

## MY PERSONAL JOURNEY WITH HEALING TOUCH

by Kathleen Heilich, RN, CHTP

On January 26, 1999, the Pope rode down Lindell Blvd. and I was diagnosed with breast cancer. Funny how we remember certain life-altering events. That entire year was spent doing everything medically necessary to hopefully eradicate my body of cancer. It was the hardest year (so far) of my life. It also required that I put my 25 year nursing career on hold.

During this difficult year, while modern medicine assaulted my body with life saving cancer treatments, I also sought ways to heal myself. Not just physically, but emotionally, mentally and spiritually. During a weekly support group meeting a fellow participant told us about his experience with Healing Touch. I decided to give it a try and made an appointment. From the first session I experienced a deep sense of calm and relaxation that I had not experienced since my diagnosis. My anxiety and fear was decreased drastically along with the nausea, pain, and sense of impending doom. I had HOPE. I was convinced that with the help of traditional medicine to eradicate the cancer, and Healing Touch to heal me, I would not only survive but come out on the other end of this experience a much better person than I was going in. I felt a great shift occurring, as through my purpose in this life was about to change, and in a big way.

The year 2000 found me starting my Healing Touch education, taking classes whenever they were offered here in St. Louis, and by April of 2003 I had completed 5 levels of study and passed certification. Its is now 2004, it has been 5 years since my initial diagnosis, and I am healthy. My purpose in life now, is to assist my clients to optimize their healing potential through Healing Touch.

In my practice I see clients for a wide range of complaints. Healing Touch can help: allergies, the pain of: arthritis, neck and back problems, fracture, wound and muscular injuries. It is especially helpful before and after surgery and childbirth, and combined with medication to treat hypertension and migraines. Healing Touch can lift depression, relieve stress, enhance personal growth and spiritual development. For those undergoing cancer or AIDS treatment, Healing Touch can be especially helpful to alleviate unwanted side effects of medications while optimizing their desired affect.

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Kathy is on the Board of Directors for Healing Touch St. Louis, and has been featured on the nationally syndicated radio show ShadoWorlds with host, Terry Hinkle. To make an appointment or for more information call: 314-808-1924. Or, visit our website at: "<http://www.healingtouchstlouis.org>"

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