

*11. The Therapeutic Touch: How to Use Your Hands to Help or Heal*

Dolores Krieger, Ph.D., R.N., Prentice-Hall, 1979

Dr. Krieger, a professor of nursing, teaches how to heal with the hands. She provides techniques for becoming aware of the body's energy field, and for using this knowledge to help unblock a patient's energy-flow, so that his or her body may start to heal. She writes that ordinary people noticed beneficial results, and asked either for the healer to work with their loved ones, or to receive the training themselves (pp. 4, 18-19).



A Healing Hand? Or merely salt?

*This is further proof that human beings can generate real-world results from training their minds. This is not training in use of will-power, or training in how to direct anything. It trains people to stand apart from bodily will, allowing natural energies to flow, connect, and heal as they were born to do. Annie tried the technique on a dog who was very sick with a lung infection. Afterwards, the dog began to get better. Of course, there were other factors involved, if you wish to doubt Annie's perception that the technique was effective.*

*The next book offers the perspective of someone trained in religious and spiritual teaching, and in ministry.*