Summary of Growth in Healing Touch Practice Including Reflection Statement

The past five years have continued to be a time of change. I still have a very small practice at River’s Edge. I am content with this given my age and circumstances. During this time, not only did I move from my family home of 45 years but River’s Edge also moved into a newly built building on the same grounds. The move from my home impacted me, exacerbating the grief of the death of my husband once again. In the move at River’s Edge there has been much disruption as building was taking place and the setting has drastically changed. It has been an adjustment for all. There was a diminishment in clients for all practitioners temporarily during this time. I would say I have no growth in numbers but a change in the type of clients I see. Because I also teach classes now and then at River’s Edge, I will see new people for whom the topic which brought them to the talk is the portal to Healing Touch. I offer programs at times on the body of energy as it relates to different things such as the evolution of consciousness, stress, grief, even the translations of Jesus words directly from Aramaic. I always include Healing Touch in my presentations. This seems to spark an interest in experiencing the body from an energetic perspective. I also like to work with folks pre and post surgically. Through the course of these five years with the changes in myself as well as my circumstances and the programs I have attended, I am aware of how much people find being still and in their bodies is such a profound experience even if it is only for a few minutes at a time during my teaching sessions. This seems to motivate them to come for sessions. The atmosphere at my teaching sessions and Healing Touch sessions have become notably deeper as I have become so much more grounded and centered. In addition to the day I am available for Healing touch at River’s Edge, I also have two volunteer opportunities. One is with the Sister’s in Assisted Living of the Sister’s of St. Joseph who sponsor the ministry of River’s Edge. The other is developing presently at a Senior Center in the City of Cleveland. I actually see folks more often volunteering than in my practice. I find I like the volunteering very much. The folks are all Seniors who seem to be eager to experience a new approach to the stress and pain in their lives, open and reflective and grateful for the intimacy of the one on one time. I am grateful to have this opportunity for brief but meaningful encounters of the heart. I continue to have some involvement with the local Healing Touch community but not as much as I could. I am supportive of Nancy, local instructor, when the opportunity arises. Riding home from practice group last night, I was aware of how grateful I am for our small group of eager students and for Nancy, our local instructor. I have participated in some of the offerings Amelia has for us through the Professional Organization and been pleased when I do. I have also had personal contact with Amelia on time in which she was helpful regarding an offering in which I had participated. For the future, I would like to connect more with the others in the Cleveland area with more frequency and continue to grow in my volunteering capacities. I want to return to doing Introduction to Healing Touch classes. They got lost in the shuffle the last year or so. I also want to continue to develop my presentation on The Body as Energy and Grief. The response has been remarkable, and it provides a glimpse into Healing Touch for the participants, thus creating possibilities for the growth of my practice.