy) to be with me. I ask the field if it would like a therapeutic touch session. It replies "If you mean a clearing, then YES PLEASE". Now that I have permission, I ask UE to help me be one with the deer. Now if I were a deer, where would I poop?

Assessment:

I calmly walk through the field with the intention of finding areas that have releases and need to be cleared. I also let go of the outcome, recognizing that I may not be able to find all releases, it's a big field after all, bigger than any other I have worked on, and there are likely to be more come the evening when the deer like to come visit, graze and other sh!t.

I scan and assess for difference in colours. Instead of the green chakra colour, I look for brown or black spots in the field. I also scan for areas that may be more dense, congested, thicker than the light and airy feel of the field. Once in a while, flies provide a clue. I clear the thick, round sources of congestion.

Rebalancing and Reassessment:

I take a moment to reassess; has the energy shifted, I mean shifted? I check again. Sometimes I have to clear more than once, noting that there are layers under those layers. I pick up the releases with my gloved hand. With a very congested area I will have to use the rake to really pull it all together before picking it up and dropping them into the bucket. It appears as if the grass is standing a little taller.

End and Evaluation:

A few cues to completing my session was that UE stated it was enough for now, I cleared as much as I could in the time frame allotted, had to get back to more teachable moments, my bucket was full. I left the meadow feeling lighter and let her rest right where she was. I informed her that I would check in on her the next day. Homework- I asked the grass to, if possible, lie down a little more flat so I could more easily perceive the areas that needed addressing.

Own work- To watch the deer and bunnies to see if I could see where or sense them when releasing. To ponder how I could get them to act like bears, or do TT on themselves, and go sh!t in the woods.

Reflections/Recall:

Deer sh!t doesn't stink, so I am curious if that means vegans sh!t doesn't stink either?

My healing partner can be very good at hiding, or even unaware of the congested areas and I really have to be centered and sensitive to pick up on the cues. I found releases to be closer to the trees or the dried brown areas in the field. It certainly is easier to walk the field just after a session. I have to be careful when doing a final clearing; not to loose the bucket when releasing all that 'wasted' energy.

The meadow tells me she feels more relaxed and she wanted me to tell all of you here at Indralaya that she enjoys all the energy and feels honoured that we consider her part of this sacred space.

What I learned about TT is that you can bring some process of TT into your everyday life. About myself; I can be more gentle, and bring compassion and love into this world, despite all the sh!t going on.



No Audio



The Real Life of Fairies

By Sandra Revesz



In 1976 I flew into New Jersey to spend the summer with my parents, a break from college in the NW. My mother, Jane, was in the Doctorate Nursing program at NYU. She arrived the next day talking about Therapeutic Touch, Tai Chi and healing, after a week-long workshop at Pumpkin Hollow as part of her study in Frontiers of Nursing program. She handed me Dora Van Gelder Kunz's book *The Real Life of Fairies*. Mom said read this, you won't feel so alone. And so a life journey began.

In 1982, I was working as a massage therapist in Olympia, WA. My workplace sponsored a weekend Therapeutic Touch workshop, where I first encountered Dee Krieger and her teaching. By "chance" I met a nurse who was going to a program at Indralaya, and I applied as staff. Two weeks later I arrived for my first of 40 years of attending TT and Meditation programs at Indralaya.

That week I watched as Dora Kunz worked with a young woman who had come for healing. The young woman had fallen from a horse as a teenager, fracturing her legs and back. Dora began working with her, gently touching her shoulders and neck, asking questions, starting to relax the woman who lived with chronic pain and disability, walking with a cane. As I watched Dora work, I knew this was something I had never experienced, could feel something change, and when Dora paused, she asked if someone could work with her to help her learn to walk differently on the earth. I was volunteered to walk with this person as I had been studying martial arts. Over the days I watched, listened and knew this work was something profound. The young woman began to relax, unwind, and walk slowly with much less pain, more balance to her gait.

In the decades since, studying healing, TT, meditation, nursing and bodywork, the truth of those first days remain. Therapeutic Touch is uniquely profound, in the ability to change a life pattern, begin real healing, and as always the healing partner must be involved in the work of continuing the change, allowing new patterns to take form and walk differently on the earth.



