

How Does Quantum-Touch Energy Healing Work?

Healing is a fascinating process which is generally very poorly understood. Although it may be tempting to believe that we can heal other people, it is of utmost importance to realize that all healing is self-healing. The body has an extraordinary intelligence and ability to heal itself. Given the right energetic, emotional, nutritional, and spiritual environments, the natural state of the body is perfect health. Our favorite definition of a healer is someone who was sick and got well; a great healer is someone who was very sick and got well quickly.

Although all healing is self healing, we can assist other people heal with their own healing process.

Quantum-Touch uses life-force energy (known as chi in Chinese and prana in Sanskrit) to facilitate healing. The Quantum-Touch techniques teach us how to focus and amplify life-force energy by combining various breathing and body awareness exercises.

Life-force energy is an effective tool for healing because of the principles of resonance and entrainment. In physics, entrainment theory is the process where two vibrating objects, vibrating at different speeds, start to vibrate at the same speed when energy is transferred between the two objects. Entrainment shows up in chemistry, neurology, biology, medicine, and more. For example, crickets will chirp in unison and fireflies will flash at the same time.

Using the Quantum-Touch techniques, we can create a high frequency of life-force energy. If we place this field of high energy around an area of pain, stress, inflammation, or disease, the body can entrain to the higher frequency, thus amplifying the body's ability to heal itself.

Quantum-Touch actually provides healing energy for the practitioner as well as for the person seeking healing. Using the Quantum-Touch techniques, the practitioner can hold an extraordinarily high vibration; this high vibration not only influences the client, but also provides healing energy for the practitioner. Rather than becoming drained from doing healing work, the practitioner will most often feel emotionally uplifted as a result!

In the Quantum-Touch Level 1 workshop, we demonstrate how people can actually dramatically change the taste of wine by directing energy into it! We're definitely affecting the very physics and chemistry of matter.

Learn more about Quantum-Touch Level 1 Workshops by contacting Craig at: [eftcyprus @ yahoo.com](mailto:eftcyprus@yahoo.com) or through this blog: howtohealyourselfonline.blogspot.com

We believe that serious research into life-force energy will inevitably transform our conception of physics, chemistry, biology, medicine, psychology and botany leading to an entire new branch of science. Including the concept of "consciousness" or Life-Force Energy in science will not only change the sciences forever, but even more importantly, our world will forever be different as people realize that their love has impact and their love has value.

Professional practitioners of various modalities have told us that this work can be seamlessly combined with what they know, and in most cases it has transformed their practice. This list includes chiropractors, osteopaths, physical therapists, acupuncturists, cranial sacral therapists, chi-gung instructors, and reiki masters, to name but a few. Lay people discover an elegant and profound hands-on healing method that they can effectively use.