

Major Concepts and Principles in the HTP Curriculum

The following concepts and principles are woven throughout the HTP curriculum from Level 1 through Level 5. They are philosophically and energetically congruent with the assumptions presented within the HTP curriculum. As students progress through each level of the curriculum, the concepts can be understood in a deeper way. Some students feel a natural affinity with hands-on healing work and its related concepts from early years of their life, while others describe Level 1 HT class activities as a new life experience.

1. People's health and **quality of life** are affected by the health of their energy systems.
2. All life experiences are **recorded and stored in the energy system** which includes the physical body as well as the multidimensional energy body. A person's energy system is also referred to as the Individual Energy Field (IEF), the Human Energy System (HES), the field and the biofield. All that exists beyond the IEF is considered as part of the Universal Energy Field (UEF).
3. **Potential illness** appears in the IEF before physical signs and symptoms appear.
4. Becoming **grounded, centered, and attuned** are the first steps in facilitating healing and are foundational for healing work and therapeutic presence. Consciously focusing on the breath can facilitate coming into the present moment. Releasing mental distractions also supports this process.
5. **Focusing on the breath** assists in stress management and can be used therapeutically for practitioners as well as clients. Conscious breathing is a way to release that which does not serve (exhalation) and a way of taking in nourishment/light/healing (inhalation or inspiration).
6. **Therapeutic Presence** includes maintaining compassion, respect, heart-centeredness and listening with the heart, humility, trusting the energy and non-judgmental attitude.
7. The **healing act is a sacred process**. The practitioner intends to energetically create sacred space no matter what the physical environment is.
8. The **practitioner is a conduit for Universal Energy**. Practitioners do not give up their own energy but in fact receive energy when treating others. Synonyms for Universal Energy include Source, Spirit, the Divine, God, Goddess, Love, the Universe, and the All Knowing, as well as, other terms based on the practitioner's preference.
9. As **practitioners** allow energy to flow through them for the benefit of another, they **receive benefit**. Therefore, the treatment will positively influence both the practitioner and the recipient.

10. **Self-care and a life of integrity** are part of the personal commitment of the HT practitioner. Self-development is attended to holistically – physically, emotionally, mentally and spiritually.
11. Practitioners **role model self-care** to their clients and also recommend self-care to clients as a way of both empowering them and supporting their health and healing.
12. The energy system may be perceived through extra sensory perception (ESP), also known as **higher sense perception (HSP)**. Practitioners most commonly receive sensory information on the energy system through visual, auditory and/or kinesthetic senses, as well as, through thought forms and intuition. Energy can also be experienced as movement, temperature, and density. ESP is one tool that can aid the practitioner in making determinations of assessment and treatment.
13. Sensory perception of another's IEF is not necessary to provide benefit for them because **energy is primarily transmitted through thought** and intention for the highest good. A practitioner does not need to sense energy kinesthetically in order to facilitate a healing response in another.
14. All healing is **self-healing** between the person and their spiritual Source. The Practitioner influences, but does not control the outcome of the treatment.
15. Practitioners strive to remain **non-attached to the outcome** of the treatment. While keeping in mind the mutual intentions for healing, the practitioner simultaneously releases any specific goal for treatment, trusting that the energy will go where it will serve the client's highest good.
16. **"Follow the Energy"** is a well-known tenet in HT. It means that as practitioners become comfortable and confident in HT principles and practices, they increasingly are able to follow intuitive and energetic guidance on how to use one's hands, heart, words and mind to benefit another. Knowing how to follow the energy improves with time and practice.
17. There is a **difference between cure and healing**. Cure relates to physical healing and/or dissipation of symptoms, whereas, healing is a broader term encompassing emotional, mental and spiritual aspects of being human. A person who is healthy physically may need healing at emotional, mental or spiritual levels. Conversely, a person in the process of physically dying could have a healed mind and spirit.
18. Practicing HT is meant to be an **Effortless Effort**. There is never any need to push, manipulate or force energy. Energy goes where it is needed naturally if the recipient is open and willing and the practitioner is able to maintain a high vibrational level through purity of intention.
19. While respectful of the guidelines for when and how to apply a particular sequence or method, HT practitioners trust in the principle of **Intention over Technique**. This means that Mindset and Heart-set are the crucial factors during a session, even if the hand placements or gestures of an intervention are not following the protocol.

Techniques are to be done with devotion, heart-centeredness, and mindfulness, rather than placing priority on technical perfection that may lack compassion and therapeutic presence.

20. **Thought is a form of energy.** Thought precedes form. Therefore, the power of visualization, imagery, and thought are tapped into as a source to guide each HT treatment and to support the manifestation of the healing process. Thus, the human energy system is influenced by the thoughts, emotions and actions of the self and others.
21. The **nature of energy** that a practitioner helps to release from a client's energy field through Healing Touch clearing methods is neither good nor bad, but **neutral**. It is not harmful to the practitioner, who is merely acting as the facilitator of gathering, moving and releasing it from a client's energy system. As long as the practitioner remains grounded and centered, they are protected from any untoward temporary symptoms that can occur when two energy fields become blended, as during an energy treatment. The practitioner can clear/release that which no longer serves the client, trusting that it is being received into the Universal Energy Field where it can be transformed according to Higher Power.
22. There are **no contraindications** to administering HT in any physical condition. The energy of love has a wisdom all its own that calms and relaxes the body and promotes its natural ability to heal as long as the practitioner is gentle, compassionate and holding the intention for the client's highest good. This is true for all stages of physical illness, types of therapy/treatment, ages of recipients or wherever a person is in the healing process.
23. **Healing is a mystery** beyond human understanding of science, time, space and matter. Because of its spiritual nature, practitioners trust in the natural unfolding of the healing process to occur in the right time and space. Healing can never be forced or manipulated. Illness and healing have meaning and purpose that are part of the mystery of life.
24. HT Practitioners strive to **empower their clients** through encouraging self-reflection, education, and individualized self-care measures. They support the client's connection to Higher Power.
25. As part of building a trusting relationship with clients, **practitioners meet clients where they are** in their thinking process. If the practitioner uses words and concepts to which clients can relate and respects their belief system, clients will usually feel safe and trusting. This in turn may facilitate more energetic release of that which no longer serves, as well as, encourage them toward more personal growth. Belief in the benefits of HT is not required of recipients but open mindedness is most likely a facilitative factor.
26. Negatively perceived memories, emotions and **traumas** that are held in the body and consciousness **may be released** during HT treatments. The release of this energy is

typically gentle and non-traumatic. The practitioner's calm healing presence can provide a safe space for this release.

27. There are **many paths/forms of healing; HT is one effective way**. Each person must discern what modalities of healing with which they resonate as a practitioner and as a client.
28. HT is based on both **spiritual and scientific principles** and can be taught from either or both of these perspectives.
29. The body of **evidence-based knowledge** on consciousness and energy medicine is steadily growing. We embrace the mystery of life as we await new discoveries and understandings of the healing process.
30. We acknowledge that **pure spiritual love** is life's most powerful healer. Love is understood, felt and demonstrated through human thinking, feeling and actions.