

## St. John's Massage

St. John's Massage - An alternate healing method that seeks to combine energy work with massage in order to relieve tenderness and other troubles that afflict the mind and the body is known as therapeutic touch. This procedure is where the hands are employed to tap into someone's energy field or to actually touch them so as to facilitate its healing. Many people report benefits from undergoing some kind of therapeutic touch healing exercise though it isn't recognized by traditional medicine.

The inclusion of medications or any type of herbal products is not included in modern forms of therapeutic touch therapy. This entails several various healing steps and methods that is based on connecting with the patient's energy field so as to determine what psychological or bodily factor creating the uneasiness. Once the origin of pain is found, the practitioner could use one of several therapies in order to correct the condition and bring back physical, emotional and spiritual stability to the patient.

Therapeutic touch therapy usually begins through the use of the palms to gently glide carefully over the body without really touching it. The idea behind this method is to permit the energy field of the client to connect with the energy field of the doctor. As soon as the link has been formed, the practitioner could follow the movement of energy to the chakras or the main meridians inside the body system in order to establish where the flow is jammed or inhibited. Each chakra or meridian is connected to some side of the body either physically, psychologically or mentally. Any form of obstruction will produce a negative impact on some part of the patient's well being.

Therapeutic touch therapy would begin after the blockage has been determined. The process might incorporate using touch massage methods to loosen up the individual and also to help stimulate proper energy movement. At times utilizing a variant of acupressure could be included to clean up obstructions. It isn't unusual for therapeutic touch specialists to use soothing music or aromatherapy to enhance the therapeutic massage and calm the patient. But, typically through the therapeutic massage, the surroundings might be completely quiet.

Some therapeutic touch practitioners utilize one other method called ``tapping`` during their treatment. Tapping utilizes the index and forefinger to calmly tap on specific points on the upper chest, hand and face so as to ease a release from negative physical or emotional elements that are inflicting difficulty or distress for the sufferer. As the tapping takes place, the patient either silently or audibly repeats a mantra which concentrates on the negative symptom or issue. This tapping sequence can be repeated several occasions if needed until a release occurs.

Comparable to all types of alternative healing, there are supporters and detractors for therapeutic touch therapy. Supporters point to the fact that therapeutic touch did relief the patients from their ache and ultimately provide comfort when conventional medical care failed. Detractors concentrate on the lack of research and controlled experiments that confirm the value of the technique. They also are wary that people with life endangering ailments who are relying on the remedy might delay seeking traditional therapy and could minimize the potential for making a complete recovery.

People are at liberty to decide on any sort of therapy they would like since personal health is a personal thing. Typically mixing traditional Western methods with alternative therapies like therapeutic touch provide much help to the sufferer's total health and well-being.