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Healing Touch

Ed.D., RN, CNS, D.CEP, Dorothea Hover-Kramer

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Healing Touch is one of the most accepted and widespread energy-healing modalities in the world. With more than a hundred hospis in the US and Canada using energy medicine as part of their regular care, the number of people who have learned Healing Touch has surpassed 100,000 and several thousand have become certified practitioners. This practical guidebook is the first to give instruction in some of the foundational and easily learned methods in an introductory format. Presented by founding elder Dr. Dorothea Hover-Kramer, Healing Touch takes readers through 18 fundamental exercises for applying this scientifically validated energy medicine for yourself and others.

Starting with the theory and research behind it, Dr. Hover-Kramer proceeds to “give us a taste of HT compassion in action,” through case studies and practices that address such key arenas as emergencies, family relationships, self-care, life transitions great and small, and perhaps most importantly, the alleviation of physical discomfort and anxiety. Learn the preliminary yet critical steps of Centering and Grounding, Magnetic Passes to restore balance to the human vibrational matrix, Laser and Ultrasound for acute pain relief, special interventions for trauma release, and much more.

"This is a superb book! Your hands can be powerful tools for healing. While our ancestors knew this well, we have forgotten. *Healing Touch* is a wonderful guide for re-embracing your natural healing abilities. It shows you how to use your hands to bolster the energies that are at the foundation of health."

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