

# The Touch That Heals

By Jennifer M. Brauns

**H**ealing Touch for Animals<sup>®</sup> (HTA) is a form of energy therapy that is very beneficial to humans and our companion animals as both a preventive health measure and in support of injury or illness. All too often people hear the words “energy therapy” or “energy work” and close their minds to the possibility that there might be real health benefits from these types of therapies. Many people jump to conclusions without understanding how and why energy therapies work. This article looks at the science behind the techniques used in HTA and establishes it as a valid and highly effective therapeutic technique for both humans and animals.

The very atoms that make up our bodies and all matter around us contain energy and are constantly emitting energy vibrations of varying frequencies. This energy within and all around us is designed to be in balance. DNA molecules in humans and animals consist of two chains of oppositely charged energy. As long as these positive and negative forces are in balance, our system can function properly and remain healthy. Many factors can cause a body to become unbalanced. Stress, illness, surgery, pain, emotional trauma, love, loss and many other factors can throw our systems out of balance. Once a body is out of balance it is susceptible to illness which takes a huge toll on the immune system, causing further stress and breakdown of other systems in the body.

When our pets become injured or ill, their bodies need to have their balance restored in order to heal and become healthy again. Many times bodies are able to recover

without intervention. Other times they cannot. Healing Touch for Animals is a holistic energy therapy that is used in combination with veterinary care and other healing modalities to bring the body back into balance. So just what is HTA and when and how can it help your pet? HTA can help with:

- Preventive Health Care
- Veterinary Care Support
- Illnesses and Injuries
- Physical/Emotional Trauma
- Surgical Recovery
- Birthing
- Euthanasia
- Behavioral Issues
- Abandonment and Abuse
- Managing Stress
- Human-Animal Bonding
- Peak Performance Training
- Gaining Competitive Focus

Healing Touch was first developed for humans in 1989 and today is practiced by over 75,000 healthcare professionals worldwide. According to Carol Komitor, founder of HTA, there are thirty different healing techniques that make up the HTA method. It is widely recognized throughout the medical community for its health and healing benefits. Carol, a Healing Touch Certified Practitioner/Instructor for Humans and a veterinary technician of 13 years, combined her healing therapy skills with her veterinary technician experience and developed The Healing Touch for Animals Program and Komitor Healing Method. The first HTA workshop was taught in 1996 and today over 4,000 practitioners offer HTA services in the United States, Canada, The Netherlands, New Zealand and parts of Europe.

When Healing Touch is administered to humans and animals, it produces the following body reactions:



*Founder Carol Komitor shown with one of her canine patients.*

- HTA energy treatment causes the body to relax.
- Because the body is in a relaxed state, endorphins are released in the brain.
- These endorphins cause muscles in the body to relax.
- Relaxation of the muscles creates more space between cells, allowing for increased circulation.
- This improved blood flow increases oxygen levels in the body.
- Accelerated blood flow allows nutrients in the body to be absorbed properly.
- Proper nutrient absorption allows enzymes to accumulate, aiding in proper digestion.
- Hormones are naturally regulated.
- The body's enhanced state of health causes toxins to be released.
- Healthy cells start to generate throughout the body.
- Improved state of health promotes healing.
- With the body's physiology stabilized, the immune system can properly regulate itself.

- Stability in the immune system improves the physical, emotional, spiritual and mental aspects of the body's energy-field which in turn allows the body to heal itself.

The physiology diagram at right illustrates how one biological event triggers the next in a complex cycle, each one aiding the next.

This elegant cascade of events is caused by using hands-on energy-balancing techniques to stimulate relaxation in the body. The rest of the process spontaneously begins as a result of this newly relaxed state. Chinese medicine practices such as acupuncture have been used with great success for thousands of years and are known to stimulate production of natural pain relievers in the body, reduce stress, increase circulation, balance energy systems and much more. When energy is blocked from flowing freely in the body, it leads to illness and other complications. Releasing energy blockages that occur due to illness, injury, stress and other factors allows the positive and negative energy in our cells to once again become balanced.