STEAMING HANDS

By Sara Balzan



It was shortly after I approached the TT Universe as a practitioner. I had taken part to a symposium in Naples, then spent the night with the colleague that had invited me to the congress. At the restaurant, I talked to her about my new experience as TT practitioner, underlining the flabbergasting detail that I realized I could see the energetic fields. Fascinated, she asked me to have a try, so I proposed doing TT from distance. Once at the hotel, I started the treatment (she was at her home). Standing beside the bed, imagining that two pillows were her body, I started the scanning. Feeling a tingling on my palms, half distracted, I looked at them: a dense, long, increasing flow of energy was steaming out of my hands. I was shocked! Wherever I pointed my hands, I filled up the room with this “steam”. There was a built-in wardrobe on the other side of the bed, when I lifted my hands, I filled it up with this kind of foggy energy stream as if I held two steam irons. The whole situation scared me to the point that I decided to interrupt the treatment by saying aloud: “Anna, take all this energy, I offer it to you”. I regret I could not enjoy it because of my fear. When we talked about it the day after, she informed me that she was feeling a great sense of “emptiness”, and that she fell asleep as soon as I started the treatment (I almost died of fear...and she fell asleep!)

Instinctively, I promised myself I would have stopped all these stories of energy, for it was something too frightening, bigger than me, and that I could not manage.

After a while, I realized the beautiful gift I received, a precious “nudge” that asked me to stop worrying and start loving Mystery! (intentional spelling).

Audio available.



How we Romanticize the Past By Sue Conlin



I may be an elder, but I am not an elder in the TT world of practitioners. I never had the opportunity to meet Dora, and didn't meet Dee until 2001, when she was approaching 80, and I was fast approaching 60. Recently I have become aware that the stories of the early days of TT have morphed into some lovely and loving stories of our founders. But when I first attended Pumpkin Hollow Farm, some of the stories sounded to me like stories of embarrassment and humiliation! Stories of being criticized for being emotional, of having TT sessions interrupted with comments that were less than complimentary, and of words that sounded cruel and demeaning to me. And yet, all these stories were told with love and humor! I couldn't quite figure that out for years. I was criticized by several of the "old-timers" with hurtful words, so I couldn't quite get why people were ok with Dora and Dee being what sounded like "rude". I understand now after talking with many people, that both of our Founders always approached TT with compassion and caring and wanted only to help them to understand what it was all about. They always wanted us to dig deeper within; to go "inth", as Dee would say, to find that place of deep caring that drives our practice and teaching of TT; and to approach each person with honesty and openness. They certainly did that! I understand now that much of their approach was a product of the times, and of their personalities. I hope that as we reminisce about the early days and look forward to our future, that we remember that although sometimes feelings were sorely hurt, the intention was always to push us to be the best that we could be. I also hope that we don't sugar-coat those early days – they are part and parcel of the story of who we are.

Our style of teaching TT may have changed over the years, but our intention for our students has not. As a TT Teacher and Practitioner, I want TT to be the best expression of who we are as human beings.

Audio available



Inspiration and Death

By Sue Lam



This is a photo of me with my mother during her time at a hospice. We enjoyed the Halloween party for the patients and mother was happy and smiling.

I became involved with Therapeutic Touch in the final year of my mother's life. I was feeling so much stress from anticipatory bereavement. I attended a number of programs for emotional support at a community agency. One of the programs was Therapeutic Touch for Self-Care facilitated by Crystal Hawk. After I finished the program, mother entered a hospice. Around the same time, my church was offering TT Level 1 training to anyone interested. I felt the universe was reaching out to support me. Immediately, I registered for TT Level 1 and then joined the church's TT practice group. I had an intuitive knowing that getting more TT training was the right path. Initially, I was hesitant about using my beginner's TT skills and give treatments to my mother. I was afraid of something terribly wrong happening. Instead, I used the hand-heart connection with her at her bedside. Mother responded by giving me gentle hand squeezes to show her affection. In the final days of her life, I gave the best of myself when giving her TT treatments and hand-heart connections. At this point, mother was in the final sleeping stage. I could see her fingers wrapped around my hand. She knew it was my hand that she was holding. I have reflected back on my mother's time in hospice. She was my first TT client and healing partner. Her situation had inspired me to learn and practice Therapeutic Touch and be actively involved in TT communities in Canada and USA.

No audio



“You are the First Person to Touch Me”

By Susan Wayne Skelton



I was introduced to Therapeutic Touch in 1982, when I went to a nursing workshop offered by NYU, and taught by Janet Quinn and Janet McRae. At the time, I was a Registered Nurse working in Intensive Care Units in Brooklyn and New York City. I was drawn to Therapeutic Touch, and performed it regularly on my patients, usually behind the screen quietly. Over the next few years, the AIDS crisis exploded in New York City. I frequently had young men patients in the unit, on ventilators and dying of AIDS.

I remember a young man, B., whom I was taking care of regularly. On this particular day, we were able to take him off the ventilator, and as usual I began performing Therapeutic Touch on him. When I moved to his feet, I held them, and he began to cry and said to me “you are the first person to touch me, and it feels good to be cared for”. His words touched my heart in a profound way.

I look back on this and see this as a turning point for me, that not only enhanced my commitment to performing TT on patients, it also enhanced my commitment to work with HIV and AIDS patients over the next 10 years.

No Audio

