

Energy Healing: Quantum-Touch[®]

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Introduction

In my own practice as a Holistic Health Practitioner, I very frequently use an energy healing technique called “Quantum-Touch.” As all energy healing modalities, it is accessible to all people, but requires some practice, commitment, and concentration. Here, you’ll find a short description of energy healing, why it is relevant, and a theory on how it works. You’ll also be taught the basics of Quantum-Touch. (***Disclaimer: This lecture will not qualify you to practice Quantum-Touch. For information on how to receive certification as a Quantum-Touch practitioner, please visit www.QuantumTouch.com.***)

Why Energy Healing?

In her well-known book *Hands of Light*, renowned healer Barbara Ann Brennan answers this question: “Modern science tells us that the human organism is not just a physical structure made of molecules, but that, like everything else, we are also composed of energy fields” (Brennan, pg. 19). By their nature, energy fields ebb and flow, rise and fall – they are never stagnant or still. Scientists are in the process of learning how to detect these human energy fields and measure their frequency and effects. The time is not far off that we will have a much better understanding of them and their incredible scope. For now, think of the implications of the following discoveries (Brennan, pg. 20):

- As early as 1939, doctors at Yale University found they could “predict” the overall health of a plant by measuring the energy field of the seed from which it would sprout.
- In 1959, research at William and Mary University showed the human energy field actually fluctuates in relation to a person’s mental and psychological stability.
- In 1979, another doctor from Upstate Medical School in Syracuse, New York, actually mapped a complex electrical field shaped like the body and its central nervous system. He found that it changed shape and strength when a person’s physiology or psychology changed.

We are past the point of “plausible deniability,” though many still fight it. The truth is that human biofields and energy fields are a well known and well documented fact. Indeed, the National Institutes of Health even acknowledged humans’ energy fields’ ubiquitous presence and have termed the phenomenon the *human biofield* (www.NIH.gov).

Energy healing modalities, then, work directly with this human biofield and all its subtle energies. Traditional Eastern medical philosophy posits that before and illness or disease is manifested in the physical body, it actually has its beginnings in the energetic body. If this is really the case, then working on the body's energy system is not only viable, but has a dual purpose: prevention and recovery. By maintaining a healthy biofield, we keep illness from "crystallizing" into the physical body. Similarly, if we can treat the energetic component of a physical illness, theory holds that it will reverse the process of the disease. In short, healing the energy will cause a healing in the physical body.

How is Energy Healing Done?

There are many methods of energy healing. Probably the best utilized (and likely the least well realized) is simply **love**. Anyone who has experienced deep love for anything (sentient or not) has felt the great shift that occurs in the body when that love is given free reign to literally "flood" the body with its influence. Does it surprise you to know that when people fall in love they don't get sick? Or that it has been documented that serious medical problems have literally disappeared after a person has fallen in love (Weil, pg. 99)? Love is a topic that we could spend an entire lifetime exploring, so deep is its connection to everything from the foundations of the world to our own personal health.

Another very common method is **prayer**. Practiced all over the world in its many forms, prayer may be the most common alternative therapy employed throughout the world. It certainly is within the United States, where a reported 66% of people use prayer in relation to their own health or the health of others (<http://www.spokesmanreview.com>; for full html address, see References below). Research on prayer and its effectiveness is plentiful. Among many other sources, for more information on the power of prayer, you can visit:

<http://www.mercola.com/2002/may/8/prayer.htm>
http://www.mercola.com/2004/feb/28/spirituality_health.htm
http://www.mercola.com/2000/nov/19/prayer_health.htm

Reiki is another very well known and respected therapeutic technique. There are many different "schools" of Reiki, and each has its own understanding of Reiki's origin and/or lineage, the symbols used, and even the authenticity of its practitioners. One thing that makes Reiki unique in the world of energy healing is that it requires its practitioners be "attuned" in order to be able to become a channel for healing energy. Attunements, which involve both instruction and transmission of certain symbols on an energetic level, are given by a Reiki Master/Teacher to the prospective Reiki practitioner and can involve several sessions/attunements/levels. Though this is a simplification of the theory, it is safe to say that there is a general understanding that until a person is attuned by a Master/Teacher, he or she cannot appropriately provide Reiki treatments for others.

