

THERAPEUTIC TOUCH®: Activate Your Inner Healer

DISTANT THERAPEUTIC TOUCH



COMMON RESULTS

- promotes relaxation
- reduces stress and anxiety
- improves pain management
- improves sleep
- fosters a sense of well-being
- facilitates the body's natural healing process
- enhances existing treatments

"I felt my lungs clearing, even though you were miles away. It was amazing." (Roger)

UNDERLYING PRINCIPLES

- healing energies are not limited by time or distance
- healing is done without physical contact
- universal energy is used to promote balance and well-being
- healing is initiated by our compassionate intent to restore order, balance and harmony in a disordered field
- there is an inherent healing ability within the body, as well as the emotions, mind and creative spirit

"Distant healing sends out strong vibrational energy filled with intentions of love and complete wellness of body, mind and spirit." (Donna V.)

HEALING ... FROM A DISTANCE

- during times of imposed physical distancing, such as social restrictions due to COVID-19
- for long distance relationships
- for those confined due to palliative care, hospitalization with illness or surgery, pregnancy

"She had a sense that I was nearby and beaming with support and love." (Maureen C.)

IMPLICATIONS

- in times of change, injury, and stress, maintaining balance and well-being are of prime importance
- Distant Therapeutic Touch provides a safe, simple tool to maintain and enhance emotional, physical and spiritual health
- the client is always in control during this non-invasive treatment
- can be offered and received from any location at any time

"I have witnessed miracles in this time – growth in the mind, body, spirit connection." (Charlotte H.)

OUTREACH

- Hospices in Ontario have established programs matching Distant Therapeutic Touch volunteers with Hospice clients in their residential facilities and community. Bethell Hospice and Windsor-Essex Hospice are examples of active programs
- Therapeutic Touch practitioners are offering Distant Therapeutic Touch healing through pastoral care programs and to family and friends

For more information contact the TTNO

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