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Healing Touch Quick Steps

HOME GUIDE.....

Easy, Dynamic Therapeutic Touch.....

Energy Healing Self-Help.....

Here are.....

PICTURES OF 42 Powerful Things You Can Do Instantly,.....

INCLUDING Harmonizing Help for over.....

1,040 Symptoms or Body Messages.....

Copyright Information

Disclaimers

0. The Complete Breath Hug

This Quick Step is the best one to do when you are feeling totally overwhelmed.

Key Notes.....

What is Harmony?

1. The Central Connection

This Quick Step is very good to do for any deep needs or critical care needs.

Healthy Note

2. Higher Wisdom.....

3. The Great Movement

4. Big Happy Janitor

This Quick Step is very dynamic if you take Western medicines on a regular basis.

Lying on your side while doing this 3-part Quick Step can be quite comfortable. I

recommend lying down when you have the time to do so. It's one of my favorites. BJS

5. Gives You Wings

This Quick Step is wonderful for opening up the upper back.

Healthy Note

6. Whole Side Front

This Quick Step is a great one to do after a rigorous exercise workout.

7. Whole Side Back.....

Doing this Quick Step in partnership with Healing Touch Quick Steps #7 called Whole

Side Front, is excellent for lower back discomforts. I've used this one many times. BJS

8. Dancing Moderator and Emotional Balance

This Quick Step is very helpful for anything emotional.

9. Completing and Beginning, Sunflower Flow

10. Joy, Joy, Joy.....

Infinity is always moving, eternity simply is.....

11. Lighten Your Load

Here is an excellent Quick Step for releasing tension from the shoulders.

12. Eyes, Ears and Balance, Weaving Princess

This Quick Step is very good help for eyes.

13. Love Your Self

This one is wonderful if you use your arms and hands a lot. Ah.....

No imagination, no wings.....

14. All Elements Come to Rest Here.....

This Healing Touch Quick Step may help when you need a whole being rest.

15. Healthy Boundaries.....

This Quick Step helps a lot more than the name says!

16. Nourish and Nurture.....

This one is excellent when you are preparing for surgery or dealing with chemotherapy.....

17. Smooth Rhythm and Movement.....

This Quick Step has been magical help for me for sore leg muscles. Great to apply after a day of skiing or snowshoeing.

18. Helps Everything.....

This one does a lot of what the name says!

19. Muscle Tone and Weight Balance.....

Weight balance is different than weight loss. Weight balance says you are at the weight that is natural for you at any moment.

20. Completely Receive.....

This one is helpful for all things related to the lungs.....

21. Let Go, Let, Go, Let Go.....

22. Comfortable Wherever You Are.....

23. Use Your Life Well.....

Helps kidney needs among many others.....

24. Waist Up-Waist Down Harmony.....

Consider this Healing Touch Quick Step as a replacement for a weight loss fad diet.

25. Breathe from Toes to Head.....

For someone in the hospital or sick in bed, this Quick Step is deeply comforting. I know. Helps the whole body breathe. BJS

26. Compassionate Understanding.....

Can you think of some times when you'd like a little compassionate understanding? I can.....

27. Decision Making Support.....

This Healing Touch Quick Step may help with any gall bladder functions.

28. Uplifts, Brings Vitality, Recharges Heart.....

Hot flashes? Cholesterol imbalances? This one may help.....

29. Protecting Your Organs.....

Here is a Quick Step that is beneficial for infants, babies just for the goodness of it, and for "babies" of all ages too. Ah.....

30. Take What You Need and Dump the Rest.....

Happy cholesterol, flexible, healthy arteries supported here, and much more.

31. Being With What Is.....

32. Exhaustion Relief.....

How simple is this?!.....

33. Revolving Door of Health.....

Natural antibiotic activity here, a big defender.....

34. Calms Nervous System

35. Heart Wholeness

Deeply personal help here.....

Healthy Note

36. Harmonizing Worry

Healthy Note

When you worry, here's what happens to your body's energy.....

37. Harmonizing Fear

Healthy Note

What happens to your body's energy when you are standing in fear?

38. Harmonizing Anger

Yes, the middle finger.....

Healthy Note

What happens to your body's energy when you are experiencing anger?.....

39. Harmonizing Sadness

Healthy Note

What happens to your body's energy when you are feeling sadness and grief?.....

40. Harmonizing Trying to Do and Be Too Much.....

Healthy Note

What happens to your body's energy when you are trying to do and be too much?

41. Magnificent Circulation

This one is best given to you by someone else. Magnificent Circulation Healing Touch

Quick Step is outstanding for anyone recovering from surgery of any kind, as well as

all kinds of pain.....

Healthy Note

Summary

Healthy Note