Enter Quantum-Touch

As a Reiki Master/Teacher, I had been practicing Reiki for several years, when a client introduced me to Quantum-Touch, which is (to the extent than any energy healing technique can be) the product of two men: Bob Rasmusson (who originally worked with the technique) and Richard Gordon (who later refined and wrote an instructional book about it). My client had only slight experience with it and did not practice it herself, but it intrigued me to the point that I researched it. What I discovered was a method of energy healing that surpassed what I was used to as a Reiki Master/Teacher. This has been the case with others, as well. Richard Gordon writes (pg. 4):

Practitioners from each hands-on healing modality who have studied Quantum-Touch in the United States, Canada, and Europe have told me that it significantly increased the power or effectiveness of their healing practice. Chiropractors think of it as an advanced form of chiropractic. Physical therapists think of it as a more effective form of physical therapy. Similarly, acupuncturists have told me that it works like an advanced form of acupuncture. Reiki masters call it “Reiki empowerment” or “turbocharging the Reiki.”

Truly, Quantum-Touch combines seamlessly with other healing techniques and can enhance their effectiveness. So how is it done?

The beauty of Quantum-Touch is that it is very easy to learn – even children can master it quickly and see results from the very first laying-on of hands. Also, it does not require an attunement, only that you learn some very standard, simple, and effective techniques to focus your energy.

Quantum-Touch relies on two very important laws of nature: *resonance* and *entrainment*. For our purposes here, we will think of resonance as a synchronous relationship between two systems, in which there is an intrinsic and impelling force that causes the two to transfer energy from one to the other. That is to say, when within the right circumstances, two systems (e.g., pendulum clocks, women’s menstrual cycles) will actually start a kind of dialogue with each other. Entrainment occurs as the two systems align their movement and energy together to match in rhythm and phase (e.g., pendulums swing together, women menstruate at the same time).

In practical matters, this means that when two human biofields interact, they will eventually entrain to one another, in a kind of energetic homeostasis.

And this is the secret of Quantum-Touch: As you raise your own energy and then apply it to the biofield of a person in need, their energy automatically entrains (or rises) to meet your own. It is at this higher vibration that healing takes place.

An important note to make here is that the Quantum-Touch practitioner is not really the healer! Rather, the practitioner is facilitating the healing, which the client’s body does on its

own, using its innate body intelligence. Richard Gordon is fond of pointing out that a healer is someone who was sick and got well, and a great healer is someone who was very sick and got well very quickly! In Quantum-Touch, the practitioner holds a high vibrational field for the client, whose body – once its own biofield has entrained to the practitioner’s – intuitively does what it needs to in order for healing to take place.

The Steps to Success

As I said above, anyone can learn and use Quantum-Touch. While there are specific advanced techniques for those interested in studying the therapy, and in steps to take in order to call yourself a certified Quantum-Touch practitioner (see disclaimer), in general there are a few “rules” to follow that will guarantee success as you learn and apply the technique:

- 1. Full Body Sweeps.** Take your shoes off (especially if they are leather, as it inhibits the flow of energy). In a comfortable position, breathe in and do your best to feel energy as it rises from your feet to your head. Then, breathe out and feel the energy move from your head down your arms and to your hands. As you practice doing this, you will become more adept at raising energy and feeling it as it tingles, warms, or otherwise creates sensations in your body and hands. In general, it is effective to breathe in to the count of 4, following the energy as it rises from your feet to your head, then breathe out to the count of 4 as it moves from your head down to your hands.
- 2. Use a Light Touch.** When you have raised the energy in your hands, you place them very lightly on the person in need. You can “sandwich” the area by placing a hand on either side of it, or if it is a large area, just place your hands down next to each other. Quantum-Touch theory holds that layering your own hands is not as effective as spreading them out around the area in need. A light touch is essential as rigidity in the hands and body actually inhibits the flow of energy. It is perfectly acceptable to lift your hands from time to time and shake them out so you remember to let them be gentle and loose.
- 3. Keep Breathing and Sweeping.** To keep running energy to the person in need, just keep breathing, feeling the energy as it rises into your head and then cascades down to your hands. This has a dual effect: it keeps your own energy high enough to facilitate entrainment and healing, and also keeps you grounded so that you do not experience an energy drain. This technique is sufficient to make sure that you do not “take on” the ailment of your client. Remember: breathe in to the count of 4 as the energy goes up; breathe out to the count of 4 as it goes down into your hands.
- 4. Relax and Let it Work.** Another vital step, and one that is harder to do than to say, is to let go of the expected outcome. By pushing your will into the session, you can inadvertently keep the energy from doing what it needs to do, going where it needs to go. If you run the energy and have faith that it will do what is needed and go where

