

SEEK YOUR OWN COUNSEL:

WHAT DO YOU DO WHEN A GURU CANNOT BE FOUND?

Aldona Mitrikas speaks at Toronto Awakenings Sharing Group - June 27th 2020

A BRIEF EXPLANATION OF THERAPEUTIC TOUCH®

AND CONCEPTS I WORKED WITH...

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

BASIC ASSUMPTIONS:

- Human beings are open, complex and pan-dimensional energy systems.
- In a state of health, life energy flows freely in, through and out of the organism in a balanced, bilaterally symmetrical manner.
- Illness is an imbalance in an individual's energy field.
- Human beings have the natural ability to transform and transcend their condition of living.
- Healing is a natural potential that can be actualized under appropriate circumstances.
- One of the premises of Therapeutic Touch is the intention of the practitioner to influence the energy flow to rebalance the field and to move it toward wholeness and health.

Source: Therapeutic Touch Network of Ontario curriculum

RESOURCES:

- Facebook: Aldona Klara Mitrikas
- Therapeutic Touch Network of Ontario (TTNO)
www.therapeutictouchontario.org
- Therapeutic Touch Network of Canada (TTNC)
www.ttnca.ca
- Therapeutic Touch® International Association (USA) (TTIA)
www.therapeutictouch.org

Being In touch, Aldona Mitrikas RT
aldonamitrikas@gmail.com