

# What Healing Touch is not

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I realize I've been so focused with educating on what Healing Touch is, I have neglected to share with you what it is not. So here you go. Healing Touch is not:

- ✓ Like Bullwinkle talking to Rocky "eenie meenie, chili beanie...the spirits are about to speak"
- ✓ About you clucking like a chicken and walking backwards after a session
- ✓ Voodoo or any form of witchcraft
- ✓ Work of the devil

Fear of the unknown is a very powerful influence that once it takes hold, may be difficult to let go. Like many others, I was taught to fear what I did not understand. As a society, we have been taught to take care of our physical self, to some degree how to take care of our spiritual self but not many have been taught how to take care of their energy self. Energy therapies are healing modalities based in science...not the occult or spirits from a dark place.

The National Institutes of Health is a part of the Department of Health and Human Services and is considered the **largest biomedical research agency in the world** (<https://www.nih.gov/about-nih>). In 1994 a panel of scientists at the National Institute of Health chose the word "biofield" to describe the field of energy and information that surrounds and interpenetrates the human body ([www.ncbi.nlm.nih.gov/pmc/articles/PMC4654789/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4654789/)).

Acknowledgement now exists within the scientific community there is indeed a biofield of human energy (life force) that impacts the body's natural ability to heal. Conventional medicine is now even expanding its model of medical practice to include integrative medicine that does not just include disease treatment but also includes diverse therapeutic approaches to offer more choices for patients. These expanded choices now include energy therapies that were previously excluded as not valid, reliable or even real by conventional medicine. That said ...

- Healing Touch is not scary.
- Healing Touch is not painful.
- Healing Touch is not satanic.
- It is not addictive.
- Healing Touch is not against anyone's religion.
- Healing Touch does not replace medical professionals.

For some of us, when we experience or engage in what we are not familiar with and if the unfamiliar goes against what we have heard or have been taught, it can be difficult to deal with inconsistent thoughts and beliefs that arise. Much like the placebo effect, there is a "nocebo" effect that is not based on anything real. The "nocebo" effect happens when someone you know or trust tells you something won't work or is dangerous many times based on severely limited information. This can happen when they simply don't understand it, don't believe in it or can't figure it out.

Healing Touch practitioners are bound by an ethical code of conduct and are limited in the scope of practice. Healing Touch is an accredited provider of continuing nursing education by the American



Nurses **Credentialing** Center (**ANCC**). **ANCC** is the world's largest and most prestigious nurse **credentialing** organization, and is a subsidiary of the American Nurses Association (ANA). Healing Touch practitioners do not diagnose and they do not prescribe.

Biblically speaking, we have all been given spiritual gifts including the “laying on of hands”. Some have been given the gift of knowledge or discernment, another the gift of faith and to another the gift of healing and the source of all these gifts is the Spirit of God (1 Cor 12:4-11). We all have been given the power of choice in how to use our gifts.

So, for anyone who makes the choice to not believe in energy healing therapy as a gift from God, that is a choice one is free to make. For those who choose to see beyond the myths, the “made-up stories”, the hearsay and the misconstrued untruths around energy healing therapies are giving themselves every opportunity to increase their overall well-being so they may improve their health and general wellness outcomes. It can't hurt to try it.

To make an appointment, please click on the link or go to: [www.DrBurrs.com/healing-touch/](http://www.DrBurrs.com/healing-touch/).

#### *About the author*

Dr. Linda Burrs is the President and Principal Consultant of the Step Up to Success! consulting firm that focuses on executive coaching, organizational diversity, inclusion and engagement strategies and development for teams and individuals. Dr. Burrs is also a Healing Touch Practitioner-S serving in the greater Dayton, OH area.

