



QUANTUM-TOUCH®

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Energy Boost

Quantum-Touch mini class



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Quantum-Touch® is the work of Richard Gordon, founder.

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By participating in the Quantum-Touch Energy Boost Mini Class, you understand that Quantum-Touch is an innovative energy healing modality developed by Richard Gordon and is considered part of the field of complementary and alternative medicine. Quantum-Touch is considered a self-healing method and is designed to teach individuals how to focus, amplify, and direct Life Force Energy to promote optimal wellness.

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Part One - Learning about Quantum-Touch

A. QUANTUM-TOUCH INTRODUCTION

Highlights:

- founded by Richard Gordon
- works at a subatomic level, in the quantum field, where all matter is entwined
- based in simplicity: anyone can learn it, anyone can do it
- can be done anywhere, anytime without the need for equipment or treatment rooms
- allows us to provide healing energy for ourselves and others
- uses relaxed hands and body; no force is needed to do the work
- works at a subatomic level (in quantum field) which allows us to run energy hands-on or at a distance, across space and time
- can be used to boost other healing techniques or as a stand-alone modality
- can be used by experienced practitioners or novices alike

Principles:

- *Life Force Energy* – the animating current of all life. It is universal energy from which everyone and everything is created.
- *Love as the Universal Healer* – the most basic, fundamental energy; the foundation of all healing.
- *Attention, Breathing, Intention* – three skills Quantum-Touch uses to bring Life Force Energy into the healing session.
- *Resonance* – when similarly tuned vibrations meet, energy easily and naturally transfers between them.

- *Entrainment* - when two vibrational frequencies not only meet but move toward a common vibration. The vibrations begin to match each other in rhythm, cycle or phase.
- *Innate Body Intelligence* – the blueprint for well-being inside each person; innate wisdom of body/mind/heart/spirit; “the Inner Healer”.
- *All healing is self-healing* – No one can heal anyone else. The true healer is the recipient, the person receiving the energy. The practitioner is the catalyst who facilitates the flow of energy in the session.
- *Practitioners receive healing* even when offering energy for others.
- *What is pain/disease?* Pain or dysfunction usually occurs when your vibrational frequency is low in that area. Always it is a communication from the Inner Healer. It can let you know when there is disharmony inside the self or in the environment, in one’s surroundings, or in interactions with others. It can also reveal when someone has stopped expressing what is in their nature.
- *Healing happens at all levels* - physical, mental, emotional, spiritual.

The body has a natural ability to heal itself, and you can accelerate that ability with Quantum-Touch. The key is Life Force Energy, otherwise known as universal love. Quantum-Touch techniques show you how to bring large amounts of this energy into your own body. It fills you up with energy, going to the places and spaces where you need it most. You can also offer the energy moving through you to help others, without feeling drained or depleted.

B. ENERGY AWARENESS

Energy cultivation begins with awareness. The more you can open your awareness to the experience of energy, the easier it will be to help yourself, your family or friends.

You can experience energy in your own body in many ways. You can see it, feel it in the body, sense it in the atmosphere. It can be experienced in texture, smell, taste, color, temperature or posture. Your energy also expresses through your thoughts, your emotions, and your day-to-day sense of how you are.

To increase your awareness of your own energy:

- *Rub your palms together for 10 seconds....and then feel the space between your hands as you hold them a palm width apart.*
- *Rub your palms together for 10 seconds....and then hold them close to your face. Feel the air in between your face and your hands. What do you notice?*
- *Rub your palms together for 10 seconds...and then place them on one of your knees. Put your attention there. What do you experience? Now walk and notice your knees. Is there a difference between them now?*

C. ENERGY CULTIVATION

Quantum-Touch uses INTENTION, ATTENTION and BREATHING to cultivate Life Force Energy. What you have just practiced uses your attention. You have put your attention in your body and noticed the experience.

To generate more healing energy, you need to work with your whole body, from your feet up to your crown and back down your arms to your hands. Energy is going to flow in this direction.