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*Shelley Wallen of Energy Therapy, LLC (above) is a Certified HTA Practitioner who works throughout the Denver Metro area (see ad page 30).*

“Animals’ energy systems are ten times more sensitive than ours. They pick up on our edginess and negative emotions and bring that information into their systems,” said Carol. While this can affect all dogs, it makes it especially important for both animal and owner, trainer or handler to be calm and relaxed prior to any type of competition.

Carol’s Highlands Ranch practice sees about 40 percent human patients and 60 percent animals. Aside from dogs and

horses which make up the majority of the animals she sees, Carol has also used HTA successfully on cats, guinea pigs, fish, llamas, birds, pigs and even a giraffe.

Many of Carol’s human and animal clients have cancer or are critically ill. She has also worked with a number of transplant patients. One of the benefits of HTA, like many energy therapies, is that treatment may be administered in person or from afar using a distance healing method. Carol has taught the Healing Touch techniques at nursing schools and to numerous doctors

Healing Touch for Animals is holding a Level One workshop November 6th through 8th in Denver. On the first night, students work on each other to understand how human energy systems work. On day two, students learn about and perform hands-on work with dogs to establish the differences between canine and human energy. The final day is dedicated to providing Healing Touch techniques on horses.

Certified HTA practitioners must go through four levels of training and a rigorous certification process. For more information or to register for the November workshop, please call HTA Denver Coordinator Shelley Wallen, at 303-947-8588 or the Healing Touch for Animals office at 303-470-6572. To see a number of testimonials and learn more, please visit the HTA website at [www.healingtouchforanimals.com](http://www.healingtouchforanimals.com).



*Dog receiving a Healing Touch treatment.*



*Student practicing HTA at a workshop.*

## HTA Success Stories

**Chance**, a beautiful black lab jumped out of a pick up truck going 45 mph. She was rushed to the vet with serious injuries. She had sustained a lot of damage to her back end and, not knowing if there was any internal bleeding, was not expected to survive. The vet did all he could to help her, but there was doubt that she would ever have control of her bowels again. Two days later she was released from the vet to go home, although she was still in danger.

Chance received HTA every day for a week. Treatments began with Ultrasound on her trauma areas and was followed by various HTA techniques. It was obvious to her owner that Chance was healing, but there was still a possibility that she was bleeding internally. After several HTA sessions, Chance began to have normal bowel movements and showed no signs of other health problems.

On her follow up visit a week later, Chance's veterinarian was amazed at her healing progress. Could this really be the same dog that was not expected to live just a week before? Chance's owner credits her fast healing to the HTA therapy and having a really good vet. Fortunately, Chance fully recovered.

**Rocky**, a handsome Shetland Sheepdog, was diagnosed with a sinus bradycardia (slow heart rate) of unknown origin in 1996. A normal heart rate for him would have been between 80-120 beats per minute, but his heart consistently beat at 50-60 beats per minute. His veterinarian tried injections and oral medications to stimulate his heart rate, but to no avail. Rocky's condition had the potential to escalate to fainting spells or even sudden heart failure. The only option if fainting episodes occurred would be a pacemaker implant.

Rocky began receiving HTA therapy and soon after, his heart rate was up to 70 beats per minute and has remained there since 1997. In 2002, Rocky developed a growth for which his veterinarian recommended surgical removal and biopsy, although they were concerned about his history of bradycardia. Soon after, he was scheduled for surgery.

Minutes into the procedure, his breathing became very irregular. His owner, who was present at the surgery, quickly put her hands over Rocky's heart and began Etheric Heartbeat™, an HTA technique. In a matter of seconds, Rocky took a huge breath and his breathing became deep and rhythmic. After the surgery, she performed several other techniques to assist him in recovering. Rocky was walking around and wagging his tail only 15 minutes after surgery. Although the growth was expected to return, it has not. He is a happy, healthy 13-year-old.



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