needed, amazing things can happen. For some people it is the same as the prayer, “Thy will be done.” Others suggest it with the phrase, “Magic/energy/love, do what you will.”

5. **When You are Done.** Simply take your hands away from the person’s body. You may want to shake them out, especially if the tingling is intense. Some people like to run their hands under water to “break the energetic connection.” Others use Reiki symbols to “seal” the energy and separate the practitioner’s biofield from the client’s. Any or none of these things are acceptable. By practicing the sweeping breath, you have kept yourself grounded.

The most important parts are the breathing/sweeping, the gentle, loose hands and the surrendering of your will to the process. Truly, my experience suggests they are tantamount to success with this technique.

Summary

Quantum-Touch is a dynamic and highly-effective energy healing technique. In principle, the Quantum Touch practitioner learns to focus and amplify life-force energy. This is accomplished by combining breathing and body awareness. When the practitioner holds a high vibrational field of life-force energy around an affected area of the client’s body, the client naturally matches the vibration of the practitioner (through a process of resonance and entrainment), allowing the client’s own biological intelligence to do whatever healing it deems necessary.

Literally **all** healing is self-healing, and thus, a favorite definition of a “healer” is someone who was sick and got well. Therefore, a “great healer” is someone who was very sick and got well quickly. That’s part of the magic of Quantum Touch: it quickly and effectively allows a person’s body to heal itself in a natural, organic, and frequently pain-free way.

According to the website www.QuantumTouch.com (where you can learn more about the technique and/or order materials to further your own practice and become a certified practitioner), here are a few of the ways that Quantum Touch stands out as an energy healing technique:

- ***Acceleration of the healing process.*** The body has an extraordinary ability to heal itself and Quantum Touch helps to activate this process. Ultimately if the body can, it will heal itself. Quantum Touch accelerates that process.
- ***The spontaneous adjustment of bones into their correct alignment with only a light touch...***which is astounding to most chiropractors! Bones glide into alignment within a few seconds or minutes and the practitioner need not understand anatomy, since body intelligence does the work and decides what should move.
- ***Inflammation due to injury is rapidly reduced.*** Quantum Touch works wonders post-surgically, as well as on trauma, burns, and even poison oak. One nurse reported that a

physician asked her to stop using Quantum Touch post-surgically since he could no longer predict how much pain medication to give the patient.

- ***Excellent results with babies, animals and people under general anesthesia.*** These sessions demonstrate that the results we see are not due to a psychological mechanism such as placebo or suggestion. In Pennsylvania, pulmonary blood gas levels during surgery were found to rise substantially if the patient received Quantum Touch while under general anesthesia.
- ***Emotional and psychological conditions respond well to Quantum Touch.*** Panic attacks will usually conclude extremely rapidly, and there have been reports of it working well with multiple personality disorder and obsessive-compulsive disorder. Life-force energy can cause one to feel emotionally balanced and can bring about rapid and profound emotional shifts in a short amount of time. It is not uncommon for someone who is experience an extremely painful emotional state to be brought to a state of well being in session of 15 to 30 minutes.
- ***Induction of sleep or deep meditation.*** Within about 2-7 minutes, most people will start having their eyes moving involuntarily if they receive a session on their head while they are lying down. These people will often feel as if they had fallen asleep. Many people feel that they are moving into the fastest and deepest meditation of their lives. For others, it shows them what it would be like to meditate deeply.

