



Healer's Touch



HEALER'S TOUCH:

An Introduction to Energy Healing



INTRODUCTION

We're sorry about the pain you may be experiencing. Your body is a hard-working machine with muscles, ligaments, and bones, and if any part of that machine malfunctions or stops working, even simple tasks can become difficult or uncomfortable. We know what that pain feels like. We're all human. But by allowing us to treat your pain, you'll have confidence knowing that we're here to understand your story and address the root causes of pain in your body. With over 25 years of experience, we're ready to help you.



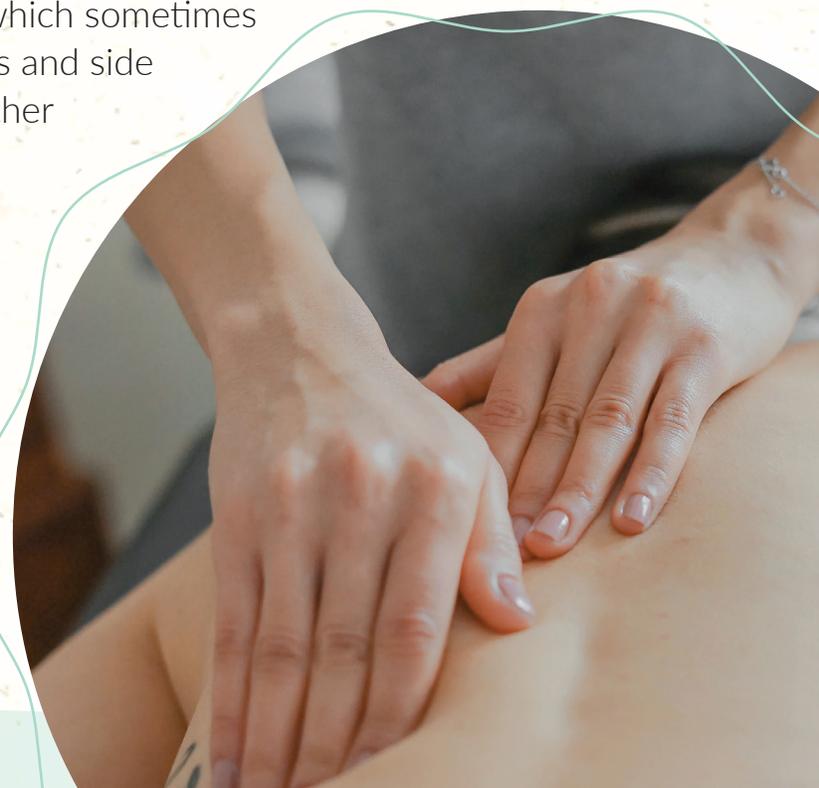
Holistic Healing Designed for You

Healer's Touch helps patients tap into their healing processes and restore wholeness and well-being at the physical, emotional, mental, and spiritual levels. With our years of experience in the fields of meditation and holistic healing, we're here to provide you with the tools and resources you need to heal.

You may have gone to your doctor or visited countless other "experts" to get treatment options that only suppress your pain. But with a holistic healing plan from Healer's Touch, you can eliminate it entirely. We've learned that there isn't a one-size-fits-all solution to healing, which is why we work with you to design a healing plan tailored to your needs. There's no need to be anxious or drastically change your lifestyle. We are here to help you get the relief and life you deserve.

We at Healer's Touch believe that human beings are surrounded by fields of energy that constantly interacts with others and the environment. We use that energetic interaction between the practitioner and the patient to restore harmony to the patient's energy system.

Our methods don't work like medication, which sometimes come with all kinds of negative interactions and side effects. Our techniques can supplement other healing options you may already be using, including conventional medicine, clinical and in-home care, or other body-mind therapies such as massage, guided imagery, and psychotherapy.





Start Your Healing Journey

If you've been listening to your body and with an open mind, you know you're ready to heal. At Healer's Touch, healing is what we do. Our alternative healing methods are safe and sustainable—in part because they focus on repairing the mind-body connection.

In a healing session, we will place our hands on or near your body with the intention to help and heal. In doing so, we will physically assess your pain points and the messages being sent throughout your body. If there are errors in the messages being sent, we will apply the needed amount of restorative energy to correct the messages and eliminate your pain.

This method focuses on balancing the energies of the total person and stimulating the body's natural healing ability rather than relying on medications for the treatment of specific diseases. Because of this holistic approach, Healer's Touch can benefit people of all ages, regardless of their state of health or illness.

Choosing how you promote wellness in your life is a big step, which is why we're offering a free 1-hour session in which we will work together to see if our treatment is right for you.





