



Copyright © 2020 – Healer’s Touch - All Rights Reserved Worldwide.

Introduction:

Finding a good healer is an extremely difficult process. There are so many out there and there are so many different ways in which healers work.

My name is Raju Kallumkal and I have been a meditant for 27+ years, relieving myself of much pain and getting my life back – when I saw all these people in the general public - suffering from problems that could potentially easily be healed by me – so I decided to do exactly that.

But, I was faced with the same problem that other healers were faced with – How do you prove that you can heal people without their having to visit.

This is why I decided to post these visualisation techniques.

These techniques address just one possibility for you to heal. They aren't as good as having a healer work on you – but they can give you good insight as to whether or not our meditant abilities might be effective in helping you relieve your pain – making your decision to choose a service much better informed.

We are happy to help clients who inform themselves – that way the chances that you will not be a good fit with us reduces.

We allow you to choose from a variety of options – from short to long term commitments – and if you commit to longer term for the savings – we offer your money back for whatever remains unused – so that you never go dissatisfied with our service.

Keeping your business is important to us. This is why we work are committed to working hard to ensure that your goals for healing are met.

Try our visualisation technique and/or contact us for a no-obligation discussion on your healing process. Contact information is found at the end of this document.

What are Visualisation Techniques:

Visualisation techniques are techniques that involve using the imagination to help with some health issue. There is absolutely nothing to lose – you can see for yourself below.

The technique described here is entirely created by me and is for the purpose of your use and witness to the fact that using the imagination can in fact help you heal.

This then, is a good basis for understanding how I am able to use just my hands and a bunch of healing crystals to help you heal from all kinds of aches and pains.

Mid Back Pain Technique: Primarily aimed at mid-back pains – but can be used by anyone for stress relief.

Draw a line down your middle of your neck in front to where you first feel the bone.

Take the spot you first feel the bone and measure the distance to the V of your chest. Divide that distance in two and mark the mid-point. This spot should be in a triangle pointing downwards whose top edge is 2-2.5cm above that middle point.

The triangle's top edge is parallel to the ground and from its top edge's midpoint the corners are about 1 cm away from it in either direction. Now imagine you can feel some itchiness between this triangle's center and top line.

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

Now there is a white piece of string (it is a multi-fibre string twisted together, and it is 1mm in thickness) with small knots tied in it at regular intervals making it - not thicker than 2.5 times the width of the string. Now, lace that imaginary string through the two holes described above.

Now pull the string hanging outside of your body back and forth, so that the knots rub the bone on the outside surface and a little deeper (maximum 1mm deeper) when it goes through the holes.

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

The above technique seems to help the stomach relax nowadays, so I am adding this little piece as well to help your back.

If you feel tension around the mid back - imagine two holes right around the middle of the tension in the mid back and lace the imaginary string with the knots in it described above and move the string through it once or twice. The string should hang about 1 cm inside you when not in use - but when in use - it actually doesn't have any length hanging outside of the front of the spinal cord. You can do this every 5 seconds until you feel an ok tension, and then release the string and leave it for as much time in between pulls as you can.

As with all visualisation techniques - remember to use this very sparingly and it will last you some time - Give minimally 5 minutes between tries - but, if you can, give yourself as much time as you can bear in between trials.

A really good article should be up on our website regarding the longevity factors for a visualization technique... It is quite complex and varies depending on a lot of factors including, but not limited to: How many people use it in your city, how often do you personally use it, how aggressive your particular pain is - this can re-instate the pain in short order, how long you have had the pain for and whether you've used meditational or yoga techniques yourself to avoid it successfully in the past.

The more these techniques are distributed - the more often they have to be adjusted in order to keep their efficacy. Read more about why on our blog at healerstouch.ca.

Have You Found this useful?

If you find these techniques useful and you need more help – call/text us at (613) 262-9168 or visit our website: <http://www.healerstouch.ca>

We have many articles addressing the issue of how we work with you in our articles area. Check them out, if that is of interest to you.

We also have our rates written on the website and you can choose between a number of different options to address your needs, including hours in bulk packages that save you money.

If you decide you like what you see. Contact us and we can set up the initial assessment and figure out if there is a good fit there.

I hope and wish you all the best in addressing your health needs.

Raju Kallumkal



Healer's Touch



Website: <http://www.healertouch.ca>

Phone: (613) 262-9168

Email: healertouch.raj@gmail.com