Tips & Tricks

While easily learned and practiced, Quantum-Touch can be used with elegance and finesse in order to see more dramatic and lasting results. The standard “recipe” is always appropriate, but here are some other techniques that merit attention and, as appropriate, some practice.

1. **The Tripod.** If the area you are working on is small (e.g., lips, vertebra, finger) rather than placing your hands awkwardly around the area you can take your thumb, index, and middle fingers and bring them together in a kind of “tripod.” Doing this allows you to direct the energy out of your fingertips, focusing it into a much smaller space.
2. **Love, love, love.** One of the best ways to raise your own energy – and thereby enhancing the healing taking place – is simply to use the power of love. One way that I find particularly helpful is to think of my dog (Meeko), and let images and feelings of love for her fill my mind. Combined with the continued breathing and body sweeps, this amplification of the essence of love that I experience directly influences the energy I run. Try it out – think of someone or something or a pet that you love unconditionally. Let yourself be filled with that love and then extend that love-energy out of your hands along with the Qi that you’re channeling.

3. **A Rainbow of Colors.** Those of you who are interested in or familiar with chakras may find it helpful to ascribe color to the energy you run. If you are balancing chakras, for example, you may want to imagine the appropriate color of energy rising inside and then coming through you as you do the Quantum-Touch breathing and body sweeping. For people who have an advanced facility with imagery, this can be very powerful.
4. **Use a Vortex.** Another technique that I find very interesting and powerful is to give the energy you run a twist, making it like a whirlpool. To do this, as you breathe in imagine the energy spinning and spiraling upwards around and inside your body until it reaches your head. Then on the outbreath, have it “split in two” and become like two whirlpools of energy running down your arms and out of your hands. Realize that this is entirely in line with the energy of the Universe: everything spins from electrons to planets, to entire galaxies. And just as a spiraling football or spinning Frisbee cuts through the air more efficiently due to its rotation, so to will the energy you raise and send out increase in effectiveness as it is received by the client.
5. **Toning.** People with a natural affinity with music may find it very helpful to use tones while running energy. This is done by simply adding sound – either aloud or mentally – to the energy as it runs through you and into the client. Toning out loud may be awkward with some clients or in some situations. You can mitigate this awkwardness by toning on a breath – giving the sound a very breathy and quieter quality, or by toning as clearly as you can in your mind.
6. **Ask for Help.** In his book, Richard Gordon suggests “for those of you who like to work with your higher self, angels, guides, or spiritual teachers, it can only improve things to ask for help during your sessions. Tapping into feelings of your own spirituality can only raise your own vibration...” If it is something you are comfortable with, you might give it a shot. Just let yourself feel the hand of whomever you called for (be it a relative, friend, spiritual leader, divine personage) – if you can, even let yourself feel the tactile sensation of his or her hands over yours.

So those are only a few suggestions of things you can do to augment your own ability running energy. Obviously, many of these techniques can be used simultaneously (e.g., toning and vortexing), and there are many others that can be employed which I have not gotten into here. My advice is that you experiment – try anything, everything – and pay attention to what really helps you “connect” and raise energy in your own body. That’s where the difference really matters. To the degree that you can raise your own energy, you will help the healer in your client do a better job.

References

Brennan, Barbara Ann. (1987). *Hands of light: a guide to healing through the human energy field*. ISBN 0553345397

Weil, Andrew, MD. (1995). *Spontaneous healing*. ISBN 0679436073

Gordon, Richard. (1999). *Quantum-touch: the power to heal*. ISBN 1556433204

<http://www.NIH.gov>

http://www.spokesmanreview.com/blogs/healthbeat/archives/2004/05/27prayer_most_com.a
[sp](#)

<http://www.QuantumTouch.com>

References

The following references will help you as we go through this mini-course together. You may want to check them out beforehand to get a better grip of the material. If you have questions, please don't hesitate to ask!

Brennan, Barbara Ann. (1987). *Hands of light: a guide to healing through the human energy field*. ISBN 0553345397

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