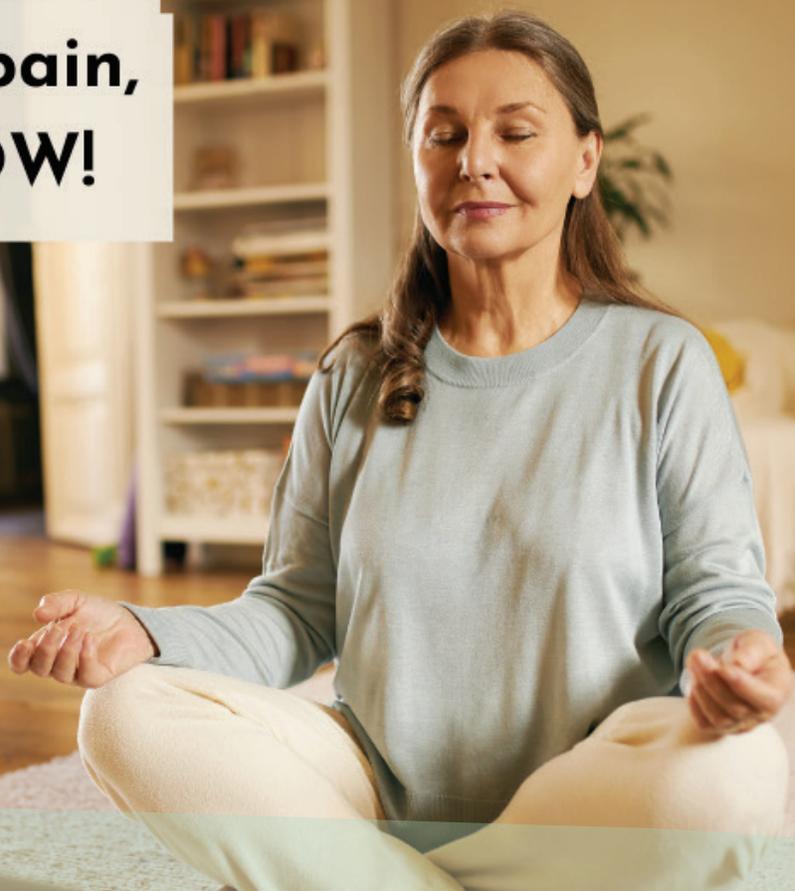
For a limited time only, Healer's Touch is offering your first 1-hour session at no cost to you. Book now!

We can offer this because we believe in the unbelievable power of energy and crystal healing, and most people who have tried it with us haven't left without wanting more. You are under no obligation to pay us anything unless you're completely satisfied with the services and treatment plan we provide.

As an added bonus, and to showcase one of the ways we use the mind to achieve freedom from pain, we've included in this booklet an explanation of a visualisation technique we use with many of our patients.

Energize and rejuvenate the mind, body, and spirit with a complimentary healing session. We are here to assist you in improving your health and living your life pain-free. Book your first 1-hour session today!

**Do not bear the pain,
Heal yourself NOW!**





What Our Clients Say



I went into the drop-in hours at Planet Botanix for Raj. I had a really hard time with sciatica, which couldn't be healed by hospital visits. They had me on the highest doses of morphine, and that failed to work for me. Boy, was I glad I tested this holistic healer. I was up and walking without the excruciating back pain I would otherwise have had to live with. This meant that I could finally go back to work again! Words can't express my joy. Thank you, Raj!

BONUS: VISUALISATION TECHNIQUE

Visualisation techniques involve using the mind to help deal with health issues. The visualisation technique described here was created by Healer's Touch to help patients on their healing journeys. Now it's available to you so you can experience the healing power of the mind. That basic principle sits at the heart of Healer's Touch, and by trying out this visualisation technique, you'll have a better understanding of how sessions with Healer's Touch can bring you relief from all kinds of aches, pains, and conditions.



Visualisation: Mid-Back Pain Technique

This visualisation technique is perfect for addressing mid-back pains but also is effective at providing stress relief.

Draw a line down the front of your neck to where you first feel a bone – this is the sternum.

Take the spot on the sternum and measure the distance to the V of your chest. Divide that distance in two, and mark the midpoint. This spot should create a triangle pointing downward whose top edge is 2 to 2.5 cm above that middle point.

The triangle's top edge should be parallel to the ground and be about 2 cm long, centered on the midpoint. Now imagine you can feel some itchiness between this triangle's center and the top line.

At the top corners of the triangle, imagine there are holes.

Now imagine a white piece of string with small knots tied at regular intervals. Lace that imaginary string through the two holes described above, and tug it back and forth, in and out of your body. Imagine the knots rubbing the bone on the outside surface and a little deeper (maximum 1 mm deeper) when it goes through the holes.

Use this visual technique for up to 3 seconds, and then breathe out. Then don't use the technique again for at least 5 minutes.

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Has This Been Useful?

We'd love to hear your feedback on what we've written, especially about what worked for you and what didn't. Email us at raju@healerstouch.ca or alternatively use the form on our "Contact Us" page to send us feedback.

Can We Help You?

If you're unsure if our services can help you, just use the chat feature on our website. The chatbot is chock full of questions and answers that can help you self assess our ability to help you.

Alternatively, if you wish to chat with us directly, please call us at 613-262-9168 or email us at raju@healerstouch.ca. Using the chatbot, choose the "Chat with us" option, and we'll get in touch with you as soon as we can.



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