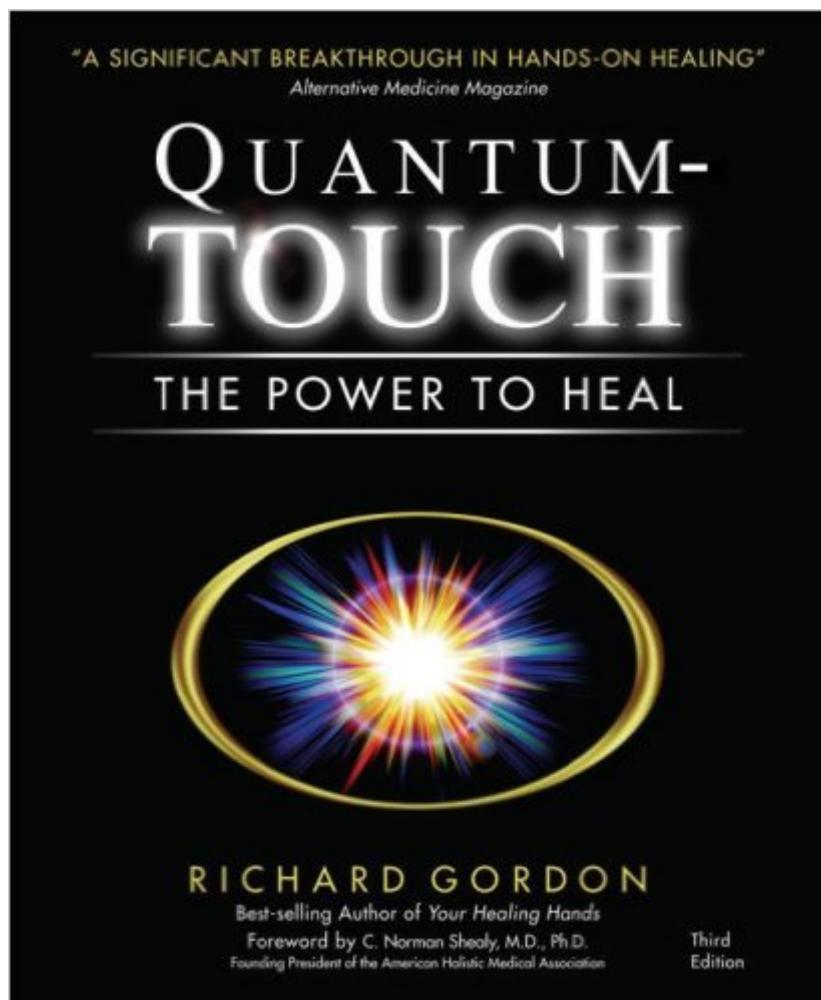


The book was found

Quantum-Touch: The Power To Heal (Third Edition)



Synopsis

Quantum-Touch is the touch-based healing technique that uses the chi of both practitioner and client, bringing them into harmony to allow the body to heal itself. Quantum-Touch differs from other healing techniques because it does not require long years of study and presents none of the common hurdles of understanding or application; anyone can learn to use it to become a healer, both of others and of self. In this new edition of his best-selling guide, Richard Gordon leads the reader step by step, clearly explaining how to use breathing and body-focusing techniques to raise one's energy levels. Once that is achieved, the healer can correct posture and alignment, reduce pain and inflammation, help balance emotional distress, and even heal pets. Above all, Quantum-Touch can be used in tandem with all other healing modalities, including Western medicine, and its efficacy has been attested to by physicians, acupuncturists, chiropractors, and other healing professionals.

Book Information

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Customer Reviews

I have bought many different energy based books, and used different energy based therapies and exercises with great results. This book caught my attention because very positive statements were made about it comparing it favorably with reiki and qigong etc. It is well written, concise and very easy to follow. The exercises are easy to do. If you were to do the visualization, and various simple breathing patterns, you could start moving energy within minutes, and as you practice more and more then your skills will improve dramatically. With the QT exercises I can feel strong sensations throughout my body particularly in my hands and feet, and I am not an expert in this field. QT enables you to generate healing energy through your hands to work on yourself and others. There is

a scientific principle called entrainment. If two items are vibrating side by side at different speeds then the item that vibrates at the lower speed will adjust to vibrate at the same frequency as the other object. Examples of this are swings in a playground that are swinging out of sync and adjust. Also, in a clock store you may notice the pendulum clocks of the same size swinging back and forth in unison. This principle applied to QT is that when you apply the higher healing vibration to an area of pain or disease (low vibration) it causes that area to reattune itself to the higher vibration, and thereby cure it. This method I find easier than Qigong for example. I am delighted with the results I am getting. This is the best book of this type I have read so far. I also highly recommend EFT (Emotional Freedom Technique) which is a simple acupressure technique which can be done in less than two minutes.

Quantum Touch is a method of energetic healing which uses the lightest touch to encourage balance and healing by activating the body's self-healing response. Chiropractors, Physiotherapists, Doctors, and Healers are using this technique. Now even the complete novice can discover a safe, fast and effective healing treatment. Quantum Touch is a hands-on healing technique which utilises focused mental attention and breathing and meditation techniques to raise the body's vibration to encourage healing of self and others. Richard Gordon the author of Quantum Touch the Power to Heal compares the synchronising of vibration to pendulum type clocks swinging out of phase to one another. In a matter of days the clocks align their movement and energy exactly. Women living together over time find that their menstruation cycle will rhythmically entrain as well. In Quantum Touch practitioners learn through breath and meditation techniques to raise their vibration to a high frequency, with entrainment a transfer of healing can take place. Through resonance and entrainment there is a change in vibration. The Quantum Touch practitioner runs energy to raise and hold new resonance. The Quantum Touch practitioner does not heal. The practitioner simply holds a resonance to allow the body to heal itself. According to Richard Gordon anyone can learn to heal themselves and others. To date this is the best how-to heal book I have come across. Most in this genre are big on biography and slim on explaining the techniques and methods. Gordon does a great job in laying out step-by-step the exercises and methods to run energy. He motivates the reader to keep practicing as just like anything with practice you get better. There is no complicated jargon, and no unnecessary writing.

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