

Spirit of the Healing Heart

by Robert A. Aboulaché

Great healers, men of divine realization, do not cure by chance but by exact knowledge.
Fully understanding the control of life energy, they project a stimulating current
into the patient that harmonizes his own flow of life energy...

Within the gross vibration of flesh is the fine vibration of the cosmic current,
the life energy, and permeating both flesh and life energy is the most subtle vibration,
that of consciousness.

- Paramahansa Yogananda -

Introduction:

Touch for Health honors the universal life energy that flows through all living things. We know that the human body is a conduit to this energy flow. We honor the flow of life as we experience it. And in that honor we gain the strength of awareness in life energy as it manifests within and around us.

We draw from many philosophies as we define Touch for Health, and the *Spirit of the Healing Heart*. That is the beauty of Touch for Health, it is open in integrity to fully evolve as a healing art. This gives us the strength of the universe at our fingertips, "the force is with us." Our challenge in "... fully understanding the control of life energy..." is keeping conscious of it, in all its subtleties.

Touch for Health embraces the Eastern perspective of the Five-Element System as an integrated metaphor to the life energy flow of the human body. We know that it travels through all our living tissues via meridian's and through organs, muscle and bone. The energy flow of life as it moves through us affects the elements in interaction. To acknowledge this truth is to realize that a communication of elemental energy is evol-

ing through all our cells, motivating and modifying our very being. When we add that "...permeating both flesh and life energy is...consciousness", we begin to empower ourselves to direct the flow, meaning and purpose of life energy.

The *spirit of the healing heart* is a consciousness of compassion, integrity and honor. Like Yin/Yang, it is both receptive and giving. Being in this state directs the flow of energy to harmonize and balance its integrity with all its interactions.

The influence of consciousness on universal life energy is like dye to water. If you place a small drop of dye into a glass of water, soon all the water will be tainted by the coloring. In parallel, if we apply the *spirit of the healing heart* to our relationships (inner and with others) we will penetrate the universal life force with love and compassion. We would be nurturing the force to interact with other elements in the same manner, manifesting healing by harmonizing the flow of life energy with love. Like the dye/water principle, the consciousness/interaction parallel becomes the way.

Body:

What is "*The Spirit of the Healing Heart*"? To define such a profundity, we must acknowledge that Spirit, in fact, does exist within and around us. It penetrates our being. It harmonizes with others, and like two candle flames joined together, when two or more spirits join a greater existence emerges.

Spirit of the healing heart goes beyond the individual and includes all other interactive elemental forces and beings. If you, as the healer, are in touch with your love, honor, compassion and integrity (emanations of *the spirit of the healing heart*), your being will directly influence the person being balanced. The importance and power of your presence must not be underestimated. Just by your being, you influence others around you.

In order to nurture the presence of the *spirit of the healing heart*, one must make growth and consciousness awareness a way of life. Genuine interest in your subtle being, listening to the movements of your thoughts and emotions will present you with intuition and knowing. Honoring, appreciating and directing the flow of life energy with your learned healing modalities will realize healing.

Yoga, meditation, Touch for Health balances, movement awareness, and an attitude of appreciation in life will nurture spiritual awareness. This expanded view empowers one to heal, with patience and understanding. Being sensitive to daily encounters accesses the inner resources to compassionately deal with life and healing relationships.

Lifelong learning, whether book knowledge, or experiential is central to resourcing your

greatest potential. As a healer, one must continue to strengthen oneself in integrity, honesty, and compassion. This goes beyond information and cognitive knowing into experiential awareness and sensitivity training.

Summary:

The Spirit of the healing heart is a state of being that is sensitive to and honoring of life energy. It is a presence that is directly linked to inner awareness. Acknowledging this presence strengthens one's influence on life energy as it interacts with and through oneself.

Nurturing oneself in this healing awareness, is a lifetime of learning. Learning goes beyond information assimilation and into inner awareness. Any technique or methodology that embraces life as it manifests within and around us, in all its forms, will accentuate *the spirit of the healing heart*. Most importantly, having the intent of being in holiness and honor will bring the Great Spirit, the Universal Life Energy, and all its power to fruition.

Touch for Health appreciates and acknowledges life energy and encourages all its participants to live these principles. Taking the time to trust the feedback being given by the body through muscle testing will guide one to true healing. Patience, awareness and honor will be our greatest strength in healing. Keeping our presence open to be directed by this life energy will bring *the spirit of the healing heart* to realization.

Robert A. Aboulaché is Chairman of the Board for the Touch for Health Association and can be reached at (310) 457-8342.