Attention:

1. Start by putting your attention inside your feet. Feel inside each foot. Keep your attention inside your body and move it up from the feet to inside the ankles, then the calves, knees and thighs. Notice and feel inside your hips,

belly, waist, back and chest. Move up into the shoulders, up through the neck and head. Go all the way to the crown.

2. Then move your attention back down through your head and neck, into both shoulders, down your arms, hands and out your fingers.

This is how healing energy will move through your body when you cultivate it: from inside your feet, up your legs into the torso, neck and head, then back down to your shoulders, arms, hands and fingers. Be aware of how your body feels while doing this, especially in your hands and fingers.

Breathing:

To add more healing energy, you will want to inhale fully as you give your body your attention from the feet up to the crown. Then exhale as you move your attention down into your head, neck, shoulders, arms, hands and fingers.

The inhale and exhale should perfectly match the movement of your attention in your body.

1. Inhale as your attention moves up your body to your crown.
2. Exhale as your attention moves down from your crown into your fingers.
3. Keep breathing smoothly and fully, without holding your breath or tensing your muscles. Remember to notice what you sense in and around your hands as you exhale.

Intention:

Intention is what you want, what you prefer. It comes from the heart. In energy healing, your intention is always positive. Someone is in pain? Offer energy to

help. When you are in pain, you can help yourself as well. Heart energy gives you a *powerful boost*.

1. As you breathe in, moving your attention up the inside of your body to your crown, try to feel any uplifting emotion: gratitude, love, appreciation, joy, wanting to help.
2. Exhale and move your attention down your head, arms, hands, fingers and feel the same emotions. Let your heart and its powerful energy enhance the healing frequencies you are cultivating.

D. YOUR HANDS

Because energy generated with Quantum-Touch is very powerful, you will never use physical force or pressure. Energy work is different from massage therapy where muscles are pressed or moved. In Quantum-Touch, hands always stay loose, relaxed, lightly resting on or slightly away from the body.

Simply place your hands on or near the area of concern and use your ATTENTION, BREATHING and INTENTION to cultivate the healing energy. Notice the sensations in and around your hands as energy comes out of the palms and/or fingertips.

The receiver of the energy (yourself, your family or a friend) will use this energy in a way that is best for them. Your job is simply to use your ATTENTION, BREATHING and INTENTION to cultivate the energy. Offer the energy as you would a gift.

Any questions?

Now that you know how to cultivate Life Force Energy, you will want to decide where to work, i.e., where to place your hands. Part Two identifies specific areas that are part of the body's immune system or areas that otherwise affect your well-being. Cultivating and sending energy to these areas is the best kind of self-care and can invigorate you at all levels.

When cultivating energy to help others, see the tips provided in Part Three.

Part Two - Energy Boost self-care

Place your hand or hands on your own body:

- on your heart
- anywhere on your chest
- on your thymus
- on or near your thyroid
- on your head - anywhere you can reach comfortably
- on your heart and thymus (simultaneously)
- on either side of your head or neck
- anywhere you feel tense, sad, worried, angry, stressed, etc.

Part Three - Energy Boost helping others

Place your palm(s) lightly on the receiver's body:

- on the back of their chest
- behind their heart (near their left shoulder blade)
- near their thyroid (if receivers are comfortable with your hand there)
- on their head or neck (gently)

Part Four - Next Steps

What you have just learned is only a small glimpse of what Quantum-Touch can offer you in daily life. To learn more:

- **Attend Level 1: Becoming Energized.** This two-day workshop gives you the principles and techniques that are at the core of all Quantum-Touch classes, and you can attend in person or online with a live instructor.

In Level 1, you'll learn five breathing techniques that deepen your ability to cultivate Life Force Energy, along with strategic energy-boosting practices that harness your intention and focus. You'll how to bring universal love into any area of concern.... sending energy into your past or future, or across space. Nothing is forced or invasive. These are dynamic tools designed to support the well-being that is inherent in us all. The applications are endless.

To learn more about our 7-Level System, go to www.quantumtouch.com or see the chart on the next page.

The Quantum-Touch 7-Level System

The Quantum-Touch 7-Level System offers simple and effective energy healing techniques to discover the extraordinary healing power of Life Force Energy.





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